

So Your Loved One is Gay. . . Now What?

A guide to help navigate
your thoughts and
questions when your loved
one comes out

@ftmCyle

Listen

When someone comes out to you one of the most important things you can do is listen. By opening up to you about their sexuality they are doing something incredibly hard. Trusting you with this kind of information should be seen as an honor and taken seriously. They are showing you thier most vulnerable selves.

Acknowledge

Acknowledge the huge step they just took in coming out to you. That step shows bravery and is an act of love towards you, gifting you with their true selves. Let them know that you see that, you see how hard it must have been for them to say these words to you.



Offer Help, Don't Overstep

Coming out to one person can be overwhelming, let alone multiple people. A good way to alleviate some of the pressure off your loved one is to offer to take the burden of talking to other friends and/or family members. You can kindly offer to tell mutual friends or family members but **never** do this without prior consent.

Research

Research local resources for both you and your loved one! A local pride center can have support groups for people in the LGBTQ+ and also parents/caregivers. A supportive community can be life changing for the both of you. You can also find books, blogs, and other resources by people who were once in your shoes.

Visit ftmCyle.com or follow the QR code at the end for resources and where to find your nearest Pride Center.

Love Them

Above all, love them.

Reassure them that their sexuality doesn't change how you view them. After all, nothing about them has changed, they just shared a piece of themselves with you that has always been there.

LGBTQ+ Resources

American Civil Liberties Union

(ACLU)

aclu.org

Human Rights Campaign

hrc.org

GLAAD

glaad.org

PFLAG

pflag.org

For more resources scan the QR code below to be directed to the [ftmcyle website](http://ftmcyle.com)



LGBTQ+ Hotlines

The Trevor Project Crisis Line

thetrevorproject.org

Call - 1 (866) 488-7386 or

Text "START" to 678-678

Gay, Lesbian, Bisexual and Transgender Hotline

Call - (888) 843-4564

National Suicide Crisis Line

Call/Text 988



“To be fully seen by somebody, then, and be loved anyhow – this is a human offering that can border on miraculous.”

- Elizabeth Gilbert