

Thinking of Coming Out?

**Being brave doesn't mean
that you're not scared. It
means that if you are
scared, you do the thing
you're afraid of anyway.**

**Coming out and living
openly as lesbian, gay,
bisexual, transgender or
non-binary
is an act of bravery and
authenticity.**

**Whether it's for the first
time ever, or for the first
time today, coming out may
be the most important thing
you will do all day.**

Talk about it.

**Our volunteer facilitators are here to
help you navigate this challenging and rewarding journey.**

Welcome to the Coming Out Workshop.

BEGIN WITH BEING OPEN WITH YOURSELF

From birth, most of us are raised to think of ourselves as fitting into a certain mold. Our culture and our families teach us that we are “supposed” to be attracted to people of a certain sex, and that boys and girls are supposed to look, act and feel certain ways.

Few of us were told we might fall in love with someone of the same sex, or that we might have a gender identity that differs from the body into which we were born. That’s why so many of us are scared, worried or confused when facing these truths.

Opening up to the possibility that you may be lesbian, gay, bisexual, transgender, non-binary or even if you are only beginning to explore means opening up to the idea that you’re on a path that’s your own. It’s also why coming out and living ever more openly is a profoundly liberating experience.

In the end, just at the beginning, the first person you have to be open with is yourself.



During the coming out process, you might feel:

- Scared
- **Relieved**
- Confused
- **Proud**
- **Vulnerable**
- Uncertain
- **Empowered**
- **Brave**
- **Exhilarated**
- **Affirmed**

What are you feeling as you begin this process?

This workshop is going to be helping you navigate your own coming out journey. The first thing is to outline what your needs are. Please take a few moments to answer the following questions. Do not hesitate to come back and update and change your intentions at any time.

What do you wish to accomplish in this workshop?

What would you like to accomplish by the end of this month?

What do you intend to accomplish in the next six months? What themes/topics do you hope to share with the group?

How does participating in this coming out workshop make you feel?

Who and/or what is your support system?

What challenges do you anticipate as you proceed towards on coming out journey?

Note your accomplishments here as you continue with the workshop. Attending each group meeting is an accomplishment.

Date

Accomplishments

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The Coming Out Continuum

Coming out and living openly isn't something you do once, or even for one year. It's a journey that we make every single day of our lives.

There are three broad stages that people move through on the coming out continuum. For each person it is different, and you may find that at times you move backward and forward through all of the phases at the same time.

- **Opening up to Yourself:** The period when your journey is beginning, when you're asking yourself questions, moving toward coming out to yourself and perhaps making the decision to tell others.
- **Coming Out:** The period when you're actively talking for the first time about your sexual orientation or gender identity with family, friends, co-workers, classmates and other people in your life.
- **Living Openly:** The ongoing phase after you've initially talked with the people closest to you about your life as an LGBTQ person and are now able to tell new people that come into your life fluidly – where and when it feels appropriate to you.

What would you like to work on before you believe you are fully OUT TO YOURSELF?

List all the things you would like to accomplish or experience as you move on to the next stage of coming out.

Living Openly On Your Terms

As you continue to live openly, here are some things to consider:

- It's important to remember that the journey from "Coming Out" to "Living Openly" is ongoing and unfolds at your own pace.
- Living openly is something that becomes easier with time. Even after you've been open for years, it will often take a little energy when you tell someone new – but it gets exponentially easier with each person you tell.
- Living openly as a lesbian, gay, bisexual, transgender, or non-binary person can help to make it easier for other young LGBT people who will follow this generation.
- Living openly can be a passive expression of who you are – such as displaying a rainbow or equality sticker or a loved one's photograph – or it can be a deliberate process involving a planned conversation or the decision to always be ready to affirm your sexual orientation or gender identity should a situation arise.
- Living openly doesn't mean that the sole or even primary aspect of your identity is being LGBTQ. It means making this part of your life a natural piece of you - just like your age, height, hair color or personality.
- Living openly lets other people know, especially those who are judgmental or biased, that their attitudes are theirs alone.
- On a daily basis, you will face decisions about where, when and how to come out – or where, when and why not to. Always remember, this is your journey. You get to decide how to take it.



Check-in with yourself.

Journal:

MAKING A COMING OUT PLAN:

When you're ready to tell that person – or those first few people – give yourself time to prepare. Think through your options and make a deliberate plan of who to approach, when and how. You may want to ask yourself the following questions:

What kind of signals are you getting?

You can get a sense of how accepting people will be by the things they say – or don't say – when LGBTQ related issues come up. Try to bring them up yourself by talking about an LGBTQ themed movie, TV character or news event. If a person's reactions are positive, chances are they will be more understanding of what you have to tell them.

Are you well informed about LGBTQ issues?

The reactions of others will most likely be based on misinformation, and in some cases, even negative portrayals of LGBTQ people. If you've done some reading on the subject, you'll be prepared to answer their concerns and questions with reliable and accurate information. Ask volunteer facilitators as many questions as you need or ask them for online resources you can inform yourself with.

Do you know what it is you want to say?

Particularly at the beginning of the coming out process, many people are still answering tough questions for themselves and are not ready to identify as being lesbian, gay, bisexual or transgender. That's OK. Maybe you just want to tell someone that you're attracted to a person of the same sex, or that you feel your true gender does not align with what you were assigned at birth. Labels aren't important; your feelings are. You may also want to try writing out what you want to say, to help organize and express your thoughts clearly. If you want to rehearse during a group meeting, please ask your volunteer facilitator for your coming out group. That's a great exercise for the group.

Do you have support?

We strongly recommend that this is a journey you allow others to help guide you in. A support system is an invaluable place to turn for reassurance. Sources of support can be other LGBTQ people who are living openly, LGBTQ hot lines, school guidance counselors, a supportive member of the clergy or, if you are coming out for the second or third time, perhaps the person you opened up to initially. A supportive mental health professional often helps people become more comfortable. In fact, these are the first people some of us come out to. If you need additional support, please ask the volunteer facilitator and they will be more than glad to help you find extra support.

Is this a good time?

Timing can be important. Be aware of the mood, priorities, stresses and problems of those to whom you would like to come out. Be aware of major life concerns that may make it difficult for them to respond constructively to yours. That being said, there is no "perfect time" to come out. If you feel as though you've been waiting forever to tell someone to the point where it has become uncomfortable for you, you can likely let go of the idea of waiting for the "perfect" opportunity.

Can you be patient?

Some people will need time to deal with this new information, just as it took time for many of us to come to terms with being LGBTQ. When you come out to others, be prepared to give them the time they need to adjust to what you've said. Rather than expect immediate understanding, try to establish an ongoing, caring dialogue.

Remember, the whole reason you chose to be open with the person is because you care about them. If they react strongly, it's likely because they care about you as well. Keep that in mind as you navigate trying times.

Notes:

COMING OUT TO DO LIST

Coming Out to other people is a huge part of this process. Making a list of who is safe to come out to can be very helpful. Take a few minutes to complete this chart. Names may be added at any time.

X	Name	Target Date	Actual Date

GLOSSARY OF TERMS

Many refrain from talking about sexual orientation and gender identity and expression because it feels taboo, or because they're afraid of saying the wrong thing. This glossary was written to help give people the words and meanings to help make conversations easier and more comfortable.

identity pronouns – Asking a person what their pronouns are is the direct, respectful, & simple way to learn how they identify. (More on pg. 23)

bisexual – The term "bisexual" is used to refer to a person emotionally, romantically, sexually and relationally attracted to both men and women. However, due to our shifting understanding of gender, most people who identify as bisexual now replace the phrase "both men and women" with "both their gender and other genders." In fact, many queer people identify as and use the terms bisexual and pansexual interchangeably. A bisexual person may not be equally attracted to all genders, and the degree of attraction may vary as sexual identity develops over time.

gender identity – One person's innate, deeply-known psychological identification as a man, woman or some other gender.

cisgender – A term used to describe people whose gender identity or expression aligns with those typically associated with the sex assigned to them at birth.

genderqueer – A word people use to describe their own nonstandard gender identity, or by those who do not conform to traditional gender norms.

homophobia – The fear and hatred of or discomfort with, people who love and are sexually attracted to members of the same sex.

coming out – A lifelong self-acceptance process. LGBT people identify this identity first to themselves, and then may reveal it to others. Publicly identifying one's identity may or may not be part of the coming out process.

internalized homophobia – Self-identification of societal stereotypes by an LGBT person, causing them to dislike and resent their sexual orientation or gender identity.

gay – A word describing a man or a woman who is emotionally, romantically, sexually and relationally attracted to members of the same sex.

LGBTQ – An acronym for "lesbian, gay, bisexual, transgender, and queer."

lesbian – A woman who is emotionally, romantically, sexually and relationally attracted to other women.

outing – The act of publicly declaring someone's sexual orientation or gender identity, sometimes based on rumor or speculation, without that person's consent.

transphobia – The fear and hatred of, or discomfort with, people whose gender identity or gender expression do not conform to cultural gender norms.

transsexual – An outdated medical term used to describe people whose gender identity and birth-assigned sex do not match. Many people prefer the term "transgender" to describe themselves.

sexual orientation – An enduring emotional, romantic, sexual and relational attraction to another person; may be a same-sex, opposite-sex or a bisexual orientation.

sexual preference – A term considered offensive by many LGBT people. It suggests that being LGBT is a voluntary decision that can be “cured.”

straight supporter/ally – A person who supports and honors sexual diversity, acts accordingly to challenge homophobic remarks and behaviors, and explores and understands these forms of bias within him or herself.

transgender – An umbrella term describing a broad range of people whose gender is different than the one that was assigned at birth.

binary System: A binary system is something made up of two opposing parts. Gender (man/woman) and sex (male/female) are examples of binary systems.

non-Binary: Anything that falls outside of the binary system. Intersex, genderqueer, and bisexuality are all examples of non-binary identities.

asexual: A term describing individuals who do not experience sexual attraction or do not have interest in or desire for sex. Asexuality is different from celibacy, which means abstaining from sex. Asexuality is often viewed as a spectrum – meaning there are varying levels and identities regarding someone’s emotional, spiritual and romantic attraction. The best way to refer to the asexual community is to use the umbrella term “ace” or “aces” as in the “ace community,” which acknowledges that spectrum.

pansexual: Describes people who are capable of being attracted to multiple sexes or gender identities.

transitioning: The social, legal, and/or medical process a trans person may go through to make their gender identity fit their gender expression, presentation, or sex. This word means many different things to different people, and a person doesn’t have to experience all or any of these common transitioning elements to identify as their true gender.

queer: A broad term that is inclusive of people who are not straight and/or cisgender. In the past, this word was used as a discriminatory term. Today, the word is often used in a positive way by folks who identify as queer, as well as by allies of queer/LGBTQ people. However, some people still feel that it is a word that carries negative weight.

Journal:

HAVING THE CONVERSATIONS

Fostering strong, deep relationships with your friends and family begins with honesty. Living openly is important because it allows for closer relationships with the people you care about — and ultimately a happier life for you. For most people, coming out or opening up to someone new starts with a conversation.

It's normal to want or hope for positive reactions from the people you tell, including:

- Acceptance
- Support
- Understanding
- Comfort
- Reassurance that your relationship won't be negatively affected
- Confidence that your relationship will be closer
- Acknowledgment of your feelings
- Love

All or some of these positive reactions can result from your coming out conversation, but they may not happen immediately. Putting yourself in the other person's shoes may also be helpful.

A person who has just had someone come out to them often feels:

- Surprised
- Honored
- Uncomfortable
- Scared
- Unsure how to react
- Supportive
- Disbelieving
- Relieved
- Curious
- Angry
- Anxious
- Unsure what to do next

Give the person you're telling the time they need. It may also be helpful to remember that the person you're really doing this for is you. When you're ready to tell someone, consider starting with the person most likely to be supportive. This might be a friend, relative or teacher. Maybe you will tell this person that you are lesbian, gay, bisexual or transgender. Maybe you will simply say that you have questions about your sexual orientation or gender identity.

Again, there is no right or wrong way to do this. You are the expert in knowing what's best for yourself and what you are feeling. When you are ready, here are a couple of things to keep in mind:

- Find a relaxed, private place to have the conversation, and allow adequate time.

- People will usually take their cues from you on how to approach this — so be open and honest and tell them that it's OK to ask questions.

Appropriate and gentle humor can go a long way toward easing anxiety for both you and the person you are speaking with.

Notes:

Telling Friends

When you're ready to come out to friends, you may be lucky enough to have some who are already out themselves, or who have an LGBT friend or relative of their own. Often, however, coming out to a friend can be a leap of faith. Here are some things you may want to consider:

- Your friends may surprise you. Those you thought would be least judgmental may be the first to turn away; those who seem least likely to be accepting sometimes offer the strongest support.

- Don't assume prejudice. Earlier, we mentioned that signals can help indicate someone's level of support — or lack thereof. While that's true, it is just as possible to read too much into an off-the-cuff remark. Give your friends a chance to be supportive

Who will you let in?

TELLING FAMILY MEMBERS

No matter what their age, many people are afraid their parents will reject them if they come out. The good news is that you're probably wrong.

Some parents may react in ways that hurt. They may cry, get angry or feel embarrassed.

Some parents will feel honored and appreciate that you have entrusted them with an important piece of truth about yourself.

Some parents will need to grieve the dreams they had for you, before they see the new, more genuine life you are building for yourself.

They may ask where they "went wrong" or if they did something "to cause this." Assure them that they did nothing wrong, this is just who you are.

Some may call being LGBT a sin, or attempt to send their child to a counselor or therapist in the baseless hope that they can "change."

Some parents will already know you're lesbian, gay, bisexual or transgender — or they might have an inkling. They may have been waiting for you to tell them and find your doing so a relief.

It may take time for a parent to absorb or come to terms with the information. Good or bad, their initial reaction may not reflect their feelings over the long-term.

The list goes on from there. For example, every time you go on vacation with a partner, you may be asked if you and your "friend" would like separate beds. Many transgender people come out again and again following their transition, raising awareness of transgender people with each person they tell.

Finally, keep in mind this is big news, and there's no timetable for how long it takes parents to adjust.

The delivery of coming out information is everything! Be confident, unafraid
& unapologetic.

- Gina Bigham (translounge.org)

DECIDING TO TELL OTHERS

Most people come out because, sooner or later, they don't want to hide who they are anymore. They want their relationships to be stronger, richer, more fulfilling and more authentic.

Once we do come out, most of us find that it feels far better to be open and honest than to conceal such an integral part of ourselves.

We also come to recognize that our personal decision to live openly helps break down barriers and stereotypes that have kept others in the closet. And in doing so, we make it easier for others to follow our example.

The Benefits of Coming Out

- Living an open and whole life.
- Developing closer, more genuine relationships.
- Building self-esteem from being known and loved for our whole selves.
- Reducing the stress of hiding our identity.
- Connecting with others who are LGBT.
- Being part of a strong and vibrant community.
- Helping to dispel myths and stereotypes about who LGBT people are and what our lives are like.
- Becoming a role model for others.
- Making it easier for younger LGBT people who will follow in our footsteps.

Along with these benefits, there are also risks. As constructive as the decision is, the reaction of others can be difficult, maybe even impossible, to predict.

The Risks of Coming Out

- Not everyone will be understanding or accepting.
- Family, friends or co-workers may be shocked, confused or even hostile.
- Some relationships may permanently change.
- You may experience harassment or discrimination.
- Your physical safety may be at risk.
- Some young people, especially those under age 18, may be thrown out of their homes or lose financial support from their parents.

Pronouns: Why, how, when, and what if I make a mistake?

Our journeys evolve in different ways. Our identities begin to be defined and expressed by various aspects of ourselves. One of them will be our pronouns. When people refer to us in the third person, they use pronouns. People use a variety of pronouns. You cannot tell just by how a person looks what pronouns to use. Asking a person their identity pronouns is the direct, respectful, and simple way to learn about their pronouns. This is an important conversation you can have with your group facilitator, friends, family and allies.

How do I ask about pronouns? If you're asking a group, you should propose that the group share their pronouns while introducing themselves and then model for the group how to share pronouns by sharing your own. If you're asking an individual, just ask! You can ask by saying "May I ask what pronouns you use?"

How should I respond when people ask me and people around me about pronouns? For a lot of people, pronouns are deeply personal and important, regardless of which pronouns they use or why they use those pronouns. When someone asks you, they are telling you that they care and that they want to treat you with respect.

When and in what spaces should this happen? Trans people exist in all spaces, so you should make asking this question a regular practice. Asking a person or group to share their pronouns helps to signal that the space is trans-affirming. It creates an opportunity for cisgender people to think about the common spaces that they share with trans people and how to respectfully interact with trans people in their lives. Finally, it provides everyone with the knowledge and skills to treat each other with respect.

What if I make a mistake? Humans make mistakes. What matters is to show that you're trying. If you mess up, simply repeat what you just said using the correct pronoun and don't make a big deal of it. Whoever you're talking to will most likely appreciate the effort.

Some examples of pronouns:

He/Him/His

She/her/hers

They/Them/Theirs

Ze/Zir or Hir/Zir Hirs

[Name]: Some people will prefer not to use pronouns at all.

You're in Charge

When you weigh the benefits and risks of being open about who you are, it's important to remember that the person in charge of your coming out journey is you. You decide who to confide in, when to do it and how. You also decide when coming out just may not be right, necessary or advisable.

And, Keep in Mind:

There is no one right or wrong way to come out or live openly. Choosing to come out or to be open does not mean you have to be out always or in all places — you decide how, where and when, based on what's right for you. Your sexual orientation and gender identity are important pieces of you, but they do not have to define you. Living openly doesn't change all the many unique things that make you, you.

Los Angeles LGBT Center Services/Resources

Congratulate yourself. Every week you've attended the "Coming Out" workshop, you've decided to help yourself, and it is a triumph! Below is a list of other resources and services available to you at the Los Angeles LGBT Center that can be of further assistance to you as you continue your coming out journey.

Social Network Groups (weekly peer support/discussion), for more info:

lalgbtcenter.org/culture-education/social-network-groups

Any questions, concerns or searching for more individualized resources please feel free to reach out to any Social Network Facilitator/Coordinator or contact groups@lalgbtcenter.org We will do our best to connect you to the right service for your needs.

Feel Connected to the Transgender Community? Join the Center's one-of-a-kind education & empowerment program, presented exclusively for the trans* community.

Information at: translounge.org / translounge@lalgbtcenter.org / 323 – 860 – 7336

Interested in Senior Services at the Los Angeles LGBT Center?

Information at: seniors@lalgbtcenter.org or call 323 – 860- 7322 and visit facebook.com/50pluslgbt

The Trevor Project: Lifeline @ 1-866- 488 -7386 / info@thetrevorproject.org

"Truth has been the very foundation of our movement from its earliest days as we and our predecessors fought for the right to live our lives openly and proudly... Coming out became our rallying cry because we knew how important it was – to our own health and to the strength of our movement."

- Los Angeles LGBT Center CEO Lorri L. Jean

LGBT Streaming Films, Documentaries and Television Shows

By Ryan P.

*****Please note these are just suggestions from an ally and LGBTQ community member.***

Henry Gamble's Birthday Party (Netflix - Movie): Preacher's kid Henry Gamble is turning 17 today. Bring your swimsuit.

Being 17 (Netflix - Movie): Damien lives with his mother Marianne, a doctor, while his father is on a tour of duty abroad. He is bullied by Thomas, whose mother is ill. The boys find themselves living together when Marianne invites Thomas to come and stay with them.

Closet Monster (Netflix - Movie): A creative and driven teenager is desperate to escape his hometown and the haunting memories of his turbulent childhood.

10 Year Plan (Netflix - Movie): Meet Myles and Brody, best friends and total opposites. Myles is a hopeless romantic looking for Mr. Right. Brody is a sexy player on the hunt for Mr. Right Now. These two friends make a plan that they'll be together if both of them are still single in a decade. Nearly ten years later and still alone, both friends will do whatever it takes to avoid becoming a couple.

The Way He Looks (Netflix - Movie): Leonardo is a blind teenager searching for independence. His everyday life, the relationship with his best friend, Giovana, and the way he sees the world change completely with the arrival of Gabriel.

King Cobra (Netflix - Movie): Veteran gay pornography producer Stephen battles two rival producers over the rights to his underage porn star creation, Brent Corrigan, with deadly results.

Jenny's Wedding (Netflix - Movie): Jenny Farrell has led an openly gay life - except with her conventional family. When she finally decides to start a family and marry the woman they thought was just her roommate, the small, safe world the Farrells inhabited changes forever. They are left with a simple and difficult choice - either change with it or drown.

4th Man Out (Netflix - Movie): A car mechanic in a small, working class town comes out of the closet to his unsuspecting, blue-collar best friends.

Lazy Eye (Netflix - Movie): Passions re-ignite and secrets revealed when a graphic designer reconnects with the great, lost love of his life for a weekend tryst at a house in the desert near Joshua Tree.

Blue is the Warmest Color (Netflix - Movie): Adèle's life is changed when she meets Emma, a young woman with blue hair, who will allow her to discover desire and to assert herself as a woman and as an adult. In front of others, Adèle grows, seeks herself, loses herself, and ultimately finds herself through love and loss.

Handsome Devil (Netflix - Movie): Ned and Conor are forced to share a bedroom at their boarding school. The loner and the star athlete at this rugby-mad school form an unlikely friendship until it's tested by the authorities.

Those People (Netflix - Movie): On Manhattan's gilded Upper East Side, a young gay painter is torn between an obsession with his infamous socialite best friend and a promising new romance with an older foreign concert pianist.

Hurricane Bianca (Netflix - Movie): A New York teacher, who moves to small town Texas where he's fired for being gay, returns disguised as a mean lady to get revenge on the nasty town.

Milk (Netflix - Movie): The story of [Harvey Milk](#), and his struggles as an American gay activist who fought for gay rights and became California's first openly gay elected official.

The Girl King (Netflix - Movie): THE GIRL KING paints a portrait of the brilliant, extravagant Kristina of Sweden, queen from age six, who fights the conservative forces that are against her ideas to modernize Sweden and who have no tolerance for her awakening sexuality.

Blackbird (Netflix - Movie): A young singer struggles with his sexuality and the treatment of others while coming of age in a small Southern Baptist community.

GBF (Netflix - Movie): What happens after Tanner is outed by his classmates and becomes the title "gay best friend" for three high school queen bees?

North Sea Texas (Netflix - Movie): A teenage boy's search for love finds him fixated on a boy who lives nearby.

Front Cover (Netflix - Movie): When a gay fashion stylist works with a renowned foreign actor, they both embark on a journey of self-discovery.

Holding the Man (Netflix - Movie): Tim and John fell in love while teenagers at their all-boys high school. John was captain of the football team, Tim an aspiring actor playing a minor part in Romeo and Juliet. Their romance endured for 15 years to laugh in the face of everything life threw at it - the separations, the discrimination, the temptations, the jealousies and the losses - until the only problem that love can't solve, tried to destroy them.

A Perfect Ending (Netflix - Movie): Rebecca has a very unusual secret, one that not even her best friends know about. The last person on earth she expects to reveal it to is a high priced escort named Paris. What starts as a comedy of errors ends up a uniquely erotic journey. Rebecca's unconventional efforts to find herself are raw, evocative, and often times humorous, but always very real, very human. Sometimes a perfect ending is not what you expect it to be.

Me Him Her (Netflix - Movie): Twenty-something drifter Cory arrives in Los Angeles to help his semi-famous TV star friend Brendan take his first steps out of the closet.

Like You Mean It (Netflix - Movie): When Mark commits to falling back in love with Jonah, he is forced to look at himself with unprecedented courage and honesty.

Love (Netflix - Movie): Murphy is an American living in Paris who enters a highly sexually and emotionally charged relationship with the unstable Electra. Unaware of the effect it will have on their relationship, they invite their pretty neighbor into their bed.

All About E (Netflix - Movie): A beautiful sexy DJ is forced to run when she stumbles on a stash of cash. Can she keep the money, conquer her demons, AND get the girl?

Kiss Me (Netflix - Movie): A young woman engaged to be married finds herself in an affair with her soon-to-be stepmother's lesbian daughter.

Bloomington (Netflix - Movie): "Bloomington" is a coming-of-age drama about a former child actress attending college in search of independence and who ends up becoming romantically involved with a female professor.

Loving Annabelle (Netflix - Movie): Annabelle is the wise-beyond-her-years newcomer to an exclusive Catholic girls school. Having been expelled from her first two schools she's bound to stir some trouble. Sparks fly between her and her teacher, Simone Bradley. Annabelle pursues Simone relentlessly until Simone must make a choice between following her heart and doing what's right.

Queer as Folk (Netflix – Show): The lives and loves of a group of gay friends living in Pittsburgh, Pennsylvania.

The Fosters (Netflix - Show): Teenager Callie Jacob is placed in a foster home with a lesbian couple and their blend of biological, adoptive, and foster children.

Sense8 (Netflix - Show): A group of people around the world are suddenly linked mentally, and must find a way to survive being hunted by those who see them as a threat to the world's order.

London Spy (Netflix - Show): A chance romance between two men from very different worlds, one from the headquarters of the Secret Intelligence Service, the other from a world of clubbing and youthful excess, leads into mystery after one of them is found murdered.

EastSiders (Netflix - Show): What happens after the world ends? Written and directed by award winning playwright Kit Williamson, "EastSiders" explores the aftermath of infidelity on a gay couple in Silverlake. When Cal (Kit Williamson) finds out Thom (Van Hansis) has been cheating on him with Jeremy (Matthew McKelligon), their relationship is turned upside down. Will the lies tear them apart or are they just stubborn enough to stay together forever? Drunken outbursts and double standards abound in this dark comedy about the sad and funny messes we make out of our lives. Cal's best friend Kathy (Constance Wu) is always there for him with a bottle of whiskey in her purse, but she has her own problems with her nice guy boyfriend Ian (John Halbach), even if they're all in her head. Stephen Guarino guest stars as a party promoter throwing one last bash before the apocalypse.

The Out List (Netflix - Documentary): A documentary about being among the LGBT community in modern society, told through interviews with LGBT celebrities and community leaders.

We Were Here (Netflix – Documentary): A deep and reflective look at the arrival and impact of AIDS in San Francisco and how individuals rose to the occasion during the first years of this unimaginable crisis.

The Death and Life of Marsha P. Johnson (Netflix – Documentary): This documentary uses never-before-seen footage and rediscovered interviews in a search for the truth behind the mysterious 1992 death of black transgender activist and Stonewall veteran Marsha P. Johnson.

Growing Up Coy (Netflix – Documentary): A Colorado family is thrust into the international media spotlight when they fight for the rights of their 6-year-old transgender daughter in a landmark civil rights case.

Gayby Baby (Netflix – Documentary): GAYBY BABY follows the lives of four kids - Gus, Ebony, Matt and Graham - whose parents all happen to be gay. As they each wrestle with personal change, the outside world wrestles with the issue of marriage equality, and whether or not kids of same-sex families are at risk.

Deep Run (Netflix – Documentary): Cole, a young transgender Christian man, is growing up in rural North Carolina. With his girlfriend, Ashley, he faces significant challenges, including hostile family and church members, and crippling financial burdens. Through all of these trials, their vision of an accepting God never falters. With a small community of supportive friends, the couple manages to create their own extended family, and their search for love and belonging leads them to a radical revision of what faith and a church can be.

Tab Hunter Confidential (Netflix – Documentary): The story of matinee idol Tab Hunter from teenage stable boy to closeted Hollywood star of the 1950s.

From This Day Forward (Netflix – Documentary): When director Sharon Shattuck's father came out as transgender, Sharon was in the awkward throes of middle school. Her father's transition to female was difficult for her straight-identified mother to accept, but her parents remained married. As Sharon approaches her own wedding day, she returns home to Michigan to ask her parents how their love survived against all odds.

The Freedom to Marry (Netflix – Documentary): Over the last four decades, the concept of same-sex couples marrying went from a 'preposterous notion' to the national law. The Freedom to Marry movement is now known as one of the most successful civil rights campaigns in the modern history, but change did not arrive by happenstance. This victory was carefully planned and orchestrated over decades. THE FREEDOM TO MARRY, a new documentary film, offers the untold, inside story of this historic movement. This is a riveting ride alongside Evan Wolfson and Mary Bonauto, the architect and the main litigator of the movement, and their key colleagues from earliest days of their journey to their final frenetic dash to the US Supreme Court.

Strike a Pose (Netflix – Documentary): What does it take to express yourself? The surprising and moving story of Madonna's most famous troupe of dancers.

Bridegroom (Netflix – Documentary): Shane Bitney Crone's plans to marry Tom Bridegroom in California after the same-sex marriage law is passed takes a tragic turn when his partner of six years accidentally dies and Tom's family refuses Shane from attending the funeral.

The Pearl of Africa (Netflix – Documentary): Captures an intimate's struggle for the right to love. Following a Ugandan transgender girl, forced to leave her country.

Who's Gonna Love Me Now (Netflix – Documentary): At 21, Saar was expelled from his religious kibbutz and fled to the UK. There he created a new family with the London Gay Men's Chorus and now, after 19 years, Saar reaches out to his old family in the hope of a reconciliation.

Game Face (Netflix – Documentary): GAME FACE shows the quest to self-realization of LGBTQ athletes and the acceptance in society. This documentary tells the parallel story of Fallon Fox, MMA's first transgender pro fighter, and Terrence Clemens, a college basketball player in Oklahoma who happens to be gay. The film follows both athletes during their coming out process, and sheds light on the obstacles LGBTQ sports players deal with throughout their career. Former NBA star Jason Collins shines as a mentor for Terrence in this inspiring documentary.

Dream Boat (Netflix – Documentary): Once a year, the Dream Boat sets sail - a cruise only for gay men. Far from their families and political restrictions, we follow five men from five countries on a quest for their dreams. The cruise promises seven days of sunshine, love and freedom - but on board are also their personal stories, their doubts and uncertainties.

Oriented (Netflix – Documentary): A feature documentary that follows the lives of three gay Palestinian friends exploring their national and sexual identity in Tel-Aviv during the Israel-Gaza conflict of 2014.

Scrum (Amazon – Movie): The lives of a self-assured Canadian jock, a rookie Irish backpacker and a stoic Japanese outsider change when they vie for a position in the gay rugby world cup.

Bwoy (Amazon – Movie): Following the death of his young son, Brad O'Connor becomes obsessed with a young Jamaican man online, eventually leading to a confrontation he and his wife can no longer avoid.

Naked as We Came (Amazon – Movie): Love, loss and hope are tumultuously explored amidst a tranquil backdrop and asks us all the question: What is your dream?

In the Family (Amazon – Movie): When his partner Cody dies in a car accident, Joey learns that their son, Chip, has been willed to Cody's sister. In his now solitary home life, Joey searches for a solution. The law is not on his side, but friends are.

Boys Life 4 (Amazon – Movie): Four gay shorts are rolled into one 83-minute movie.

Beautiful Something (Amazon – Movie): Four diverse gay men navigate art, sex and love in one sublime night.

Akron (Amazon – Movie): Benny, a college freshman at the University of Akron, Ohio meets and falls for fellow freshman Christopher at a football game. With the support of their families and friends they embark on a new relationship. But a tragic event in the past involving their mothers soon comes to light and threatens to tear them apart. Akron is a moving family drama and a sensitive young adult love story of two young men falling in love in the Midwest and their will to overcome the most painful of truths.

Moonlight (Amazon – Movie): A chronicle of the childhood, adolescence and burgeoning adulthood of a young, African-American, gay man growing up in a rough neighborhood of Miami.

Retake (Amazon – Movie): A lonely, middle-aged man hires a male prostitute to recreate a road trip from his past.

When Night is Falling (Amazon – Movie): An uptight and conservative woman, working on tenure as a literacy professor at a large urban university, finds herself strangely attracted to a free-spirited, liberal woman who works at a local carnival that comes to town.

Hidden Kisses (Amazon – Movie): Nathan, 16, lives alone with his father Stephane. A newcomer in high school, he is invited to a party and falls in love with Louis, a boy in his class. They find themselves out of sight and kiss each other, but someone takes a picture of them. Soon, the photo is published on Facebook and a storm overtakes their lives as they face bullying and rejection.

If Dad Only Knew (Amazon – Movie): Bobby, the youngest boy in an Irish Catholic family, is gay and his coming out to his brothers and the family's way of dealing with the news is the basis of this film.

Legalize Gay (Amazon – Documentary): A new generation of activists takes up the campaign for gay and lesbian equality.

Mulligans (Amazon – Movie): Two college friends take a journey home. One of them makes a mistake that may tear a family apart. Sometimes there are no second chances, sometimes there are no mulligans.

Equality U (Amazon – Movie): EQUALITY U is a feature-length documentary following 34 young activists on the Soulforce Equality Ride. At some stops they're welcomed with open arms, at others they're arrested for trespassing or for simply attempting to open up a dialog. At every stop though, they're connecting with young people who've often never met an openly gay, lesbian, bisexual or transgender person who is comfortable with who they are.

Lighthearted LGBTQ Stuff with Positive Queer Portrayals!

BY LAUREN F.

During the coming out process/journey/other synonyms, it can be stressful to even hear words like “gay” and “lesbian,” let alone say them out loud. We all grew up surrounded by examples of heterosexuality, so many of us have come to see that as “normal.” I believe surrounding yourself with (positive!) examples of LGBTQ media can be an effective way of normalizing the concept of *queerness* for all of us – i.e., just kind of “taking off the edge” of electricity that the whole notion of it can have during the coming out process. With that in mind, here’s a fun list of various queer things that you can submerge yourself in (or just dip a toe) :)

TV

Lost Girl (full series on Netflix): Silly, sexy, Canadian sci-fi series. Tons of queer characters, relationships, and storylines. And the main character is a bisexual woman who has encounters and relationships with both men and women throughout the entire series!

Orphan Black (full series on Amazon Prime): Phenomenal female-centric series with a truly wonderful lesbian character at the forefront. Also features homosexual/bisexual/trans characters, and a female/female relationship whose conflict is refreshingly *not* about the fact that they are both women. Also-also, Orphan Black is the best dramatic series OF ALL TIME! (In my opinion.) (But I’m right.)

One Day at a Time (Netflix original series): Fantastic show about a Cuban family living in Echo Park. The teenage daughter’s coming out arc begins around the middle of the first season, and is handled spectacularly. Each family member has a different reaction to her coming out, which is very cool. Her sexuality and coming out process continues to be featured very prominently throughout the entire series, and while ODAAT was famously cancelled by Netflix, it has been picked up for a fourth season by Pop TV!

The “San Junipero” episode of Black Mirror (episode on Netflix): If you haven’t seen this yet, watch it YESTERDAY! It’s sexy and beautiful and tender as fuuuuuuck.

Buffy the Vampire Slayer, Season 4 (full series on Hulu): I know it’s sacrilegious to suggest skipping any of this series...but if you’re short on time, Season 4 has a really lovely coming out arc, featuring one of the main characters discovering her sexuality.

The Bold Type (full series on Hulu): Features a female/female relationship (one who already identifies as a lesbian; one who discovers her bisexuality during the series) where both women are WOC and one is a Muslim. So obviously this show is doing huge things for more inclusive representation! It’s glossy and cheesy but also super-fun, and the character discovering her sexuality is charming af. Bonus: the female/female storyline starts up right in the pilot episode, so you don’t have to wait til halfway through the season, like with most series. Double bonus: also stars Katie Stevens of Faking It (see below).

Faking It (full series on Amazon Prime for purchase): Really great show about two best friends in high school, one of whom comes to realize that she has feelings for the other. Also does a good job of featuring characters that are traditionally underrepresented in media, such as an intersex character, a male bisexual character, a trans character, etc.

Schitt's Creek (full series on Netflix): Besides just being a really funny show with a real "comfort food" feel, Schitt's Creek features a FANTASTIC male character who identifies as pansexual. In Season 1, Episode 10, he gives one of the best explanations of sexuality that I've ever heard, relating the whole concept to liking multiple types of wine :)

Queer Eye (full series on Netflix): OH MY GOD; WILL THIS SHOW GIVE YOU FEELINGS!!! This team of guys is outstanding. And Season 1, Episode 4 shows a man come out to his stepmother in real time. Like, you literally get to see him do it. It's beautiful.

Wynonna Earp (full series on Netflix): I must admit that I haven't watched this series yet, but I feel like I have to include it anyway, because fans have THE most incredible attachment to the queer female couple on the show! They also have a very supportive online community based on their fandom; just search #WayHaught to get a sense of it...

Film

Imagine Me & You (free on Hulu, available for rent on Amazon Prime, etc.): Piper Perabo and Lena Headey and British accents COME ON.

D.E.B.S. (free on Crackle; available for rent on Amazon Prime, etc.): DELIGHTFULLY fluffy and timeless movie with a ton of hot, badass chicks, one of whom unexpectedly discovers her attraction to another woman. Bonus: written and directed by queer filmmaker Angela Robinson, and featuring Holland Taylor!

Mosquita y Mari (available for rental/purchase on iTunes): I confess that I haven't actually seen this one, but people RAVE about it. Coming of age story featuring two Chicana high schoolers.

Podcast

Coming Out with Lauren & Nicole (@ComingOutPod everywhere) is a podcast where LGBTQ-identifying guests from all backgrounds share their coming out stories. The podcast was started by facilitators Lauren Flans and Nicole Pacent, and was inspired by their experiences leading groups right here at the L.A. LGBT Center! It can be found at bit.ly/comingoutpodcast and on all other platforms as well; also check out www.comingoutpod.com!

Websites

<https://www.autostraddle.com> – Autostraddle is an independently owned online magazine and social network for lesbian, bisexual, and queer women, as well as non-binary people.

<https://janelovesjayne.tumblr.com/post/74592000401/stereotyping-types-of-lesbian> - I found this to be a useful and fun list, if you're curious about the idea of classifying what "type" of lesbian/queer woman you are (and what type you're generally attracted to). Take it with a grain of salt! As they say themselves up top, "this is just a rough guide and nothing is set in stone :-)"

<https://lesbianhaven.wordpress.com/category/blue-jeans-femme/> - Here's one with even MORE definitions of common lesbian types (or, more accurately, stereotypes). If it feels overwhelming or you don't recognize yourself in any of these definitions, don't worry!! At the end of the day, these are just shorthand stereotypes. There's no actual rulebook for how to be queer :)

Twitter

Some great, funny, queer people to follow:

@meakoopa / @samlymatters / @MaraWilson / @jillboard / @DanaPiccoli / @CloneNic /
@thistallawkgirl / @solomongeorgio / @BrendanScannel / @ihatejoelkim / @sadqueer4life /
@SaraJBenincasa / @goddammitsarah

Music

Tegan and Sara – Fun, pop-y music where girls sing about other girls! And not in code; like, with actual female pronouns and junk! I especially like the album Love You to Death.

Janelle Monáe – Everything, but especially the album Dirty Computer. And check out the videos for “Make Me Feel” (which is touted as a “bisexual anthem”) and “PYNK,” both of which feature #bicon Tessa Thompson. The whole album is fantastically queer.

Hayley Kiyoko – There is a reason why Hayley Kiyoko is known as “Lesbian Jesus,” and it's not just because she coined “20gayteen.” Her music is gay (and catchy!) as faaaaahq, and her videos are HAWT. Check out both!

Books

Ask a Queer Chick: A Guide to Sex, Love, and Life for Girls Who Dig Girls By Lindsay King-Miller (You can buy it pretty cheap on Amazon and elsewhere.)

You've come along way. Congratulate yourself... often. Here's a space for you to illustrate, articulate, or paste your favorite image that expresses YOU.

A Special Note: No resource can be fully applicable to every member of the LGBTQ community. Therefore, The Los Angeles LGBT Center offers other resources beyond this general guide. Please ask any of your volunteer facilitators for further resources/support if needed.