

## UCLA LGBT Campus Resource Center

The UCLA Lesbian Gay Bisexual Transgender Campus Resource Center envisions lesbian, gay, bisexual, transgender, queer, questioning, and same-gender-loving people as fully included and affirmed in every aspect of the UCLA community where justice, equality and respect for all prevail.

### Get Connected

To subscribe to the Bruin Pride Newsletter (our weekly electronic newsletter) please visit: [www.lgbt.ucla.edu/joinourlistservs1.html](http://www.lgbt.ucla.edu/joinourlistservs1.html)



Scan the QR code with your smartphone's barcode reader to be taken to the LGBT CRC website!

**LGBT Campus Resource Center**  
Student Activities Center B36 • (310) 206-3628  
[www.lgbt.ucla.edu](http://www.lgbt.ucla.edu) • [lgbt@ucla.edu](mailto:lgbt@ucla.edu)  
[www.facebook.com/UCLALGBT](https://www.facebook.com/UCLALGBT)

*The LGBT Campus Resource Center  
is a department within the  
Division of Student Affairs*

## Tips For When Someone Comes Out To You

- Be patient. Allow them to tell you at their pace. Let them determine what is needed.
- Don't push. A person who is coming out may have a hard time talking about it. Don't force them to disclose anything.
- Acknowledge the risk they took by coming out to you. Compliment their courage. Don't minimize the importance of what they did by saying, "It doesn't matter to me." Instead, say, "Thank you for trusting me." Or say, "It doesn't change how I feel about you," or admit that it might change things in a positive way.
- Don't overreact. If you're comfortable with it, offer a hug or some show of support.
- Keep their confidence and respect their privacy. Do not discuss their sexual orientation or gender identity with others, as you may end up outing them.
- Ask, "Is there anything I can do for you?"
- Commit yourself as an ally, meaning you dedicate your support to the LGBT community.
- Let them know you are accepting and supportive.
- Build your LGBT vocabulary and learn the terminology!
- Attend an Ally Training



## Qualities of an Ally

- Work to develop an understanding of the needs of LGBT folks.
- Choose to align with LGBT people and respond to their needs.
- Believe that it is in your self-interest to be an ally.
- Are committed to the personal growth (in spite of the probability of discomfort and possible pain) required.
- Are quick to take pride in personal success in responding to homophobia, biphobia, and transphobia.
- Expect support from other allies.
- Are able to acknowledge and articulate how patterns of fear have operated in your lives.
- Expect to make some mistakes but don't use it as an excuse for non-action.
- Know that in the most empowered ally relationships, the folks in the non-oppressed role initiate the change toward personal, institutional, and societal justice and equality.
- Promote a sense of community with LGBT folks, and teach others about the importance of outreach.
- Have a good sense of humor.

### Did you know?

- There are four levels of ally development:
- **Awareness** - how are you different and similar to LGBT people?
  - **Knowledge/Education** - what do you know about LGBT issues and history?
  - **Skills** - how do you build your abilities to communicate with others about LGBT issues?
  - **Action** - how do you walk the talk?



Tips & Resources

Qualities of an Ally

Resources for  
Families of LGBT  
Students

## Coming Out Tips

- There is no one right or wrong way to come out. Be patient with yourself. It's not necessary to tell everyone at once. Take your time and don't push yourself. Remember, coming out is a life-long process - done in your own way and in your own time.
- Find resources, such as a counselor, or a mentor to talk to.
- Be positive. When you come out to someone, you set the tone.
- Don't come out in retaliation or anger. In other words, don't come out in an argument or to hurt someone.
- Start small. It can be easier to start by telling friends than by telling family.
- Develop a support network of friends who are accepting and supportive.
- If you decide to tell family, first find allies in your family. If you think a brother or sister or cousin will be easier to tell, start there.
- Be patient with others. Some people take longer to digest the information than others. Don't assume prejudice, realize that they may need some time to adjust.
- Refer parents and friends to PFLAG or other resources that might help.
- Ask LGBT friends to share their coming out stories. Read and listen to other people's coming out stories-books, online, panels, and attend LGBT events on campus
- If you are sure of your identity, be firm. Identify as Lesbian, Gay, Bisexual, Transgender, Queer or however you choose to identify.
- Assess the situation. If you're unsure of your own sexual orientation or gender identity, find someone who can help support you during this time.
- Throughout the coming out process, it's normal (or common) to feel
 

scared	empowered	proud
confused	exhilarated	uncertain
vulnerable	relieved	brave
	affirmed	
- It's also common to feel mixed and multiple feelings - consider speaking to a counselor about these feelings in a confidential space.
- Choosing to come out or be open does not mean you have to be out at all times or in all places.
- Be aware that different people will have very different responses. Finding someone who will support you and also allow you to discover your own identity will be very helpful.
- Your sexual orientation and gender identity are important pieces of you, but they do not change all the many unique things about you.
- Seek professional help if you are in need. Many people experience depression during this rough period in their lives. Counseling and Psychological Services offers 24/7 crisis counseling at (310) 825-0768.

*Some tips adapted from the Human Rights Campaign*

## Coming Out Resources

### LGBT Campus Resource Center

[www.lgbt.ucla.edu](http://www.lgbt.ucla.edu) • (310) 206-3628  
The UCLA Lesbian Gay Bisexual Transgender Campus Resource Center provides a comprehensive range of education, information and advocacy services and works to create and maintain an open, safe and inclusive environment for lesbian, gay, bisexual, intersex, transgender, queer, questioning, and same-gender-loving students, faculty, and staff, their families and friends, and the entire campus community.

### Counseling & Psychological Services

[www.counseling.ucla.edu](http://www.counseling.ucla.edu) • (310) 825-0768  
The Counseling Center offers therapy groups for gay/bi men, lesbian/bi women, and trans/genderqueer people. These groups address issues unique to the well being of LGBT students. 24/7 crisis counseling is also available by calling (310) 825-0768.

### L.A. Gay & Lesbian Center

[www.lagaycenter.org](http://www.lagaycenter.org) • (877) OUT-4-LIFE  
The L.A. Gay & Lesbian Center hosts an ongoing workshop that is designed to help you make coming out a positive and empowering experience.

### The Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org) • (866)488-7386  
The Trevor Lifeline is the only nationwide, around-the-clock suicide prevention and crisis intervention lifeline for LGBTQ youth. The Trevor Lifeline is a free and confidential service that offers hope and someone to talk to, 24/7

### Gay, Lesbian, Bisexual and Transgender National Hotline

[www.glnh.org](http://www.glnh.org) • (888) 843-4564  
The Gay, Lesbian, Bisexual and Transgender National Hotline provides telephone and email peer-counseling, as well as factual information and local resources for cities and towns across the United States. Hours: Monday thru Friday: 1pm to 9pm, Saturday: 9am to 2pm

## Resources for Families of LGBT Students

### Parents, Families and Friends of Lesbians and Gays (PFLAG)

[www.pflagla.org](http://www.pflagla.org)  
PFLAG was founded to help parents, families and friends of LGBT persons to support each other and their loved ones.

### TransFamily

[www.transfamily.org](http://www.transfamily.org)  
A support group for transgendered and transsexual people, their parents, partners, children, other family members, friends, and supportive others. We provide referrals, literature, and over-the-phone information on all transgender issues.

### L.A. Gay & Lesbian Center - Family Services

[lagaycenter.org](http://lagaycenter.org)  
By helping LGBT-parented families share commonalities and learn about differences, Family Services helps build a stronger community, one family at a time.

### Family Acceptance Project

[familyproject.sfsu.edu](http://familyproject.sfsu.edu)  
The Family Acceptance Project™ works to decrease major health and related risks for lesbian, gay, bisexual and transgender (LGBT) youth, such as suicide, substance abuse, HIV and homelessness – in the context of their families.

### Family Equality Council

[www.lgbtfamilies.info](http://www.lgbtfamilies.info)  
Family Equality Council works to ensure equality for LGBT families by building community, changing hearts and minds, and advancing social justice for all families.

### Gender Spectrum

[www.genderspectrum.org](http://www.genderspectrum.org)  
Gender Spectrum provides education, training and support to help create a gender sensitive and inclusive environment for all children and teens.