

# Start the conversation. Keep it going!

## Wear It Purple Day - Friday 27 August

This year's theme 'Start the conversation. Keep it going!' encourages members of the rainbow community and allies to share their stories and help educate others on LGBTIQ+ issues.

If someone comes out, it's a *vulnerable* and sometimes *memorable* moment, so members of The Space (youth LGBTIQ+ social support group) have put together some suggestions from their personal experiences, for when the conversation happens with you.

### DOs

**DO** let LGBTIQ+ people speak - about their own experiences and their own journey.

*E.g. Be an active listener and pay attention to the conversation.*

**DO** make sure the other person feels safe and heard whilst sharing. Coming out is a vulnerable moment, a non-judgemental vibe is important.

*E.g. Consider your body language, provide affirming responses such as head nods.*

**DO** respect someone's decision that they have made, by leaving your opinion aside.

Respect someone's truth.

*E.g. That's great. Thank you for trusting me enough to have this conversation.*

**DO** treat them the same as you always have. They're the same friend that they were before.

**DO** ask questions to genuinely learn, respect and become more informed.

### DON'Ts

**DON'T** make it a big deal by:

Accepting the conversation as regular and trying to match the tone of who is sharing with you.

Also try have open body language to show you welcome the conversation.

*E.g. If someone is excited telling you, be excited for them.*

**DON'T** be micro-aggressive towards someone coming out. Be aware of how you respond, to not come across as condescending.

*E.g. Responding with 'I always knew' takes away the moment from the person coming out - redirecting the conversation from them to you.*

**DON'T** 'Out' someone, especially in front of other people. Wait until they're ready to share their story.

*E.g. Hey <your name>! Did you hear that so and so is "... " <- not cool*

### Conversation tips:

- It's not just one conversation and it may be a lot of 'first' conversations with different people.
- Don't come out for someone else, in an argument or because it's what 'everyone else is doing'.
- Consider the environment of which you are about to have a conversation.
- You don't have to come out if you don't want to.

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*"Be unique because you're out of this world!" - The Space 2021*

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