

National Coming Out Day

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History of National Coming Out Day - October 11:

Its roots lie in the U.S. National Coming Out Day, established in 1988, which was the second anniversary of the March on Washington for Lesbian and Gay rights. This day can serve as a form of activism and a means to celebrate 2SLGBTQIA+ identities, decrease stigma, increase awareness, and advocate for change. For some 2SLGBTQIA+ folks this day is an opportunity to celebrate their identities publicly.

[\(University of Waterloo, Human Rights, Equity and Inclusion\)](#)

What does “coming out” mean?

Coming out is an expression that describes a process of socially acknowledging one’s sexual orientation and/or gender identity. Coming out can provide space and opportunity for some 2SLGBTQIA+ folks to define their identities and lived experiences on their own terms, with their own agency. On this day, many members of the 2SLGBTQIA+ community may choose to actively ‘come out’ on social media to a few people in their lives, or just to themselves. Coming out looks and feels differently to each person.

[\(University of Waterloo, Human Rights Equity and Inclusion\)](#)

‘Coming out’, the expression used to describe the social acknowledgement of one’s sexual orientation or gender identity, is a deeply personal process, and often intensely emotional. [\(EGALE\)](#)

Coming out is not a singular moment, but many. This is a constant process for people within the space, time and relationships they’re in. [\(Coming out as LGBTQ: It’s not one moment, but several, Washington Post\)](#)

Coming Out and the Cultural Context

- [The whiteness of ‘coming out’: culture and identity in the disclosure narrative](#)
- [The coming out narrative needs to be reframed](#)
- [Final Report: Coming Out Stories: Two Spirit Narratives in Atlantic Canada 2017](#)
- [How Two-Spirit People are ‘coming in’ to their communities](#)

Creating Safe Spaces for someone to Come Out

When someone has chosen to share their identity with you, it demonstrates a level of trust. Reflect on all the ways you have already built trust with that person and continue to confirm and validate this person’s trust for you through your consistent behaviours. Coming out can look different for each person, whether it is their first time or a thousandth time. You creating a safe space for someone to come out is not in the moment someone tells you, but all the moments built up to creating a safe environment.

