

Helpful tips for Coming out

I want to come out!

Q. I'm a deaf LGBTQ person. I want to come out to friends and family, but I'm afraid of being rejected by them; and since my parents are not deaf, I don't think it would be easy to tell them.

A. Before you come out to your parents, how about wait and see the reactions of your friends or siblings when you come out to them? By practicing coming out many times you will get easy. Some start to feel like it's unnecessary to come out to their parents since they know there are many people who accept that you are LGBTQ. You shouldn't worry about being a bother to your parents by coming out, but you don't need your parents to feel gratitude about you being deaf or LGBTQ. Read LGBTQ's coming out stories on the internet or books. Listen to your LGBTQ friend's experiences. Organize your thoughts why you want to say to your parents and make a plan in advance.

When someone comes out to you...

Q. My friend recently came out to me as a lesbian. I was so surprised and didn't know what to say, so I said "Are you kidding? You're always joking. Ha-ha." I didn't take it seriously. I feel bad about what I did. She might have been hurt by my reaction. She probably needed to work up a lot of courage to be able to tell me.

A. You don't have any LGBTQ friends so far, so it is understandable that you didn't know what to say in this situation, that being said it is better late than never. Apologize to your friend genuinely; she'll probably be glad to hear that.

Caution!

Never talk about someone being LGBTQ without their permission. Someone coming out to you is a sign of trust. Outing someone would mean betraying that trust and could possibly put them in dangerous situations. You should respect someone's privacy.

Tips for coming out!

1. Keep your pace

No approach is better than another. There are many ways of coming out depending on your situation. Who do you want to tell? Only your friends? How about your family? The most important thing is that you understand your personal situation and choose a way to come out that lets you feel most comfortable.

2. Are you ready?

First of all, do you fully acknowledge that you are LGBTQ? Before you come out to anyone, you should to come to terms with your feelings about being LGBTQ. People may ask you things like: "Can't you just be straight?" or "What about marrying and having kids? Prepare and research to answer questions that might be asked, just in case.

3. Let's make a plan!

1. **Who** is the first person you want to come out to and **why**?
2. **When**? Do you really need to do it right now?
3. **Where**? Choose some places where you can feel safe.
4. Brace yourself for both **negative responses** and positive responses.
5. **Get basic information** about gender and sexuality to be ready for people's questions.
6. **Have backup plans.** Have your own support network so that you have someone to turn to if your coming out doesn't go well.

Let's check Human Rights Act or labor law that protect your rights.



Some coming out stories!



I worked up the courage to come out to my friend but they just dismissed it as a joke and laughed. They said "Are you kidding?"

When I came out to my mom, she was taken aback at first but she listened intently until the end. That made me happy.

I thought that they would be surprised but we ended up talking about my life as a LGBTQ person without getting awkward.

I came out to two friends; one said "Don't hit on me!" But the other said to him "That's rude, don't assume he would be attracted to you just because he is gay." That was really nice.

I was so relieved to hear when a co-worker said that "It's not a big deal. Nothing changed. You are still you."

Caution!

Approximately one in twenty people identify as LGBTQ. That means it could be anybody around you. Think about how you would want someone to react if you were the one trying to share important aspects about yourself.



Meeting various people can make your life colorful. You'll be able to free yourself from stereotypes or even gain new knowledge by meeting LGBTQ people. Be accepting of people who are different than you. It's very good to allow yourself to contribute to diversity. One of the first supports you can provide for LGBTQ people is to bring up LGBTQ topics with your friends and family in everyday conversation.

What kind of issues do deaf LGBTQ people have?

Many of them are living stressful lives and have anxiety from prejudice for being LGBTQ.

"I'm a trans person who needs medical care in a hospital. I would also like to change my name at an official institution, but it's difficult to do without sign language interpreters who know anything about trans issues."

"I'm hesitant to take the first step to see other LGBTQ people. I really worry about being forced out of the closet because gossip spreads rapidly in the Deaf community since it is small."

"I can't describe my feelings to psychiatrists at health clinic because of lack of health professionals who understand sign language."

"I want to take part in groups for LGBTQ people but there are no sign language interpreters."

"I'm hesitant about coming out to my parents. There are difficulties in telling people what I am feeling, especially to people who are not deaf."

"I'm a student in a school for the deaf and I want to talk to someone, but there are few teachers there who can actually use sign language."

"I don't think most bathhouses are considerate to deaf people. It's difficult to communicate with sign language in the dark."

"I'm always so insulted when people say "homos and dykes are disgusting." They use their signing malevolently."

YouTube Deaf lgbt Japan SEARCH

Deaf-LGBT-Center



We are supporting people who are deaf and **LGBTQ(Lesbian, Gay, Bisexual, Transgender, Queer and Questioning)** in Japan. Many of us experience discrimination and prejudices. People often tease and mock LGBTQ people using derogatory sign language. Because of the lack of sign language interpreters who understand Transgender issues, Trans people have a very hard time getting supports in the medical or legal procedures of their transition. These prejudices many people are facing causes anxiety and stress. We provide information about deaf LGBTQ people, develop education materials, hold workshops and provide lecturers with training courses. We are working towards an actualization of a society where it is comfortable for everyone to live.

HP <http://deaf-LGBT-center.jimdo.com/>
MAIL deaf_LGBT_center@yahoo.co.jp