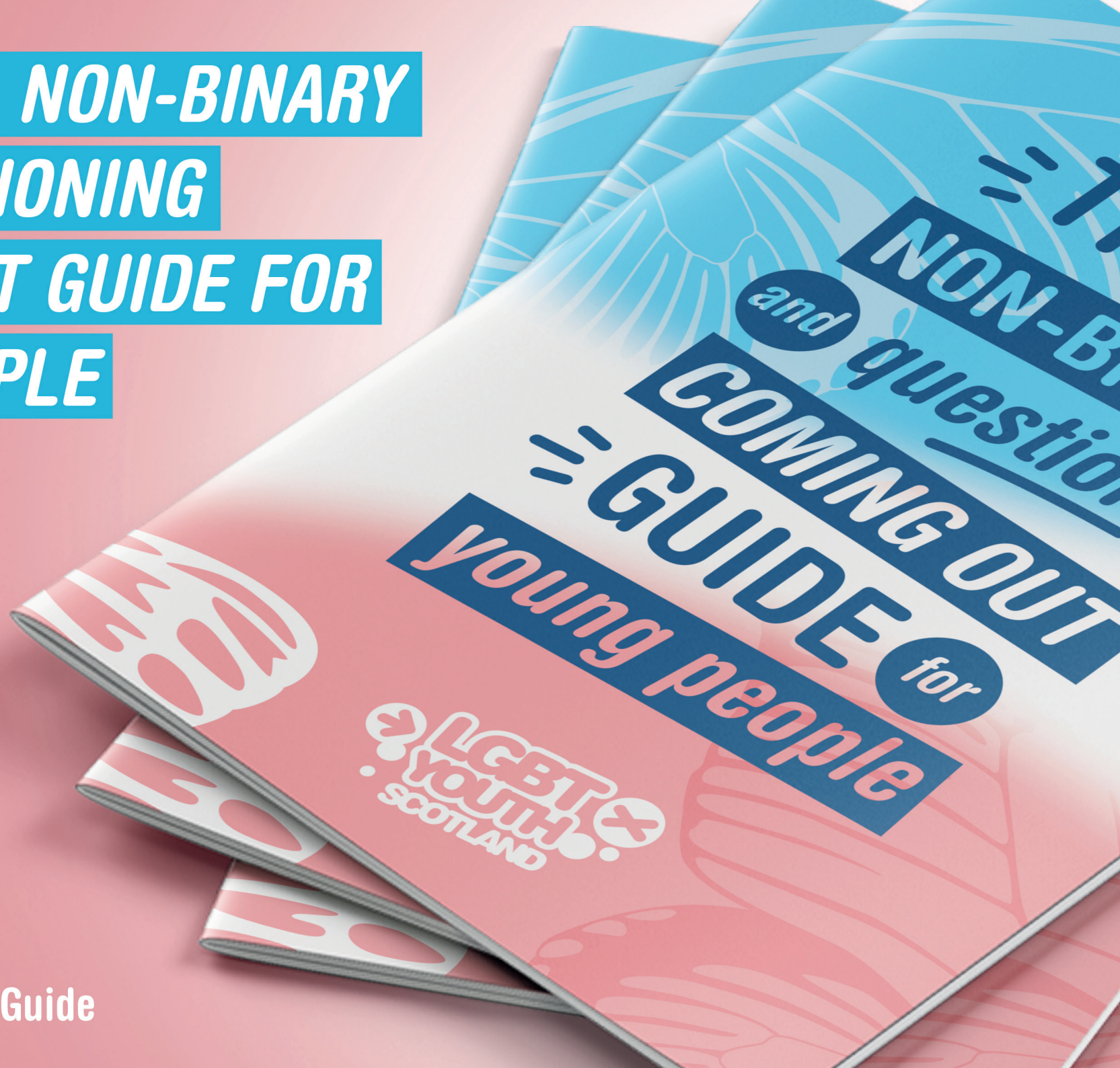


**THE TRANS, NON-BINARY
AND QUESTIONING
COMING OUT GUIDE FOR
YOUNG PEOPLE**



Youth Work Session Guide

There are a few options for how to do this session depending on your young people, your access to resources, and the time you have available. You can either pick one activity and have the whole group do it, or, if you're confident and have enough support from other staff/volunteers, split the group into doing different activities. It's a pick 'n' mix!

For all sessions, you will need at least one copy of the coming out guide, either digital or physical. If you have more, it's easier to pass around- popping a link to the digital copy on Discord even for in-person groups means everyone has access.

For collage:

Coloured paper, pens, glue, scissors, printouts of clip art/guide (attached: see COG files pdf pages 2-12. If you have no coloured ink, you can select only the black and white pages) AND/OR magazines/newspapers

If your group is online, you may want to post the yep some supplies like scissors, glue sticks, coloured paper, pens and printouts if they're not comfortable using image editors.

For writing letters:

Print outs of template (optional, can be shown on screen if not; they can go off-template if confident), pens and paper or a notepad app. Online: simply copy the text into the chat

Discussion/Drama and roleplaying:

Yourselves Can be done via voice chat/cam online or can be typed responses roleplaying scenarios

10 MINUTES

INTRODUCTION

Names/pronouns/icebreaker - One fact about yourself not many people know?

Introduce the session – we'll be looking at the new Trans and Nonbinary Coming Out Guide, and doing some activities on how we feel about coming out.

15 - 35 MINUTES

INITIAL DISCUSSION

Pass out copies of the guide, or guide them to look up the digital version on their phones, or show them a digital version on your laptop screen.

Explain that we used to have a version of this that was made in 2009, but it didn't include a lot of important information because a lot has changed in 14 years. This one is more up to date, and was written by both staff and young people.

Have a look through the contents or flick through - ask if there's anything they particularly want to look at closer.



STARTING QUESTIONS

Did you use any guides coming out? (good for generating discussion – some may have used our old guides)

- ➔ Who is this useful for? (Definitely for trans and nb people coming out – but also for families and friends of trans/nb people; there's an info section at the back)
- ➔ Explain that this guide was developed over 1.5 years including workshops on discord with young people.
- ➔ Did any of them attend the workshops? If they did, invite them to talk about their experiences with it and feelings about it
- ➔ Do you feel it would be useful to have a guide like this for coming out about your sexuality? Part of why we made this updated version was because the old version was missing important things that weren't as widely discussed in 2009 - would an update to include things like pansexuality, ace/aro and fluid sexuality be helpful? [this can be fed back to james.wilson@lgbtyouth.org.uk if there are any interesting comments on this]

REST OF SESSION

Pick at least one of these options to run. If you have the capacity to run multiple options at once, feel free, but running just one option is perfectly fine. You'll know what your group is most likely to respond to.

DISCUSSIONS IN SMALL GROUPS

Separate into groups of 3 or 4 (if you're doing this online, you can create temporary rooms to type or call, and delete them afterwards; or you can ask the whole group to feed responses into the main chat) and ask them to discuss some of the following questions between themselves:

- Describe your feeling about coming out in 3 words?
- Share one of your experiences of coming out if you want to
- Share what you think is the best coming out advice you've heard
- Some people don't want to come out and are happy to keep their truth to themselves; is there anything else we can do to be supportive to them?

Afterwards, bring them back to the group and share your thoughts. Be aware that experiences of coming out can sometimes be emotional, and tell them they don't have to share anything personal with the larger group if they're not comfortable with it.

Remind them that we're here and can offer 1:1 support if they're still thinking about coming out to some people and need to talk with a youth worker about it.

COLLAGE

Ask the young people if they've done collage before; if there are any that are confident, try pair them with young people who are less confident in their abilities.

Show some examples (attached: see COG files pdf, page 1) and explain you're trying to pull together other pictures to make a new image that depicts their feelings about coming out, being out, or not being out.

There can be a wide range of emotions – some people will feel very positively about coming out, others will have experienced stress undergoing it; some may be nervous, others excited, others may be comfortable not being out at all.

The collage can either tell a story in a timeline, or it can represent a feeling, and it can be abstract or very clear. It's totally up to the young people, and if they want to explain their art, they can, but they don't have to.

Starting with a blank page or coloured paper, cut out words or images that you're drawn to. If you'd like to write or draw something yourself, you're welcome to. Some people find it less daunting to start if they have a background to begin with, like a pattern. It can be any size, but A4 paper is most easily available – let them stick pieces of paper together or rip them in half if they like.

LETTER TO YOUR FUTURE SELF

This activity invites the young people to write a letter to themselves, either their future self, say 1 year or 5 years into the future, imagining what has changed, how their coming out went, what they learned and what they are grateful for.

Or a letter to their past self, before they came out, with reassurance, encouragement and lessons they have learned. Template included in COG files pdf (Page 13)

If they would rather write their letter to another young person they can do that – either someone who hasn't come out yet, or who has.

Yp may like to share all or some of what they have written with the group, but no pressure to do so as it may be very personal

DRAMA & ROLEPLAYING

Young people can choose from scenarios below, and roleplay up until they're given a decision. You can then decide as a group what to do next.

As youth worker, set up the scene by giving a synopsis of it, and let the young people decide how they act. Once they reach the end of your synopsis, offer them a choice, and then the actors continue based on what the group votes on.

Scenario 1:

One teenager, one parent.

Scene 1: Teenager and parent on the sofa, flicking through TV channels, chatting about school. They land on a channel that has LGBTQIA+ content – a gay kiss, or a person talking about being trans, or a documentary about asexuality?

Choice 1: Does the parent comment on it? If no, does the teenager say anything, testing the waters with their reaction? If yes, is the comment positive?

Scene 2: React to the choices made by the group, and roleplay what the parent's reaction to this is.

Choice 2: If positive, does the teenager choose to come out? If negative, does the teenager say anything about it?

Scene 3: Let them take the scene where they want it to go.

Scenario 2:

One LGBTQIA+ young person, and two friends after a gig

Scene 1: The lead singer had a pride flag thrown at them on stage and waved it during a song. The LGBTQ+ young person hasn't told their friends yet, and one of their friends asks what flag it was. The other one says 'some kind of pride flag, I think'. The LGBTQ+ person knows which flag it was because it's the pride flag they identify with (group can pick which).

Choice 1: Do they tell them what it was? Or do they test the waters by asking what they think of the flag first?

Scene 2: The one who didn't know what the flag was makes a bit of a face. The one who knew asks what their problem is. The first friend thinks 'I'm cool with it, but they don't need all those different flags.'

Choice 2: Does the LGBTQ+ person explain why it matters? Or do they not feel safe doing so? Does the other friend challenge this?

Scene 3: Let them take the scene where they want it to go.

Scenario 3:

One LGBT+ person, and a coworker.

Scene 1: Both are on their lunch break, and chatting about what's in the paper over coffee. The coworker asks, "have you ever met any people like this?" while pointing out an article in the paper. It's about an LGBT+ identity that applies to the other person (group can pick which).

Choice 1: Do they feel safe telling their coworker initially? Do they say 'yes' without specifying it's them?

Scene 2: The coworker reacts neutrally; interested, and not immediately supportive, but not putting it down, either. They ask a few more questions about the identity and admit they'd never really asked about it before.

Choice 2: Does the LGBT+ person feel comfortable with the conversation? What do they do?

Scene 3: Let them take the scene where they want it to go.

If you have enough keen young people and enough time, you can replay the scenarios with different people and make different choices.

Afterwards; chat with them about how roleplaying the scenarios felt, and how it felt for the others to watch it. Generate some discussion about how differently it could go.

WRAPPING UP

Wrap up by thanking them for taking part in this, and signposting them to where they can find the guide online and in person.

Any debrief required, including signposting to other services run by LGBT Youth Scotland or partner organisations. Mention the time and day of the next LiveChat session at lgbtyouth.org.uk.