**Week 2: How to handle coming out in the workplace/school.**

Coming out is a big decision, some might even call it life-changing. Like any other important decision in life, one should come out (or not) on their own terms.

Share with your mentee/mentor the motivation(s) that led to your decision whether to come out in your workplace/school - for example, what is your goal in your decision whether to come out. Did you consider the idea of not coming out due to self-preservation or mental health issues? Were you confident you were in a safe physical and emotional space? Had you identified your potential support network after you come out? Did you come out to someone that had power over you (can fire you/grade your paper/had a decision over your housing and/or health care)?

Share with your mentee how and to what extent you decided to come out and how to handle reactions

Additional resources:

<https://www.washington.edu/counseling/thinking-of-coming-out/>

<https://www.hrc.org/resources/coming-out-at-work>