Coming Out

“Coming Out” refers to the process of revealing one’s sexual orientation. Some students think it is essential to come out to every close friend and family member. It is often the case that this message is conveyed among members of the Gay, Lesbian and Bisexual communities. Often, students who have not “come out” feel pressured to do so. It is also frequently the case that many of the students who feel pressured in this way are still unsure of what they would “come out” as (Gay, Lesbian, Bisexual, or other) and to whom they would “come out,” if they were to choose to do so. Affirming psychotherapy can assist the student in evaluating options and in accepting that these decisions are typically made only after a process of introspection. Students receiving psychotherapy also often come to appreciate the nature and length of their own unique process.

Suggested readings


Other Books:

A Family Matter, Charles Silverstein
Are You Still My Mother? Are You Still My Family? Gloria Guss Back
Coming Out Right, Wes Huchmore and William Hanson
Living Gay, Don Clark
Loving Someone Gay, Don Clark
Now That You Know, Betty Fairchild
Our Right to Love: A Lesbian Resource Book, Ginny Vida (editor)
Permanent Partners, Betty Berzon
Positively Gay, Betty Berzon and Robert Laughton
Rubyfruit Jungle, Rita Mae Brown
Society and the Healthy Homosexual, George Weinberg
The Beauty Queen, Patricia Neil Warren
The Front Runner, Patricia Neil Warren
The Joy of Gay Sex, Charles Silverstein and Edmund White
The Joy of Lesbian Sex, Emily Sisley and Bertha Harris

Periodicals:

10 Percent
Christopher Street
Deneuve
Empathy
Genre
Good Times
Out
"Coming Out to Your Parents,"
Parents FLAG
P. O. Box 15711
Philadelphia PA

Other Resources:

- Queer Resource Directory (http://www.qrd.org/QRD/)
- Lesbian.org
- Bisexual Resource List (http://www.biresource.org/)
- LGB-themed USENET Newsgroups (http://www.planetout.com/)

Even MORE Resources!!!

- SAFE ZONE. This group was formed to educate the campus community about issues of concern to LGBT people. Composed of undergraduate students, graduate students, faculty members, and staff members, this group enlightens members of the campus community regarding the importance of creating an environment that affirms students’ sexual identity.

- The LESBIAN, GAY, BISEXUAL, TRANSGENDER ALLIANCE is an LGBT student group at Cal State Northridge. The group meets weekly to discuss social and political concerns of LGBT students. Meetings are typically Thursday evenings in the student Union's Pasadena room, but consult the website for changes. The website is http://www.csun.edu/~lgbsa/oldsite/.