**Coming out – some suggested wording**

## Coming out is a unique and individual experience for every person. The below text is an idea of what you could say if you’re stuck, but it is only a guideline – write or say whatever feels important to you.

Hi,

You’re someone that is important to me, and because of that I want to let you know that I am transgender / gender diverse. At the moment coming out to someone feels like it takes a lot of trust, and I hope you see this as an act of trust, and respect me and my gender by keeping this between us until I am ready to share it more widely.

My name is now \_\_\_\_\_\_\_ and my pronouns are \_\_\_\_\_\_\_\_\_

I am a woman / a man / non-binary, but I’m also the same friend / (other relationship term) I’ve always been, and I would love for that to continue.

If you want to learn more about what this is like for me, you can check out transhub.org/allies for information and resources.

[Your name]

Hey everyone,

This is a post to tell you something really cool and exciting about me - I am transgender / gender diverse. It would mean a lot to me that you read a bit about what that means, and ways you can support me.

My name is now \_\_\_\_\_\_\_ and my pronouns are \_\_\_\_\_\_\_\_\_

I am a woman / a man / non-binary, but I’m also the same person I’ve always been, and I would love for our friendships to continue.

If you want to learn more, you can check out transhub.org/allies for information and resources.

[Your name]