**Suggested Questions/ Discussion Points for After a Young Person Comes Out to You as LGBT+**

Coming out often takes courage and can be scary or worrying for some people. Your reassurance and support is key - you might be the first person they’ve told. Choose which points below you feel are most relevant. You don’t need to ask them straight away. It might be appropriate to ask if they’d like to have a chat in the future, if and when they feel ready to talk about it.

* *Thank you for trusting me. I will keep things confidential and will be your ally and will help if you need it. I won’t share this information with anyone unless you give me permission to or if I am concerned about your personal safety.* (Follow safeguarding guidelines but avoid outing someone without their permission, even other staff members)
* Is there anything I can help you with in school?
* Would you like help sharing this information with anyone else? Is there anyone else you would like me to share this information with? Let’s discuss how best to do this.
* Is anyone using this information to make life difficult for you or to bully you? We have a zero-tolerance policy in school for any homophobic/transphobic bullying. I would like to speak to people to stop any bullying. Is this OK with you? (This may involve outing a student to another member of staff so check this is OK)
* Is anything impacting in any way on your ability to study/ learn? What things would help you?
* Would you like me to help you make a plan for moving forward eg If you want to socially transition in school?
* Do you feel safe at home? Do you have any concerns about how a parent/ carer might react/ has reacted to this information?
* Do you feel safe in school? What would make you feel safer?
* Is there anything that you would like to change to help you feel more comfortable in school eg name/pronouns; changing for PE; which toilet you use; PE and sport activities?
* Would you like to speak/ online chat to a professional outside the school eg Space Youth Project, LGBT+ Switchboard, Mermaids helplines?

A close-up of a box

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[www.SpaceYouthProject.co.uk](http://www.SpaceYouthProject.co.uk)