

OUR AFFILIATES



This Pamphlet was written by
Peirce M., President and Founder



www.IAmMeCorp.Org

I AM ME INC.



COMING OUT

I Am Me Inc is a 501c3 LGBTQ+ non-profit founded in 2020 in Delaware. Our mission is to uplift and unify the LGBTQ+ community as well as educate future Allies.





Photos from I Am Me Inc Event... Sunday Tea, This Event is held monthly in varying locations in DE.

Coming Out is a very important step in any LGBTQ+ persons life. Disclosing your sexual orientation or gender identity can be a fearful psychological process that could lead to liberation, a great disappoint or a combination of both. If you're uncertain of the consequences of disclosure , I suggest you prepare yourself for an unfavorable outcome such as eviction, loss of income or mental trauma and/or abuse. This pamphlet will give you tips on how you can come out safely.

How Do You Come OUT?

First Step. Build a Network of LGBTQ+ and Allies

I believe there is strength in numbers. Whose better to provide support and encouragement then another LGBTQ+ person? How do you find them? You can find

positive LGBTQ+ role models and acquaintances within Non-profit Organizations, School Groups, LGBTQ+ Churches, etc. Any entity that is promoting positivity within your community. This type of networking could provide access to not only friendships but also needed resources.

Second Step. Develop an Exit Strategy

Liberate yourself Psychologically and Physically!! Coming Out is stressful enough, compounding it with the possibility of being homeless, jobless or any other end result of a disappointed loved one could lead to major depression. Developing an Exist Plan will help you to secure your new lifestyle. Your Exist Plan should include the following:

- A. Financial Plan
- B. Securing a place to stay

Having an Exit Strategy is a smart way to avoid potential homelessness.

Financial Plan

1. Education- Can I delay my coming out process to finish high school or attend secondary school. If the answer is yes, finish up school obtain a career and plan to move out. If no, Find a Job.
2. Find a Job- If you can't afford to attend secondary school, I suggest you seek employment. You're going to need income to afford a place to stay.

Secure a Place to Stay

1. Once your finances are in order, You can begin apartment hunting. If you don't earn enough to live independently speak to someone within your Network (Step One) to see if you can live as roommates. If sustaining an apartment with or without a roommate is too difficult consider renting a room or possibly staying in a shelter.
2. Create a list of local Shelters and Housing- Find out from your Network, Department of Social Services or call 211/911 ask for local shelter information. Ask pertinent questions such as: Do you have a waiting list? How long am I permitted to stay? Is your shelter LGBTQ+ friendly? Do you offer job training? Stay long enough to get on your feet (if possible), the goal is to become independent.

Third Step. Find a Therapist

Find an affirming LGBTQ+ therapist to share your experience; Positive or Negative, you're going to need to unpack all the emotions surrounded with coming out and future experiences. Keep evolving and remember the goal is to be a healthy LGBTQ+ you!!

I'm sure there are many other suggestions to add to this list, make sure to develop an exit strategy where your livelihood isn't dependent on another person. Do what works for you.

You're Now Ready to Come OUT!!