

# Tailored Skills



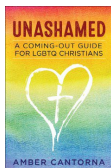
## Learn: Coming Out as LGBTQ2S+

### Library Books & Materials



**Coming out stories : personal experiences of coming out from across the LGBTQ+ spectrum**  
by Emma Goswell

All of the real life stories in this book show you there is no right or wrong way to come out, whatever your age and whatever your background. Whether you're gay, pan, queer, bi, trans, non-binary, or an ally, this uplifting go-to resource is filled with helpful advice and tips on what to expect, and inspirational quotes from leading LGBTQ+ figures, to help you live your very best self.



**Unashamed : a coming-out guide for LGBTQ Christians**  
by Amber Cantorna

*Unashamed* serves as a guide for Christians considering coming out, tackling tough subject matters such as demolishing internalized homophobia, finding an affirming faith community, reestablishing your worth as a child of God, navigating difficult family conversations (especially in cases where family is involved in church leadership/ministry), and healing from the pain of rejection.



**Coming out : insights and tips for teenagers**  
by Kezia Endsley

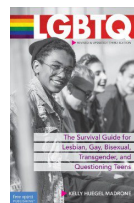
This book addresses the hows and whys of coming out, as well as potential concerns teenagers may have-including how to know when you're ready to come out, who to tell first, and how to deal with unsupportive people.



**Out! : how to be your authentic self**

by Miles McKenna

The award-winning social media icon and LGBTQ+ activist documents the story of his own coming out to counsel teens on what they need to know to navigate their identities, come out on their own terms and embark on an authentic life.



**LGBTQ : the survival guide for lesbian, gay, bisexual, transgender, and questioning teens**

by Kelly Huegel

Presents a resource for gay, lesbian, transgender, bisexual, and queer teenagers, covering such topics as coming out, confronting prejudice, gender identity, and making healthy choices

### Community Resources

#### PFLAG - [pflag.org](http://pflag.org)

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. With over 400 chapters and 200,000 members and supporters crossing multiple generations of families in major urban centers, small cities, and rural areas across America, PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued, and affirmed.

#### Freedom Oklahoma - Resources for Coming Out

Freedom Oklahoma works to secure lived equality and legal protection for lesbians, gays, bisexuals, transgender and queer people through advocacy, public education, coalition building, and empowerment in the civic process.

#### Diversity Center of Oklahoma

The Diversity Center of Oklahoma Inc., our mission is to reduce barriers in the Gender Diverse & LGBTQ+ communities and their families, including disenfranchised and marginalized people of color by providing quality primary health care treatment, and behavioral health treatment, along with additional complimentary health care services.

Your learning made to fit.

