

# COMING OUT ACTION PLAN

<p style="text-align: center;"><b>WHO:</b></p> <p><b>Identify one person who is 100% safe. This is your anchor—the person you call after a difficult conversation.</b></p> <p style="text-align: center;">Name:</p> <hr/> <p style="text-align: center;">Why they are safe:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p style="text-align: center;"><b>WHERE/WHEN</b></p> <p><b>Choose a neutral location with an easy exit. Avoid high-stakes environments or places you can't leave easily.</b></p> <p style="text-align: center;">Location:</p> <hr/> <p style="text-align: center;">Time/Day:</p> <hr/> <p style="text-align: center;">Exit Strategy:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p style="text-align: center;"><b>HOW:</b></p> <p><b>Use this simple three-sentence guide:</b></p> <ol style="list-style-type: none"><li>1. <i>The Connection: "I value our relationship..."</i></li><li>2. <i>The Fact: "I am [Name/Gender/Pronouns]."</i></li><li>3. <i>The Ask: "This is how you can support me..."</i></li></ol> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p style="text-align: center;"><b>SAFETY:</b></p> <p><b>If the conversation goes poorly, what is the immediate plan to protect your peace and safety?</b></p> <p style="text-align: center;">Where will I go?</p> <hr/> <hr/> <p style="text-align: center;">Who will I call?</p> <hr/> <hr/> <hr/> <p style="text-align: center;">Essentials Ready? (Keys/Phone) [   ] Yes</p>

