

Coming Out Stars Activity

First, let each person pick their own star, they should have the choice of Blue, Orange, Red, or Purple stars. Once they have picked their star, read the following instructions to them

- 1) Imagine that this star represents your world. You are the center of this world and the things or people that are the most important to you are each point of the star, so put your name in the middle of the star.
- 2) Now, pick one of the points of the star. It doesn't matter which point you choose, a very close friend that you tell everything to. Write their name on this point.
- 3) Choose another. This point represents a community you belong to. This community could be the church you go, a club you belong to, or even something as simple as "my friends."
- 4) For the third point of your star will be a specific family member. This family member can be any family member that you trust and make you happy when you're sad and are the one that you confide your secrets to. Write their name down.
- 5) The fourth star belongs to the job you want. This can be a current job you have or one that you've always wanted. Regardless of what it is, write it down on this point.
- 6) On the last point that you have, write down any dreams and hopes that you have. You can put down as many things on this point as you wish.

Once each person has finished writing on the points of their stars, have them stand up and stand in a circle. Tell them that they cannot talk until the end of this activity and that each of them are Gay or Lesbian and are about to go through the process of coming out.

Scenario #1

You decided that it will be the easiest to tell you friends first. These friends have always been there for you and you feel they have a right to know your sexual orientation.

- If you have a BLUE star, your friend has no problem with the news. They've suspected it for a while and thank you for sharing. They also don't act any differently toward you and around you since they accept you for who you are.
- If you have a ORANGE or PURPLE star, your friends are kinda hesitant. They're a little irritated that it took you so long to tell them; however, you're confident that they'll come to terms with this news. Please fold back this point of your star.
- If you have a RED star, you're met with anger and disgust. This friend – who has been by your side through good and bad – tells you that being LGBT is

wrong and they can't be associated with anyone like that. If you have a red star, please tear off this side and drop it on the ground. This friend is no longer a part of your life.

Scenario #2

With most of you having such good luck with your friends, you decide that your family deserves to know. You decide to turn to your closet family member first so that it will be easier to come out.

- If you have a PURPLE star, the conversation doesn't go exactly how you planned. Several questions are asked as to how this could have happened, but after some lengthy discussion with this person who is close to you seems slightly more at ease with this information. Fold this point of your star back since this person will be an ally in time.
- For those of you that have BLUE stars, this family member embraces you. They are proud that you have decided to come out of the closet and let you know that they will always be there for you.
- If you have a ORANGE or RED star, your family rejects the thought of being related to a person who is LGBT. Much like some of your friends, they are disgusted at this. Some of you are thrown out of your house or disowned. You're now a part of the 42% homeless youth who identify as LGBT. If you have an orange or red star, please tear off this side and drop it to the ground.

Scenario #3

Having told your friends and family, the news of you coming out has been spread around. Members of your community are aware of your sexual orientation.

- If you have a PURPLE or BLUE star, your sexual orientation is accepted by your community. They embrace this news with positivity.
- If you have a ORANGE star you are met with mixed responses. Some accept you and some don't know what to think. You remain a part of this society, but it will take some time for you to be accepted as you once were. If you have an orange star, please fold back this point.
- If you have a RED star, your community reacts with hatred. They tell you that you don't belong to this community. The people who have supported you through everything no longer speak to you or acknowledge you. If you have a red star, tear off this side and drop it to the ground.

Scenario #4

The rumors are still flying around about you coming out. In the past, you have confronted rumors, but you're not sure if you should confront these rumors because they could have a harmful impact. However, you don't have a choice.

- If you have a RED or ORANGE star, you continue to work as if nothing has changed. But, one day, you show up to work and you're informed that you have been fired. Any personal belongings you had at work are now boxed up and you are asked to remove yourself from the property. If you have a red or orange star, please rip off this point and let it drop to the ground.

- If you have a BLUE star, your coworkers begin to approach you and let you know that they've heard the rumors and they don't care about them. They will support you and your bosses react the same way.
- If you have a PURPLE star, your workplace becomes very interesting: Everyone seems to think that you're lesbian or gay, even though you haven't confirmed or denied the rumors. Some people speak to you less, yet the environment doesn't seem to have changed too drastically. If you have a purple star, please fold back this point.

Scenario #5

Now, your future lies a head of you as a member of the LGBT community. Your hopes, dreams, and wishes for the perfect life remain for some of you.

- If you have a PURPLE, BLUE, or ORANGE star, these hopes and dreams are what keep you going. Most of you have been met with some sort of rejection since the beginning of your coming out process. Yet, you have managed to continue to live a happy and health life. Your personal hopes and dreams become a reality.
- If you have a RED star, you have fallen into despair. You have been met with rejection during every step process while coming out. Your friends, family, community, and work place have all turned on you. You've become depressed and without any other place to turn, you turn to alcohol and drub abuse. Eventually, you feel your life is not worth living. If you have a red star, please tear it up and drop the pieces to the ground. You're now apart of the 40% of suicide victims who are LGBT.