Easy Read Edition

Proud and Supported: Definitions and Beyond

Part 1: To Start
To Start

There are many ways to identify. Everyone is different and that’s good!

Sometimes that is confusing.

This guide will explain some of the ways people identify.
This guide will talk about things like:

• The different ways people identify.

• What being LGBTQ+ is.

• The different ways people can present themselves.

• What different kinds of discrimination against LGBTQ+ people there are.
• What coming out is and how to come out.

• What stereotypes are and why they are bad.

• What to do if you feel bad about being different.

• Why having LGBTQ+ pride is like being a self-advocate.

• How to find community more.
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