

COMING OUT AS LGBT OR AN ALLY



Kye Allums Hugo, Minnesota

Playing basketball for George Washington University, Kye became the first openly transgender NCAA Division I athlete. Initially worrying about how his teammates and coaches would react to the news, Kye says they have all been supportive of him living his life openly and honestly.



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Lesbian, gay, bisexual and transgender Americans are a part of every walk of American life. In all that diversity, we have one thing in common: We each make deeply personal decisions to be open about who we are with ourselves and others — even when it isn't easy.

Straight people who support the LGBT community face a coming out process too. Knowing when and how to be an effective ally can help change hearts and minds and lead to greater acceptance for all people.

DID YOU KNOW?

- Data suggests there are approximately **9 million lesbian, gay, bisexual and transgender people** in this country.
- 77 percent of **people say they know a gay or lesbian person** — a jump of 35 points in the past 20 years.
- People who have LGBT friends or family are much **more supportive of legal equality** for our community.

WHAT YOU CAN DO AND HOW HRC CAN HELP:

- Living your life openly as an LGBT person or ally can make the biggest difference in how your friends and family feel about equality issues.
- Learn more about coming out on our website, which includes resources specifically tailored for transgender people and people of color at www.hrc.org/ComingOut

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