

5 THINGS TO KNOW ABOUT YOUR LGBTQPA+ PARTNER

1 **Coming out is a process.** It might seem to you like this came out of nowhere, or you might be wondering why they didn't tell you sooner. Either way, remember that coming out is a long process, and they've probably been thinking about this for a lot longer than you'll ever know.

2 **Your partner's sexuality is about them, not you.** When a person's partner comes out, it can sometimes cause someone to ask themselves what they did to make this happen. In reality, sexuality is fluid and sometimes evolves with no explanation.

3 **Let them choose when they want to tell others.** This is a personal experience, and they should choose when to tell others. Don't tell other people, including family, without their consent, but don't force them to keep their sexuality a secret either.

4 **Their relationship to you is not defined by their sexuality, and vice versa.** Your partner can still love you, even if how they define their sexuality changes, and your partner's sexuality is what it is, whether or not your partnership exists.

5 **Your partnership might evolve or change.** If you and your partner are committed to maintaining your partnership, it's important to consider how it might evolve. LGBTQPA+ people can experience community, friendship and partnerships differently than others.

Each person is completely unique, and their experiences are going to be different depending on who they are as a person. Your partner might need or feel specific things, and the best thing you can do is try to talk openly with them.



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