

# Assessing Safety and Well-Being for LGBTQ+ Youth

Coming out is a lifelong process and the level of support youth receive in this process can affect their emotional and physical well-being, and safety.

Talking with a youth and assessing their safety is key in working towards permanency. Here are some prompts that may help start this conversation and assist in collecting important information that can guide your efforts to support the youth.

## Safety

- What makes you feel unsafe about being out?
- What does “unsafe” look/feel like for you?
- What do you do when you feel unsafe?
- Have you ever felt unsafe at home/school/in your community?
- Where are you most uncomfortable being out?



## Support Network

- Who is the person you feel safest coming out to?
- What makes them safe?
- What makes you feel safe about being out?
- What does safety look like to you?

## Challenges

- Who are you out to?
- Who would you like to be out to?
- Is there anyone who you feel unsafe around?
- Who would be the most difficult person to come out to?
- What makes that person the most difficult?



a program of the Los Angeles LGBT Center

## Building Rapport: The Coming Out Process

Assessing safety and well-being for LGBTQ+ youth involves having meaningful, youth-centered conversations about their underlying needs. Authentic, empathetic conversations deepen relationships, and can empower youth to choose their own paths. Having stronger relationships with youth will increase our ability to intervene and create pathways to permanency.



## Potential Questions to Build Rapport



- Is there anything about being out that scares you?
- Is there anything about being out that makes you happy/excited?
- If your life was a book, what would you like to write in the next chapter?
- If you had a magic wand and could change anything about your coming out process, what would you change?