

PREPARING FOR ADVOCACY: SHARING YOUR STORY



Sharing your story can help others empathize with you and your loved ones. You can establish yourself not only as an advocate for equality, but also as a resource to help educate others. Storytelling can be used in everyday conversation, at events in support of your cause, and as a tool for lobbying with elected officials. Personal stories allow you to move the discussion away from policies and laws and make it about people.

Choose Your Personal Story

Pick a moment that gives a glimpse into your experience as an LGBTQ person or ally:

- Your coming out/disclosure story
- Incidents of bullying or discrimination
- Your journey to accepting yourself or others
- What it felt like to find out that someone you love is LGBTQ

Convey Your Message

Don't just tell a story. Use it to forward your important and unique message:

- The struggle and fear involved in disclosure/coming out
- The power and value of acceptance, or pain of exclusion
- The value of understanding yourself and/or others

Tips

Allow your story to evolve as you do.

Don't go on autopilot, when telling your story in person. Stay aware of how you're feeling and how people respond.

Keep the details concise and know what to leave out.

Stay committed to the truth. Don't exaggerate or change your story because you think it might be more convincing.

Don't feel the need to be an expert. If someone asks you a question and you don't know the answer, commit to finding the information and following up.

Let your emotions show, when telling your story in person. This openness will help others relate to your message.

Engage in the conversation by using gestures and making eye contact.

Avoid using 'insider' language and acronyms until you've explicitly explained them.