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How to come out to your immigrant parents

You've done the hard part and come to terms with your sexuality. Congratulations! You may have told your friends already, but a larger terror looms ahead: how do you tell your immigrant parents? Of course, not all parents are the same and some are more conservative than others. This isn't a one-size-fits-all guide, but it is a way to start thinking about how to come out to people who may be averse to LGBTQ identities.

1. Get a partner

I know, finding someone to date is already difficult. But in my experience, the coming out process is easier with a partner. This helps with the next steps in this guide and gives you someone who will support you through the process. It's best to be dating this person seriously and you should let them know you're not out to your parents yet.

2. Introduce your partner as a friend

Once you've established a relationship with someone, it's time to introduce them to your parents. The trick is to tell your parents that your partner is a good friend of yours. Often, immigrant parents think of LGBTQ people as alien and weird. By introducing your partner as a friend first, your parents can get to know them without preconceived misconceptions about queer people. Make sure your parents meet your partner multiple times and build a relationship with them.

3. Tell your parents you're dating

Because your parents already know what a great person your partner is, they will be more receptive to your coming out. Admittedly, this is the hardest part. Immigrant parents can be intimidating but remember that they love you and just want what's best for you. Initially, they will probably be shocked and may need time to process the information on their own. Be patient- your parents will come around.

Make no mistake, coming out can be a daunting task. It doesn't always go smoothly, and it's usually an uncomfortable conversation. Even if your parents react negatively, remember that accepting yourself is most important. Not all parents are the same and I can't guarantee your coming out process will be positive. But I can tell you that millions of queer people have come out before you, and millions will come out after you. Don't be afraid to [reach out to the LGBTQ community for support](#). Good luck!