

MANAGING BEING OUTED - A GUIDE FOR QUEER PEOPLE

Safety & Wellness Guides for Queer Zimbabweans

Being outed—having your sexual orientation or gender identity revealed without your consent can trigger immediate emotional, physical, and social risks, especially in Zimbabwe, where LGBTQIA+ identities are often met with hostility. This guide is designed to help you navigate this difficult situation with practical advice and resources to safeguard your safety, well-being, and dignity. From immediate actions to protect yourself physically and emotionally to managing relationships and understanding your rights, this resource aims to empower you with the knowledge and tools needed to stay resilient and secure. Check out our other guides for other mental safety, mental health and wellness guidance that may be relevant to this topic.

IMMEDIATE EMOTIONAL AND PHYSICAL SAFETY

- **Assess Your Safety:** Determine if you are in immediate danger and relocate to a safe place if necessary.
- **Emergency Contacts:** Identify trusted friends, LGBTQIA+ organizations, or allies who can provide immediate support.
- **Legal Safety:** Understand your legal rights and how to protect yourself in interactions with authorities or others.

EMOTIONAL WELLBEING AND MENTAL HEALTH

- **Breathing Techniques:** Simple exercises to calm yourself during overwhelming moments.
- **Reach Out:** Contact queer affirming mental health professionals or hotlines for support.
- **Self-Care Practices:** Engage in grounding activities like journaling, meditating, or creating art.

MANAGING RELATIONSHIPS & SOCIAL NETWORKS

- **Immediate Conversations:** Decide whether and how to address the outing with close family or friends.
- **Social Media Privacy:** Secure your accounts to avoid harassment and block/report any harmful interactions.

Selective Engagement: Avoid engaging with individuals who may escalate conflict or harm.

KNOWLEDGE IS POWER

- Know Your Rights: Familiarize yourself with laws impacting queer individuals in Zimbabwe.
- Incident Documentation: Keep a record of threats, harassment, or violence for potential legal use.

COMMUNITY AND PEER SUPPORT

- Local Support Groups: Connect with queer organizations or peer networks for solidarity.
- Story Sharing: If comfortable, participate in safe, anonymized storytelling initiatives to share your experience and find healing.
- Online Communities: Engage with virtual safe spaces that offer guidance and support.

Please note these guides are best used with other resources by FVZ as some go into further detail.

ADVOCACY AND BUILDING RESILIENCE

- Know Allies: Identify supportive groups, organizations, and community leaders who can provide visibility and backing.
- Personal Narrative Control: Reclaim your story on your terms, when and if it feels safe and empowering.
- Building Resilience: Strategies for cultivating inner strength, such as engaging in activism, art, or community projects.



RESOURCES FOR SUPPORT

- If you feel overwhelmed or need support, reach out to:
- GALZ
- Pakasipiti