



National Coming Out Day (NCOD) is celebrated on October 11 as an annual LGBTQ awareness day. NCOD was founded in 1988 by Robert Eichberg and Jean O'Leary. O'Leary was an openly lesbian political leader and head of the National Gay Rights Advocates in Los Angeles. Eichberg was a psychologist and founder of the personal growth workshop, *The Experience*. October 11, 1987 was the National March on Washington for Lesbian and Gay Rights.

Thousands celebrate this day with workshops, rallies and events planned to make others aware that LGBT people are everywhere and may be someone already known and respected. "While it is often viewed as a day on which the LGBT community can celebrate gay pride, many gay people often use it as the day on which they come out to their family and friends."

The first NCOD originally received participation from eighteen states but had national media coverage. In the second year, participation grew to 21 states. After a push by the media in 1990, NCOD was observed in all 50 states and seven other countries including Switzerland and the United Kingdom.

#### Did you Know?

- Records of same-sex relationships have been found in nearly every culture throughout history with varying degrees of acceptance.

- The number of gays and lesbians in the U.S. is estimated to be approximately 8.8 million.
- Same-sex couples are raising about 1 million children in the U.S.
- The U.S. state/district with the highest concentration of gay couples is Washington, D.C. (1.29%). The lowest concentration of gay couples is found in North and South Dakota (0.22% each).
- Gay teen suicides are more common in politically conservative regions.
- Gay or lesbian teens are 50% more likely to use alcohol and three times more likely to use marijuana than heterosexual teens. They are also more likely to be homeless.
- An estimated 1% of the population in America is confirmed as transsexuals.
- In 1961, Illinois became the first state to abolish its laws against consensual homosexual sex.
- Records of same-sex relationships have been found in nearly every culture throughout history with



<https://nationaldaycalendar.com/national-coming-out-day-october-11/>

<http://www.holidayscalendar.com/event/national-coming-out-day/>

[https://en.wikipedia.org/wiki/National\\_Coming\\_Out\\_Day](https://en.wikipedia.org/wiki/National_Coming_Out_Day)

<http://lgbtq.gmu.edu/programs-services/national-coming-out-day/>

<https://www.factretriever.com/lgbt-facts>