

1. "It is revolutionary for any trans person to choose to be seen and visible in a world that tells us we should not exist."

– Laverne Cox

2. "Do not allow people to dim your shine because they are blinded. Tell them to put on some sunglasses, because we were born this way."

– Lady Gaga

3. "There will not be a magic day when we wake up and it's now okay to express ourselves publicly. We make that day by doing things publicly until it's simply the way things are."

– Tammy Baldwin

4. "Darling, I want my gay rights now."

– Marsha P. Johnson

5. "Of course, attitudes change, but only because brave people like Ellen [DeGeneres] jump into the fire to make them change. And if I hadn't seen her on TV, I would have thought, 'I could never be on TV. They don't let LGBT people on TV.' And more than that, I would have gone on thinking that I was an alien and that I maybe didn't even have a right to be here."

– Kate McKinnon

6. "It takes courage to grow up and become who you really are."

– E.E. Cummings

7. "People used to think I was a monster. And for a long time, I believed them. But after a while, you learn to ignore the names that people call you and you just trust who you are."

– Shrek

8. "To be yourself is truly a revolutionary act. And I think more and more people should try it, because it's gotten me a pretty cool life."

– Lena Waithe

9. "Never allow yourself to be made a victim. Accept no one's definition of your life; define yourself."

– Harvey Fierstein

10. "The single best thing about coming out of the closet is that nobody can insult you by telling you what you've just told them."

– Rachel Maddow

11. "How can people change their minds about us if they don't know who we are?"

– Harvey Milk

12. "Personally, coming out was one of the most important things I've ever done, lifting from my shoulders the millstone of lies that I hadn't even realized I was carrying."

– Sir Ian McKellen

13. "Owning our story and loving ourselves through that process is the bravest thing we'll ever do."

– Brené Brown

14. "I believe that marriage isn't between a man and a woman, but between love and love." – Frank Ocean

15. "We deserve to experience love fully, equally, without shame, and without compromise."

– Elliot Page

16. “Self-love means that I have a relationship with myself built on trust and loyalty. I trust myself to have my own back, so my allegiance is to the voice within.”

– Glennon Doyle

17. “To be fully seen by somebody, then, and be loved anyhow – this is a human offering that can border on miraculous.”

– Elizabeth Gilbert

18. “The more I’ve been able to learn about gay rights and equal pay and gender equity and racial inequality, the more that it all intersects. You can’t really pick it apart. It’s all intertwined.”

– Megan Rapinoe

19. “We cannot be antiracist if we are homophobic or transphobic... All Black lives include those of poor transgender Black women, perhaps the most violated and oppressed of all the Black intersectional groups.”

– Ibram X. Kendi

20. “It is important and vital is to keep that education for critical consciousness around intersectionalities, so that people are able to not focus on one thing and blame one group, but be able to look holistically at the way intersectionality informs all of us: whiteness, gender, sexual preferences, etc. Only then can we have a realistic handle on the political and cultural world we live within.”

– bell hooks

21. "Gender is between your ears and not between your legs."

– Chaz Bono

22. "Being transgender is not just a medical transition. It's discovering who you are, living your life authentically, loving yourself, and spreading that love towards other people and accepting one another, no matter the difference."

– Jazz Jennings

23. "We're all born naked, and the rest is drag."

– RuPaul

24. "It is time that we all see gender as a spectrum instead of two sets of opposing ideals."

– Emma Watson

25. "Gender is not what people look like to other people; it is what we know ourselves to be. No one else should be able to tell you who you are; that's for you to decide...Man and woman are two of many – stars in a constellation that do not compete but amplify one another's shine."

– Alok Vaid-Menon

26. "No person is your friend who demands your silence, or denies your right to grow."

– Alice Walker

27. "Being an ally can't just be about nodding when someone says something we agree with – important as that is. It must also be about action. It's our job to stand up for those who are not at the table when life-altering decisions are made."

– Kamala Harris

28. “When we’re free to love anyone we choose, when this world’s big enough for all different views, when we all can worship from our own kind of pew – then, we shall be free.”

– Garth Brooks

29. “...there is a subtle difference between tolerance and acceptance. It’s the distance between moving into the cul-de-sac and having your next door neighbor trust you to keep an eye on her preschool daughter for a few minutes while she runs out to the post office. It’s the chasm between being invited to a colleague’s wedding with your same-sex partner and being able to slow-dance without the other guests whispering.”

– Jodi Picoult

30. “We need to own that if you truly are taking stands against hate and oppression, you should not fund hate and oppression. Period.”

– Gabrielle Union

31. “If public figures came out of the closet, then the LGBT kids who saw them on TV would feel safe before they even knew why they felt dangerous. Maybe if enough people came out of the closet, gay kids would never feel dangerous.

Maybe we could have a world where we could all just live.

We may not all agree, but why can’t we just all live?”

– Margaret Cho

32. “We have to be visible. We should not be ashamed of who we are.”

– Sylvia Rivera

33. “The whole issue of sexuality is so grey. I’m just trying to acknowledge that fluidity, that greyness, which has always existed. But maybe only now are we allowed to start talking about it.”

– Kristen Stewart

34. “Love demands expression. It will not stay still, stay silent, be good, be modest, be seen and not heard, no. It will break out in tongues of praise, the high note that smashes the glass and spills the liquid.”

– Jeanette Winterson

35. “Each step forwards to become the person we are makes it harder to go backwards, to return to the shadowy, private world of closed doors and shuttered windows. The experience, the awakening of one’s true self, after being so long suppressed, can never be adequately explained with language.”

– Lili Elbe

36. “When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.”

– Audre Lorde

37. “If I wait for someone else to validate my existence, it will mean that I’m shortchanging myself.”

– Zanele Muholi

38. “There’s nothing wrong with you. There’s a lot wrong with the world you live in.”

– Chris Colfer

39. “This community has fought and continues to fight a war of acceptance, a war of tolerance and the most relentless bravery. You are the definition of courage, do you know that?”

– Lady Gaga

40. “Never stop believing in yourself. You had it all along.”

– Karamo Brown

41. “For a lot of my life, I was judged for my gender representation or my sexual orientation, or what people assumed of me; and every single time my goal has been to combat that and show my greatness.”

– Taylor Small

42. “I love that I am trans. And I love that I am queer. And the more I hold myself close and fully embrace who I am, the more I dream, the more my heart grows and the more I thrive.”

– Elliot Page

43. “Putting yourself out there is hard, but it’s so worth it. I don’t think anyone who has ever spoken out, or stood up or had a brave moment, has regretted it. It’s empowering and confidence-building and inspiring. Not only to other people, but to yourself.”

– Megan Rapinoe

44. “History isn’t something you look back at and say it was inevitable. It happens because people make decisions that

are sometimes very impulsive and of the moment, but those moments are cumulative realities.”

– Marsha P. Johnson

45. “Our society needs to recognize the unstoppable momentum toward unequivocal civil equality for every gay, lesbian, bisexual and transgender citizen of this country.”

– Zachary Quinto

46. “All of us who are openly gay are living and writing the history of our movement. We are no more — and no less — heroic than the suffragists and abolitionists of the 19th century; and the labor organizers, Freedom Riders, Stonewall demonstrators, and environmentalists of the 20th century.”

– Tammy Baldwin

47. “I believe that telling our stories, first to ourselves and then to one another and the world, is a revolutionary act.”

– Janet Mock

48. “We need, in every community, a group of angelic troublemakers.”

– Bayard Rustin

49. “Love takes off the masks we fear we cannot live without and know we cannot live within.”

– James Baldwin

50. “Openness may not completely disarm prejudice, but it’s a good place to start.”

– Jason Collins

51. “It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences.”

– Audre Lorde



52. “Never has it felt more important for me to tell stories of joy and abandon passion and recklessness. Life is short and difficult, people. We must take our pleasures where we can find them. Let us not become so cautious that we forget to live.”

– Elizabeth Gilbert

53. “When I was younger, I wish I would have been told more often that I was right and nothing was wrong with me, that I was deserving of everything this world has to offer, and that my visions for my future were worthy of pursuit.”

– Janet Mock

54. “To be afraid is to behave as if the truth were not true.”

– Bayard Rustin

55. “It takes no compromise to give people their rights... It takes no political deal to give people freedom.”

– Harvey Milk

56. “Our community is not a monolith, thank goodness, any more than America itself is. I look forward to and will continue to work toward the day when America recognizes all of us as full and equal citizens.”

– Cynthia Nixon

57. “All human beings deserve equal treatment, no matter their gender identity or sexuality.”

– Andreja Pejic

58. “There will always be enemies. Time to stop being your own.”

– Larry Kramer

59. “A long time ago I asked myself, ‘Do I want to be right, or do I want to be kind?’. I opted for kind.”

– Jane Lynch

60. “We should indeed keep calm in the face of difference, and live our lives in a state of inclusion and wonder at the diversity of humanity.”

– George Takei

61. “I once worried that there was no place for trans people like me to participate in any way in our politics. Since coming out, though, I’ve seen that change is possible and I’ve learned that the only things that are truly impossible are the things we don’t try. You can run, you can win and you can serve.”

– Sarah McBride

62. “Equality means more than passing laws. The struggle is really won in the hearts and minds of the community, where it really counts.”

– Barbara Gittings

63. “Every gay and lesbian person who has been lucky enough to survive the turmoil of growing up is a survivor. Survivors always have an obligation to those who will face the same challenges.”

– Bob Parris

64. “It is absolutely imperative that every human being’s freedom and human rights are respected, all over the world.”

– Jóhanna Sigurðardóttir

65. “I believe that no one should ever have to choose between a career we love and living our lives with authenticity and integrity.”

– Selisse Berry

66. “We are not what other people say we are. We are who we know ourselves to be, and we are what we love. That’s okay.”

– Laverne Cox

67. “I am a strong, black, lesbian woman. Every single time I say it, I feel so much better.”

– Brittney Griner

68. “The more I accept myself as a genderless human being, in a way, the more I’m loving my body.”

– Sam Smith

69. “I want to make sure that any young person or anyone really who is looking up to me—who sees a glimpse of I am as a person—that they see no shame, that they see pride, and that I’m truly unabashed about the person that I am.”

– Samira Wiley

70. “There’s no right or wrong way to be gay. No right or wrong way to come out. It’s your journey, do it the way you wanna do it.”

– Tan France

71. “I want people to fall in love with themselves and to be really proud and full of joy for the space they take up. If someone else appreciates the space you take up, then that’s icing on the cake.”

– Jonathan Van Ness

72. “It takes a little bit of bravery to step out, to be like, okay, I don’t look like anybody else around here. I am making the

conscious decision to present myself the way I want to today.”