

HELEN NGUYEN



When I was younger, I was always afraid of what people would think of me. I was holding myself back from being who I truly am. Trying to please everyone and being anyone but me made me unhappy. After coming out to my friends and family, I stopped hiding and started being me regardless of what others would think. To this day, I celebrate my true identities by encouraging others to be themselves, by going to Pride events, and participating in cultural festivities. Diversity is such a beautiful thing and society is a better place when we embrace differences instead of discouraging them.

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