

Family Behaviors that Promote Your LGBT Child's Physical & Mental Well-Being

Talk with your child or foster child about their LGBT identity

Express affection when your child tells you or when you learn that your child is gay, lesbian, bisexual, or transgender

Support your child's LGBT identity even if you may feel uncomfortable

Advocate for your child when he or she is mistreated because of their LGBT identity

Require that other family members respect your LGBT child

Bring your child to LGBT organizations or events

Talk with clergy and help your faith community to support LGBT people

Connect your child with LGBT adult role models to show them options for the future

Welcome your child's LGBT friends & partners to your home

Support your child's gender expression

Believe your child can have a happy future as an LGBT adult

Family Behaviors that Increase Your LGBT Child's Risk for Health & Mental Health Problems

Hitting, slapping, or physically hurting your child because of their LGBT identity

Blaming your child when they are discriminated against because of their LGBT identity

Verbal harassment or name-calling because of your child's LGBT identity

Excluding LGBT youth from the family home or family events

Blocking access to LGBT friends, events, & resources

Pressuring your child to be more (or less) masculine or feminine

Telling your child that God will punish them because of their LGBT identity

Telling your child that you are ashamed of them or that how they look or act will shame the family

Making your child keep their LGBT identity a secret in the family and not letting them talk about it