

Family Behaviors that Increase Your LGBTQ Child's Health & Well-Being

Research from the Family Acceptance Project[®] found more than 50 family accepting behaviors that help protect your lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) child against health risks like depression, suicide and illegal drug use and help to increase your LGBTQ child's self-esteem, health and well-being. A little change makes a difference in decreasing your child's isolation and risk and giving them hope that their family will be there for them.

Family support saves lives!

BEHAVIORS THAT HELP...

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| Tell your LGBTQ / gender diverse child that you love them | Support your child's gender expression | Talk with your child or foster child about their LGBTQ identity and listen respectfully – even when you feel uncomfortable or think that being gay or transgender is wrong | Require other family members to treat your child with respect | Show affection when your child tells you or when you learn that your child is LGBTQ |
| Ask your child if – and how - you can help them tell other people about their LGBTQ identity | Welcome your child's LGBTQ friends to your home | Use your child's chosen name and the pronoun that matches their gender identity | Bring your child to LGBTQ groups and events | Get accurate information to educate yourself about your child's sexual orientation, gender identity and expression |
| Find a congregation that welcomes your LGBTQ / gender diverse child and family | Participate in family support groups and activities for families with LGBTQ and gender diverse children to get support for yourself and your family and guidance for supporting your LGBTQ child | Talk with your religious leaders to help your congregation become supportive of LGBTQ people | Tell your LGBTQ / gender diverse child that you're proud of them | Speak openly about your child's LGBTQ identity |
| Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand | Connect your child with LGBTQ adult role models | Express enthusiasm for your child having an LGBTQ / gender diverse partner when they're ready to date | Stand up for your child when others mistreat them because of their LGBTQ identity or gender expression – at home, at school, in your congregation and in the community | Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life |
| Welcome your child's LGBTQ partner to family events and activities | | | | |

The more of these behaviors that parents and families do, the better your LGBTQ child's health & well-being



- Better health
- Higher self-esteem
- Stronger social support
- Better family relationships
- Less likely to be depressed
- 3 times less likely to attempt suicide
- 3 times less likely to think about suicide
- Less likely to have substance abuse problems