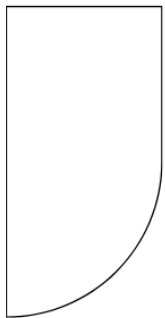
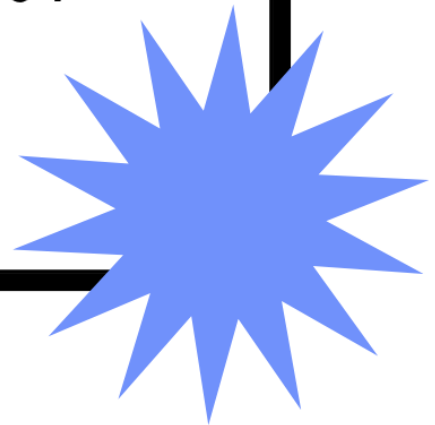



Affirming
LGBTQ+ youth:
Resources for
parents

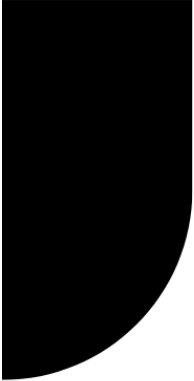
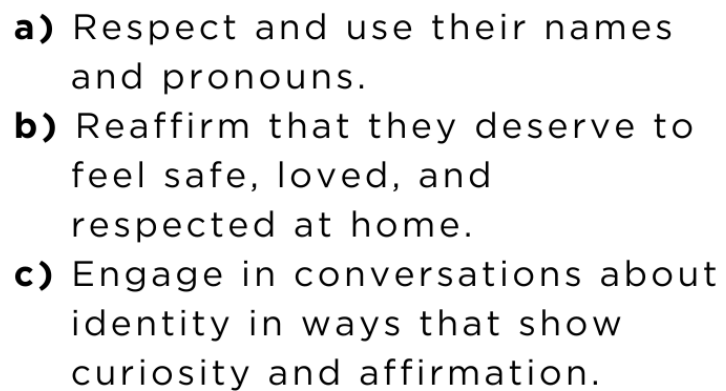




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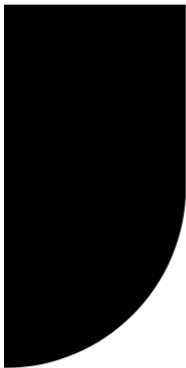
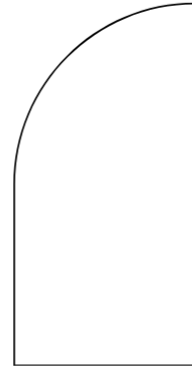


1. Help LGBTQ+ Youth Feel Seen and Valued

- 
- 
- a)** Respect and use their names and pronouns.
 - b)** Reaffirm that they deserve to feel safe, loved, and respected at home.
 - c)** Engage in conversations about identity in ways that show curiosity and affirmation.



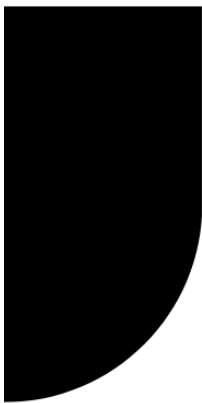
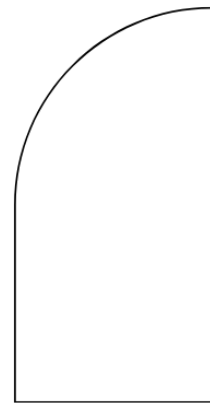
2. Support Your LGBTQ+ Child's Wellbeing



- a)** Learn about your child's rights.
- b)** Advocate for your child's rights.
- c)** Support your child's identity by advocating for them as a family.



3. Know your Child's Rights, and Reinforce them in the community



- a) Ensure LGBTQ+ youth feel and are safe in families, schools, and communities, and seek resources when you feel your child is being treated unjustly.
- b) Stay informed.
- c) Reinforce your child's rights.

“

How to:
***Support
your
LGBTQ+
child's
wellbeing***

”

01. Strategy

Support your child's identity as a family.

Featured Article: "Helping Diverse
Families Learn to Support Their
LGBTQ Children to Prevent Health
and Mental Health Risks and
Promote Well-Being"

Family-accepting
behaviors

Protects Against Risk
and Promotes Thriving

Examples of **supportive**
behaviors:

- Support your child's chosen name and pronouns.
- Prioritize respect from other family members towards your child.
- Connect your child with an LGBTQ+ role model to provide potential for positive future possibilities.

Family-rejecting
behaviors

Contributes to Risks

Examples of **oppressive**
behaviors:

- Ridiculing your child's LGBTQ identity or expression.
- Preventing participation in groups clubs that are LGBTQ related.
- Refusing to use child's chosen name and pronouns.
- Blaming child when others mistreat them for being LGBTQ+.

02. Strategy

Advocate for your child's rights.

Featured Article: "Going Public: Is public advocacy right for you and your family? A guide for parents of transgender and gender expansive youth"

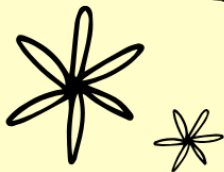
Finding support

&

building community

Reaching Other Parents

"I was desperate to find other parents. I felt horribly alone. And really, I knew I couldn't be the only parent out there."

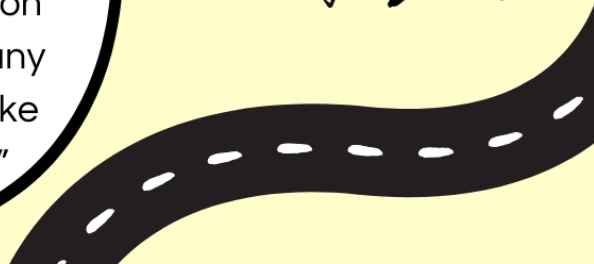
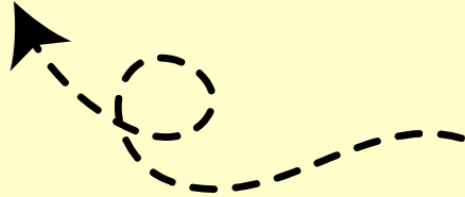


Prioritizing Self-Care

"I want to make sure I'm always at my best, so that I can continue to advocate. I don't want to break down or burn out. And that can happen."

Professional Support

"I think a lot of parents get concerned when someone wants to do a full psychological evaluation...But a trans person could have ADHD, OCD, or any other similar condition just like a non-trans person could."



03. Strategy

Seek out LGBTQ+ affirming providers

Resources:

Gender Liberation Movement

<https://genderlib.org/>

Trevor Project

<https://www.thetrevorproject.org/resources/guide/lgbtq-youth-health-care/>

Trans Lifeline

<https://www.s-r-a.org/for-trans-youth-families>



HOW TO:

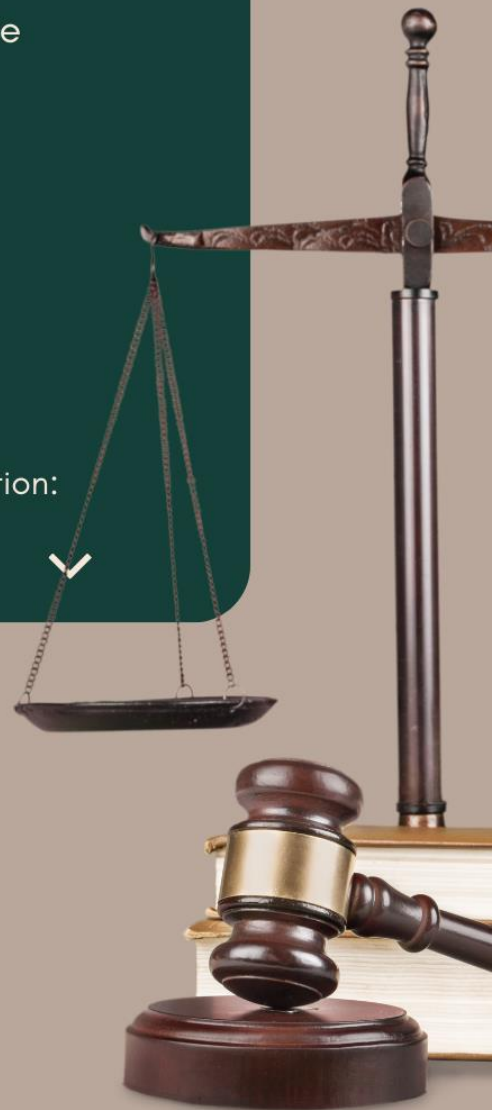


Know your
child's rights &
advocate for
them in the
community

Trans Youth Safety & Security

Ensure LGBTQ+ youth feel and are safe in families, schools, and communities, and seek resources when you feel your child is being treated unjustly:

- ✦ Transgender Law Center:
transgenderlawcenter.org
- ✦ ACLU Trans Youth School Protection:
aclu.org



Stay Informed

By staying informed you can become a better advocate, ally, and support system for trans youth.

✦ Litigation Tracker: Legal Challenges to Trump Administration Actions:
[justsecurity.org](https://www.justsecurity.org)

✦ Mack's Case Tracker:
transcasetracker.com/cases

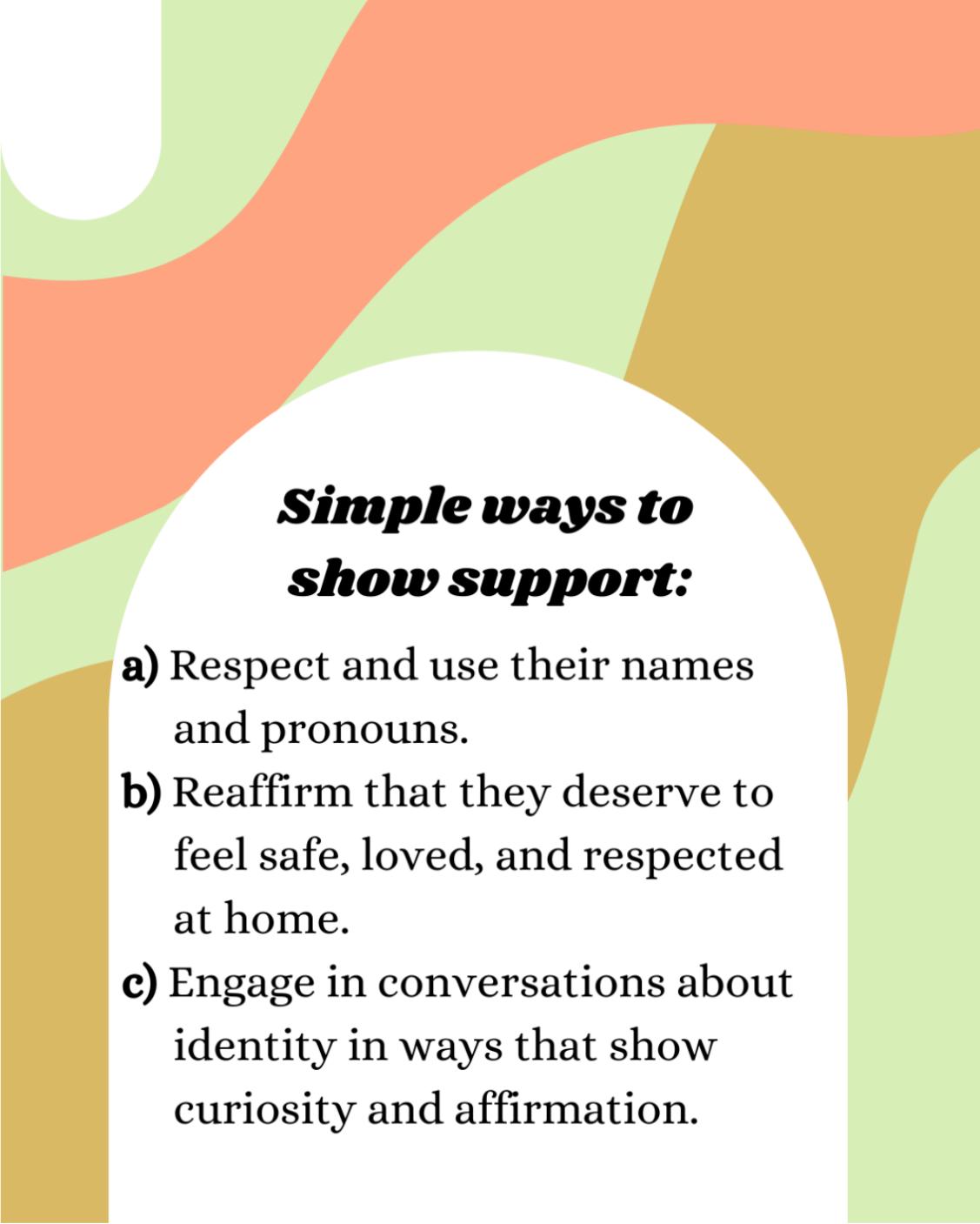
<https://www.lgbtmap.org/equality-maps>





How to:

Affirm LGBTQ+ Youth,
Respect their Identities, and
Help LGBTQ+ Youth Feel Seen
and Valued



***Simple ways to
show support:***

- a)** Respect and use their names and pronouns.
- b)** Reaffirm that they deserve to feel safe, loved, and respected at home.
- c)** Engage in conversations about identity in ways that show curiosity and affirmation.



parent resources:

**how to stay
informed,
change attitudes,
improve self-
efficacy, and take
action.**

Awareness

Macro:

90% of LGBTQ+ young people say recent political developments have negatively affected their well-being.

Micro:

LGBTQ+ youth in accepting families are half as likely to attempt suicide than those in unaccepting areas.

Individual:

66% of LGBTQ+ youth have recently experienced symptoms of anxiety and 53% have recently experienced symptoms of depression.

Attitudes

Self-reflection helps us recognize and address conscious and unconscious negative attitudes toward the LGBTQ+ community.

1) Reflect on the messages you heard growing up about the LGBTQ+ community.

2) Consider how those messages shaped your feelings toward LGBTQ+ people.

3) Think about how you can now challenge those messages in light of your child's LGBTQ+ identity.

Language

Language, including LGBTQ+ slurs, can deeply impact LGBTQ+ individuals and reflect harmful attitudes.

- 1)** Consider what language may unintentionally communicate negativity to your LGBTQ+ youth.
- 2)** Use your child's chosen name and pronouns to showcase acceptance, creating a safe and inclusive environment.
- 3)** Speak up to other family members or that use negative or hurtful language towards your child. Encourage others to use your child's chosen name and pronouns.

Self-efficacy

Parents may feel powerless or unsure of how to support their LGBTQ+ children amid political and social challenges.

- 1)** Engage in open, non-judgmental discussions with your child to learn more about their experiences. This can boost trust and confidence in supporting your child.
- 2)** It's ok to not get it right immediately, persistence builds confidence in knowing how support your child.
- 3)** Be flexible in your approach so you can find new ways to meet your child's needs.

Actions

Take action to support your LGBTQ+ child:

- 1)** Volunteer with an LGBTQ+ organization.
- 2)** Attend pride parades and LGBTQ+ rallies.
- 3)** Contact political leaders about LGBTQ+ rights.
- 4)** Challenge discriminatory institutional policies.
- 5)** Speak up against negative comments, even from family members.

Actions

Advocacy can be emotionally and physically demanding, self-care is essential:

- 1) Join or start a support group for parents of LGBTQ+ youth (locally or online).
- 2) Engage in activities you enjoy and that bring you joy (e.g., cooking, family time, walks, praying).
- 3) Envision a positive future for your family and take steps toward making it a reality.