

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...

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

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

Use your child's chosen name and the pronoun that matches their gender identity

Tell your LGBTQ / gender diverse child that you're proud of them

Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand

Talk with your religious leaders to help your congregation become supportive of LGBTQ people

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

Speak openly about your child's LGBTQ identity

Welcome your child's LGBTQ partner to family events and activities

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

Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life

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

Family Acceptance Helps Reduce Risk & Promotes Well-Being

No or LOW Family Accepting Behaviors

MORE or Moderate Levels of Family Accepting Behaviors

HIGH Levels of Family Accepting Behaviors

- 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