

# 12 TIPS FOR SUPPORTING YOUR LGBTQ OR QUESTIONING CHILD

## 1 BE OPEN.

Ensure that your child knows that you are available and willing to talk about anything.

## 2 DON'T PRY.

Don't ask prying questions. Let your child talk to you when they are ready. Coming out is a difficult process for many people and it is important to let your child decide when and if they want to talk about it.

## 3 AFFIRM THEIR IDENTITY.

If your child comes out to you, don't diminish it by telling them it's a phase. Affirm their identity and make it clear that you love them.

## 4 DON'T USE GENDER-SPECIFIC LANGUAGE.

Use non-gendered language. For example, instead of saying "Do you have a girlfriend?" reframe it to "Is there someone special in your life?"

## 5 DON'T IMPOSE STEREOTYPES.

Allow your child to engage in activities they enjoy without imposing stereotypes (such as, boys should play football and girls should do ballet).

## 6 LET YOUR CHILD PURSUE RELATIONSHIPS.

Allow your child to engage in age-appropriate friendships and relationships just as you would with heterosexual children.

## 7 KEEP LEARNING.

Continue learning about LGBTQ people and how to support them.

## 8 ENCOURAGE SELF-EXPRESSION.

Support your child's self-expression (clothing, hair, décor, etc).

## 9 DISPLAY LGBTQ SYMBOLS.

displaying LGBTQ symbols in your home can help your child feel supported.

## 10 BE RESPECTFUL.

Ensure that all family members act respectfully and inclusively toward all of the youth in your home.

## 11 BUILD RELATIONSHIPS.

Build a network of friends and families that are LGBTQ.

## 12 BE ACCEPTING.

Demonstrate an accepting attitude towards LGBTQ people. Make positive remarks about LGBTQ characters on TV or in books. Ensure that you and other family members never make negative comments about LGBTQ people.