



Loving & Supporting your child

when your child is gay, lesbian, bisexual, transgender, or questioning (LGBTQ).

Support your child through his or her new challenges and difficulties.

Tell your child that you are and always will be proud of him or her.

Love your child unconditionally, despite other people's prejudices.

Listen when your child shares his or her feelings.

Defend your child from bullying.

Accept your child for who he or she is.

Affirm your child's capacity to pursue morality and spirituality.

Remember your child is the same person he or she was before.

Laugh with your child and remain comfortable around him or her.

Understand that being LGBTQ isn't a choice, doesn't have definite causes, is no one's fault, isn't an illness or disorder, and cannot be changed (efforts to do so can be damaging).



Institute for Family Violence Studies,
Florida State University, College of Social Work
<http://familyvio.csw.fsu.edu>



Resources for Parents of LGBTQ teens:

For Parents:

PFLAG (Parents and Families of Lesbians and Gays)
www.community.pflag.org/ (202) 467-8180 Provides information support and resources for parents

Gay-Straight Alliance Network www.gsanetwork.org/ (415) 552-4229
Networks school communities that promote openness for LGBTQ youth

For Teens:

It Gets Better Project www.itgetsbetter.org A collection of videos that aim to bring hope and support to LGBTQ teens

The Trevor Project <http://www.thetrevorproject.org/> (310) 271-8845; (212) 509-0072 Provides a free, anonymous phone help line for teens

References:

PFLAG. Retrieved September 5, 2012, from <http://community.pflag.org/page.aspx?pid=194>