

So, your child has just told you they are LGBTQIA+...

Now What?



1

Show your child they are safe

- Thank them for sharing
- Tell them you love them
- Listen to their story with an open mind
- Celebrate their truth and identity in a special way, like going out for dinner or for ice cream

2

Consider your own bias

- Observe your thoughts without judgement
- Think about your own upbringing and experiences and how they may have shaped your feelings
- Want to examine your bias more?

Take an implicit bias test:

<https://implicit.harvard.edu/implicit/takeatest.html>

3

Be gentle with yourself and also with your child

- Your child's identity is not a decision or a result of something they did— it's just who they are
- This may be big news that takes time to process. Be patient with yourself and others as you all work to understand
- Don't share your child's news with others without their permission— it's their news to tell
- If anyone fails to respond with love or understanding, it's okay to apologize, try to repair, and learn

4

Be receptive to learning new things

- Educating yourself about LGBTQIA+ issues can help erase uncertainty and fear about the situation
- Find inspiration and encouragement from your child's unique life experience
- Learn more about the spectrum of gender and sexuality: [TrevorProject.org](https://www.trevorproject.org) and [FamilyAcceptanceProject.org](https://www.familyacceptanceproject.org) are two well respected resources

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Find support in your local community

- Hearing from other families who have similar stories may help you gain more understanding about the LGBTQIA+ experience.
- Search for LGBTQIA+ groups in your area
- Consider getting involved in PRIDE groups through your child's school or local library

