



POSITIVE FAMILY HABITS

FOR SUPPORTING YOUR LGBTQ+ CHILD

Listen without judgment or interruption. They are the expert on their identity.

Always use the correct name and pronouns and apologize if mistakes happen.

Be patient. They may need some space after they share this information with you.

Ask them if and how you can support them in sharing about their identity with others.

Welcome their LGBTQ+ friends to your home.

Thank them for trusting you.

Speak up when others make negative comments about LGBTQ+ people.

Express how much you love them.

Connect them with LGBTQ+ role models.

Get accurate information to educate yourself about your child's sexual orientation, gender identity, and expression.



Want more resources? Explore the [Caregiver Support Guide](#).