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 Behaviors that Increase Your LGBTQ Child’s Health & Well-Being**

**BEHAVIORS THAT HELP…**

<table>
<thead>
<tr>
<th>Tell your LGBTQ / gender diverse child that you love them</th>
<th>Support your child’s gender expression</th>
<th>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</th>
<th>Require other family members to treat your child with respect</th>
<th>Show affection when your child tells you or when you learn that your child is LGBTQ</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ask your child if – and how - you can help them tell other people about their LGBTQ identity</td>
<td>Welcome your child’s LGBTQ friends to your home</td>
<td>Properly use your child’s chosen name and the pronoun that matches their gender identity</td>
<td>Tell your LGBTQ / gender diverse child that you’re proud of them</td>
<td>Get accurate information to educate yourself about your child’s sexual orientation, gender identity and expression</td>
</tr>
<tr>
<td>Find a congregation that welcomes your LGBTQ / gender diverse child and family</td>
<td>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</td>
<td>Talk with your religious leaders to help your congregation become supportive of LGBTQ people</td>
<td>Bring your child to LGBTQ groups and events</td>
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<tr>
<td>Tell your LGBTQ / gender diverse child that you will be there for them – even if you don’t fully understand</td>
<td>Connect your child with LGBTQ adult role models</td>
<td>Volunteer with organizations that support LGBTQ people</td>
<td>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</td>
<td>Speak openly about your child’s LGBTQ identity</td>
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<tr>
<td>Speak up when others make negative comments about LGBTQ people</td>
<td></td>
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<td></td>
<td>Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life</td>
</tr>
</tbody>
</table>

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

**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

For more information about acceptance and rejection and your LGBTQ child’s risk & well-being - Family Acceptance Project®: [https://familyproject.sfsu.edu](https://familyproject.sfsu.edu)  
Biden Foundation’s Family and Community Acceptance Campaign: [https://go.bidenfoundation.org/AsYouAre](https://go.bidenfoundation.org/AsYouAre)

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