Family Behaviors that Increase Your LGBTQ Child's Health & Well-Being

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 support saves lives!

BEHAVIORS THAT HELP...

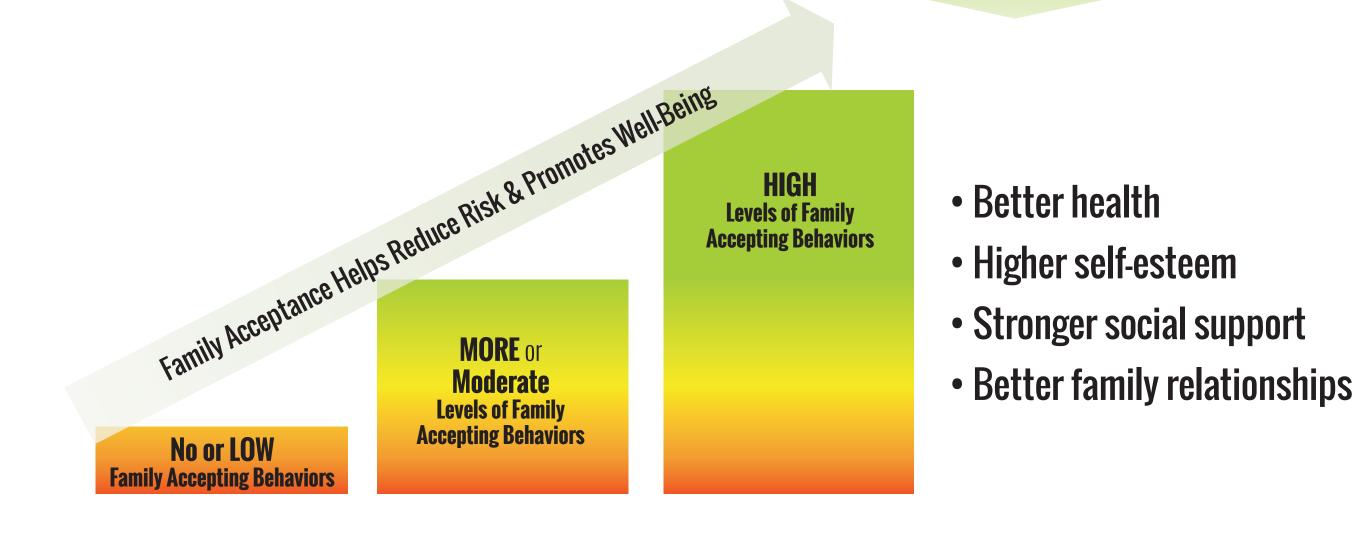
Tell your LGBTQ / gender diverse child that you love them	Support your child's gender expression	Talk with your child or foster child or foster child about their LGBTQ babout their LGBTQ 	Require other family members to treat your child with respect	Show affection when your child tells you or when you learn that your child is LGBTQ
Ask your child if – and how - you can help them tell other people about their LGBTQ identity	Welcome your child's LGBTQ friends to your home		Bring your child to LGBTQ groups and events	Get accurate information to educate your- self about your
Find a congregation that welcomes your LGBTQ / gender diverse child and family	Participate in family support groups and activities for families with LGBTQ and gender diverse chil-	Use your child's chosen name and the pronoun that matches their gender identity	Tell your LGBTQ / gender diverse child that you're proud of them	child's sexual orientation, gender identity and expression
Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand	dren to get support for yourself and your family and guidance for supporting your LGBTQ child	Talk with your religious leaders to help your congregation become supportive of LGBTQ people	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	Speak openly about your child's LGBTQ identity
Speak up when others make negative comments about		Volunteer with organizations that sunnort I GRTN neonle		Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life

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they will have a good life

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



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 Biden Foundation's Family and Community Acceptance Campaign: https://go.bidenfoundation.org/AsYouAre



A Family and Community Acceptance Campaign

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