**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...**

<table>
<thead>
<tr>
<th>HIGH Levels of Family Accepting Behaviors</th>
<th>TELL YOUR LGBTQ / GENDER DIVERSE CHILD THAT YOU LOVE THEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUPPORT YOUR CHILD’S GENDER EXPRESSION</td>
<td>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</td>
</tr>
<tr>
<td>TELL YOUR LGBTQ / GENDER DIVERSE CHILD THAT YOU WILL BE THERE FOR THEM – EVEN IF YOU DON’T FULLY UNDERSTAND</td>
<td>TELL YOUR LGBTQ / GENDER DIVERSE CHILD THAT YOU ARE PROUD OF THEM</td>
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<tr>
<td>WELCOME YOUR CHILD’S LGBTQ FRIENDS TO YOUR HOME</td>
<td>BRING YOUR CHILD TO LGBTQ GROUPS AND EVENTS</td>
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<tr>
<td>FIND A CONGREGATION THAT WELCOMES YOUR LGBTQ / GENDER DIVERSE CHILD AND FAMILY</td>
<td>SPEAK OPENLY ABOUT YOUR CHILD’S LGBTQ IDENTITY</td>
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<tr>
<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>BELIEVE THAT YOUR CHILD CAN BE A HAPPY LGBTQ ADULT – AND TELL THEM THEY WILL HAVE A GOOD LIFE</td>
</tr>
<tr>
<td>CONNECT YOUR CHILD WITH LGBTQ ADULT ROLE MODELS</td>
<td>EXPRESS ENTHUSIASM FOR YOUR CHILD HAVING AN LGBTQ / GENDER DIVERSE PARTNER WHEN THEY’RE READY TO DATE</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

**MORE or MODERATE Levels of Family Accepting Behaviors**

-...

**NO or LOW Family Accepting Behaviors**

-...

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://bidenfoundation.org/pillars/equality/asyouare

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