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 about their LGBTQ identity and listen respectfully** – even when you feel uncomfortable or think that being gay or transgender is wrong
- **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 yourself about your child’s sexual orientation, gender identity and expression**
- **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 children to get support for yourself and your family and guidance for supporting your LGBTQ child**
- **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**
- **Tell your LGBTQ / gender diverse child that you will be there for them – even if you don’t fully understand**
- **Welcome your child’s LGBTQ partner to family events and activities**
- **Connect your child with LGBTQ adult role models**
- **Speak openly about your child’s LGBTQ identity**
- **Express enthusiasm for your child having an LGBTQ / gender diverse partner when they’re ready to date**
- **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**
- **Believe that your child can be a happy LGBTQ adult – and tell them 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

- 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.fsu.edu
Biden Foundation’s Family and Community Acceptance Campaign: https://gov.bidenfoundation.org/AsYouAre
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