

Be Proud of Who They Are

When LGBTQ2S+¹ youth feel supported, they are more likely to be employed, less likely to experience homelessness, and less likely to experience psychological distress. Below are the five most common ways LGBTQ2S+ youth reported feeling supported by their parents, caregivers, and advocates.

Talk with them respectfully about their LGBTQ2S+ identity

It's perfectly normal for you or even your child to feel confused, disconnected, and worried after coming out. Keep communication open and reassure your child with statements such as, "We are in this together. Know that I love you no matter what."



Welcome their LGBTQ2S+ friends/partners

Your child most likely has a close-knit circle of friends who are LGBTQ2S+ or are allies. They may also have a partner. Welcoming these important people in their lives is a strong sign of respect and care for your child's well-being.



Learn about LGBTQ2S+ history and issues

Learning the different gender identities and sexual orientations, the history of LGBTQ2S+ rights, and the current political and social climate surrounding these rights can allow you to show up more significantly for your child.



Support their gender expression

If your child is transgender, non-binary, gender diverse or gender expansive², it may take time for you to process and understand their identity. Using your child's name and pronouns correctly is important so they step into their identity with confidence and strength.



Center Them in Decisions

Fully supporting LGBTQ2S+ youth in this journey requires a level of mutuality that creates space for them to shape decisions that impact them. For example, they may feel comfortable coming out to you but not others. Always ask and engage.



For additional resources for parents, caregivers, advocates, and youth, please visit centertoadvancepeace.org/pride-month



NATIONAL CENTER TO ADVANCE PEACE
for Children, Youth, and Families

Informed by: [The Trevor Project's 2022 National Survey on LGBTQ Youth Mental Health](#)

¹ LGBTQ2S+ is an abbreviation for Lesbian, Gay, Bisexual, Transgender, Queer, and 2-Spirit, while the plus (+) sign represents other sexual identities, such as pansexual.

² For a comprehensive list of gender terminology, please visit www.hrc.org/resources/glossary-of-terms