

HOW TO REACT WHEN YOUR CHILD TELLS YOU THEY ARE LGBTQ+

Your reactions can have lasting impact. Choose a reaction that will build a caring relationship between you and your child.

Instead of this:

- ✗ Ignore it or act like it's not a big deal
- ✗ Tell them that you love them "anyway" or "no matter what"
- ✗ Say that you "knew all along"
- ✗ Tell them it's "just a phase"
- ✗ Use religion to shame them
- ✗ Stay quiet or withdraw because you are unsure

Do this:

- ✓ Thank them for telling you
- ✓ Tell them you believe them and love them
- ✓ Acknowledge their journey and their courage
- ✓ Ask about what kind of support they need
- ✓ Find a welcoming faith community
- ✓ Acknowledge you have questions and say that you'd like to explore them together

Do: find resources and support for yourself; the local PFLAG chapters is a good place to start.

