



Navigating and Supporting Family Affirmation of LGBTQ+ Children: COVID-19 and Beyond

Recent sobering research tells us in the pre-pandemic world, two thirds of LGBTQ+ children experience parental rejection or do not disclose their identity until adulthood. In unsettling times such as these, social distancing, self-quarantine, and stay-at-home orders mean that many LGBTQ+ youth are forced to remain with unsupportive families and communities with little to no opportunities for accessing the support systems they may have had at school (or other community centers, organizations, or activities). Navigating family relationships and engagement during COVID-19 and beyond is crucial for the health and safety of our LGBTQ+ youth. **In this document, you will find resources for parents/caretakers of LGBTQ+ youth, as well as school support-person tips for helping their LGBTQ+ youth who may be in unsupportive and/or unaffirming households.**

Parent/Caretaker Tips for Families of LGBTQ+ Children

The Family Acceptance Project

The Family Acceptance Project (FAP) is a research, intervention, education, and policy initiative that works to prevent health and mental health risks for LGBT children and youth. Dr. Caitlin Ryan, FAP director and researcher, keynoted the statewide "All Together Now" LGBTQ+ Conference and is a regular consultant with Equality Florida.

Advocates for Youth (AFY): Are you an Askable Parent?

AFY provides lesson plans, tips and strategies, background information, and additional resources to help youth-serving professionals create safe space for young people of all sexual orientations and gender identities. AFY have worked closely with Florida DASH Grant recipient districts and is a respected ally.

Parents' Influence on the Health of Lesbian, Gay, and Bisexual Teens: What Parents and Families Should Know

"This fact sheet from the CDC provides information on how parents can promote positive health outcomes for their lesbian, gay, or bisexual (LGB) teen. The information is based on a review of published studies, which found that parents play an important role in shaping the health of their LGB teens."

The LGBT Center - Being a LGBTQ Person of Color

The following information about the familial structures, social expectations, and gendered obligations of LGBTQ people of color are based upon Beverly Green's "Ethnic-Minority Lesbians and Gay Men: Mental Health and Treatment Issues" (1994) unless otherwise noted.



Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual & Transgender Children

"This booklet was written by families for families, to help strengthen families and foster families with gay and transgender children and adolescents. The information in this booklet comes from research [the Family Acceptance Project/Dr. Caitlin Ryan] did with families of LGBT adolescents and young adults."

HealthyChildren.org: Coming Out: Information for Parents of LGBT Teens

"Coming out" is a lifelong journey of understanding, acknowledging, and sharing one's gender identity and/or sexual orientation with others." This guide from HealthyChildren.org provides parents/families information and action steps about navigating their child's coming out journey.

CenterLink

"Centers serve a vital and multi-faceted role in many communities across the country. They are often the only staffed non-profit LGBT presence in the area and the first point of contact for people seeking information, coming out, accessing services or organizing for social change." **Visit CenterLink to find LGBT Centers in Florida so children and families have a network of support.**

SAMHSA: Helping Families to Support Their LGBT Children

This resource guide was developed to help practitioners who work in a wide range of settings to understand the critical role of family acceptance and rejection in contributing to the health and well-being of adolescents who identify as LGBTQ.

Family Acceptance: Black LGBTQ+ Youth

This document from Equality Florida shares important statistics, resources for parents and family members, steps on how to best support Black LGBTQ+ students with concerns of family acceptance, community partner organizations, and more!

Family Acceptance: Latino LGBTQ Youth

This document from Equality Florida shares important statistics, resources for parents and family members, steps on how to support Latino LGBTQ+ students with concerns of family acceptance, and more.

QUESTIONS? REACH OUT TO US AT:

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