



FAMILY ACCEPTANCE & REPAIR

SUPPORT WITHOUT MAKING IDENTITY THE PROBLEM

Families may need time to learn. The LGBTQ+ person should not have to absorb rejection, humiliation, or coercion while everyone else adjusts.

START WITH BELONGING

- Communicate: 'You are loved, you belong here, and you do not have to earn your place in this family.'
- Listen before debating labels or trying to solve the person's identity.
- Keep the person included in ordinary family life.

RESPECT IDENTITY

- Use the person's requested name and respectful language.
- Do not pressure someone to date, dress, worship, disclose, or present themselves in a way that makes others more comfortable.
- Do not use threats, housing, money, healthcare, or family access to force conformity.

PARENTS CAN GET THEIR OWN SUPPORT

- Questions, grief about expectations, or confusion can be discussed with appropriate adults or affirming professionals.
- Do not make the LGBTQ+ child or adult child responsible for comforting a parent about their identity.
- Protect the person's privacy when seeking support.

REPAIR AFTER HURT

- Name what happened without excuses.
- Acknowledge impact even if harm was not intended.
- Ask what would help repair trust, then show change over time.
- Do not demand immediate forgiveness because you apologized.

FAITH & CULTURE CAN REMAIN STRENGTHS

- Families do not have to abandon culture or spirituality to become safer and more affirming.
- Look for interpretations, leaders, communities, and traditions that support dignity and connection.
- If religion has been used to harm, respect the person's need for distance or a different path.

WHY SUPPORT MATTERS

- CDC reports that positive family environments and parental support are associated with better health outcomes for LGBTQ+ youth.
- Supportive schools and safe spaces also strengthen connectedness.
- Acceptance is expressed through repeated behavior, not one conversation.

Family repair grows through belonging, respect, accountability, privacy, and consistent supportive behavior.

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Sources: CDC, Parents' Influence on LGBTQ Teens (2024); CDC, Supporting LGBTQ+ Youth (2024).