

What to do when your child comes out to you

Tips for parents/guardians

Coming out is often a task that requires an immense amount of bravery, vulnerability, and honesty. While it can come as a shock and can be disorienting, it is also an act of trust and an invitation to get to know your child's authentic self. Here are some suggestions on how to react in a way that will support your child.



DOs

- Tell your LGBTQI2S child that you love and accept them for who they are
- ASK your child if and how you can share their LGBTQI2S identity to other people
- Welcome your child's partner and LGBTQI2S friends, get to know them and understand that they are important and supportive to your child
- Support your child's gender expression by using their correct pronouns, name, and affirming that they can



DON'Ts