

7 Tips to Support Youth Who Disclose Their LGBTQ+ Identity



Respond in an affirming, supportive way, such as "Thank you for telling me. How can I support you? Would you like others to know?"



Connect them with LGBTQ+ organizations, resources, and events. Consider seeking an LGBTQ+ adult role model for your youth, if possible.



Avoid double standards. Allow them to discuss feelings of attraction and engage in age-appropriate romantic relationships, just as you would for youth who do not identify as LGBTQ+.



Ask how they prefer to be addressed. Use the name and pronouns (such as he, she, or they) your youth wants to go by.



Invite and welcome their LGBTQ+ friends or partner at family get-togethers.



Understand that the way people identify their sexual orientation or gender identity may change over time.



Respect their privacy. Allow them to decide when to come out and to whom.

