



IMPORTANT!

A CDC study found that **43% of LGB (lesbian, gay, bisexual)** students in grades 9-12 had **seriously considered suicide**. Questioning youth attempt suicide at a rate **two times** greater than that of straight youth; for LGB youth, the rate is **four times** that of straight youth.

LGBTQ youth are not inherently prone to suicide risk because of their sexual orientation or gender identity but rather placed at higher risk because of how they are mistreated and stigmatized in society.

QUEER YOUTH WHO FEEL SUPPORTED BY THEIR PARENTS ARE LESS LIKELY TO EXPERIENCE DEPRESSION, ATTEMPT SUICIDE, SELF MEDICATE, OR CATCH AN STI. YOUTH WITH ACCEPTING FAMILIES ATTEMPT SUICIDE AT SIGNIFICANTLY LOWER RATES.



the parent's handbook
for

SUPPORTING

**QUEER
YOUTH**



LET YOUR CHILD KNOW THAT YOU ARE A SAFE PERSON TO HAVE CONVERSATIONS WITH, SO THAT THEY ARE COMFORTABLE COMING TO YOU WHEN/IF FACED WITH BULLYING, INTERPERSONAL RELATIONSHIP ABUSE, SEXUAL ASSAULT, AND QUESTIONS ABOUT SAFE SEX.

Be respectful of who they are and avoid using wrong pronouns and deadnames. It's understandable that it is hard adjusting to your child being different, but remember, you are meeting your true child. If you use the wrong pronouns, apologize and actively try to use the correct ones.

A deadname is the name your child was given at birth: what is now their old identity. Hearing their deadname can bring up painful memories and make them feel rejection.

Ultimately, showing your child that you support them and you are trying very hard to respect who they are is half the battle.

As a parent, you can't protect your child from opposition, rejection, marginalization, & bullying, but you can give them **a soft place to land**. Just being there, being supportive, despite whether you understand everything, just being the person they can go to when the world rejects them is the best thing you will ever do for your child.



**REACH OUT FOR
SUPPORT**



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It's important to talk to your child in a relaxed and open environment to be sure not to make your child feel trapped



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BRINGING DIVERSITY AND LGBTQIA+ VISIBILITY, AWARENESS, AND ACCEPTANCE TO PREBLE COUNTY, OHIO AND SURROUNDING AREAS



IMPORTANT

ALL CONVERSATIONS SHOULD BE AGE APPROPRIATE

YOU'RE PROBABLY THINKING, "WHERE DO I START?"

Getting your kid to open up is not an easy feat, most times. However, that doesn't mean your child doesn't want to talk to you, and open up. So start small;

Ask how their day went, how school was, get to know their friends, ask about their hobbies, what interests them.

Little by little show them that you want to get to know who they truly are. Show them that no matter if their hobbies are skateboarding or sewing you will support them.

Then after time, your child will feel comfortable with you opening important dialog about discrimination, safe sex, safe relationships, etc.

And they will feel comfortable to come to you with their questions, concerns, and things that have effected them.

Scan me for more Preble Pride Resources

