1. AFFIRM THEIR IDENTITY!

USE THE PRONOUNS THEY CHOOSE.

CORRECT YOURSELF IF YOU SAY THE WRONG PRONOUN.

SAME GOES FOR THEIR CHOSEN NAME!

DID YOU KNOW...

QUEER KIDS WITH SUPPORTIVE FAMILY MEMBERS HAVE BETTER PHYSICAL & MENTAL HEALTH!

HERE ARE SOME THINGS YOU CAN DO TO BE THAT SUPPORT.

2. BE FLEXIBLE.

KIDS ARE ALWAYS CHANGING. THEIR UNDERSTANDING OF THEIR GENDER OR SEXUAL ORIENTATION MIGHT CHANGE!

LET THEM TRY ON DIFFERENT IDENTITIES WITHOUT MAKING A BIG DEAL OF ANY CHANGES.

3. PROVIDE CARE.

IF DESIRED, HELP THEM ACCESS GENDER AFFIRMING HORMONE THERAPY. IT'S BEEN SHOWN TO IMPROVE MENTAL HEALTH & HAS VERY LOW RATES OF REGRET.

HELP THEM LEGALLY CHANGE THEIR NAME IF THEY WANT TO.

IF DESIRED, HELP THEM FIND A THERAPIST WHO AFFIRMS THEIR IDENTITY.

4. CREATE CONNECTION.

SUPPORT THEIR FRIENDSHIPS WITH OTHER QUEER KIDS. GET TO KNOW THEIR FRIENDS!

ENCOURAGE THEM TO JOIN A QUEER COMMUNITY, LIKE A PRIDE CENTER, SUPPORT GROUP, OR HOBBY BASED GROUP.

HELP THEM FIND LGBTQIA+ ROLE MODELS IN THE COMMUNITY.

5. BUILD SUPPORT.

TALK TO THEIR TEACHERS, SCHOOL STAFF, COACHES, & OTHER COMMUNITY LEADERS ABOUT WAYS TO BUILD AFFIRMING SPACES.

LEARN ABOUT LGBTQIA+ ISSUES. READ ARTICLES& FORUMS. JOIN A GROUP FOR FAMILIES OF QUEER YOUTH, LIKE PFLAG (pflag.org).

ASK THEM WHAT YOU CAN DO TO HELP THEM FEEL SUPPORTED.

HOW TO SUPPORT YOUR QUEER KID

a pocket guide by Pleasure Pie

REALLY HELPFUL RESOURCES!

QUEER YOUTH ASSEMBLE

EVENTS & ZINES FOR QUEER YOUTH IN THE US.
queeryouthassemble.org

THE TREVOR PROJECT

QUEER AFFIRMING MENTAL HEALTH CARE FOR YOUTH
thetrevorproject.org

SEX POSITIVE FAMILIES

GUIDES FOR RAISING SEXUALLY HEALTHY KIDS
sexpositivefamilies.com

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