

# 5 WAYS TO SUPPORT

## GENDER and SEXUAL DIVERSITY IN FAMILIES

What to say to parents, guardians, and others caring for gender and sexually diverse children and youth

1

### Use positive and affirming language.

- Celebrate your child's identity
- Be aware of phrasing that may be judgmental  
(*"I love you regardless", talk about "phases", "you don't look like a xyz"*)
- Use the pronoun and name that feels authentic for your child

2

### Ask and explore how you can be supportive.

- Not all children will be able to tell you what they need, so keep trying
- Connect with other parents to share experiences and tips
- Advocate in all spaces for support of your child's identity

3

### Be vocal and explicit in your support.

- Clarify your values and beliefs and talk about them as a family
- Ask permission before sharing information with others
- Find everyday moments to talk about/integrate these topics into everyday life
- Don't treat these as one-time conversations

4

### It's okay to ask for time.

- Seek and take time to learn more
- Consider exploring grief and loss
- Think before reacting
- Show interest in what your child is telling you

5

### Seek support.

- Lean into the support of friends and family
- Seek and benefit from the support of professionals
  - for you so that you can show up for your family
  - for your child/ren too
- Grow from communities offering support groups, information sessions, and practical, life affirming care

*Please see the back of this page for further resources*

Prepared by Kiara Mikita, PhD | Sexual Violence Educator | [Learn More](#)

INFORMATION and RESOURCES PROVIDED by  
Diana Wark, RSW | Training Centre Facilitator | [Centre for Sexuality](#)

# HELPING SUPPORT

## GENDER and SEXUAL DIVERSITY IN FAMILIES

### RESOURCES FOR PEOPLE CARING FOR GENDER AND SEXUALLY DIVERSE CHILDREN and YOUTH

CLICK ON THE RED TEXT BELOW TO LINK TO THE RESOURCE

#### **Two Spirit & LGBTQ+ Programs - Centre for Sexuality**

*Serving Calgary, Alberta, and Canada*

This resource includes programs for youth, families, and community.

#### **Family Acceptance Project® Posters | Family Acceptance Project ® (sfsu.edu)**

This resource provides families with practical tools to support their sexually diverse children and youth. *(From San Francisco State University)*

#### **Skipping Stone**

This organization supports trans and gender diverse individuals and their natural supports. *(From Calgary, Canada)*

#### **The Trevor Project - Suicide Prevention for LGBTQ+ Young People**

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people *[in the US]*. We provide information & support to LGBTQ+ young people 24/7, all year round.

#### **Families in TRANSition: A Resource Guide for Families of Transgender Youth.**

A resource guide for families with gender creative and trans children and youth. *(From Central Toronto Youth Services)*

#### **I Think I Might Be - Advocates for Youth**

These resources are for young people who are thinking about their gender and sexuality. They are written by youth and for youth. Advocates for Youth have a lot of resources for parents and families as well. *(This is an American resource)*

#### **Attitudes Toward Difference Survey: The Riddle Scale (studylib.net)**

This scale, created by Dorothy Riddle, helps to clarify a person's attitude towards the 2SLGBT community.

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