



10 Top Tips for Parents and Carers of LGBT+ young people

We asked SAYIT young people how parents and carers should respond if their child comes out as lesbian, gay, bi, trans or 'plus' and these are the top 10 tips they came up with:

1. Some parents threaten to throw their LGBT+ child out of the family home – show them **you** are there for them
2. As parents we may make assumptions about our child, what's in their best interests or what they might need – start by asking **them**
3. Try to be open with your child and talk about things – ask 'what do you need?' 'what can I do?'
4. Offer your child support to come out to others but don't 'out' your child without their permission
5. Be supportive if your child changes their appearance
6. Use your child's desired name if they want to change their name and try and use desired pronouns
7. You don't need to know lots of terminology, just listen to your child and show them love no matter who they are
8. Remember the world is still not universally accepting even if you are – it's still hard for your child and your support is crucial
9. Love, listen and accept – and know that your support and acceptance will make a huge positive impact on your child's mental health and well-being
10. It's ok for you to ask for support – it's not as unusual as you think - go along to a parents/carers support group, like the one at SAYIT!

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