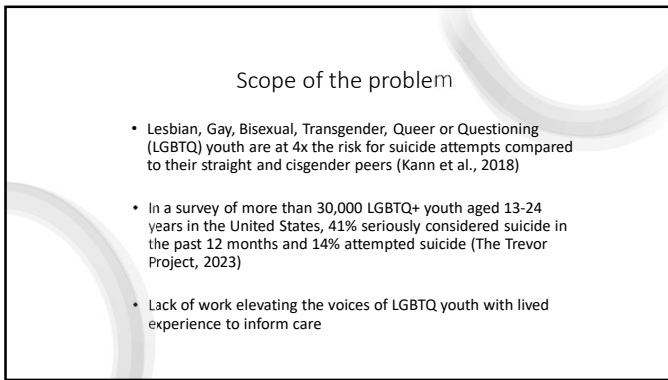
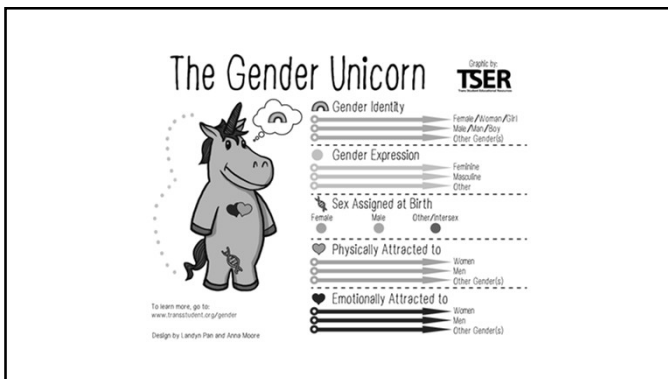




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LGBTQ youth identify themselves in an incredibly wide range of ways.

LGBTQ youth in the survey identified with more than 100 different combinations of terms to describe their gender identity:

Agender, Androgynous, Bigender, Boy or man, Butch, Cisgender, Demiboy, Demigirl, Femme, Gender non-conforming, Genderfluid, Genderflux, Genderqueer, Girl or woman, Neutrois, Nonbinary, Omnisgender, Queer, Questioning, Transfeminine, Transgender, Transmasculine, Achilleen, Androsexual, Asexual/Ace Spectrum, Biromantic, Bisexual, Demiromantic, Demisexual, Gay/lesbian, Greysexual, Gynosexual, Monosexual, Omnisexual, Panromantic, Pansexual, Polyamorous, Polysexual, Prefer no labels, Queer, Questioning, Sapphic, Sexually fluid

Trevor Project, National Survey on LGBTQ+ Youth Mental Health 2020. <https://www.thetrevorproject.org/survey-2020>

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Trauma Informed Lens

- Promoting Psychological Safety
- Avoid Potential Re-traumatization

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EVIDENCE-BASED PRACTICE IN CHILD AND ADOLESCENT MENTAL HEALTH
2021, VOL. 6, NO. 3, 393-409
<https://doi.org/10.1080/23794925.2021.1950079>

 **Routledge**
Taylor & Francis Group

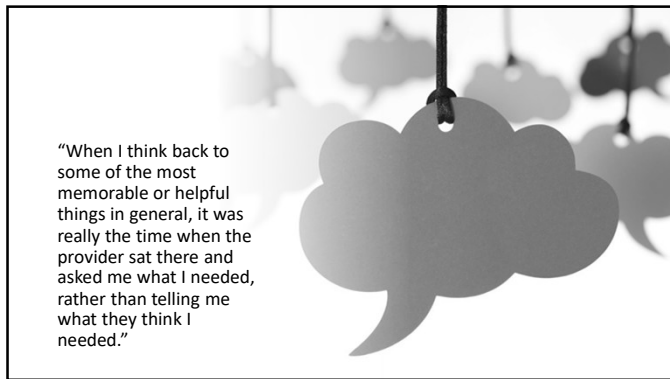
 Check for updates

Treatment Recommendations and Barriers to Care for Suicidal LGBTQ Youth: A Quality Improvement Study

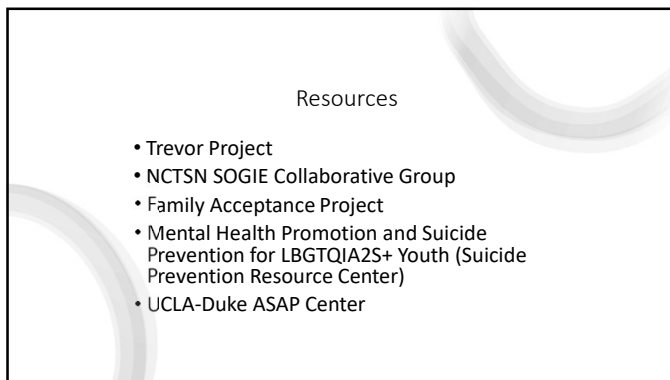
Lucas Zullo , Ilana Seager van Dyk , Elizabeth Ollen*, Natalie Ramos*, Joan Asarnow , and Jeanne Miranda*

*Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles, USA; *Department of Social and Behavioral Sciences, Yale School of Public Health, New Haven, USA

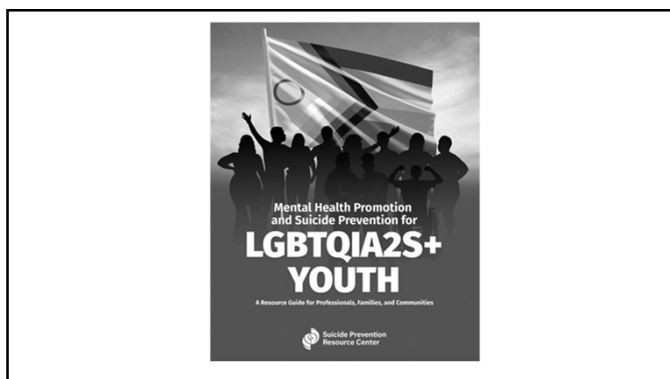
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Family Behaviors that Increase Your LGBTQ Child's Risk for Serious Health & Mental Health Problems

Research from the Family Acceptance Project¹ shows that families that are more accepting of their child's sexual orientation and gender identity (SOGI) are more likely to have LGBTQ youth who are healthier, more successful, and more satisfied with their lives. This study also shows that families that are more accepting of their child's SOGI are more likely to have LGBTQ youth who are more likely to be in good health and to be in good health than their peers.

BEHAVIORS THAT HURT...

Prevent your child from talking on LGBTQ issues	Don't talk about your child's LGBTQ identity	Blame your child when others misinterpret their behavior	Try to change your child's identity or gender expression	Exclude your LGBTQ child from family events & activities
Tell your LGBTQ child that you're ashamed of them	Pressure your child to be more like their non-LGBTQ friends or relatives	Don't let your child participate in LGBTQ support groups or services	Let others speak badly about LGBTQ / gender diverse people in front of your child	Let others speak badly about LGBTQ / gender diverse people in front of your child
Tell your child that being LGBTQ is "just a phase"	Take your child to a therapist or counselor to try to change their LGBTQ identity	Make your child pay or feel guilty about coming out or being LGBTQ	Let your child pay or feel guilty about coming out or being LGBTQ	Let your child pay or feel guilty about coming out or being LGBTQ
Tell your child to "keep their SOGI to themselves"	Let your child pay or feel guilty about coming out or being LGBTQ	Let your child pay or feel guilty about coming out or being LGBTQ	Let your child pay or feel guilty about coming out or being LGBTQ	Let your child pay or feel guilty about coming out or being LGBTQ

The more of these behaviors that parents and families do, the higher your LGBTQ child's risk.


BEHAVIORS THAT HELP...

Tell your LGBTQ child that you're proud of them	Support your child's gender expression	Talk with your child or family about their LGBTQ identity and feelings	Bring your child to LGBTQ groups and events	Get accurate information on LGBTQ issues
Let your child be who they are	Let your child be who they are	Let your child be who they are	Let your child be who they are	Let your child be who they are
Let your child be who they are	Let your child be who they are	Let your child be who they are	Let your child be who they are	Let your child be who they are
Let your child be who they are	Let your child be who they are	Let your child be who they are	Let your child be who they are	Let your child be who they are

The more of these behaviors that parents and families do, the better your LGBTQ child's health & well-being.

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Questions?



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