

Families & Caregivers of LGBTQ+ Youth: A Resource Guide

Education,
Connections,
and Local
Resources to
Help
Caregivers
Understand
and Support
Their LGBTQ+
Youth



What to Do When Your Youth Comes Out

What to Do and Not Do When Your Child Comes Out to You (FamilyEquality.org)

6 Things to Do When Your Child Comes Out as Transgender (MyKidsIsGay.com)

Coming Out With Care

An e-care package to help family members support their LGBTQ+ youth after they've come out



How to Support Your LGBTQ+ Youth

Child Welfare Information Gateway

A guide for families in supporting their LGBTQ+ youth

Family Acceptance Project

Educational Resources

Trans Youth Family Allies

Resources for Parents/Caregivers

Gender Spectrum Family Resources

7 Ways To Support Someone Who's Changing Their Name & Pronouns



Connecting with Other Caregivers & Families of LGBTQ+ Youth

Local Connections

PFLAG Edwardsville

Parents, friends, allies, and LGBTQ+ people united for equality

TransParent SW Illinois

Support groups and connection to other parents of transgender youth

- For meeting details, email southwest.il@transparentusa.org



Online & Global Connections

TheTrevorProject.org

Resources for LGBTQ+ youth, parents, family, and caregivers

GenderSpectrum.org

Online support groups for caregivers of LGBTQ+ youth

MyKidsIsGay.com

Digital collection of videos, advice, and resources to help families understand and support their LGBTQ+ youth

Pinwheels.us

Network of families supporting gender expansive youth



Talking to Your Child About Puberty, Relationships, & Sex



My Kid Is Gay – Sex & Sexuality Topics
Articles, advice, and other resources for talking about sex with your LGBTQ+ youth

PlannedParenthood.org/Learn/Parents

Tips on how to approach conversations about sexuality and relationships, organized by age group and topics

Power to Decide: Talking is Power

Support for families approaching sexuality topics with youth

Real Talk: Creating Healthy Conversations with Young People

Recorded series by Planned Parenthood

Let's Talk Virtual Scavenger Hunt

From the Teen Pregnancy & Prevention Partnership of Missouri

Sex Positive Families

Resources focused on helping families raise sexually healthy children

Check out Hoyleton's Heart to Heart resource guide for topic suggestions and conversation starters!



For Foster & Adoptive Parents

Supporting Your LGBTQ Youth: A Guide for Foster Parents

National Foster Parent Association's Committee on LGBTQ+ Families & Youth

Caring For LGBTQ Children & Youth: A Guide for Child Welfare Providers (Human Rights Campaign)



Ways to Advocate for LGBTQ Youth in Foster Care and In our Communities (Hoyleton Youth & Family Services)

Local Trans & Non-Binary Affirming Care

The Family Clinic for Queer & Trans Youth at St. Louis University
Family therapy clinic focused on building healthy relationships between LGBTQ+ youth and their caregivers

The Washington University Transgender Center at St. Louis Children's Hospital

Mental healthcare, transition support, hormone therapy, and referrals

Kaleidoscope Youth Center
in East St. Louis

LGBTQ-centered care for youth

