

5 TOP TIPS



SUPPORTING LGBTQ+ FAMILY & FRIENDS





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INTRODUCTION

Welcome! And thank you for taking the time to learn how you can support your LGBTQ+ family and friends.

It can be frightening to be an LGBTQ+ person in today's world, but knowing that your friend, child or family member has YOU as a supporter will mean a lot to them. Having at least one supportive and trusted adult in one's life is a significant protective factor for LGBTQ+ people's positive mental health and happiness.

So, first and foremost, thank you for your support; kids are lucky to have you in their lives!

This resource contains our 5 top tips for supporting LGBTQ+ but they're not the only ones. As you go through, you may think of others or your LGBTQ+ family and friends may have their own ideas - make sure to ask them!

TIP 1



LISTEN

to their experiences with an open mind

Take the time to listen and really hear what your LGBTQ+ family or friend has to say about their experience. Don't make assumptions or take their experience personally - even if it relates to you.

Let your friend or family member know that you love and accept them for who they are regardless of their sexual orientation or gender identity. Let them know you are there to support them.

Avoid phrases like, "it might be a phase" or "let's just wait and see". Instead, say something affirming like, "thank you for sharing that with me", or "I want you to know that I am here to support you and we can figure this out together".

Remember, that this might be the first time they have ever shared this information, so it's good to let them lead the conversation and share at a pace that feels comfortable for them.

TIP 2



LEARN

about the LGBTQ+ community

It's normal to have lots of questions when a friend or family member discloses that they identify as LGBTQ+. You may be shocked, anxious or worried that you'll say or do the wrong thing.

In your first conversations, try to keep your questions to asking how you can support them and spend some time learning more about the LGBTQ+ community yourself. 'Coming out' - the process an LGBTQ+ person goes through in accepting or telling others about their sexual orientation and/or gender identity - can take time and they may not have the answers or information you are looking for.

There are many resources to help you better understand the LGBTQ+ community and the struggles your friend or family member is facing. Learning more yourself will contribute to more fruitful and meaningful discussions in the future and show them your willingness to support them.

In the 'LGBTQ+ Resources Hub' on our website (link at the end of this document) we'll give you some great websites where you can begin to learn more.

TIP 3



SPEAK UP

to keep them safe and well

Being a parent, friend or family member of an LGBTQ+ person can be challenging in today's homophobic and transphobic society. People make casual homophobic remarks or transphobic jokes. People may have opinions about LGBTQ+ legislation or news articles.

When you hear derogatory remarks about LGBTQ+ people, it may feel awkward to respond initially. You may think that it's none of your business or it's too difficult and that you don't know what to say.

However, one of the most supportive things you can do is say something. These remarks can seriously harm LGBTQ+ people's mental health. We recommend you use a technique called, "calling in". This allows you to identify homophobia and transphobia and respond compassionately and inclusively. There are several words and phrases that we recommend in our e-learning, 'From Confusion to Inclusion' which help others see when they may have made a mistake, or are being openly homophobic or transphobic. Remember, it's important to have compassion for yourself and others since people often don't recognise that what they're saying is disrespectful or distressing. We are all learning together!

TIP 4



TAKE ACTION

to make their lives easier

Become a visible LGBTQ+ supporter so that your, friend, child or family member knows you care. For example, if they have given you a new name or pronouns, use them as much as possible. With their approval, you can communicate this new name and pronouns to the rest of your family or anybody who comes into contact them. Name and pronoun changes can be emotional and confusing but studies show that using a person's chosen name and pronouns can have a profoundly positive affect on their mental health.

We have a basic course called: [Understanding Pronouns](#) that provides advice on how to make this transition simpler and hear other people's experiences with new names and pronouns.

Another way to take action is to advocate for your LGBTQ+ people in your workplace, school, activity groups, with other parents, family or friends. Advocating simply means making sure that LGBTQ+ people are considered in every day decisions and actions so they are treated with respect.

TIP 5



GIVE

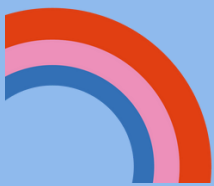
your voice, time, and resources

There are lots of ways you can give to make a positive difference for all LGBTQ+ people. You can lend your voice or signature to campaigns to improve the treatment and rights of LGBTQ+ people in the UK and internationally. You can volunteer for your local LGBTQ+ charity or youth group which is a great way to deepen your understanding and provide tangible support.

If you decide to buy LGBTQ+ books, films, flags or pronoun badges, we recommend buying from an LGBTQ+ small business. We share our top three recommendations on books, films, podcasts and Ted \talks in our LGBTQ+ Resource Hub which you can access at the end of this document. There is also a comprehensive list of support organisations in the UK including therapy, youth and sports teams that would love to support your family member or friend.

LEARN MORE

We have some great resources and would love to keep in touch! Check out our LGBTQ+ Resource Hub, e-learning courses and the links below



FREE LGBTQ+ Resources Hub

<https://prideoutside.org/uk/lgbtq-training-free-resources>



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hello@prideoutside.org.uk



Find out more about our work at

www.prideoutside.org.uk

ABOUT US

Pride Outside was founded by LGBTQ+ couple Ellis and Lou Beardsmore. We are an award winning social enterprise based in Scotland and working internationally to improve the lives of LGBTQ+ people.

Our mission is to create a world where LGBTQ+ people are safe and well. We do this through providing specialist LGBTQ+ inclusion learning to organisations and individuals, and using our profits to fund our free LGBTQ+ Wellbeing programme in Scotland.

You can find out more about our free LGBTQ+ wellbeing events and our special LGBTQ+ e-learning course for Family and friends on our website.

Thank you for supporting the LGBTQ+ people in your life!

Ellis & Lou

(they/them & she/her)
Pride Outside Team

**Thank you for your
continued support!**

