



Ways to express love and acceptance

1. Create engaging and affirming space to discuss sexual orientation

Find teachable moments when you and your child can explore the idea of attraction to others

2. It's okay to take a pause

This may give you time to research, talk to your support people or engage in therapy to develop and/or improve communication strategies.

3. Affirm your child's unique experiences

You may not understand all of child's thoughts and emotions. This is ok.

Find allies that can help them explore feelings and reinforce that you will be there.

Remember...

We all desire acceptance, validation and emotional safety

