



Understanding the difference between sexual orientation and gender identity and supporting your child

Sexual orientation and gender identity are different:

What is sexual orientation?

Sexual Orientation is a person's physical, romantic, emotional, and/or spiritual attraction to others

Everyone has a sexual orientation

What is gender identity?

Gender identity is a person's innermost concept of self as man, woman, both, neither or along the spectrum.

Everyone has a gender identity

5 ways to support your child if they come out to you:

1. Thank them for telling you
2. Make sure your child knows you love *who* they are
3. Believe your child knows themselves
4. Support your child by listening and expressing love
5. Seek out support for yourself if you need more information or someone to process with

