

## For Parents of GSA Members

Congratulations! If you're reading this that means your child trusts you enough to tell you they joined (or want to join, or start) a Gender and Sexuality Alliance (GSA) club. Family support and acceptance are critical to the health and wellbeing of people who are lesbian, gay, bisexual, transgender, queer, questioning, asexual, intersex, two-spirit, and HIV-positive. To start, if this is the first time your child is coming out to you, [take a deep breath](#), and let yourself have your reaction privately. Once you've leveled out a bit, check out these [tips for supporting your child](#) in their gender/sexual orientation/gender identity, and in their GSA:

- Read some [books](#) by others who have been where you are before.
- Remember that everyone, including you, could use [a good therapist](#).
- Feel free to call the [LGBT National Hotline](#) to talk about coming-out issues, gender identity, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer-sex information, and lots more!
- Check out [these best practices](#) from Gender Spectrum on parenting and family.
- Think through who other supportive adults in your child's life might be, and make a plan with your child about whether and when to involve them in things related to your child's sexual orientation and/or gender.
- If there is an active GSA at your child's school already, talk to the faculty sponsor. Be prepared with any questions you have and write them down beforehand so you don't forget them.
- Buy snacks for your child's GSA!
- If there's not an active GSA at your child's school yet, support them in [starting one](#)! Help your child present [the research](#) to their school administration, school board, and/or school district that shows how *all students* benefit from a GSA being on campus.
- Find [a local PFLAG chapter](#) near you to link up with other families of LGBTQAI2+ folks.
- If you're in Austin, [join GLSEN's Austin Chapter](#). If you're elsewhere in Texas, start a chapter by emailing [chapterinfo@glsen.org](mailto:chapterinfo@glsen.org).
- Participate in local Pride celebrations and other [important events](#) for the queer community.
- Sign up for [PFLAG Action Alerts](#) to stay informed about issues affecting the community.
- Educate yourself with [PFLAG's Online Academy](#) featuring dozens of virtual lessons and webinars on everything from writing workshops to acceptance within families of color.
- If your child is gender creative, think about joining or starting a chapter of [Ally Moms](#) where you can be supported by other parents of trans kids, and offer your support to transgender youth whose families haven't been welcoming or understanding.
- Consider calling the [National Parent Helpline](#) or joining a [Parents Anonymous](#) group if you're feeling overwhelmed with parenting in general.

