



Happy Holiday Tips for Parent's, Family, and Friends of LGBT Individuals

- **Get support for yourself.** It is important to realize you are not alone. Find the phone number of the nearest Parents, Families and Friends of Lesbians and Gays (PFLAG) chapter.
- **Take your time.** Acceptance may not come instantly, but be honest about your feelings.
- **Don't be nervous** about using the "correct" language. Honesty and openness creates warmth, sincerity and a deeper bond in a relationship. If you are not sure what is appropriate, ask for help.
- **Realize** that the situation may be as difficult and awkward for your GLBT loved one as it is for you.

Before the visit...

- **Practice in advance** if you are going to be discussing your family member's sexual orientation or gender identity with family and friends. If you are comfortable talking about it, your family and friends will probably be more comfortable too.
- **Anticipate** potential problems, but do not assume the reactions will always be what you expected.
- **Consult** with your GLBT loved one when coordinating sleeping arrangements if he or she is bringing home a partner.
- If your family member is transgender, **practice** using the correct pronouns.

During the visit...

- **Treat a GLBT person** like you would treat anyone else in your family.
- **Take interest** in your family member's life. He or she is still the same person.
- **Don't ask** your GLBT family member to act a certain way. Let them be their natural selves.
- If your GLBT family member is bringing a partner, **acknowledge** him or her as you would any other family member's partner.
- If your GLBT family member is bringing a partner, **include him or her** in your family traditions.
- **Ask your GLBT family member** about his or her partner if you know they have one.