

**Homophobia and Family**

According to research conducted by Pediatric Clinics of North America:

* Parent-child attachment has implications for developing healthy relationships later in life.
* LGBT youth may experience a disruption in parent-child attachment if they are rejected based on their sexual orientation or gender identity.
* Parental rejection of LGBT youth negatively affects youths’ identity and health.
* Parental acceptance of LGBT youth is crucial to ensure that youth develop a healthy sense of self.

**What can we do?**

* Identify people as support system (chosen families)
* Engage with your local organizations that accommodate the needs you might have with family. PFLAG (Family and Friends of Lesbians and Gays) and The Trevor Project (Crisis Intervention and Suicide Prevention).
* If possible, educate yourself and your family about doubts they might have about the LGBT Community.
* Create a back-up plan, which may include saving money or identifying a friend or relative’s place where you could stay if things get worse familywise.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5127283/>

<https://www.theguardian.com/commentisfree/2015/jan/05/homophobic-transphobic-parents-abusive-homes-lgbt-kids>