

LGBTQIA+ Teen and Parent Clubs

- **FXBG PRIDE LGBTQIA+ Meetup**
 - Meets 1st Monday of every month
- **FXBG PRIDE and Central Rappahannock Regional Library LGBTQ+ Teen Book Group**
 - Meets the third Tuesday of the month
- **He, She, Ze and We Parents and Guardians of Trans and Nonbinary Teens**
 - Meets 3rd Fridays
 - Contact them for private location
- **Lighthouse Counseling - LGBTQIA+ Group**
 - Meets during summer
- **Unitarian Universalist of Fredericksburg LGBTQ+ Group**
 - Meets the third Friday of the month

**WE ARE HERE
TO SUPPORT
YOU**

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Please feel free to reach out should you have any questions, comments, concerns, or are interested in any support services for you or your child.



@fxbgpride



@fxbgpride



Email
fxbgpride@gmail.com



**The Parent and
Guardians
Guide when
their child
comes out**





Avoid Negative Communication



- *"It's just a phase"*
- *"This can wait until you're out of high school"*
- *"You don't look gay/trans/nonbinary/other"*
- *"You are too young to know"*
- *Don't blame a friend/family member*
- *Don't encourage a cure/conversion therapy*
- *Don't use religion as a defense*



Respond with Care

When a child comes out to a parent, some parents feel denial, sadness, grief, confusion, and others may feel elated, happy, or neutral.

No matter how we feel, it is important to respond with care.

- *"Thank you so much for sharing!"*
- *"You are loved, no matter what"*
- *"That's important to know about you! I appreciate you letting me know."*
- *Encourage communication*
- *Let them know they are cared for*
- *Listen*



Continue to do the work

- *Become an ally*
- *Keep an eye out for bullying*
- *Seek out teen LGBTQIA+ groups*
- *Does their school have a GSA or LGBTQIA+ Club?*
- *Vote for LGBTQIA+ supporting candidates*
- *Research terminology*