

3 Ways

Family Acceptance

Helps LGBTQ Youth Thrive!



UCLA
Center for
the Developing
Adolescent

1 When LGBTQ youth are accepted by their families, they're more likely to have higher levels of self-esteem, social support, and general health.

2 Family acceptance can also protect against negative health outcomes including depression, anxiety, and stress.

3 The influence of an accepting family persists!

For more resources on supporting LGBTQ adolescents, check out these organizations:

- [The Trevor Project](#)
- [PFLAG](#)
- [GLSEN](#)

