



Celebrate and Affirm: Being a Supportive Parent and Caregiver

Session Description:

More than ever, LGBTQ+ young people need supportive adults in their lives in order to grow and thrive. More than 9 out of 10 LGBTQ+ youth report that the current state of the world negatively impacts their mental health and wellbeing. In this learning session, participants will learn how to actively love and support their LGBTQ+ loved ones and consider why that support is so vital. They will also gain strategies needed to get it right and discover opportunities to shift from passive acceptance to affirmation. This session focuses on both sexual orientation and gender identity.

Content Overview:

People's lives outside of work follow them into the workplace, and this can be especially true for parents. Drawing on PFLAG's more than 50 years of experience working with parents and families, this workshop offers parents and caregivers the opportunity to learn how to be more active allies to their LGBTQ+ loved ones. This learning series will:

- Share key terminology and vocabulary used by LGBTQ+ youth to describe their identity, including language that is less familiar for adults;
- Review the importance of being an ally and the vital (and life-saving) role that parent and caregiver support can have on LGBTQ+ young people;
- Unpack some common concerns that parents and caregivers have for their LGBTQ+ children and consider advice for moving past them when concern becomes a barrier to active support; and
- Discuss helpful ally behaviors including how to apologize effectively, correct others, and advocate for change in order to show active support and love to LGBTQ+ youth.

Session Length:	90 minutes (in-person or hybrid), 60-90 minutes (online only)
Target Audience:	General audiences with a focus on parents and caregivers, no prior knowledge of LGBTQ+ issues required
Participant Materials:	PFLAG National publications, online resource page
Additional Information:	<p>For in-person and hybrid sessions, this session is only available in a 90-minute format.</p> <p>For online sessions, the session is available in a 60- 75- or 90-minute format. In a 60-minute format, no time will be reserved for Q&A.</p>

For more information on this session, please contact training@pflag.org.

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