

Sylmar Neighborhood Council, Education Committee Sharing information from "The Child Mind Institute".

Pride Month and Parenting LGBTQ+ Kids

June is Pride Month, and it's an occasion for young people to celebrate their LGBTQ+ identities and those of their peers. For parents, it's a chance to support kids who have come out — or who are in the process of coming out and figuring out what being LGBTQ+ means to them. For some kids, Pride can bring up big questions about how they identify, and having their families' unconditional support makes it less daunting.

This week on childmind.org, we round up resources on **parenting LGBTQ+ kids**, including those **questioning their gender identity or sexual orientation**. Whatever your child is navigating, you don't need to find exactly the right thing to say — the important part is to validate kids' feelings and let them know that you're behind them no matter what. We've also got information on **mental health issues LGBTQ+ kids are at risk for**, including **gender dysphoria**, and **one mother's story of being there for her transgender child**.

How to Support Kids Who Are Questioning

Helping young people navigate gender identity and sexual orientation.

<https://childmind.org/article/how-to-support-kids-who-are-questioning/>

Transgender Kids and Gender Dysphoria

Supporting mental health in kids with gender issues.

<https://childmind.org/article/transgender-teens-gender-dysphoria/>

How to Support LGBTQ+ Children

When kids are coming out, what do they need from parents?

<https://childmind.org/article/how-to-support-lgbtq-children/>

Transgender Children: A Mother's Story

Going from having a beloved daughter to having a beloved son.

<https://childmind.org/article/transgender-children-a-mothers-story/>

Mental Health Challenges of LGBTQ+ Kids

A look at risk factors and protective factors.

<https://childmind.org/article/mental-health-challenges-of-lgbtq-kids/>

Shared information and Credit to "The Child Mind Institute".