

## Important Statistics

When asked to describe the “most difficult problem facing them in their life these days,” LGBTQ+ Latino youth most often cited three issues related to their LGBTQ+ identity:

- 1** lack of acceptance by parents and family
- 2** fear about being out or open
- 3** trouble at school, including bullying

# 32%

of LGBTQ+ Latino youth say they don't have an adult they can talk to about personal problems, while 13% of non-LGBTQ+ Latino youth say the same.

# 1 in 3

LGBTQ+ Latino youth say their family is not accepting of LGBTQ+ people.

Extended community networks have been found to be key in resilience, as neighborhoods and community supports were influential in the psychological and behavioral outcomes of Latinos.

# 2X

LGBTQ+ Latino youth are 2x as likely to say they don't fit in where they live, compared to non-LGBTQ+ Latino youth.

LGBTQ+ youth who experience a high level of family rejection are 8X more likely to attempt suicide, 3X more likely to use illegal drugs, and are at a 3X higher risk for HIV. This is compared to LGBTQ+ youth who experience low levels of family rejection.

\*League of United Latin American Citizens (LULAC)  
\*Familias Fuertes: Family Resilience Among Latinos

## How to Support LGBTQ+ Students with Concerns of Family Acceptance

Ask students who share their identity with you and if they have come out to their family. If so, ask in detail about the reactions. If not, offer support to help them do so if they wish.

Respect the students' decisions about whether, how, and when they choose to disclose their LGBTQ+ identity to parents, caregivers, and other family members.

For LGBTQ+ youth who report family rejection, individual counseling can help the student deal with rejection, and referral to LGBTQ+ youth programs, including a school Gay Straight Alliance can provide access to peer support.

## How to Support Families Struggling to Understand their LGBTQ+ Child to Increase Family Acceptance

Educate families on how acceptance or rejection can affect their LGBTQ+ child's health such as suicide ideation, illegal drug use, depression, and HIV.

Listen to the concerns of families and connect them to the necessary resources, trainings, or support groups that will help them to further support their child-including the resources on this page.

Provide families with respectful language relevant to conversations about sexual orientation, gender identity, and gender expression.

The term Latino is used throughout this document for youth who self-identified as Hispanic, Latino, Spanish American, or Chicano

## Resources for Parents and Family Members

### Parents, Families, and Friends of Lesbians and Gays-PFLAG (Central Florida)

[pflag.org/publications](http://pflag.org/publications)

A national support, education, and advocacy organization that offers resources for parents and other caring adults. On the website, you will find local chapters where you can meet with other family members of LGBTQ+ people. You will also find answers to frequently asked questions about LGBTQ+ identity, and tips on how to be supportive.

### Zebra Coalition (Central Florida)

[zebrayouth.org](http://zebrayouth.org)

Zebra Coalition is a local LGBTQ+ organization within Orlando that can provide mental health and support services to individuals and families. They offer counseling services tailored to benefit LGBTQ+ youth in strengthening their relationships and family bonds by providing an open and supportive environment.

### QLatinx (Central Florida)

[qlatinx.org](http://qlatinx.org)

Seeks to center and empower the most marginalized members of the Orlando community, establish affirming and supportive healing spaces, and build a strong community, free of fear, violence, and hate.

### League of United Latin American Citizens (National)

[lulac.org/programs/lgbt/](http://lulac.org/programs/lgbt/)

LULAC is the oldest Hispanic civil rights organization in the US. This national organization has taken bold steps to advance equal justice under law for all Latinos-including LGBTQ+ sisters and brothers. Provides resources and explores the experiences of LGBTQ+ youth who identify as Latino.

### Familia es Familia (National)

[familiaesfamilia.org/resources](http://familiaesfamilia.org/resources)

A comprehensive public education campaign aimed at creating strong allies within Latino communities across the country. For the first time, this effort is being undertaken with national Latino organizations willing to engage as partners in advancing equality. Familia es Familia was founded by Latino LGBTQ+, Civil Rights, business, labor, and community leaders.

### The Family Acceptance Project (National)

[familyproject.sfsu.edu/publications](http://familyproject.sfsu.edu/publications)

An initiative that works to decrease health and related risks for LGBTQ+ youth in the context of their families. In addition to research and videos, the Family Acceptance Project provides guides for how families can support their LGBTQ+ children.

\*League of United Latin American Citizens and Human Rights Campaign