

- 1. Listen without judgment.
- 2. Believe youth when they tell you who they are.
- 3. Consistently use the youth's name and pronoun.
- 4. Think thoughtfully about sharing youth information with their parents or family without youth consent.
- 5. Don't assume the youth's LGBTQ+ identity is their priority or all they care about.
- 6. Given the high rates of suicide and self-harm among LGBTQ+ youth, ensure that you are aware of the warning signs and how to help a youth in crisis!
- 7. Share positive stories, media, and history of LGBTQ+ people.
- 8. Allow the youth to come out on their own terms, and help them through the process by regularly checking-in with them.
- 9. Connect the youth to LGBTQ+ resources in your community like Side by Side.
- 10.Ensure youth know that they are loved and supported by caring and trusted adults!

Youth Support Line 888-644-4390

