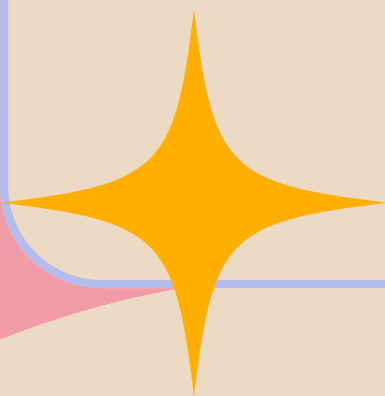


# LGBTQ+ PARENT'S GUIDE

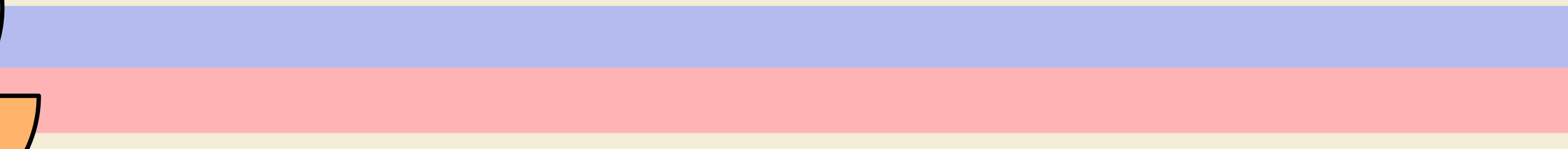
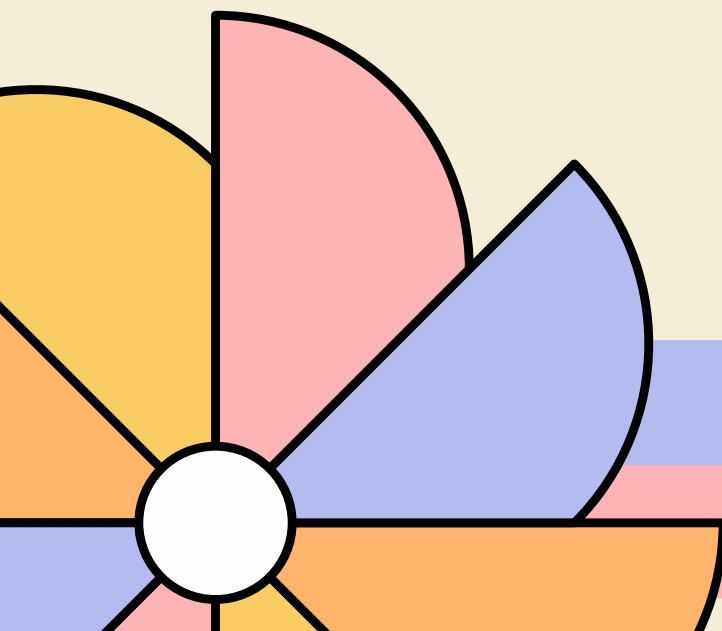
By Jersey Youth Parliament  
Diversity and Inclusion Campaign





# WHAT DOES LGBTQ+ MEAN?

LGBTQ+ stands for Lesbian, Gay, Bisexual, Transgender, Queer/Questioning +. The plus represents every other identity under the LGBTQ+ umbrella. The percentage of openly LGBTQ+ individuals varies across countries but studies have shown that a higher percentage of people are comfortable sharing their gender or sexual identity with others than in 2011.



# HOW LONG HAS THE LGBTQ+ COMMUNITY EXISTED?

## Gender

Since the early 16th century, differences in gender have been documented. From explorers interviewing the beliefs of African tribes, to individuals in cults expressing their beliefs through religious propaganda. There have been many documented instances of cultures recognising a third gender. This has led to people of many cultures and ethnicities wanting a change to the gender binary of male and female.

## Sexuality

Since the dawn of early man, and in many different animal species, homosexuality and adjacent to that has been recorded, such as King Neferkare of Egypt and his numerous gay lovers. Only since the 18th century did it become custom to have female/male relationships. Large communities of queer people have come forward with instances of discrimination, and have formed communities to share, experience and find love.

# WHAT TO DO



**01**

Many people are unsure of what to say when told that someone they know or are being introduced to is LGBTQ+. However, this guide is to help!

You should always be non-confrontational and supportive of people when they feel confident enough to share personal information with you, even if it isn't something you agree with because they are still your child.

**02**

**03**

Always be kind and make accommodations for them if needed. It may take a while to adjust, but always treat them as you have always treated them. They haven't changed, they've just become braver and more confident!

# WHAT NOT TO DO



**01**

You should never appear angry, hurt or upset when someone shares their identity with you. Of course, confusion is a natural reaction, but don't react badly.




A person's sexuality and gender is something they can't control. Blaming them, or telling them to change, won't help. They are not at any sort of fault. Never try to gaslight or guilt-trip someone for their identity.

**02**




**03**

While the media may have helped some discover their identity, it is not 'to blame', and has not 'brainwashed them', or anything similar. Don't make accusations at a person for something they are not guilty of.




# WHEN I SAY I AM

	Definition	Flag
Gay	a non-woman sexually or romantically attracted to non-women	
Lesbian	a non-man sexually or romantically attracted to non-men	
Bisexual	someone sexually or romantically attracted to two genders	

# WHEN I SAY I AM

	Definition	Flag
Pansexual	someone attracted to people regardless of their sex or gender	
Asexual	not feeling sexual attraction	
Aromantic	not feeling romantic attraction	

# WHEN I SAY I AM

	Definition	Flag
Transgender	identifying as a gender identity that differs from the gender assigned at birth	
Nonbinary	a gender outside of traditional binary gender male/female	
Genderfluid	fluidly switching between multiple genders over any span of time / using all pronouns	



# USEFUL FLAGS TO KNOW

	Definition	Flag
LGBTQ+ flag	probably the most well known, this is the flag of the LGBTQ+ community	 The LGBTQ+ flag features a rainbow spectrum of colors (red, orange, yellow, green, blue, purple) with a black triangle on the left side containing a white triangle pointing right.
Unlabelled	people who believe that labels are unnecessary for individuals who don't conform to standard gender identity	 The Unlabelled flag consists of three horizontal stripes: white on top, light blue in the middle, and light orange on the bottom.
Ally flag	this is the flag of straight people who are allies for the LGBTQ+ community. This flag should be yours	 The Ally flag features a rainbow triangle in the center, with horizontal stripes of black, white, and black on either side.



**EVERYONE  
DESERVES TO BE  
ACCEPTED FOR  
WHO THEY ARE!**

