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2019

LGBTI Children: the Parents' Perspective



Resources selected by the Council Library

Sexual orientation is not something you choose. Nor is feeling you don't match the gender you were assigned at birth, or that you don't fit into either of the binary sex categories, male or female. What you can choose, however, is the way in which you as parents talk about the issues with your children.

Many of us don't know yet whether one of our children might one day turn out to be LGBTI. That's why it's important to communicate sensibly about this issue from the outset. If parents make derogatory comments about lesbians, mock gays, or trash transgender people, how are their children supposed to feel if they realise they are part of that community?

For some parents, learning their child is LGBTI may come as a complete surprise. They're left with little or no time to reassess their own assumptions and expectations, or to reflect on how best to react and support their child. For others, it might be easy to accept that the neighbours' boy is gay, but they had other plans for their own child.

Please note:

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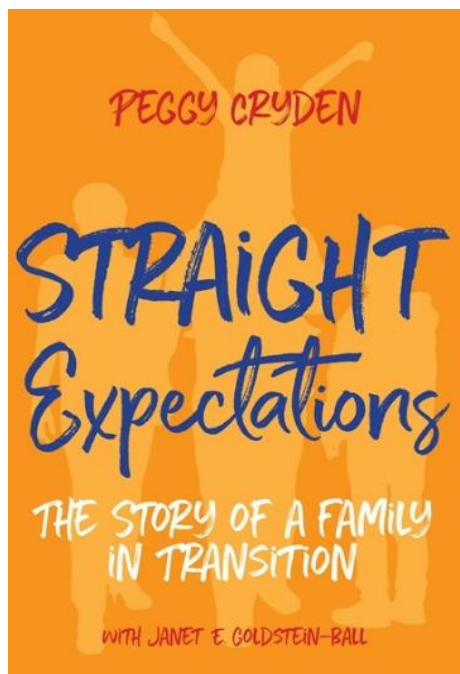
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Books

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Straight expectations : the story of a family in transition

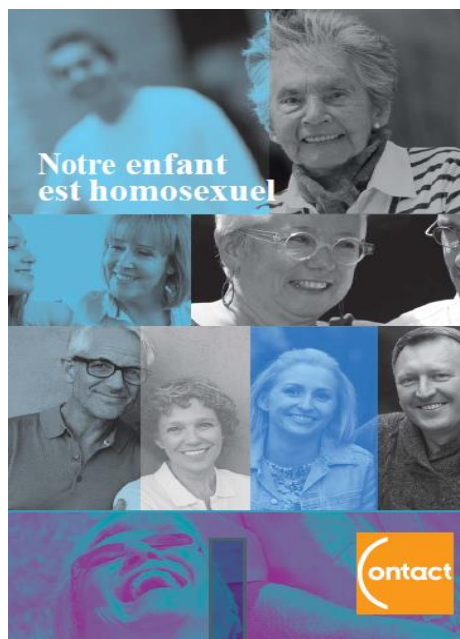
LMFT, Peggy Cryden ; Goldstein-Ball, Janet E. Jessica Kingsley

Jessica Kingsley Publishers, 2017

Available on request

"Ever since they were young, Peggy Cryden noticed her children's gender expression did not correspond with society's expectations of their biological gender. In this moving and honest memoir, Peggy details the experiences and challenges of raising both a gay son and a gay, transgender son and shares her family's journey of adversity and growth, which has helped inform her work as a psychotherapist. Beginning with her own unconventional upbringing and personal relationships, the second half of the book follows her children from birth to adulthood and

through their numerous experiences including coming out, depression, hate crime, relationships, school and various aspects to do with transitioning (legal, physical, medical, social) as well as their appearances in the media as a family. This book is insightful, charming and thought-provoking, and through levity and humour, offers a positive approach to parenting outside of convention."



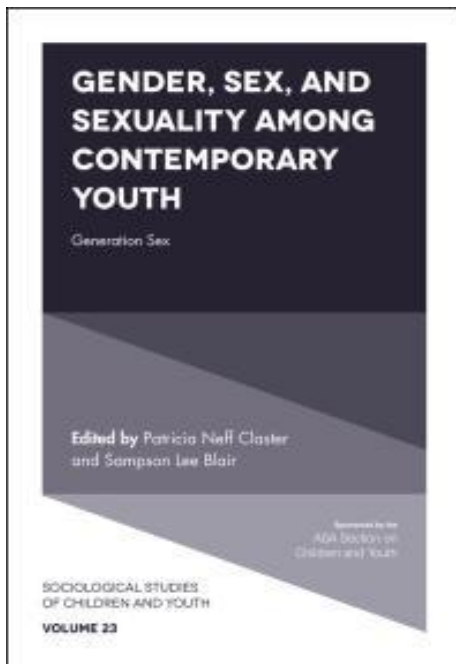
Notre enfant est homosexuel

Association Contact; avec le soutien de la Direction Générale de la Santé, du Ministère de la Santé, de la Jeunesse et des Sports de la France

Contact, 2017

Online access

"Certains de nos enfants ou de nos proches, qu'ils soient filles ou garçons, vivent l'amour autrement. Ils sont attirés par des personnes de même sexe. Pour eux, les difficultés ne manquent pas. Ne sachant à qui en parler, n'osant se confier à leur entourage par peur de sa réaction, ils se croient seuls au monde dans cette situation. Nous pouvons les aider à nous en parler, nous pouvons les aider à vivre, sans les juger."



Examining the family transition: how parents of gender-diverse youth develop trans-affirming attitudes

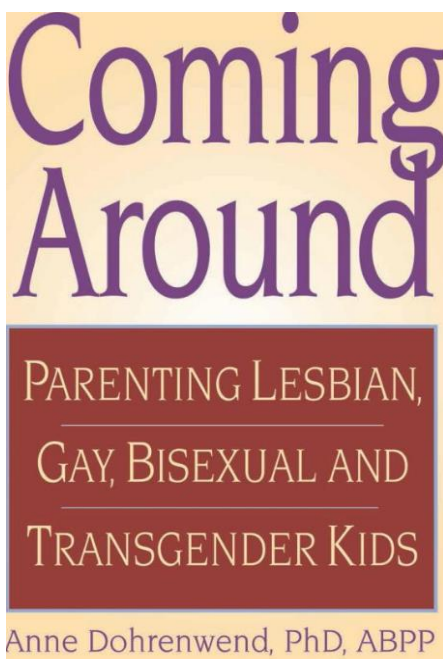
In: Gender, sex, and sexuality among contemporary youth : generation sex

edited by Sampson Lee Blair, and Patricia Neff Claster,
Emerald Publishing Limited, 2017

Available on request

"The emergence of gender-nonconforming behaviour in a child presents an opportunity and, often, significant pressure of parents to question the gender beliefs they have taken for granted. The purpose of this research is to examine how parents of gender-diverse youth respond to such pressures and ultimately come to understand and support their children's gender identity. Using in-depth interview with 36

supportive parents of gender-diverse children, the author details the process by which parents developed a critical consciousness of gender and subsequently adopted trans-affirming beliefs in response to their children's gender-nonconformity."



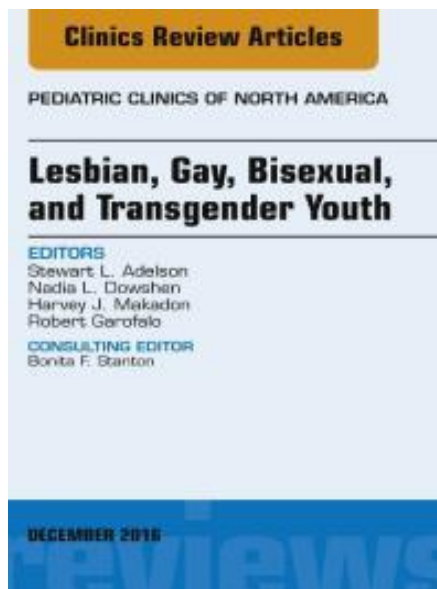
Coming around : parenting lesbian, gay, bisexual, and transgender kids

Anne Dohrenwend
New Horizon Press, 2012

Available on request

"I'm gay." When a child confides these words to a parent, they can totally transform the relationship. Whether that results in a closer bond or a broken one is dependent upon the parent's ability to accept, nurture and honor the child, whatever his or her sexual orientation. Coming Around is a resource for understanding and coming to terms with a child's sexual orientation and maintaining a dialogue between parent and child. With compassion and wisdom, Dohrenwend addresses parents' fears regarding what to say and what not to say, bigotry and social and religious prejudice, the legal issues facing LGBT individuals and how to understand homophobia.

Most important, she shares how to communicate that, whatever happens with a child's sexual or gender orientation, parents will never withdraw their love. Coming out is a vulnerable time. Its announcement requires the re-exploration of a parent's personal feelings on homosexuality. Respecting your child's decisions isn't always easy."



Lesbian, gay, bisexual, and transgender youth and family acceptance

In: Lesbian, gay, bisexual, and transgender youth

Stewart L. Adelson, , Nadia L. Dowshen, Robert Garofalo, and Harvey J. Makadon

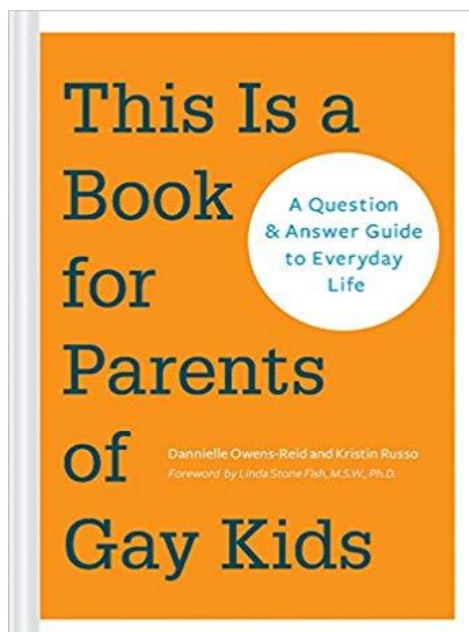
Elsevier, 2016

[Available on request](#)

"In this article the authors address theories of attachment and parental acceptance and rejection, and their implications for lesbian, gay, bisexual and transgender (LGBT) youths' identity and health. The authors provide 2 clinical cases to illustrate the process of family acceptance of a transgender youth and a gender non-conforming youth.

Key points:

- Parent-child attachment has implications for developing healthy relationships later in life.
- LGBT youth may experience a disruption in parent-child attachment if they are rejected based on their sexual orientation or gender identity.
- Parental rejection of LGBT youth negatively affects youths' identity and health.
- Parental acceptance of LGBT youth is crucial to ensure that youth develop a healthy sense of self."



This is a book for parents of gay kids

Dannielle Owens-Reid, Kristin Russo

Chronicle Books, 2014

[Available on request](#)

"Written in an accessible Q&A format, here, finally, is the go-to resource for parents hoping to understand and communicate with their gay child. Through their LGBTQ-oriented site, the authors are uniquely experienced to answer parents' many questions and share insight and guidance on both emotional and practical topics. Filled with real-life experiences from gay kids and parents, this is the book gay kids want their parents to read."

Coming Out, Coming In

*Nurturing the Well-Being and
Inclusion of Gay Youth in Mainstream Society*



Linda Goldman

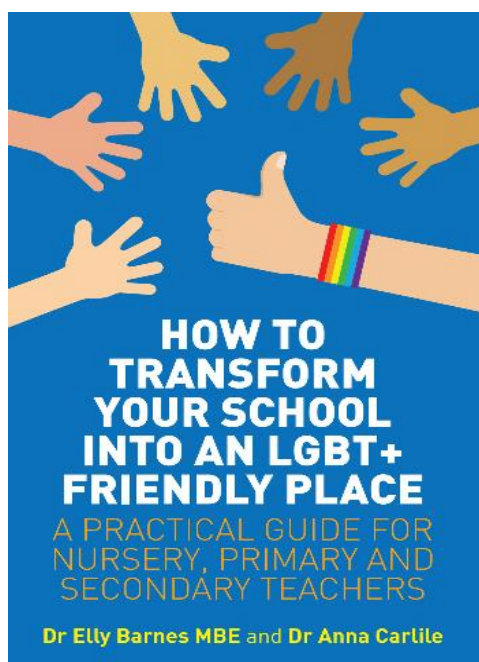
Coming out, coming in : nurturing the well-being and inclusion of gay youth in mainstream society

Linda Goldman

Routledge, 2007

[Available on request](#)

"The book describes the process of "coming in" to a welcoming and nurturing family, from both the teen's and the parents' perspective. Linda Goldman draws on her personal and professional experience as a school guidance counselor, child and adolescent therapist, parent, and a member of the national group PFLAG to build a common language and a new paradigm for understanding sexual orientation and gender identity as a part of mainstream culture. Through the information, exercises, anecdotes, and extensive bibliography of additional resources provided in the book, parents will find the tools needed to facilitate nurturing and safe environments for our LGBT youth."



How to transform your school into an LGBT+ friendly place : a practical guide for nursery, primary and secondary teachers

Elly Barnes and Anna Carlile

Jessica Kingsley Publishers, 2018

[Available on request](#)

"Currently teachers don't receive the training or induction they need to make their school an LGBT+ inclusive environment. This can be seen by the fact that half of schools do not teach anything regarding LGBT+, and only 3% include LGBT+ content in two or more subjects. Written with Educate & Celebrate!, an Ofsted and DFE recognised 'Best Practice Award Programme', this book gives teachers, governors and other staff the knowledge, strategies and confidence they need to implement a curriculum that is inclusive for all."

Selected articles

Et toi, t'es casé-e? : guide pédagogique

Fédération Wallonie-Bruxelles. Direction de l'Égalité des Chances

Bruxelles : Frédéric Delcor, 2016

Le site www.ettoitescase.be propose différentes ressources à destination des acteurs et actrices du monde scolaire, sportif et de la jeunesse qui souhaitent approfondir la question. Vous y trouverez notamment : un lexique présentant de nombreux termes en lien avec les questions d'homophobie, de transphobie, de discrimination, d'égalité et de diversité; des fiches pédagogiques présentant des pistes de réflexion pour border les questions d'orientations sexuelles et d'identités de genre à l'école / Aborder les questions d'orientations sexuelles et d'identités de genre dans le secteur de la jeunesse / Agir contre l'homophobie et la transphobie dans le sport.

LGBT youth and family acceptance

Sabra L. Katz-Wise ; Margaret Rosario ; Michael Tsappis

Pediatric Clinics of North America, 2016, v 63, n. 6, pp. 1011-1025

In this article, the authors address theories of attachment and parental acceptance and rejection, and their implications for lesbian, gay, bisexual, and transgender (LGBT) youths' identity and health. The article also provides two clinical cases to illustrate the process of family acceptance of a transgender youth and a gender nonconforming youth who was neither a sexual minority nor transgender. Clinical implications of family acceptance and rejection of LGBT youth are discussed.

Generating a revolution in prevention, wellness, and care for LGBT children and youth

Caitlin Ryan

Temple Political & Civil Rights Law Review, 2014, v 23, n. 2, pp. 331-344

This research shows that families have a compelling impact on their LGBT children's health, mental health, and well-being. Not just negatively, but also positively. That is a critical part of reimagining the future for LGBT children and adolescents. Society has focused for so long on the negatives. The author makes a case for start thinking about the positives and start aligning public and private services and systems of care to promote the health and well-being of LGBT children and youth. This requires normalizing inclusion of the families of LGBT children and adolescents in education,

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services, care, and support for their LGBT children as they are for children and adolescents, in general.

L'expérience des parents d'un enfant d'orientation homosexuelle : savoirs issus des recherches et perspectives d'intervention

Kévin Lavoie et Isabel Côté

Erudit, 2014

Au cours des trente dernières années, plusieurs chercheurs et intervenants sociaux se sont intéressés à l'expérience des jeunes de minorités sexuelles, particulièrement en ce qui concerne le dévoilement de leur orientation sexuelle et ses répercussions sur le plan de la santé physique et mentale. Or, peu d'études ont exploré le point de vue des parents d'un enfant d'orientation homosexuelle. L'objectif principal de cet article est de faire l'état des connaissances à propos de l'expérience singulière de ces parents, au regard de la diversité de leurs réactions à l'annonce de l'homosexualité de leur enfant et l'émergence de leur nouvelle identité parentale et conjugale. Cette démarche s'inscrit dans une volonté d'acquérir une compréhension et une analyse critique de ce phénomène, en plus de documenter les pratiques d'intervention psychosociale et communautaire développées à l'intention des parents.

A practitioner's resource guide: helping families to support their LGBT children

Caitlin Ryan

HHS Publication No. PEP14-LGBTKIDS. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014

This new family-oriented approach to services and care requires practitioners to proactively engage and work with families with LGBT children and adolescents. This includes providing accurate information on sexual orientation and gender identity for parents and caregivers early in their child's development; engaging, educating, counseling, and making appropriate referrals for families with LGBT children; and in particular, helping parents and caregivers who react to their LGBT children with ambivalence and rejection understand how their reactions contribute to health risks for their LGBT children

A guide for parents and family members of trans people in the UK

Gendered Intelligence, 2013

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In conjunction with the LGBT Consortium, Gendered Intelligence gathered a group of people to discuss various issues and concerns that parents and family members of trans people have. You will read quotes throughout this booklet as it hopes to relay some of what came up for us. You may be a parent or a family member of a trans person yourself looking for information and stories that will help you. It was thought by the group that understanding what trans means is vital when coming to terms and accepting your loved one as trans. This booklet hopes to offer some basic information that we feel is important for those coming across trans for the first time or for those who have questions about their loved one's future.

Recognising the needs of gender-variant children and their parents

Elizabeth A. Riley ; Gomathi Sitharthan ; Lindy Clemson ; Milton Diamond

Sex Education, 2013, v 13, n. 6, pp. 644-659

Gender variance confronts widely held assumptions that children born as males will act like 'boys' and children born as females will act like 'girls'. This imposed binary has the effect of perpetuating negativity towards people who express themselves with gendered variations in attire, behaviour or preferences. Despite the existence of gender-variant individuals in every culture and throughout time, many people are unaware that diversity in gender expression and sexual formation is a naturally occurring phenomenon. This qualitative study aimed to establish the needs of gender-variant children and their parents in order to inform education programmes, policies and clinical approaches to gender variance.

Radical normals: the moral career of straight parents as public advocates for their gay children

J. L. Johnson ; Amy L. Best

Symbolic Interaction, 2012, v 35, n. 3, pp. 321-339

Sociological research has examined straight parents in "traditional" family arrangements who become gay rights activists, but pays insufficient attention to how this puzzling identity comes into being. Drawn from observations and interviews of parents participating in a local chapter of Parents and Friends of Lesbians and Gays (PFLAG) (2009 to 2010), this paper analyzes the parenting activities undertaken by straight parents of gay children as a moral career, involving stages of acceptance that can lead to eventual public advocacy. Paradoxically, these parents become radical

normals through these stages; that is to say, they “do” the work of parenting by becoming gay rights advocates, motivated by commitments to conventional imperatives of loving and supporting a child. Using the conceptual scaffolding of the moral career, this paper identifies the mechanisms that move parents through these different career stages.

Family acceptance in adolescence and the health of LGBT young adults

Caitlin Ryan ; Stephen T. Russell ; David Huebner ; Rafael Diaz ; Jorge Sanchez

Journal of Child and Adolescent Psychiatric Nursing, 2010, v 23, n. 4, pp. 205-213

The role of family acceptance as a protective factor for lesbian, gay, bisexual, and transgender (LGBT) adolescents and young adults has not been established. Nonetheless, the authors find that family acceptance predicts greater self-esteem, social support, and general health status; it also protects against depression, substance abuse, and suicidal ideation and behaviors. Therefore, family acceptance of LGBT adolescents is associated with positive young adult mental and physical health. Interventions that promote parental and caregiver acceptance of LGBT adolescents are needed to reduce health disparities.

“Family support would have been like amazing”: LGBTQ youth experiences with parental and family support

Stuart Roe

The Family Journal, 2017, v 25, n. 1, pp. 55-62

This qualitative study examines gay and bisexual adolescent experiences with parental and family support using a phenomenological inquiry approach. Four themes related to peer support emerged from the data including (1) coming out was necessary; (2) initial reactions of parents are most often not positive; (3) lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth view religion as a barrier to support from parents; and (4) LGBTQ youth want explicit support from parents and family members. Implications for counselors working with parents, families, and individuals are discussed.