List of Supportive Family Behaviours

Behaviours that Help

✔ Talk with your family member about their transgender identity
✔ Express affection when your family member tells you or when you learn that your family member is transgender
✔ Support your family member’s transgender identity even though you may feel uncomfortable
✔ Advocate for your family member when he or she is mistreated because of their transgender identity
✔ Encourage other family members to respect your transgender family member
✔ Consider supporting your family member to engage with transgender organisations or events
✔ Welcome your family member’s LGBT friends & partners to your home
✔ Support your family member’s gender expression
✔ Believe your family member can have a happy future as a transgender adult

These supportive family behaviours may help reduce your transgender family member’s risk of challenges to their physical and mental health.