



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.