THE STORY - HOW WE BEGAN

Almost 20 years ago, our founder, Janet Duke, woke to find her twelve-year-old standing over her, crying. Her daughter said, “Mom, I’m afraid I’m going to hurt myself.” When her daughter finally started to talk she said, “Please don’t quit loving me. Will you always love me?” and then, “I’m gay.”

This started a journey for Janet: to keep her child safe, to deal with her own emotions, fear and worry, and eventually to help countless parents navigate the upheaval that occurs when a child comes out. Her goal is to share the information and resources she desperately needed when she began this journey – resources that are still hard to gather today.

Janet’s purpose is to help families understand that the question “will you always love me” is more important than the words “I’m gay” or “I’m trans”.

THE MISSION - SAVING LIVES, PRESERVING FAMILIES

Strong Family Alliance is an organization with a simple mission - to save lives and preserve families by supporting parents of children coming out.

We give parents accurate information, insights on this challenging time for them and their child, ways to keep their child safe and healthy, and encouragement to lead with love and solve problems later.

Our website StrongFamilyAlliance.org will:

- Address the basic fears and conflicts for parents when a child comes out
- Provide accurate information about sexual orientation and gender identity
- Focus on common initial questions and addressing myths
- Offer guidance on how to “do no harm” and keep their child safe
- Have an empathetic, informative approach
- Provide a forum for questions and a place to read stories from other parents
- Link to other positive resources for ongoing support
Parent reactions in the first weeks and months are the most emotional – and often most destructive – to their child as well as family health and connection.

Decades of research identified one thing that escalates risk for LGBT youth more than any other: rejection by the family. LGBT youth who are rejected by their families are:
- 8X more likely to report suicide attempts
- 6X times more likely to report higher levels of depression
- 3X more likely to use illegal drugs
- 3X times more likely to be homeless
- Have lower self-esteem

The good news? These risks drop when families avoid rejection.

**THE DIFFERENCE - A SAFE PLACE TO PROCESS CHANGE AND CHOOSE A PATH FOR YOUR FAMILY**

We’re not political. There are other education and advocacy organizations that serve that purpose. We want to be "first responders" and are different in several key ways:

- **We specifically focus on serving parents.**
- **We target the early days** of upheaval in the family identity.
- We want to reach those parents who may be rejecting their child – or who are emotionally overwhelmed – to help them find balance and reach for ways to move forward.
- **We are parents helping other parents** love their child in this difficult, but important time.
- **We partner with faith-based and advocacy organizations** that offer hopeful perspectives.
- We show parents can remain connected to their faith or beliefs and still love and support their child.

**GET INVOLVED - HERE’S HOW YOU CAN HELP**

- **Stay in the loop.** Go to our website www.strongfamilyalliance.org and
  - **Sign up** for our email list
  - **Follow us** on Facebook and Twitter
- **Share our site** on your website, email & social media.
- **Give financial support** to help build, maintain and publicize this cause.
- **Know a parent or family struggling?** Share our website with them.
- **See a great story or article?** Email details. We want to post new information.
- **Have a story to tell?** Share your story on our site, as a parent, ally, loved one or LGBTQ person. Stories can provide new perspectives and possibilities.
- **Want to partner, sponsor, or provide content?** Send ideas our way!
- **Have time to give?** We need PR, CRM, bookkeeping and admin help.