

# STRONG FAMILY ALLIANCE

SAVING LIVES. PRESERVING FAMILIES.

## FIRST ANNUAL NATIONAL PARENTS COMING OUT DAY OCTOBER 12

*Strong Family Alliance Creates Day to Encourage Parents to  
Come Out Supporting Their LGBTQ Children*

**AUSTIN, TEXAS** – October 12, 2017 – Strong Family Alliance kicks off the inaugural *National Parents Coming Out Day* on October 12. Held the day after *National Coming Out Day* on October 11, this is a day to encourage parents to come out and show support for their LGBTQ children.

Strong Family Alliance is asking parents of LGBTQ children to [share the day on social media](#) using #NationalPARENTSComingOutDay. Additional resources include [Relevant LGBTQ Statistics](#), [10 Tips for Coming Out as a Parent of an LGBTQ Child](#) and an [opportunity for parents to share their story anonymously](#), to help them practice telling their experiences and becoming a [resource for others](#).

When a child comes out to their parents, far too often, parents must face their own fears, as they determine how to react. Strong Family Alliance offers many ideas for ways parents can support their child, as well as a website providing information and resources for helping parents through this crossroads.

“Children coming out worry about how their parents are going to react, and parents often struggle. There are so many things parents can do to show support. They can learn all they can, get to know the child’s friends, make their home a welcoming place, let their child decide who knows what and when,” said Janet Duke, Founder of the Austin-based nonprofit Strong Family Alliance.

“We know that LGBTQ youth who are rejected by their families are eight times more likely to report suicide attempts and six times more likely to report higher levels of depression. These risks drop to near normal levels when families avoid rejection during this time of change and upheaval. We want to be able to help parents support their children, even if they begin by just being a good listener.”

To learn more about *National Parents Coming Out Day*, please visit:

<https://strongfamilyalliance.org/parentscomingout/>

### **About Strong Family Alliance:**

Strong Family Alliance is a non-profit organization with a simple mission: to save lives and preserve families by supporting parents of LGBTQ children coming out. Strong Family Alliance gives parents accurate information, insights into family dynamics, ways to keep their child safe and healthy, and tools to help them lead with love and solve problems over time. For more information, please visit [strongfamilyalliance.org](http://strongfamilyalliance.org).

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