

# STRONG FAMILY ALLIANCE

SAVING LIVES. PRESERVING FAMILIES.

## NATIONAL PARENTS COMING OUT DAY OCTOBER 12

*Strong Family Alliance Promotes a Day to Encourage Parents to Show Support for Their LGBTQ Children*

**AUSTIN, TEXAS** – October 12, 2019 – Strong Family Alliance kicks off the 3rd annual *National Parents Coming Out Day* on October 12. Held the day after *National Coming Out Day* on October 11, this is a day encouraging **parents** to find more ways to show support for their LGBTQ children of any age.

An LGBTQ person may ponder their identity for months or years, but parents often struggle when the child comes out. A 2019 [study](#) found it takes parents two or more years to adjust to this change in their family. Many parents continue to love and protect their child but still experience grief, confusion, guilt, and extreme worry. *National Parents Coming Out Day* is focused on helping parents learn ways to support their child as they deal with their personal reactions.

“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,” said Janet Duke, Founder of the Austin-based nonprofit Strong Family Alliance. “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. It’s important that parents don’t ‘out’ the child or hold them back from being more open, so each of our suggestions is matched to where a child is in the coming out process.”

Strong Family Alliance offers dozens of suggestions and activities in [10 Tips for Coming Out as a Parent of an LGBTQ Child](#) that apply whether the LGBTQ child is a teen or adult. Additional resources include some staggering [LGBTQ Statistics](#), a [Support Guide Series](#) parents can download, and guidance for LGBTQ youth on [Coming Out to Your Parents](#).

“Focusing on how to support a child not only helps the child, it eases the path to acceptance for the parent. It allows them to act in love even amid their concerns,” said Janet Duke. “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 help parents stay connected to 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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