

# WHAT TO DO WHEN YOUR LITTLE IS STRUGGLING WITH THEIR SEXUAL IDENTITY OR GENDER (LGBTQ)

**KNOW THE FACTS** - A child who comes out as part of the LGBTQ community is at higher risk for depression, self-harm, substance abuse, anxiety, and suicide.

Victimization by peers may account for why LGBTQ youth are 2 to 3 times more likely to attempt suicide than their heterosexual peers.

<https://www.healthpartners.com/blog/how-to-support-your-lgbtq-child/>

IF YOU THINK YOUR LITTLE IS LGBTQ BUT THEY HAVE NOT COME OUT:

- Don't assume, you should wait until they come out, but ensure that they know you are a safe person to talk to
- Invite open conversation
- Listen to what they have to say

IF YOUR LITTLE COMES OUT TO YOU, YOU SHOULD:

- Talk and listen to them about it
- Don't brush it off and don't speak for them
- Offer support- tell them you are proud of that you will be there for them if they need it
- Find recourses for them

HELPFUL RESOURCES AND LINKS:

UP support webpage <https://www.uprainbowpride.org/findsupport>

Pride Institute <https://pride-institute.com/>

GSA Network <https://gsanetwork.org/>

Gay, Lesbian, and Straight Education Network

<https://www.glsen.org/resources/student-and-gsa-resources>

Preventing Suicide Among LGBTQ Youth <https://www.thetrevorproject.org/>

The Safe Zone <https://thesafezoneproject.com/resources/>

Website with Real Youth Stories: <http://wearetheyouth.org/>

**LOCAL CONGREGATIONS AND CHURCHES THAT ARE EXCEPTING LGBTQ MEMBERS:**

Marquette Unitarian Universalist Congregation  
1510 M-28 East  
Chocolay Township, MI 49855  
906-249-9450

Messiah Evangelical Lutheran Church  
305 West Magnetic Street  
Marquette, MI 49855  
Phone: 906-225-1119 - Fax: 906-225-5025  
MarquetteLutherans@gmail.com

Saint Paul's Episcopal Church  
Contact Person: Kevin Thew-Forrester  
201 E Ridge Street  
Marquette, MI 49855  
Phone: 906-226-2912 - Fax: 906-226-2953

Lake Superior Zendo (Buddhist)  
Contact Person: Paul Lehmberg  
2222 Longyear Avenue  
Marquette, MI 49855  
Phone: 906-226-9363

Grace United Methodist Church  
Contact Person: Kim Spencer  
927 West Fair Avenue  
Marquette, Michigan 49855  
Phone: 906-225-0616

Temple Beth-Shalom (Jewish)  
Contact Person  
President & Co-Webmaster Daniel Arnold, MD  
Contact Person  
Secretary & Co-Webmaster Shannon Ruiz  
Ishpeming Township, MI. See map [HERE](#)  
Phone: 906-485-6191 or 906-249-9056  
tbs.ishpeming@gmail.com