TIPS FOR FAMILY MEMBERS OF GLBT INDIVIDUALS

- Support your loved ones' efforts to stop smoking, exercise, eat right and be sexually safe.

- If your loved one is your minor child, advocate for him or her and/or support teens in advocating for themselves.
  - Insist that your lesbian teen be offered testing for sexually transmitted infections and not be assumed to be immune.
  - Insist that your transgender child be referred to by his/her preferred name and pronouns.
  - Insist that your gay nephew has a right not to be tested for HIV just because he happens to be gay, especially if he's never had sex, when what he really wanted was a sports physical.
  - Insist that your bisexual grandchild has a right to be asked about his or her sexual behavior rather than having someone assume they know what a bisexual teen does.

- Make sure your loved one knows that you love and support them, value their health and their relationships and want them around for as long as possible.

- Examine your own prejudices and hold others accountable for theirs.

- Work for equal health care benefits and financial safety for your loved one and for other GLBT people.

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