

PFLAG was founded in 1972 when a mother publicly supported her gay son. It has grown to more than 400 chapters and 200,000 members and supporters.

Our Vision: PFLAG envisions a world where diversity is celebrated and all people are respected and valued no matter their sexual orientation, gender identity, and gender expression.

Our Mission:

- Support for families, allies and people who are LGBTQ
- Education for ourselves and others about the unique issues and challenges facing people who are LGBTQ
- Advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.

PFLAG HOUSTON

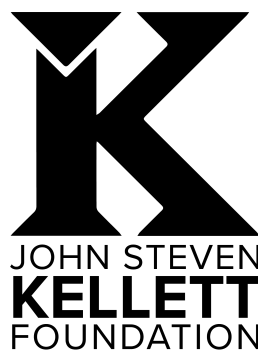
P.O.Box 667655
Houston, TX 77266-7655

www.PFLAGhouston.org

713-46-PFLAG
(713-467-3524)

helplinePFLAGhouston@gmail.com

We have a monthly general meeting as well as several facilitated small support groups available throughout the month. Check our website for times and locations.



What is



PFLAG Houston Helpline
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Frequently Asked Questions

Why is my child gay (or bi or

queer...)?

Our first thoughts when something

unexpected happens is “why?”

Nothing you nor anyone else did

made your child LGBTQ. LGBTQ

people come from all kinds of

families, every economic, religious,

political and cultural backgrounds.

The important thing is to remember

that your loved one is the same

person they were before they came

out to you.

How should I respond?

As much as you are able, lead with

love. For some, this will be the

natural response. For others,

long-held beliefs may get in the way

of being able to respond

supportively. No matter how hard it

is for you, it probably was extremely

difficult for them to come out to you,

given the fears of being rejected

and kicked out of the house. Your

child has probably heard first-hand

accounts of this happening. If your

child was outed by someone else,

the situation is potentially more

difficult. Love them.

Can my negative feelings or responses harm my loved one?

LGBTQ youth are nearly six times

as likely to report feelings of

depression and suicidal thoughts.

This can be lessened by you.

Try to express your fear, worry,

anger, or any other feelings of

distress away from your child.

Remember, it is never too late to

respond with love and support.

Some parents come to a place of

support and understanding early,

and for others it takes time. The

important thing is that you are

working toward understanding.

How can I keep my child safe?

They say “Home is where the heart

is,” and never is that more true or

necessary than for a person who

has just come out. Home should be

a safe haven for your child and

loved one.

Listen to them.

Talk to them: “How was your

day?” is a good place to

start.

If they are having trouble at

school, call the teacher or

counselor.

Allow them to be themselves

at home. Let them be their

authentic, real selves.

Love them unconditionally.

What is the next step?

Contact a PFLAG chapter where

you will find parents, family and

allies of the LGBTQ community as

well as support for your loved one.

Through PFLAG you will meet

people who have either gone

through, or are going through the

same thing.

A final thought...

After more than 40 years of working

with families, our experience tells

us that the unconditional love you

have for your child is the most

important thing to remember,

whether you came to PFLAG

already affirming, strongly in denial,

or anywhere in between.

The process of reacting and

responding to your loved one’s

sexual orientation or gender identity

is an opportunity to bring you, your

child and your family closer.

Be patient with yourself, patient with

your loved one, and remember: You

always have a home in PFLAG.

Excerpts taken from:

Our Children: Questions and Answers for

Families of Lesbian, Gay, Bisexual,

Transgender, Gender-Expansive and

Queer Youth and Adults. 2016. PFLAG

National, Inc.