

## GROWING UP IS INEVITABLE

Adolescence can be both exciting and challenging, full of sudden changes and surprising discoveries.

For youth who are also lesbian, gay or bisexual (LGB) there are unique stresses and risks that can be hard to cope with alone. Luckily, family support can protect and help youth to face these risks. An accepting home environment is especially important for British Columbia's East Asian LGB youth because:

- 78% have been bullied or harrassed
- 26% have used drugs (other than marijuana)
- 26% have self-harmed
- 24% have had suicidal thoughts
- 18% have attempted suicide
- 18% are extremely stressed

## PARENTS CAN HELP

Talking about these topics is hard, but small steps go a long way.

Today, the majority of East Asian youth in British Columbia feel good about themselves, have a supportive adult they trust, and plan to attend post-secondary. Plus, research shows that a supportive family who is accepting without judgement helps:

### REDUCE RISK

*of suicidal thoughts, suicide attempts, and self-harm*

### IMPROVE WELL-BEING

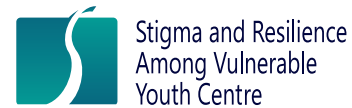
*with lower stress and fewer mental health concerns*

### INCREASE SELF-ESTEEM

*with higher likelihood of feeling good about themselves*

### STRENGTHEN SUPPORT

*with higher likelihood of having a trusted adult to talk to about serious problems*



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# OUT AT HOME

*Source: BC Adolescent Health Survey*

## FAMILY GUIDE TO SUPPORTING TEEN SEXUAL ORIENTATION



OPTIONS FOR SEXUAL HEALTH



Stigma and Resilience Among Vulnerable Youth Centre

[saravyc.ubc.ca/outathome](http://saravyc.ubc.ca/outathome)

## Three ways family can continue creating a caring and accepting home:



### LISTEN

Feeling comfortable at home and understood by family helps youth cope with stress. With less stress, youth are more able to focus on their aspirations for the future. Give your child the chance to be heard by listening to them without interruption or distraction. Whether you agree or disagree with what they have to say, it's important that they feel heard and understood for a better chance of a healthy adolescence.



### HAVE FUN

Having fun with family has been linked to supporting positive physical and mental well-being in youth. It can be as easy as sharing a dim sum lunch, spending time in nature, or playing Mahjong. Whether scheduled or spontaneous, your idea or theirs, take time to laugh and play together. You'll likely notice that your bond strengthens as you share new memories.



### LEARN MORE

Continuous learning brings family closer. By seeking out knowledge and resources about youth health, sexuality, and well-being, you will be more prepared if and when your teen turns to you for support. Start by reading the resources on our website at [saravyc.ubc.ca/outathome](http://saravyc.ubc.ca/outathome).

**Family well-being is an ongoing process.**

Each day is an opportunity to grow closer. Supporting diverse beliefs, values, and lifestyles is part of nurturing a caring home. Do your best, and continue accepting youth to be true to themselves.

