

Helpful contacts

In an emergency, call the Police on **000**

Lifeline Australia: **13 11 14**
Kids Helpline: **1800 55 1800**
Beyond Blue: **1300 22 4636**
QLife: **1800 184 527**
Parentline NSW: **1300 1300 52**
Headspace: **1800 650 890**



Rainbow Families

100% volunteer organisation that provides a network of support to children and families within the NSW LGBTIQ community. Our mission is to build a community which fosters resiliency by connecting, supporting and empowering LGBTIQ families, and to address discrimination and other social disadvantages faced by LGBTIQ member families. www.rainbowfamilies.com.au

LOVE MAKES A FAMILY.

 rainbow families
connecting • supporting • empowering

 facebook.com/rainbowfamiliesAU
facebook.com/groups/rainbowfamilies.com.au

 rainbow families
.com.au



A Guide
to Raising
Resilient
LGBTIQ
Families

As parents we want our children to have a charmed life - for our families to be strong, healthy, and resilient.

We want to sail confidently during choppy seas, to sparkle beautifully on sunny days, forge great adventures, and realise our dreams.

We know that children are more likely to be resilient when there are supports around them from family, school or community.

It's about inclusion, connection and belonging.

We can all play a role in nurturing a resilient family.

Top tips

1

LOVE MAKES A FAMILY

We have powerful stories of love, possibility and truth is on our side. Talk to your kids about the value of your family. Talk to teachers and other parents so your kids feel supported and a sense of belonging and inclusion.

2

OUR FAMILY IS UNIQUE AND BEAUTIFUL

Embrace diversity, it's a strength. Our children are doing well being raised by LGBTIQ families. Studies show children raised in LGBTIQ families are as healthy and well adjusted as others in the wider community.

3

TALK AND SHARE

Tell your children the unique story of your family. Tell the story of how they arrived in your family, what you value as a family, and memorable events together. Children will be asked about their family, and it's important they feel proud and comfortable sharing their story. Supporting them may mean setting the scene for them by being out and proud with their friend's parents and school.

4

TRUST AND OPTIMISM

People may ask or be curious about your family make up. As a parent you will have to come out more often. This can be an opportunity for learning. Trust that most people are curious and genuinely interested. They may also need information to help them support your child and your family.

5

DEALING WITH HOMOPHOBIA

Call out homophobia where you see it, but don't feel you have to invest in someone who won't change. Get support from school and community if you or your child experience any bullying or discrimination.

WE'RE NOT PERFECT

None of us are perfect parents and we don't have to be. Remember what makes your family unique is the love and strength that comes from that. Keep on being the best you!

6

COMMUNITY AND CONNECTION

Feeling included and belonging to a community is an important part of being resilient. There are benefits of meeting other similar families, and realising that there are many other children with diverse families.

WE ALL HAVE A VOICE

We are still waiting for full equality and rights. Make your voice heard. Every little bit counts. Write to or make an appointment with your local MP. Ask your families to do the same. Talk to your friends and neighbours about why equality is important to you if you feel safe to do so – your voice is important.

7

WE ARE CITIZENS

Others have a right to an opinion, but not to express it in a way that threatens you or your family. Discrimination on the basis of sexual orientation, gender identity and intersex status is banned under the Sex Discrimination Act 1984.

WE'RE STRONGER TOGETHER

Reach out and enjoy time with other LGBTIQ families. Create nurturing spaces for you and your kids. Rainbow Families offers a range of events throughout the year where you can share in the community. Now - more so than ever - it's important look out for one another. Take care of yourselves and the people around you.

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