



A Parent's Guide

Ways to Help

- Listen to understand and not to debate.
- Meet with a therapist.
- Explore Encircle's Library.
- Tour an Encircle home.
- Meet with other parents. Come to an Encircle parent circle!
- Talk with your child or foster child about their LGBTQ+ identity.
- Bring your child to LGBTQ+ organizations or events.
- Connect your child with an LGBT adult role model to show them options for the future.
- Welcome your child's LGBTQ+ friends & partners to your home.
- Support your child's gender expression.
- Believe your child can have a happy future as an LGBTQ+ adult.

**See Family Acceptance Project from SFSU*

Donna graduated from BYU as a nontraditional student at the age of 45. Her son came out in the summer of 2015, leading her on a journey of discovery and education to become a staunch ally of her son and all LGBTQ+ children. Donna saw the need for parents to have support during their child's coming out process and beyond, which brought her to Encircle in an effort to help others find acceptance and community.

Donna Angel
she/her
Director of Family Programs
Encircle
donna@encircletogether.org

Resources

- "[QPR Suicide Prevention Training by NAMI Utah](#)"
 - Jody England Hansen: hansen_home@comcast.net
- encircletherapy.org
- **Crisis Text Line** provides free 24/7 text support: Text 741-741
- "[Never Worry Alone by USBE SAFE UT](#)"
- <https://www.youthsuicidewarningsigns.org/>
- Intermountain Free Emotional Health Hotline 833-442-2211
- mystrength.com. Access code for the 60-day trial: UDHSguest33
- [The National Child Traumatic Stress Network \(NCTSN\)](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- The Trevor Project: <https://www.thetrevorproject.org/>
- <https://safeut.org/>

Event
Calendar



Provo
Homepage



A Parent's Guide

Terms

Gender Identity: A person's internal, deeply held sense of their gender. For **transgender** people, their own internal gender identity does not match the sex they were assigned at birth. Gender identity is not visible to others.

Cis or Cisgender: Describes a person who's internal gender identity aligns with what sex they were assigned at birth.

Gender Expression: External manifestations of gender, expressed through a person's name, pronouns, clothing, haircut, behavior, voice, and/or body characteristics.

Sexual Orientation: An individual's enduring physical, romantic and/or emotional attraction to members of the same and/or opposite sex, including lesbian, gay, bisexual, and heterosexual (straight) orientations.

Sex: The classification of a person as male or female.

At birth, infants are assigned a sex, usually based on the appearance of their external anatomy. (This is what is written on the birth certificate.) A person's sex, however, is actually a combination of bodily characteristics including: chromosomes, hormones, internal and external reproductive organs, and secondary sex characteristics.

Queer: We know that in a different time, this word was derogatory. Today, many people within the LGBTQ+ spectrum have reclaimed this word to identify them. In other words, this is an umbrella term for people who are not heterosexual or are not cisgender.

NOTES: