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Tips for a Happy Holiday for Families, Friends, and Allies

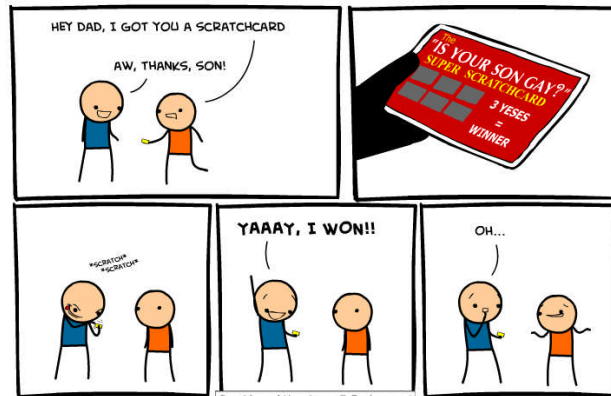
If you are the friend or family member of someone who is gay, lesbian, bisexual or transgender...

- **Get support for yourself.** It is important to realize you are not alone. **Find the phone number of the nearest Parents, Families and Friends of Lesbians and Gays (PFLAG) chapter.**
- **Take your time.** Acceptance may not come instantly, but be honest about your feelings.
- **Don't be nervous** about using the "correct" language. Honesty and openness creates warmth, sincerity and a deeper bond in a relationship. If you are not sure what is appropriate, ask for help.
- **Realize** that the situation may be as difficult and awkward for your LGBT loved one as it is for you.

Before the visit...

- **Practice in advance** if you are going to be discussing your family member's sexual orientation or gender identity with family and friends. If you are comfortable talking about it, your family and friends will probably be more comfortable too.

THE BEST WAY TO COME OUT



- **Anticipate** potential problems, but do not assume the reactions will always be what you expected.
- **Consult** with your LGBT loved one when coordinating sleeping arrangements if he or she is bringing home a partner.
- If your family member is transgender, **practice** using the correct pronouns.

During the visit...

- **Treat an LGBT person** like you would treat anyone else in your family.
- **Take interest** in your family member's life. He or she is still the same person.
- **Don't ask** your LGBT family member to act a certain way. Let them be their natural selves.
- If your LGBT family member is bringing a partner, **acknowledge** him or her as you would any other family member's partner.
- If your LGBT family member is bringing a partner, **include him or her** in your family traditions. **Ask your LGBT family member** about his or her partner if you know they have one.

[Find tips for a happy holiday for LGBT individuals now!](#)

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