



Does your daughter have a long-term girlfriend or has your son fallen in love with a man?

What does this mean for your life, the life of your child, for your family?

LOVE

ELVAN  ÂLEM


Türkische Gemeinde in
Baden-Württemberg e.V.

Gefördert durch die
**Aktion
MENSCH**

Funded by Aktion Mensch.

A little LGBTQIA* dictionary:

LGBTQIA* stands for lesbian, gay, bisexual, trans*, intersex, queer, asexual

Lesbian: Women who feel romantically and/or physically attracted to other women are described as lesbian.

Gay: Men who feel romantically and/or physically attracted to other men are described as gay.

Bisexual: A bisexual person can feel romantically and/or sexually attracted to people of two or more genders.

Trans*: A trans* person feels that they do not belong to the gender they were assigned at birth. Gender identity is what we ourselves know about our gender, no matter what others tell us. It has nothing to do with a person's physical gender characteristics.

Intersex*: Intersex* people are those whose physical gender (for example their genitals or chromosomes) cannot be categorized within the medical norm of having "clearly" male or female bodies, but rather on a spectrum which ranges in between.

Queer: Queer is used as an umbrella term for people who do not fit into heterosexual romantic, sexual and/or gender norms of society.

Asexual: An asexual person feels little or no sexual attraction to other people.

*: The asterisk here is used to acknowledge that there are many other words for people to define and live their own sexual orientation or gender identity.



Are family values, traditions and/or religion important to you?

Does your child feel that they belong to another gender?

DIFFERENTLY

Tips and information for parents and relatives of people who are lesbian, gay, bisexual, trans*, inter* or queer (LGBTQIA*).

We can support you in finding a good path for your family.



How do I deal with this new situation?



When you learn of the sexual orientation or gender identity of a family member, you might be worried or it may be unclear to you how you should deal with the situation.

You may feel anxious or angry. However, before hastily making any decisions or reacting prematurely, you should consider the following steps:

- 1) Try to understand. It is not possible to change your family member's sexual orientation or gender identity, but you can work together to make relationships within the family constructive. Remember that having a different sexual orientation or gender identity does not mean rejecting family, traditional or religious values. Connection to family is extremely important, but so is the desire to be accepted for who you are and how you feel.
- 2) Communicate with one another. Listen and share your feelings. Listening helps you to better understand the feelings and thoughts of the other person. Expressing your own feelings strengthens relationships with those around you.
- 3) Don't judge. Acceptance is very important, but in case you are not able to fully accept something, it is important that you understand and respect the feelings of your child. LGBTQI* people are not always accepted in society. Make sure that family remains a safe place.
- 4) Find support for yourself and your family. Contact counsellors or organizations that provide support for LGBTQI* people and their families.
- 5) Exchange your experiences with parents who are in a similar situation. It is important to have a space in which worries, fears and feelings have their place and where other people understand you. In Stuttgart there is a meeting point for parents of homosexual children and parents of trans* children.

Do you find yourself asking yourself how you can reconcile your family values and/or religious traditions with your child's life situation?

Do you want the best for your family members, but find it difficult to deal with the situation at the moment?

Are you looking for a place where you can exchange with others who are facing a similar situation?



Do you need advice, information or support? Are you interested in getting to know other parents in similar situations?

Then contact us:

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