



Project SPACES

Reflection Activities



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Reflection Activities



Project
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The Yale LGBTQ Mental Health Initiative has developed a program for parents of LGBTQ individuals. Project SPACES consists of brief online reflection activities to reduce conflict and build acceptance and understanding within the family. Researchers at Yale have tested the efficacy of these reflection activities and findings are forthcoming.

If you are the parent of an LGBTQ individual and would like to try these reflection activities yourself, you can access the prompts below. In response to each prompt, we recommend that you **free-write (stream of consciousness) for 20 minutes**, and complete each of the three prompts on **three consecutive days**.

Participation in these reflection activities is completely **voluntary**. You will complete these reflection activities on your own and we will not be monitoring or collecting your responses.

***Disclaimer:** The reflection activities have not yet been shown to be effective and do not replace professional help. If you are currently experiencing emotional distress, mental health challenges, or problems in your relationships, please consult with a mental health professional.*



Day 1



Prompt: Please write about how you've felt and reacted since learning of your child's LGBTQ identity.

How do you think any of the reactions you wrote about above impacted your relationship with your child? (For example, your child doesn't talk to you as much or spend as much time with you)

Consider what your deepest thoughts and feelings are about this prompt. Just follow your train of thought wherever it goes, without worrying about spelling, grammar, or structure.

Please write for the whole 20 minutes until your timer has expired.

A large, empty white rounded rectangle intended for writing the response.



Day 2



Prompt: Think about a situation with your own parents where they had a hard time accepting something about you. For example, having a hard time accepting things related to your religion, your career, your lifestyle, your partner, or your personality. Write about what you needed from your parents in terms of their acceptance, understanding, and support.

Consider what your deepest thoughts and feelings are about this prompt. Just follow your train of thought wherever it goes, without worrying about spelling, grammar, or structure.

Please write for the whole 20 minutes until your timer has expired.

A large, empty white rounded rectangle intended for writing the response.



Day 3



Prompt: During this program, you wrote about your experiences with your child and with your own parent(s). Take some time to write about what your child needs from you now.

What would meeting those needs mean to your child?

Consider what your deepest thoughts and feelings are about this prompt. Just follow your train of thought wherever it goes, without worrying about spelling, grammar, or structure.

Please write for the whole 20 minutes until your timer has expired.

A large, empty white rounded rectangle with a light gray border, intended for writing the response to the prompt.



Project SPACES

Parent Resource Guide



PFLAG (Parents, Families, and Friends of Lesbians and Gays)

PFLAG is the first and largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families. Click the link to find a chapter near you!

My Kid is Gay.

My Kid Is Gay is a collection of resources, dedicated exclusively toward helping parents understand their LGBTQ+ children. They source voices from across the world to help answer the many questions that parents have about the LGBTQIA young people in their life, including advice from parents, youth, and experts on a variety of topics related to sexuality and gender identity.

Strong Family Alliance

Strong Family Alliance gives parents accurate information, insights on this challenging transition for both parents and children, and encouragement for parents to lead with love and solve problems over time.

Human Rights Campaign

HRC envisions a world where every member of the LGBTQ+ family has the freedom to live their truth with equality under the law. They offer resources and guides for parents of transgender, non-binary, and gender expansive youth.

Gender Spectrum

Gender Spectrum helps to create gender-sensitive and inclusive environments for all youth. Additionally, they offer parenting and family resources for parents of gender diverse kids.

HARBOR

Harbor is an online support program for Christian parents of LGBT kids. It's designed to surround parents with the knowledge, resources, and support they need to draw them closer to their children.

Mamma Bears

Mamma Bears is a network of groups, websites, projects, and resources dedicated to empowering those with LGBTQ+ family members and the LGBTQ+ community as a whole.

CenterLink

CenterLink is an organization of LGBTQ+ community centers nationwide. They are a great resource for finding a community center near you.

Tips from other experts

[Johns Hopkins Univeristy tips for how to support LGBTQ youth](#)

[American Academy of Pediatrics tips regarding LGBTQ youth coming out](#)