



## Discussion Topics

**Looking for discussion topics to guide your support group meetings? Just need something to get the conversation going?**

**We've collected a few ideas commonly used by PFLAG chapters to get you started:**

- How you reacted when you learned a loved one is LGBTQ+
- What to do when extended family is not accepting
- Experiences with having an LGBTQ+ child in public school
- Concerns about cyberbullying and online safety
- Understanding and managing healthcare disparities that impact people who are LGBTQ+
- Balancing safety concerns with affirmation and support
- Gender identity and gender expression
- Using inclusive language and pronouns
- Policies and benefits for LGBTQ+ dependents at company
- Realities of relocation for families with LGBTQ+ kids
- Experiences with having an LGBTQ+ loved one who is out in your community
- Experiences with having an LGBTQ+ loved one who is out at work
- LGBTQ+ history and culture
- LGBTQ+ characters in books, television, and films



**Email**  
love@pflag.org



**Website**  
pflag.org



**Facebook**  
@PFLAG



**Instagram**  
@PFLAG



**LinkedIn**  
@PFLAG