

My son is my life : I know he is gay and I don't always understand, but that doesn't change my love for him / The Institute for Gay Men's Health ; GMHC.

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MY SON IS MY LIFE



**I know he is gay
and I don't always understand,
but that doesn't change my love for him.**

Your son is still the same person that you've always loved.

Your first reaction to learning that your son is gay can range anywhere from anger to sadness, fear to hurt, confusion to grief, and everything in between. These emotions and the thousands of others that parents, families, and friends experience are

Tips for parents:

Be calm.

Even if it is a shock, try to stay calm. It is likely that your son is having a hard time. Coming to terms with his sexual orientation can be difficult for both of you. Getting angry or upset can make things harder.

Ask questions.

You will probably have many questions. It's perfectly natural and your questions can show that you are interested in your son's life. Talking openly with your son may bring you closer together.

Accept and support him.

It's important for your son to know he is still loved, no matter what. Your son is still the same person he has always been. Don't let this create distance between you.

Take your time.

If you're having a tough time, say so, and ask for a little time to deal.

Get support.

Support from others or counseling can be helpful. Talk to other parents of gay young men. For example, you can contact PFLAG (Parents and Friends of Lesbians and Gays) at www.pflag.org or (202) 467-8180.

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