

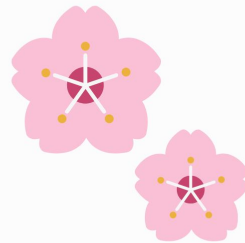
Resources



UPCOMING ONLINE GATHERING



OKAERI CONNECTS!



a digital space for Nikkei LGBTQ+ community
members of all ages and backgrounds

WHEN:

March 13th, 2022 @ 4:00-5:15 PM

4PM PT / 5PM MT / 6PM CT / 7PM ET

WHERE: VIA ZOOM

Questions? Email okaeri.la@gmail.com

Okaeri is a fiscally sponsored program of:

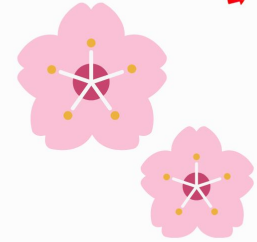


RSVP at bit.ly/OkaeriConnects2022-March

ZOOM によるおしゃべり会



OKAERI CONNECTS!



LGBTQ+を自認（またはそうかもしれない）人たちの集まり.そして
LGBTQ+の人を家族に持つ親、兄弟、アライのための集まりです。

当事者

2022年3月19日（土）4PM（PST）1時間15分
(7PM ET; 3/20 9:00AM JT)

家族・アライ

2022年3月20日（日）2PM（PST）1時間15分
(5PM ET; 3/21 7:00 AM JT)

Okaeri プログラムの財務スポンサー:



RSVP at bit.ly/OkaeriConnectsNihongo-3



PFLAG Connects: Communities
Asian American & Pacific Islander Community

Meets the 1st Saturday of the month
3:00 PM PST

<https://pflag.org/connects/communities/aapi>

PFLAG San Gabriel Valley API

Meets the 4th Sunday of the month
3:00 PM – 5:00 PM PST

<https://www.sangabrielvalleyapipflag.com/>



<https://familyproject.sfsu.edu/>

Family Behaviors that Increase Your LGBTQ Child's Health & Well-Being

Research from the Family Acceptance Project[®] found more than 50 family accepting behaviors that help protect your lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) child against health risks like depression, suicide and illegal drug use and help to increase your LGBTQ child's self-esteem, health and well-being. A little change makes a difference in decreasing your child's isolation and risk and giving them hope that their family will be there for them.

Family support saves lives!

BEHAVIORS THAT HELP ...

Tell your LGBTQ / gender diverse child that you love them	Support your child's gender expression	Talk with your child or foster child about their LGBTQ identity and listen respectfully – even when you feel uncomfortable or think that being gay or transgender is wrong	Require other family members to treat your child with respect	Show affection when your child tells you or when you learn that your child is LGBTQ
Ask your child if – and how – you can help them tell other people about their LGBTQ identity	Welcome your child's LGBTQ friends to your home	Use your child's chosen name and the pronoun that matches their gender identity	Bring your child to LGBTQ groups and events	Get accurate information to educate yourself about your child's sexual orientation, gender identity and expression
Find a congregation that welcomes your LGBTQ / gender diverse child and family	Participate in family support groups and activities for families with LGBTQ and gender diverse children to get support for yourself and your family and guidance for supporting your LGBTQ child	Talk with your religious leaders to help your congregation become supportive of LGBTQ people	Tell your LGBTQ / gender diverse child that you're proud of them	Speak openly about your child's LGBTQ identity
Tell your LGBTQ / gender diverse child that you will be there for them – even if you don't fully understand	Connect your child with LGBTQ adult role models	Express enthusiasm for your child having an LGBTQ / gender diverse partner when they're ready to date	Stand up for your child when others mistreat them because of their LGBTQ identity or gender expression – at home, at school, in your congregation and in the community	Believe that your child can be a happy LGBTQ adult – and tell them they will have a good life

The more of these behaviors that parents and families do, the better your LGBTQ child's health & well-being

Family Acceptance helps Reduce Risk & Promote Well-Being

- Better health
- Higher self-esteem
- Stronger social support
- Better family relationships
- Less likely to be depressed
- 3 times less likely to attempt suicide
- 3 times less likely to think about suicide
- Less likely to have substance abuse problems

AS YOU ARE

For more information about acceptance and rejection and your LGBTQ child's risk & well-being – Family Acceptance Project[®]: <https://familyproject.sfsu.edu>
 Biden Foundation's Family and Community Acceptance Campaign: <https://ga.bidenfoundation.org/> @iAmpire

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LGBTQである子どもがより健康で幸福になれるような家族の行動

Family Acceptance Project[®] (FAP: 家族の受け入れ推進プロジェクト)が行った調査から、家族がレスビアン、ゲイ、バイセクシュアル、トランスジェンダー、ウィアまたはクエスチョニング (総称してLGBTQ) の子どもを受け入れる50以上の行動が明らかになりました。子どもを受け入れるこれらの行動は、抑うつ・自殺・不法薬物の使用、H.I.V.、性感染症など心身の健康上深刻なリスクから子どもを守り、自尊心や心身の健康、幸福度の向上に役立ちます。わずかな行動の変化が子どもの孤独やリスクを減らし、家族が寄り添ってくれるという希望を子供に与えます。

家族のサポートが子どもの命を守ります!
 子どもをサポートする行動とは...

LGBTQ・多様な性別を生きる子どもに「愛している」と伝える	子どもの性表現をサポートする	LGBTQアイデンティティについて子どもと会話し、相手の話に真摯に耳を傾ける	LGBTQの子どもの気持ちを尊重して接するように、家族のみんなに要求する	LGBTQであると子ども自身から告げられた時、または他人を介して知った時、子どもに変わらない愛情を示す
子どもの性自認や性的指向を他人に伝えてよいが、またどう伝えたらよいが、本人に奪ねる	子どものLGBTQである友人たちを自宅に歓迎する	(たとえ自分がLGBTQに抵抗があったり、ゲイやトランスジェンダーであることは隠していると思っても)	子どもをLGBTQのグループ集会や行事に連れていく	子どもの性的指向や性表現について正しい知識を得るために学ぶ
LGBTQ・多様な性別を生きる子を持つ家族を歓迎する宗教団体・日本語学校を探す	LGBTQである子どもをサポートするためにLGBTQ・多様な性別を生きる子を持つ家族向けのサポートグループや活動に参加し、自分自身と家族のためにサポートやアドバイスを求める	子どもが選んだ名前と、その性自認にあった代名詞を使う	LGBTQ・多様な性別を生きる子どもに「あなたを誇りに思う」と伝える	本人から許可を得られたら、子どもがLGBTQであることを隠さずオープンに話す
LGBTQについてよく知らなくても、LGBTQ・多様な性別を生きる子どもに「あなたをサポートする」と伝える	LGBTQのロールモデル的存在である大人に子どもを巻きあわせる	自分が所属する団体の指導者やメンバーにLGBTQの人々をサポートするよう働きかける	子どもがLGBTQの自認や表現により、家庭・学校・所属宗教団体やコミュニティで不当な扱い(いじめ・虐待)を受けた場合、子どものために立ち上がる	子どもがLGBTQとして幸せな大人に成長すると信じ、良い人生を歩めることを子どもにも伝える

両親や家族がこのような行動をとればほど、LGBTQの子どもの心身の健康と幸福度が向上します

家族の受け入れリスクを減らし心身良好な状態を引上げる

- より健康的
- 抑うつ傾向が減少
- 自尊心が向上
- 自殺未遂率が3分の1に
- 社会的サポートの強化
- 自殺念慮が3分の1に
- 家族との関係性の改善
- 薬物乱用の可能性が減少

AS YOU ARE

受け入れと関係、そしてLGBTQである子どもによって何がリスクとなるか、何が心身も満たされた状態となるかについての詳しい情報は、Family Acceptance Project[®] (FAP: 家族による受け入れ推進プロジェクト)のウェブサイトをご覧ください。 <https://familyproject.sfsu.edu/>
 日本語訳提供 / Shiori & Mikoi LGBTQ Community (www.shiori-languej.org)

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Contact Information



Okaeri

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Facebook:

<https://www.facebook.com/OkaeriLA/>



PFLAG SGV API

Website:

<https://www.sangabrielvalley.yapipflag.com/>

Email:

sgvapipflag@gmail.com



Portland Based Resources for LGBTQ+ Individuals:

The Q Center:

As the largest LGBTQ+ community center in the Pacific Northwest, Q Center proudly serves the LGBTQ2SIA+ communities of Portland Metro and Southwest Washington.

Our drop-in and event space on North Mississippi Avenue is a frequent first stop for new arrivals in Portland, and for longtime residents who are newly out or questioning their sexual or gender identity.

WEBSITE: <https://www.pdxqcenter.org>

DONATIONS:
<https://secure.givelively.org/donate/qcenter>

SMYRC:

Here at SMYRC, we provide a safe, harassment-free space for queer and trans youth ages 13-23, where you can create art, play music, and join in on our open mic nights, drag shows, and support groups. You can access services like counseling, school support, and much more. Whatever you are looking for, we are here to honor, empower, and support you

WEBSITE: <https://newavenues.org/smyrc/>

DONATIONS:
<https://newavenues.org/donate/give-online/>