



PFLAG Virtual Support Group Meetings: 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 used by PFLAG chapters to get you started:

- Coming out as LGBTQ+ or learning a loved one is LGBTQ+
- What to do when extended family is not accepting
- Experiences with being LGBTQ+ or having an LGBTQ+ child in public school
- Concerns about cyberbullying and online safety for LGBTQ+ youth
- Experiences with being LGBTQ+ or having an LGBTQ+ loved one in your community
- Experiences with being LGBTQ+ or having an LGBTQ+ loved one who is out at work
- The intersection of your faith and being LGBTQ+ or having an LGBTQ+ loved one
- Local, state, and federal legislation that is causing concern or should be elevated
- Understanding and managing healthcare disparities that impact people who are LGBTQ+
- Gender identity, gender expression, and breaking the binary
- Using inclusive language and pronouns
- LGBTQ+ history and culture
- LGBTQ+ characters in books, television, and films

These topics are, of course, just a start. Have a topic you'd like to suggest for this list? Please contact Jamie Henkel (jhenkel@pflag.org).