



Safety Planning for PFLAG Chapter Members

There are growing safety concerns and issues impacting the LGBTQ+ community, their loved ones and allies but there's no one-size-fits-all guide to navigate these crucial, personal conversations. PFLAG may not hold all the solutions, but here are some hopefully helpful resources for navigating these critical conversations.

Here are some questions you might get, and some resource-centered responses to receive and find support, and take meaningful action when needed.

- **“What can I do to maintain my family’s safety?”**
 - Research safety planning best practices, there are guides geared toward building safety in LGBTQ+ communities. They can range from simple planning like this contact and emergency meeting place list from [Ready.gov](#), to more in depth planning about financials, safe havens, legal protection and more.
 - Consider resources geared toward safety planning in situations of intimate partner violence, [like this one from Forge-Forward](#).
 - Familiarize yourself with the legal aid organizations on local, state, and national levels. [Lambda Legal’s helpdesk](#) is a great first point of contact in exploring these options.
- **“How can I dispel misinformation spreading within my community?”**
 - [To combat misinformation, start with connection, not correction!](#) Leaning into leading with love and meeting people where they are is a proven strategy for engaging folks whose opinions might be based in misinformation.
 - [Tackling Misinformation: A Three-Pronged Approach](#) from the National Institutes of Health.
- **“How should I react to militant groups/protestors/anti-LGBTQ hate groups and/or hateful rhetoric appearing in my community?”**
 - Ask your chapter’s leadership about the chapter’s safety plan and procedures.
 - Good news! Even though militant groups get lots of news coverage, many

communities are seeing a decrease in the Militia Movement [according to Southern Poverty Law Center](#). This is a change from data we saw reported in 2023. Remember: just because the opposition is loud, doesn't mean it's strong.

- Don't forget that hate has no place in our communities! When we see anti-LGBTQ+ groups getting media coverage, it can make us feel angry and/or apathetic. Instead, let it be motivation! What kinds of advocacy actions can you, your family, or chapter take to bring hope to you and your network? Maybe a letter to the editor of your local newspaper, or a social media video? What kinds of community support can you engage in to remind yourselves and others that hateful rhetoric won't silence you, or stop you from supporting others?
- Learn about how to have difficult conversations with family members. All of us encounter challenging situations and it's good to have a [refresher on those skills](#).
- Have a hard conversation with your kid about social injustices and discrimination. Luckily, there are resources to help! Consider [books geared toward kids](#) about some of these hard topics.
- **“What can I do to counter harmful legislation?”**
 - VOTE—use [our Love Votes resources and tools](#)—and encourage your friends, family, and loved ones to join you. During election seasons and legislative sessions, PFLAG has a host of tools available. We know that some of the biggest impact you can make when voting is on the state and local level, where policies directly affect your families and communities.
 - Show up at school board, library board, and city council meetings. Use our [advocacy resources](#) to get started.
 - Talk about your journey. Learn how to [share your story to create change](#).
- **“There's so much legislation to keep an eye on, how do I know what's going on locally?”**
 - Stay up to date with PFLAG National's Policy Matters every Friday! It contains state updates as well as action alerts. [Sign up to receive our newsletters!](#)
 - Consult the experts, whether it's [Movement Advancement Project \(MAP\)](#), [Lambda Legal](#), or your state's [Equality Federation](#) affiliate.
 - Keep your ear to the ground. What are folks saying in your Facebook community groups? How about other local organizations? Do they have a newsletter you can subscribe to or another way you can keep in the loop?
 - Support each other. Legislation with harmful rhetoric is designed to divide communities and can create a lasting anti-LGBTQ+ culture regardless of if the legislation passes. Coming together despite our differences, supporting each

other, and finding joy in community is one of the best ways to mitigate the effects of harmful legislation. Consider hosting a social event that centers joy, hope and love!

- **“How can I advocate for my friend or family member in school, work, and community settings?”**
 - [Safe Schools for All Coalition](#), to understand ways to support students
 - Build relationships with legislators through lobbying, and [the means that make the most sense for you](#).
 - Educate yourself on processes to legally change names, gender markers, and more at [AT4E’s documents center](#).
 - Talk to your local PFLAG chapter about organizing to attend school board meetings, library meetings, or city council meetings. Ask chapter leaders what connections they may already have established for having constructive conversations.
 - Engage your community! Talk to people you know to encourage them to vote, speak up for LGBTQ+ community members, and advocate however they can.
 - If you’re looking for impactful ways to make a difference, connect with leaders in your PFLAG chapter to ask how you can volunteer.
- **“I know PFLAG offers a variety of resources like this one. Is there a centralized list?”**
 - [PFLAG National has compiled a variety of resources](#) including links to publications, hotlines, partner organizations, and more.
 - Connect with your chapter about local lists. PFLAG chapters often put together local resource lists, or have access to lists put together by other community resources.

If you’re a chapter leader addressing some of these concerns please reach out to your Chapter Engagement staffer for specific resources to support your chapter’s planning.