

# Transgender Students and Family Acceptance

**There is a significant body of research on family acceptance and improved mental health outcomes for transgender youth. For instance, see:**

- “These data confirm our hypothesis that parental acceptance and parents as the primary source of social support are important factors in TFY’s development.”  
**Publication:** Journal of the International AIDS Society
- Parent support is one of the most significant protective factors in this [transgender and gender non-conforming youth] population...” **Publication:** Frontiers in Psychology.
- “Social support, particularly from families, has been identified as an important promotive factor.” **Publication:** The Journal of Adolescent Health
- “Family acceptance of LGBT adolescents is associated with positive young adult mental and physical health. Interventions that promote parental and caregiver acceptance of LGBT adolescents are needed to reduce health disparities.”  
**Publication:** Journal of Child and Adolescent Psychiatric Nursing

**Every major medical association in the United States has come out in favor of affirming a youth’s sexual orientation and/or gender identity and against the practice of conversion therapy. This list includes:**

- American Academy of Child and Adolescent Psychiatry; American Academy of Nursing; American Academy of Pediatrics; American Association for Marriage and Family Therapy; American College of Physicians; American Counseling Association; American Medical Association; American Osteopathic Association; American Psychiatric Association; American Psychoanalytic Association; American Psychological Association; National Association of Social Workers.
- It is important to note that the American College of Pediatricians is not the American Academy of Pediatrics. It is a small, fringe group that was started in opposition to marriage equality and adoption by same-sex couples, and their statements on transgender youth are at odds with the governing and licensing bodies for their own profession. This is also at odds with New Jersey law, which bans conversion therapy for minors.



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**Teachers' associations and leading educational organizations have also come out in favor of supporting these young people by accepting and affirming their gender identity.**

- American Federation of Teachers
- American School Counselor Association
- American School Health Association
- National Education Association
- New Jersey Education Association
- American Federation of Teachers New Jersey
- HRC Welcoming Schools
- National Education Association
- GLSEN
- Trans Youth Equality

**New Jersey has many resources for transgender youth and their families. For lists of resources see:**

- **LGBT Resources on this Department of Education Page:**  
<https://www.nj.gov/education/students/safety/sandp/transgender/Transgender%20Guidance%20Resources%202018.pdf>
- **Family Acceptance Project:**  
<https://lgbtqfamilyacceptance.org/>
- **San Francisco State University: Family Acceptance Project**  
<https://familyproject.sfsu.edu/publications>
- **The Trevor Project: Friends and Family Support Systems for LGBTQ+ Youth**  
<https://www.thetrevorproject.org/resources/article/friends-family-support-systems-for-lgbtq-youth/>



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