



Scripts For Parents

Respond with your unwavering presence and unconditional love!



What to say when your teen...

questions their worth



"You are you. And I couldn't imagine wishing you were anyone different."

makes a mistake



"I know you can [ex: be kinder to your brother]. You are the same young man who [ex: kept us from killing any bugs when we went camping]. You've always been [ex: compassionate and protective]. Your brother needs that side of you now."

faces bigotry



"Your voice matters. You matter. I want you to know I love you. You matter to me. As your parent, I hope the world can see you through a loving, kind, and caring lens. And when it doesn't, I am here to walk this journey with you."

feels pressured about life choices



"Figuring out who you are is a lifelong process. We have opportunities for self-improvement — even reinvention — throughout our lives. We all make mistakes. Over time we learn that the measure of our character is how we make amends and grow from our experiences."

comes out as LGBTQIA+



"Thank you for trusting me enough to tell me. I love and support you always. I need time and space to process what I'm feeling. But I am not going anywhere. We are in this together, and I will do the work it takes to learn how to be fully supportive."

is caught in a lie



"I am concerned because you lied to us about [ex: where you went tonight and who you were with]. I know you can do better because I've seen you come to us [ex: concerned when your friend stole something]. I need you to remember how much you value honesty and apply it now."

could use some constructive feedback



"I know you can do better at [ex: setting and making deadlines]. With some practice, you can get this right. Remember, there was a time you thought you would never learn to [ex. cook a meal for yourself]. But look at you now. You worked hard and [ex. mastered enough to cook dinner for the family]. Let me know how I can support you now."