

An Introduction to AFFIRM Caregiver

AFFIRM Caregiver is an evidence-informed, seven-session, manualized intervention for parents and other caregivers of LGBTQ+ children and youth. The intervention focuses on enhancing compassionate and affirming parenting practices that help promote LGBTQ+ youth safety and well-being.

Theory of Change

Caregivers engage in mutual aid with one another as they explore challenging feelings, and practice new behaviors

Caregivers examine beliefs, thoughts, and feelings about LGBTQ+ Identities

Caregivers receive psychoeducation regarding the needs of LGBTQ+ youth and the importance of family acceptance for well-being

Caregivers demonstrate more affirming caregiving attitudes and behaviors AND have more confidence in their abilities to be affirmative caregivers



Through engaging discussions and activities, the seven sessions help parents and caregivers explore and better understand LGBTQ+ identities broadly and the needs of their LGBTQ+ youth specifically. Caregivers begin to recognize the importance of affirming and compassionate parenting behaviors for their child’s well-being.

After completing the AFFIRM Caregiver intervention, parents had:

- ✓ Improved in attitudes AND behaviors towards caring for youth with diverse gender identities
- ✓ Increased confidence in their ability to parent their children using affirming caregiving skills

These positive outcomes were evident for caregivers who started out with low affirmative caregiving attitudes and behaviors as well as those who started out high—illustrating that caregivers at all levels can benefit!

“ I kind of was going through life with blinders on and before I couldn't see it like that, but the most impactful part of the training was the sensitivity... how something that I may consider so small could be major to someone else. Yeah, that was definitely impactful. ”

– A foster father with a trans daughter

“ This program has definitely changed me and helped me be more open and accepting and knowing that we're all humans and we all deserve to be able to be loved and respected. ”

– Grandparent who, prior to the intervention, came in very low on the affirming spectrum

To learn more about AFFIRM Caregiver, visit <https://sogicenter.org/youth-family-and-caregiver-programing/affirm-caregiver/>

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