

List your pronouns in your telehealth platform.

Guarantee privacy in your clinical encounters, even when done by telehealth.

Consider creating a signal with the youth for them to use in session should their environment become non-private. Be sure to also discuss confidentiality related to identity disclosure and other potentially sensitive topics.

Bolster family support for a child's identity.

Family support is a key factor in safety for LGBTQ youth, while family rejection is a major risk factor for suicide. Even less supportive families may be able to share enjoyable activities. Often, caregivers benefit from seeking their own support through other trusted adults and groups for caregivers and families.

- The [AACAP Gender & Sexuality Resource section](#) offers additional guidance and numerous resources on working with families:
- Additionally, national organizations such as [PFLAG](#), [Gender Spectrum](#), and [Family Equality](#) offer online groups and resources. You may wish to also search for local organizations in your area.

Teach practical tools that can help youth cope with stress.

These may include taking a break from unsupportive family members, talking to a trusted friend, playing with a pet, or practicing a hobby. Help youth recognize when and how they might practice these self care techniques. You may also wish to work on specific skills such as mindfulness to expand youths' coping tools.

- The Trevor Project offers a list of additional coping strategies for LGBTQ youth: [How LGBTQ Youth can Cope with Anxiety and Stress During COVID-19](#).

Question who is in the youth's support network and brainstorm how to expand support during physical distancing.

Some youth may be able to access friends and supportive adults through video/phone or do an activity at a safe distance. Youth may also benefit from finding support online from LGBTQ spaces.

- Organizations that offer online supportive spaces for youth include [TrevorSpace](#), [Q-Chat Space](#), and [Gender Spectrum](#).