Loving Families
Safe Schools
Inclusive Communities
PFLAG NYC makes life better for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) youth by helping create Loving Families, Safe Schools, and Inclusive Communities.

- Helping families stay close and keeping relationships strong when a child comes out
- Working with schools and students to end bullying and harassment so that all young people feel accepted and able to thrive
- Educating the public so LGBTQ youth can look forward to a bright and successful future

More than 40 years after the very first PFLAG meeting, the world has changed, but the lifesaving efforts of PFLAG NYC are still a critical part of ensuring LGBTQ young people feel accepted and able to thrive.

With increased visibility, workplace advances, and marriage equality, LGBTQ adults live in a world unimaginable less than a dozen years ago. At the same time, LGBTQ young people continue to face disproportionately high levels of anxiety, fear, and discrimination about their identities, their families, and their place in the world. But PFLAG NYC is there on the ground to create a world in which young people are safe and supported in every venue of their life: family, school, and community.

With the help of hundreds of volunteers and donors, PFLAG NYC continues to grow, innovate, and improve the lives of LGBTQ people in ways no other organization does. While the world has changed for some, the need is still great for many others, and our services to the community have evolved to remain relevant and impactful.
The World has Changed.

New York City is a far better place for LGBTQ young people than it was when PFLAG NYC was founded in 1973. Our work has been essential in bringing about change, moving from overwhelming rejection when an LGBTQ loved one came out to today’s reality where many LGBTQ people are comfortable coming out and have the opportunity to be their fully authentic selves from early ages.

But while the world has changed for some, the reality is that many LGBTQ youth continue to have great need. The legal and lived equality enjoyed by many adult LGBTQ people is miles away from the continuing challenges young people face every day. In many families and schools, not to mention in the many ways families can reach us and the diversity of communities served.

The Need Remains.

The mobilization of parents, families, and allies to bring their voice into the struggle for acceptance and equality for LGBTQ people is one of the most important moments in the history of social change. LGBTQ people are part of all families, cutting across all dividing lines. When families and communities can overcome fears and misconceptions and begin to stand up for their loved ones who are LGBTQ, the effect is invincible. PFLAG NYC applies the power of family across all our programs:

The Need Remains.

Loving Families

Family support and acceptance is the most important factor for positive outcomes for LGBTQ youth. Our support programs help families stay close when a loved one comes out. As important today as when the first PFLAG NYC parents met in 1973, PFLAG NYC’s support has changed only in the many ways families can reach us and the diversity of communities served.

Safe Schools

Outside the family, school is the most important place in the life of a young person. PFLAG NYC’s Safe Schools Program works with schools to ensure that LGBTQ youth find an environment that is accepting and supportive so that they can have equal opportunities and the chance to thrive. Our trained community speakers share their personal stories of coming out and acceptance as part of an education program that can change the climate in schools.

Inclusive Communities

Beyond family and school, PFLAG NYC aims to make every place that LGBTQ people find community a safe and welcoming space. In workplaces, faith communities, community organizations and service providers, we deliver educational programs to raise awareness and develop support for LGBTQ people. In the public arena, PFLAG NYC organizes parents, families, friends, and allies to speak out proudly and advocate on issues that impact our LGBTQ loved ones.

Lives are Changed.

PFLAG NYC Delivers.

“I am a mother of an eleven-year-old transgender child. I live in Spanish Harlem, where the majority of people have no idea what it is to be transgender and lack acceptance because of culture, religion, and many other reasons. It was very difficult for me to find resources for my child. When I went to a PFLAG NYC meeting I was very apprehensive, but we were welcomed with open arms. The first day I sat and listened and also did a lot of crying, but I came out with hope because to me it felt as though I was not alone anymore. I believe if it wasn’t for PFLAG NYC opening the doors, I still would have felt devastated and alone. I will always be grateful to you. PFLAG NYC helped me to open a door inside of myself that has given me the courage to help my child have a happy, healthy, and safe life.”

— Mother Attending Support Groups

“It takes outsiders to help make our school better. There’s a gap between what’s supposed to happen and what actually happens when it comes to making our community supportive of LGBT students. I need all the parents and all the LGBT people you can bring into my school to get across that we must be a more supportive school. It is so important that you are here. I know it can save someone’s life.”

— Sandra Williams, Soundview Academy

“I’ve received a ton of very positive feedback about the PFLAG NYC event yesterday. You did a great job at getting people to open up and share, and also putting things into the perspective with your vast experience talking to teenagers and kids about LGBT people. It touched the parents in the audience and also Spectrum (Pride) members, and we all understand one another better. It was amazing.”

— Antoine Manchelle, Barclays

• Highly destructive, so-called “reparative” or “conversion” therapy is still legal and practiced in New York.

• More than 25% of LGBTQ youth face rejection and leave home or are thrown out by their families.

• Family rejection remains the number one cause of negative risk factors that disproportionately affect LGBTQ youth.

• LGBTQ youth experience name-calling, harassment, and violence at more than twice the rate of other students.

• Effects of hostile school environments show up in continuing lower rates of academic achievement and school engagement for LGBTQ youth compared to peers.

• In the community…

• Broad-based discrimination on the basis of gender identity and gender expression remains legal in New York.

• Lives are

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By the Numbers

PFLAG NYC’s innovative efforts to impact individuals have grown into a dynamic set of services aimed at creating safe and supportive communities at home and at school.

We developed new Training Workshops for teachers, counselors, and social workers from elementary through high schools to engage all pupil personnel in making school environments welcoming.

Our Support Program has regular meetings in locations throughout the city, which were attended by more than 1,000 people in the last year, showing that even in our social media age the face-to-face experience is still critical.

We work with partners to bring Gender Conference East to the New York area. It is a critical resource for families and the professionals who serve them in schools, healthcare facilities, and more.

PFLAG NYC was the first LGBTQ ally organization in the United States, spawning an international network of efforts based on our model. We are proud to continue to lead in life-saving work.

The Future is Bright.

We are a community singularly focused on ensuring the people in the lives of LGBTQ youth are providing support and being good allies. Large numbers of LGBTQ youth continue to be turned out of their homes because of their sexuality and gender identity, and even more face regular harassment and bullying in school. As we continue to grow we are more committed than ever to reaching more parents, family members, educators, and friends, so that when a young person comes out they are celebrated instead of rejected.

PFLAG NYC’s innovative efforts to impact individuals have grown into a dynamic set of services aimed at creating safe and supportive communities at home and at school.

Join us as we continue to innovate and work to:
- Expand support services that address the specific needs of different cultural communities.
- Deepen our work to support families of Trans and Gender Nonconforming (TGNC) youth.
- Take our Families Helping Families model into schools with school based chapters for parents.
- Continue the expansion of our Safe Schools Program to meet ever growing demand for work with both students and teachers.
- Work with faith communities to build supportive religious families.
- Engage families in advocating for equality and justice for their loved ones.

Our families, our schools, our communities, our youth need us. With your help we can continue to find impactful ways to create a safer and more supportive world for all LGBTQ people.