

# Episode 19: Supporting & Celebrating our LGBTQ Youth with Amy Lang

**Christy Keating 00:08**

Hi friends and welcome to the Heartful Parent Podcast. I'm your host, Christy Keating. In this podcast, we talk about it all, our parenting, our partnering, and our professional lives, because they are all a part of us. And we were never meant to do this alone.

**Christy Keating 00:40**

Hello parents and Happy Pride Month. It is June. And because of that I'm really excited to be coming to you this week with a special episode in honor of pride. This is an issue that is near and dear to my heart. I am so saddened to see all the anti LGBTQ rhetoric, media and legislation that has been happening across our country of late and frankly, across the world. As a person who has LGBTQ folks in my life who are near and dear and precious to me. This is just makes me incredibly, incredibly sad. And so this is with my good friend Amy Lang our little offering out to the world to try to make some things right and give people tools and you know, educate, support, etc. For those incredibly loved and valued LGBTQ members of our community, our families, our lives. And I can't think of a better guest to have here to be celebrating pride month with me than Amy Lang. She is a dear friend of mine. She is a treasured colleague of mine. And she's doing really incredible work over at [BirdsandBeesandKids.com](http://BirdsandBeesandKids.com). She is an early mentor of mine in the parenting space and in the business space, and I'm just so grateful for her partnership.

You can also find her at [BBKpros.com](http://BBKpros.com). But if you don't know Amy, if you've never, you know heard her taken a class from her listen to her podcast. You are in for a treat. She's fun, she's snarky she's, irreverent. She's also been a sexual health educator for over 25 years. She's got a lively, engaging and really down to earth style. And with that, she helps parents become more comfortable and confident in talking with their kids about sex, love, relationships, all of that stuff. Her books that she's written, one of which I got to help contribute to and edit her online solution center and her podcast, show parents that they really can become their kids go to birds and bees source. Amy says she's still married to her first husband. And they are getting the hang of parenting their recently launched manchild. She lives in Seattle, Washington very close to me.

And you can as I said, learn more about her work on her website and on social media. She's on all the socials. Amy and I today are really digging into this idea of how can we support unequivocally our LGBTQ youth? Why is this such an important piece of safety and safe parenting? Which if you know me, you know is really important to me. And you know, what are the conversations that we need to be having with our kids, whether they identify as LGBTQ or not. This is an important conversation. I hope you will stick around. I hope you will keep an open mind if this is a tough subject for you. And I hope

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you'll celebrate with me. If it's not a tough subject, I hope that you'll step into the idea with me this month that there is a whole significant segment of the population that deserves not just support but celebration.

Happy Pride, everyone. Amy Amy lane. I'm so happy to have you on the podcast. Thank you for being here.

**Amy Lang 04:31**

Of course I'm so happy to support you and always talk to you and this is juicy.

**Christy Keating 04:38**

It is juicy. So it's June. We're recording this in June. It's airing in June. And June is what?

**Amy Lang 04:45**

Pride Month. Whoo-hooo

**Christy Keating 04:49**

Pride Month. Um, yeah. So, I mean, I have to imagine most listeners know what Pride Month is but just in case tell us what it is.

**Amy Lang 04:56**

Gay Pride Month is a celebration have folks who are LGBTQ plus, it is the month where we pay attention. Think about support, educate about the lovely humans on our planet, I think the percentage is like admitted is like 12%. But if we look at the full gamut of LGBTQ plus folks who identify in that way, it's got to be more like 20%, if not higher. So that's what Gay Pride Month is all about. And you and I have some terrible, hilarious things to talk about that we just discovered about each other. And they do we do so?

**Christy Keating 05:37**

Well, as you know, I have been a longtime supporter of the LGBT Q community, I have a kiddo who identifies on the LGBTQ spectrum. And like this, this matters deeply to me. So this is going to roll right into what your story is. So as many of my listeners know, I hosted the safe parenting Summit, first annual St parenting summit in February of this year 2023, hosting it again in March of 2024. And in that summit, we because it was based on safe parenting and how we build a safer world for our kids. I had a speaker who was talking about supporting our LGBTQ kids, I had several speakers who themselves were LGBTQ. And at the end of the summit, when I invited attendees to give feedback, like what did they like, what did they not like? One, I will call them a registrant because they were clearly not a participant, gave and waited around till the end of the summit, just to give me the feedback, that I was a terrible human being. And that it you know, I should be ashamed of myself. Because I was, you know, talking, I should not have any LGBTQ speakers, we should not talk about this subject. Because I was

doing the exact opposite of keeping kids safe. I was filling that their brains with terrible things. I have to admit that my first reaction was like this off the right people.

**Amy Lang** 07:17

I'm familiar with this feeling. Yeah.

**Christy Keating** 07:20

Because I know. And you know, and we can talk a little bit about this today, like, suicide rates are higher among those LGBTQ kids who do not have a supportive adult in their wheelhouse. And so if we want to just basic safety, which means let's keep kids alive. At the very least, if that is our the bar that we're trying to leap over, which is keeping kids alive, and not suicidal. Then talking about this supporting this is the number one thing that we can do. It is the very definition of safe parenting.

**Amy Lang** 07:57

Yes, of course. And I It cracks me up that she's like, and you're putting making people kids unsafe like your groom as like that they pull the grooming thing like sometimes people folks say that people like us are helping.

**Christy Keating** 08:12

In this particular one. She didn't use the word grooming but because I'm talking to parents and not kids, but it certainly had that like tone and tenor to it. Yeah. So the reason we're talking about my story from February is because you just got a lovely piece of hate mail today.

**Amy Lang** 08:26

I did. I did. So I, I just did a class about talking to queer kids about sex. And I sent out the first email a couple of days ago. And let me just read to you what I got back. Yeah, this person. Now, mind you, they have signed up for my newsletter on purpose. But this is what they said. And you know, frankly, this is what we are up against. They said, remove me immediately from this filth. And do not ever send me this disgusting information ever again, this is absolutely unacceptable. And do not send me any more of this trash. And I've been out this long enough to know not to bite yet. But I same with you as like, Ah, man, and I don't respect I don't like whatever. That's her problem. And, you know, I just think this illustrates what we're up against that people think this way. And that person probably has children and oh my god, the horror for those for her children who know that they are like this and the chance of them being queer is high. 24% of kids identify as something other than straight. That's from the Youth Risk Behavior Survey from 2022. And it breaks my heart. It breaks my heart. It breaks

**Christy Keating** 09:45

my heart, too. And you know, we can laugh about it. Now we're getting hate mail and hate messages. And that's, you know, because you and I both have pretty thick skins and we believe passionately in the work that we do. So it's like yeah, we know there are going to be some good But, but what you just

touched on is that there's this bigger issue that is really not funny. And that is that there are kids out there, whether it's these people's specific children or other kids who are living in a world where it's not okay to be who they are. And, and that we know, as I said at the beginning, like we know suicide rates are higher mental health challenges, depression and anxiety, you know, the whole gamut. And, you know, I had this experience last summer, actually, where there was a parent who was sort of expressing that they were unhappy or not supportive of, you know, kiddos, who are LGBTQ. And I wanted to say, to this parent, and I wasn't engaging with her. So I didn't have the opportunity to say this. But I wanted to say like, what would you have parents do? Would you like them to simply disown their children and kick them out of the house? Is that the message?

**Amy Lang 11:02**

Right, right. Is that Yeah, is that I mean, that is not the message. But that's one way to sort of help these folks maybe come around. And so saying, like you said, Well, here's the deal. The suicide rate is four times higher than the general population. And the number one thing that keeps them on par with the general population is parental caregiver support. Right. And I think if you say, you know, kids kill themselves, because they don't have like, the chance of that is greatly increased. And like you said, What do you want it? What are you going to do with this? Right, right, what are you gonna do with this? So, you know, I think that just for us, as advocates and your darling listeners as advocates for cute queer kids, and even if you're not, like, I know, this is rough stuff for lots of people. And I just want to make a little note that I'm saying queer instead of LGBTQ plus, because it's too many letters.

And I got permission from somebody in the community to say that, as advocates for you know, queer kids and families and human beings, I think it's really important that we all and you all learn about their sexuality, and how to talk about it and what to do with it, especially if you're skeptical or come from a background where this is like these people, we'll just call them assholes that emailed and communicated with us, like, if you come from that background, this is really complicated and difficult. But if you're open, and you want your kid to be healthy, and safe, which is, of course, our only job, then I've got some ideas and things we can do to things you can do to help help with that. And even if you know your kids, not clear their friends, right? Your family members, you might have nieces or nephews that need you. And and if you show up in a way, that the way you talk, the things you do, they see that they're going to come to you and they might come to you before they come to their parents, oftentimes kids will test the waters as I know, you know, with somebody, a trustworthy adult to see how they react before they come to their parents. So

**Christy Keating 13:06**

Well, I think, actually, let's let's start at the beginning, because even those of us who are ally allies, like those people, you know, those parents listening, and we're like, I got you and I'm on board, and I'm open to learning. Let's start with some definitions. So sexuality and gender are different. Right? Right. Sexual Orientation and Gender are different, right? Can you parse that out for us a little bit and share some, like, you know, dictionary definitions? Yes, I

**Amy Lang 13:35**

can. So I'm going to be a little like, boring and dictionary, but it's important. I'm a firm believer in 101, right? Like, I am a firm believer in like hearing it all again, or because you'll hear it in a different way. So this is not perfect. And things are changing so quickly that I might say things that are now like not in the scene anymore, but so the first thing we have to talk about is biology, biological sex. So when you think about biology, it's whether you're have female or male reproductive organs, whether you have a penis, a uterus, testicles, ovaries, so that's biological. So there are three biological sexes, male, female and intersex. Intersex used to be called hermaphrodite, and we don't say that anymore. So intersex is a person that is born with chromosomes made chromosomes, maybe genitalia, their secondary sex characteristics are different than typical typical male or female body.

So for example, a person may be born and they have a vulva. But that's what you can see. But they also might have sort of extended larger clitoris so that person might be intersex. And so our gender is determined based on our parts. So gender, gender is basically like we hear gender identity all the time, right? So that's how you feel like do you feel like a guy or a gal or a mix or neither? So most People when their gender is given at birth, they identify with that gender like, I'm not going to prove it because we're not on camera. But I have female reproductive organs, I got a vulva, and the whole nine yards and my gender when I was born was given to me was was girl, I totally feel like a girl. I like things girls do. I don't feel like a guy at all much. It's how you feel on the inside. Sometimes it's matchy matchy with the typical body parts. Sometimes it's not. Your expression is how you show up in the world. Clothes, haircut, mannerism, voice body.

And then there's one more piece of gender, it's presentation, which is actually how the world sees you. how the world sees you and makes decisions about your gender, which is usually based on your expression. So that's gender. We could talk about this for 4000 years. Yes. Because we can. And I think the reason people struggle with gender identity is that because they're like me, they feel like a girl, they feel like a guy. They feel like a man, they feel like a woman. They fully identify with this. So the idea of not being able to identify with the gender you were given is really foreign. Foreign. I don't

**Christy Keating 16:13**

know if you've had this experience, but I think in speaking with people and even in my own evolution through this, I found the different sexualities easier to wrap my head around than the the not feeling match matchy matchy as you said, with your gender, the gender that you are given. Yeah, I think parts.

**Amy Lang 16:37**

Yeah, I think that's because we see gender. Right? We it's visual. And like we're running, you're running around with your sexual orientation, you can't see that I'm mostly straight. Right? But you can assume that about me. And sure, you know, sometimes you can look at someone and know that they are gay, like Kerry's cousin Damon, he came out the womb gay. And everybody knew, and we didn't he came

out to us. We're like, Uh huh. So that's not necessarily typical. But I don't know if that's a good story. But just as an example, but you really usually cannot tell with gender you make we make decisions all the time. Right? And what's one of the very first things we do when we look at someone, the very first thing we do is we look at their skin color, and we look at their gender. And we kind of do that all at once. Right? Right all at once. So that's why it's harder to wrap your mind around. Right? It's signal, right? It's a signal to the world about who you are. So these days, you could be working any number of ways and their gender, people's gender is what it is, right? It's kind of all over the map. And, and that kind of thing. I think that's a really great question. Nobody's ever asked me that before. But yeah, that's what it is. Because

**Christy Keating 17:51**

so Okay, so we've got gender and then we've got sexual orientation, which we've touched on. Yeah, mentioned gay and straight. But that's not all. There is.

**Amy Lang 17:59**

No, right. So sexual orientation is to kind of two things. It's one is like, who you want to bonk, right? Who do you want to be sexually physical with who you want to make out with? Who do you want to, you know, do it with, right, there's also romantic and emotional attraction, which is, you know, like, you're attracted to their personality, who they are, you know, that how they show up in the world, and you have romantic feelings, or emotional, strong emotional tie to the person. So these two things with orientation. And in the show notes, there's something called the gender unicorn, which is a lovely, lovely, lovely way to look at gender and sexual orientation, this sort of new lens, and rather than either or gay or straight. Now it's a we're looking at more or less like, are you? Do you feel more straight or more gay? How much straight Do you feel? How much gay Do you feel? That kind of thing. So it's one of my very favorite, very favorite tools.

**Christy Keating 19:01**

I love that and we love that we're going to share that with listeners. So

**Amy Lang 19:05**

yeah, it's it's super helpful. Okay, so let's talk about sexual attraction slash orientation terms. I say attraction because orientation and like me, which which way are you pointing? It just seems so weird to me. But anyway, there are several of them. So obviously gay or straight, right? So we know what those are. Someone who's bisexual 10 Is is attracted to men or women, men and women sort of both genders some air quoting, you can't see me. But people at Oh, I should say this. People identify how they identify. People have different definitions of this, what it means to them. So I'm going to give you kind of the traditional, and then when I said this is all going to be maybe out the window. This might be one of the areas where it's all out the window.

Okay, so somebody's bisexual, they tend to be attracted to you know, one gender or the other. Someone who is asexual. All or ACE, we're hearing a lot of the lots and lots of kids these days are ACE are asexual, which means they're not attracted to anybody physically at all. Now, there might be some romantic, they might do some romance, but they don't they don't have any sense of physical attraction. Sort of along with that there's people who are a romantic, which they have little or no romantic attraction. So they might be happy to have sex with somebody, but they don't do romance like they don't have those feelings. And those folks are arrow arrow.

**Christy Keating**

Yeah, yeah. Yeah, yeah. Okay.

**Amy Lang 20:32**

So the next step, we have pansexual, someone who's pansexual, they don't care guy or gal, trans, androgynous intersex, they don't care. They just are attracted to the person and they, and they don't have any. It's no, no preference, per se, if that makes sense. Yep, yeah. And then another thing you probably heard is Demi sexual. So that's someone their sexual attraction, but it usually that happens after they've formed that emotional romantic attachment. So the sexual part happens after they've sort of like, fall in love. And then you have sexual attraction would be an example

**Christy Keating 21:11**

Gotcha, gotcha. Okay.

**Amy Lang 21:14**

Any others? You've heard of that you want me to?

**Christy Keating 21:16**

You know, I think you've covered the ones that I've heard of, at least off the top of my head. And I think you're sort of caveat is appropriate that this, some of these definitions will mean different things for different people, and then it is changing. I am curious, a little bit about the so you talked about we're seeing an increase in kids with the asexual or the ACE sort of orientation. I'm wondering if you have any idea or what you would attribute that to? Like, is this kids that are have not gone through puberty yet? And therefore, like, you know, or is it the hyper sexualization of pornography that they're being exposed to? Like, where do you think that's, that increase is coming from

**Amy Lang 22:03**

So not scientific research based on Amy's just opinion, I think part of it is that it is, especially for girls, it is so much safer to identify as asexual or ACE because of what you just said, there's so much pressure, there's so much sexualized sexualization. And so being ace gets him off the hook. Is is a theory? Yes, in theory, same with being a romantic, like, I just don't do this. And so. So I feel like it might be protective for some people. For some people, they just don't do sex, they're just not into it. And that's, of

course, a completely normal way of being and your kids should know that. Like when you're talking about these things with them. The main deal here should be that like, some people are like this, some people are not like that. It's all good. Right? You are who you are. I mean, it is a safety issue, right? They don't have to have that on the table. Now, the place it gets a little complicated is that sometimes someone will discover that they actually do have sexual feelings, and they do start having a relationship with someone and they might not be using the birth control, which I'm superfan right, so. So just one thing about all of this, it doesn't matter how your child identifies you have to talk with them about consent, condoms and birth control, right? Because most queer kids have penis and vagina sex at one point at some point, right? So they gotta be protected.

**Christy Keating 23:34**

You know, I just want to go back for a minute, because you were saying like that it's a safety thing for these kids, and as you were saying that it that just really resonated with me, because is you and I've talked about and this is a totally different topic for a totally different podcast episode. But the things that our kids are being exposed to, sexually in terms of the as we said, hyper sexualization, increasingly like misogynistic and violent pornography. That's really, let's just be honest, not really great for anybody certainly not meant for kids. And when we couple that with the fact that we are still, in many ways, stuck back in the 1950s, as parents where we don't talk to our kids, gay or straight, queer or straight, right about sex. There was a really interesting study that came out of Harvard and part of the making carrying common project that and I don't have the study in front of me, so you know, please forgive me anyone if I get the exact statistics wrong, but it was something like overwhelming majority, like 85% of teenagers and young adults prefer to be in a sort of lasting, committed relationship.

And roughly the same percentage of them said that they only ever got talked to about sex relationship. etc, once, if at all. And so we have this perfect pressure cooker of kids that are being exposed to terrible content, our, you know, don't know how to don't have not ever had these conversations, and yet want healthy relationships. And so we've just created this terrible situation. And that's true. Again. You know, whether it's like we're talking about a kid on the LGBTQ range of things, or or straight, like, it's a totally separate, no, but we got to be talking to our kids. So how do we, for those parents who have your kids, or your kids in their life? Want to be supportive? Two questions, one, how, how can we support them? And then to which we you can answer these in either order? How do we actually talk to them about sex, especially when it might be sex that we're not really familiar with?

**Amy Lang 26:09**

Yeah, those are excellent questions. So let's do the support one first, and then we'll talk about sex. So the first thing is, if a child ever comes out to you in any way, believe them, believe them. Because this is such a fundamental part of who we are, it is so important that you believe them, you take them at face value, and you listen to them. And even if you're like, oh, god phase what the hell is this? You're skeptical, those words cannot come out of your mouth. See our suicide rate? So that's the first thing ask questions like, tell me what this means to Who else have you told what can I do? What do you



need from me? So ask those kinds of questions. Ask them, you know, like, if there's another parent in their life, like they're come out to you, did you say, Have you come out? You know, where are you in this? Who else do you need to come out to? Do you want to come out to? How can I support you in that? Also, just talking with them, just sort of generally, before anybody comes out about like, how your sex positive and how you're down with all the sexualities and genders and, you know, watch shows, like, I think heartstopper is one that's really sweet about oh, it's so nice. You two guys. Yeah, these two boys really.

So talk about it in a positive way. Like when you have to Dad family to mom family, like queer, some, you know, people in your life be positive about them. The other reason to do that, especially with family members, and folks who are in your life that aren't that are queer, that's a place where your kid can go, right? That's a place where your kid can go, Oh, the other thing too, is to make sure that you're really clear that you'll keep their confidence and that you're not going to go Blab, blah, blah, blah to everybody. And then another good question to ask too, just in general, when you're talking with them, it's like who do that square who do you know, that's, you know, not straight, or any change their gender or anything like that? Because you did some data gather. And if you're asking those questions, it's going to also open the door for them to talk to you. You can also say, I'm sort of all over the map with this. You can also say just curious how you feeling about your gender and your sexual orientation. Now, as you know, with adolescents, they may say,

**Christy Keating 28:25**

Fine, right, one more answer. I'm not talking about this with you.

**Amy Lang 28:29**

Yeah, yeah. So the other thing too, would be to have books for kids that are, you know, sex education books, for kids that are very open and accepting. So there's two fairly new ones. One's called, you know, sex, that's graphic novel style, it is super inclusive, it's really good. It's really big, but it's got everything in it. And then the other one is the every body book. And that's specifically for LGBTQ kids. And so having those available and around along with whatever else you got going.

So those are things you can do that will say to them, I'm here for you. Because at the end of the day, it's about their health and safety. So the other side of this is that you might be completely flummoxed. You might be really upset, you might be really worried. You cannot do any of that with your child. You do your freak out on your own time. They can talk to you, you can talk to me, you can talk there's so you PFLAG there's so many supportive organizations now that you can take care of yourself separately from your child.

**Christy Keating 29:33**

Yeah, yeah. I think. I mean, isn't that kind of a really good piece of advice for any part of parenting?

**Amy Lang 29:42**

Yeah, you know, let's do you freak out on your own time. And that's like, yeah, I have three parenting tips. Do you freak out on your own time? Right? Poker fi poker face do you read it on your own time and then my other two special time? What's the other one? I there's another one.

**Christy Keating 29:57**

But yeah, yeah, no, totally like we have to be manage our own shit right on our own time. Again, whether it's about them not getting an A in a class or whether it's about them announcing to you that they are transgender, which those are two totally different subjects and different health and safety implications. But But parents freak out about on both right? Yep. Totally. Yeah. We had a manager on stuff on our own time. Okay, so then you were going to You mentioned having some books that can be really helpful and supportive. And, you know, I am a huge fan of books. I think they make it so especially like, with young children they make, it's so easy to have these conversations the parents otherwise don't know how to have. Oh, yeah. Oh, I don't have to say anything. I just have to read a book. I can do that. Yeah. But as our kids grow, and are hitting those, you know, tween and teen years, when we may start to see more of this sort of exploration of identity, how so we talk to them, especially if we are straight, and they are not?

**Amy Lang 31:02**

Yeah, that's such a good question. You just said something that I need to tag on, which is you said the word exploring. Thank you. It is an exploration of who they are. As a human being. It's not experimenting, do not say experimenting. It's exploring. This is a natural extension of adolescence and trying to figure out who am I and now we just have this bonus where they can explore their sexuality, right? This hasn't happened before. This is new. This is new. Okay. Sorry. I have to say that.

**Christy Keating 31:33**

Yeah. No, I love that. I love that you pointed that out. And I'm gonna use the right word, which I always use. That is the word I always use. But yes, right?

**Amy Lang 31:40**

Of course you do. Of course you do. So exploring not experimenting. Okay, so this sex talk thing. So sex is sex. Right? sex is sex, it doesn't matter who you're bonking, we all do the same stuff. I mean, if there if there's not a penis involved, then there's not going to be any anal sex or any blow jobs. But we all do the same stuff. Like you need to go into the conversation. Like it's it's sex, it's we do for pleasure, right? People who are having sex with someone who's the same sex as them, they're just doing it for pleasure. Right? Right. All right, no baby making gonna happen without a whole lot of work without a whole lot of work. So I think that we kind of get hung up in our own sexuality, like you said, like, Okay, I'm a straight parent, and I've got a kid that's queer, how am I gonna talk to them about this, right? So we're all sexual beings, it just looks, you know, a little bit different when it comes to the nuts and bolts of things with people who are not straight or gay. So a couple things just need to be really clear that not

everybody has sex. Some people do, some people don't. There's all kinds of different things people can do that are considered sexual everything from hand holding and massages, to kissing to, you know, all the other kinds of sex, right? So it's not just parts and holes, which is what porn has given children. Unfortunately.

**Christy Keating**

Ahhgg, yeah.

**Amy Lang 33:03**

The other thing too, just in general is talking about how friendship is so important in a in a romance. And so oftentimes, kids will start there straight or otherwise, they'll start with the sort of romance right piece of it before they get to the sex part. And, in fact, most adolescent relationships operate that way. Of course, there are the just there is just the hooking up. So a couple things, you do not have to be the Wikipedia of section to tell them how to do it, you just need to tell them what it is. And then, you know, again, you really need to be like, hey, you know, when queer folks have sex, if there's not a possibility of pregnancy, you're doing it for fun. Everybody's doing it for fun.

And so again, like the cool thing about this is you're not at risk for any kind of pregnancy if you're having matching parts. But this idea that pleasure is the central point of this. It gets it's what people do it. That's why people do it. You do need to talk about, like, anal oral sex mutual masturbation, just if you're trying like if your kids like, what do I do with anybody? Everybody does that. Except for no penis, right? No, no, no penis. No, no. But even then, you know, people do have anal sex using toys, and I would not go that route with my kid. Because it's, you know, for me, that might be too much information. But that's definitely something you could say when you're talking about sex for pleasure. I would say that's about the third conversation.

**Christy Keating 34:32**

And we're and that's like, for we're older,

**Amy Lang 34:34**

right? Yeah, yeah. Oh, yeah. Right. Not for five please. Not for five years. Like this is really like, this is really for all 1011 12. Like, let's get there with this. Definitely teenagers talking about this stuff. Always. Always, always consent. Consent means two yeses, and then

**Christy Keating 34:51**

just add to that, yeah, it doesn't just mean two yeses. I think it means two enthusiastic, yeses, yes. Yeah, I know. You're Are you ready?

**Amy Lang 35:00**

Yep, clear, enthusiastic, yeses like, and that also with the consent piece requires some maturity and some empathy, right, which does not kick in for way too long. Right, right. Do you remember what's the age when people are actually capable of being empathetic? Is it like

**Christy Keating 35:18**

10? At least might even be, it takes a while for empathy to kick in. Yeah. And of course, we don't have fully developed brains until about age 25. So, you know, couple that in there,

**Amy Lang 35:31**

Yeah, yeah, for sure. So if your kiddo is gay, a gay boy, with the penis, absolutely talking about condoms and HIV and STIs, they really need to know that HIV is still a risk, and that they're an increased risk because of the type of sex. So really making sure that they understand that condoms need to be used, making them available to your child, doesn't matter who they're, you know, who they're hooking up with, your children will never hook up, by the way, they'll just have long term meaningful relationships. Sorry. And then, like I said, the birth control information, everybody needs information about birth control, because it's, well, it's part of their health, right. And so even if your child, like I said, is, is asexual, even if they're a lesbian doesn't matter, they still need to know. Because shit happens, right? And people change, and, you know, so being ready for all of it. So you know, honestly, you know, this, this talking to your queer kids about sex, it's the same as talking to everybody else.

But the one thing, but there are a couple things that are different, right. Which would be how the world perceives them. They could get teased, they can be assaulted, they have a higher risk of that kind of stuff, because of their sexual orientation. So that could come into play. But frankly, that can happen to anyone, but any kid who's queer, they have higher, they have higher risks, all like kind of all around. So just being you know, like, hey, you need to be careful about who you're hanging out with. And maybe you know, especially when they're young, who you come out to, because you can't always tell if someone's going to be cool or not.

And if they are having sex, and they are partnered with somebody, just to you know, be really clear about this is shitty, but depending on where they live in the world, you know, they might not it might not, it might not be safe for them to even hold hands in public, right. So, you know, let alone talk about the stuff they're getting up to. So kind of just circling, circling back to this, it's safer for them to have all this information, it's safer for them for you to be like making the effort and just saying like, I am not like you in this department, but I really want you to be safe and have all this information. So here I go, you will find that things are going to be different for you. But when you make that effort, you're showing up as a safe adult for their for your child, and they need you.

**Christy Keating 38:04**

You know what, in that sort of whole discussion of like how we talked about this, two things I appreciate the most one is pretty much the same, a little differences, pretty much the same. So, you know, we don't have to freak out. And parents forgot about talking about this anyway, but we don't have to freak out extra to you touched on something way back at the beginning of that, which was that we also need to talk to them about relationship. And this, that. And I think that gets glossed over a lot when we get in our heads about the like the How to the mechanics of it that we forget. Our kids also need information about how to be in relationship with another person. Again, gay, straight or otherwise, they are thirsty for that information.

**Amy Lang 38:56**

Yes, they are. Yeah, yeah. And so talking about what's a healthy relationship? What does that look like? Making sure they understand that somebody texting them 47,000 times a day is a no go talking to them about like, if you can't say to your partner, you know, I have my period, then maybe you shouldn't be you know, maybe you should think about like what you're doing with them physically. And again, with kids who are LGBTQ, the relationships are different. They're just different, right? The world perceives them differently. They have you know, they may have started out as really good friends and then the relationship has become romantic, which happens all the time with with straight kids, but you know, there's just there's more at stake. Yeah, there's just more at stake.

**Christy Keating 39:45**

Which and I think that's part of what gets in the way for a lot of parents because it's scary. We worry for them we know that life and this shitty but life is easier if you are straight. Our gender identity Edie is matchy matchy with your sexual parts.

**Amy Lang 40:02**

Yeah. Yeah, it's easier. It's just easier and it's safer. So that's, you know, so this is another reason why it's so important to be open and talking about this. Because if something goes sideways, they need to really be able to tell you that they need help. And, you know, I mean, all kids are at risk for being manipulated. And I you know, I think the other thing too, about all this is our perception of their relationships. Right? So, somebody just asked me, they're, their daughter is gay, and they're like, Can the what do we do with a sleepover? Yeah, right. If it was a regular, it was a regular girl

**Christy Keating**

I'm curious how you answered that?

**Amy Lang 40:42**

Well, I think that, I mean, for me, it's like, Fine, nobody's gonna get knocked up. Right. And, but I believe that for Milo, right, we were, you know, not casual, not casual hooking up? For sure. But his girlfriend, you know, they when they started dating, like, yes, used to, you may do what you want here.

My spouse is very funny. And he said, he says, we don't want to hear it, see it or smell it? Which is a great rule, right? So if somebody's 16-17, and they're in a relationship, I'm for having sex at home. But not everybody is. So even if it's the same gender, you know, or whatever, you have to decide in your family. But just think about where you had sex when you were a child, not a child.

And hopefully, or I'm sorry. Yeah, yeah, young person. And then imagine there's double risk because you're the same, you're the same gender or sex, right? Or there's something else. There's something that's not just penis and vagina II and cisgender. Right. So yeah, I mean, it's up to the sub to the family. I mean, I was like, it's for me, it's fine. But it's not for everyone. And if it's not, okay, then you need to be, you know, is that I mean, it's just easier. But that's just me. I'm like, I'm the Easy, easy way out parent. But yeah, so you have to figure out what that's gonna look like in your family before you get there. But I tell I'll tell you this, you might be right now you got a 10 year old you're like, oh, hell, no, no, no sleepovers. And then when your kid in six years has or seven years has a girlfriend or boyfriend or partner, and you might change your mind.

**Christy Keating 42:21**

Yeah, yeah. Well, that's true about a lot of parenting weight and things we think we will do or won't do we change our minds about, you know, as our perspective shifts, as the world shifts as all sorts of and then we go, oh, this is what it's like to have a teenager. Yeah. And and the other thing I love, and I, you didn't say this outright today, but I've heard you say it before, you kind of did is this is a lovely place for parents, families get to bring their own values to bear about whether or not that's the right fit for them great. But we can still help our children, you know, as we in this Pride Month, and as we come to sort of a close here, as we think about how we can best celebrate Pride Month. I keep going back to the comments that you and I both know and that you said like it's not a safe, like our, our, our LGBTQ kids are not as safe. And this is our chance as parents, whether we have a kid who identifies in that way, or is exploring that or not, we get the opportunity to create a safer world, which is what my summit was about. It's what a lot of the work you and I both do is about is how do we make the world safer for all of our kids? And that's at the end what Pride Month is really about, right?

**Amy Lang 43:40**

Yeah, it really is. I mean, I think a couple of things that people can do that might feel hard, but are worth it in the long run is just an eye like baby homework, right? So just turning up your Radar Radar to when you hear something that is homophobic, or anti LGBTQ. And then taking a minute and thinking about what can I do in this circumstance. So right now in our universe, there's a lot of bad news. I mean, it's just really bad, right? For queer folks. And so, if you have a family member that says something and you are you can safely say, You know what, that's hate speech. Like, I don't want to hear it from you. And if they're like, Oh, you're woke and all that BS then just say, yeah, maybe I am. But for me, you know, it's not my business. It's not my business. And it's all about respect, like finding a little thing you can say. I would say do that. I would also say find some books. Right? Go like I mean, right now is the time right? There are so many books for kids for teenagers that have themes around this issue these

issues. And then you know, change your Facebook thingy to get a little rainbow thing you and I have a boat going on right go to Burt's Bees, kids on Facebook. And you can see there these cute little rainbow things. just doing that. Yeah, it's tiny, right? It's tiny. But, you know, hopefully it'll help. And then, you know, vote?

**Christy Keating**

Yes. For so many reasons, please.

**Amy Lang**

Yeah.

**Christy Keating 45:15**

Amy, thank you so much for this wisdom and sort of, you know, keeping it real and talking about how we can support our kids unequivocally. We, you know, we do that without thought if they are straight and cisgender. And we should also do that without thought, if they are not straight and not cisgender. You've got a podcast. Tell us about it and how to find you.

**Amy Lang 45:41**

I do. I do. So my podcast is called just say this. And it's advice column style. So people call in or email me with their questions. And then I answered them on the show. It is potluck. So I could have somebody calling about their five year old can't keep his hand, you know, keeps his hand down his pants 24/7 to a 15 year old who stole their mother's underpants. And now there's stuff going on around that. So episodes on porn, all kinds of stuff. So it's, I'm very unfiltered.

**Christy Keating 46:15**

Yeah. And I will say, You don't often have guests on because it is advice style, but I did get to be on it. Which was super fun. A while back. So it means podcast. It's great. It's helpful. It gives you language to use when you don't know what to say.

**Amy Lang 46:32**

Yes, for sure. And I'd have spent I have special guest stars like you who are within the realm of my field. Right. But yeah, no, I you're Yeah, of course. We need to be everybody knows you were great. That'd be great. Yeah. So anyway, yeah. I mean, thank you. I'm glad we talked about this. I think that it's important. And if so one other thing you can do is share this episode. Yes. listener to share the episode. We took care of some business?

**Christy Keating 46:58**

We did. Yeah. So thank you for talking about it as well. And Happy Pride.

**Amy Lang** 47:03

Thanks, Happy Pride to you, too.

**Christy Keating** 47:05

Thanks. All right. Thank you so much for joining me today. I hope that the conversation that I had today with Amy was educational, insightful, helpful, confirming, supportive, etc, etc. And that if this is a difficult subject for you are something that you struggle with, you know, maybe you learn something that you didn't know before, or it opened your mind just a bit. Our LGBTQ kids deserve support. They deserve love. It is a critical piece of safe parenting. Please reach out if you have any questions.

And don't forget, I support parents in all sorts of ways private coaching, speaking engagements, and the heartfelt Parent Academy which just launched all new core content, there are 13 Incredible modules in there that will support you as a parent.

I just want to share with you a recent review that was sent to me by one of our members, because I think this is pretty cool.

She said:

*"The Heartful Parent Academy is like nothing else I've ever seen. I've been a part of multiple peaceful and positive parenting memberships and communities the last few years and none of those have come close to what the Heartful Parent Academy offers. Christie has used her tremendous knowledge and expertise to build a collective that covers every essential aspect. In not only learning how to implement positive parenting in your home, but also focusing on how important it is to build a solid foundation by identifying your values getting real with your current family life, setting goals for where you envision going understanding your own triggers. Understanding how you were parented has a direct correlation on how you parent etc. Positive Parenting techniques are very difficult to implement without having a solid foundation, which is why the collective focuses the first few modules on building that foundation. My other favorite part is that there is an option to purchase a beautifully professionally printed and bound workbook that accompanies each lesson. Being able to keep all my notes in one place is amazing and something that will allow me to continue to expand upon as I grow. The other perks of the collective including live coaching calls, Voxer hours, deep dives, masterclasses, and so many other resources offers so much additional benefit and options for learning. The Heartful Parent Academy is a positive parenting movement I will be a part of for years to come."*

That is from member Amanda wealth. I'm so grateful for that incredible review. If you have heard of the Academy but not been sure about whether or not you want to join it, give it a try. You can always join us and if it's not a right fit for you. There's no long term commitment. So check it out on my website. You can find it at [theheartfulparent.com](http://theheartfulparent.com), and I hope to see you there. Cheers everyone.