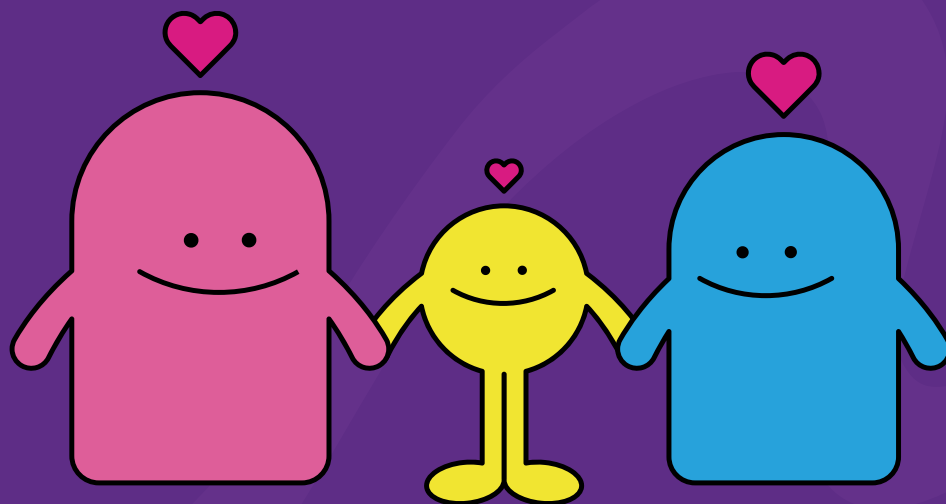


REAL TALK CARDS

**A CONVERSATION TOOLKIT FOR
QUEER FAMILIES, CAREGIVERS &
COMMUNITIES**



www.queerfamilies.together.org

INSTRUCTIONS

How to Use This Toolkit

This toolkit is a companion to the Real Talk Cards, a virtual deck designed to spark honest, joyful, and healing conversations around identity, feelings, and queer family life.

You can use the cards:

- One-on-one with your child, teen, or partner
- In group spaces like classrooms, support groups, or family circles
- For self-reflection, journaling, or creative expression

There's no right or wrong way to respond.

You can speak, draw, write, move, or simply sit with what comes up.

You can always skip a card. You can always come back later.



REAL TALK TOOLKIT



One card at a time
Too many questions
at once can be
overwhelming.

“I don’t know” is valid
Model openness, not
perfection.

Use it again
Same card, new
insights, especially as
your family grows.

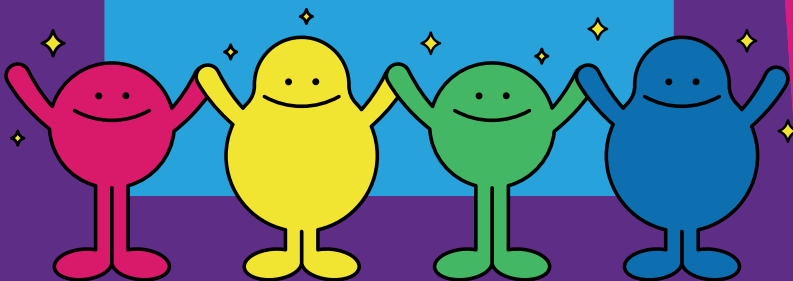
**For educators, support
groups, or chosen
family convos**
Use one card as a
week-long theme.

**End with a grounding
activity like:**
Collective breath or
stretch

**Use the cards with a
partner** to spark deeper
check-ins, especially
around identity,
boundaries, and support

Listen to understand,
not fix

**Use a projector, smart
TV, or screen share** to
display cards so everyone
can engage with the
prompt together.





Real Talk Cards Companion Tracker

A printable (or fillable) companion for exploring the Real Talk Cards.

NAME: _____

DATE: _____

Which Cards Stood Out?

Write down a few prompts that felt meaningful, surprising, or especially needed:

-
-
-
-

Cards You Want to Revisit

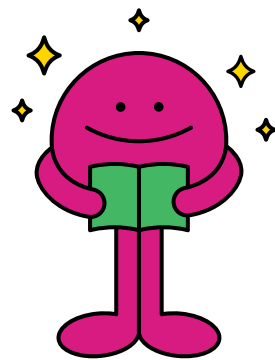
Use this space to list any questions you want to return to when you're ready:

What Do You Want to Explore More?

- A topic that came up I'd like to learn more about:
- A resource I want to find (book, video, website, etc.):
- Someone I want to talk to about this:

Suggested Resources

Explore more after your Real Talk conversations



Identity, Gender & Family

- Gender Spectrum – genderspectrum.org
 - Offers family-focused tools, webinars, and support groups on gender inclusion.
- The Transgender Training Institute – transgendertraininginstitute.com
 - Great for caregivers and educators wanting deeper learning.
- Gender-Affirming Gear & Guides – queertransproject.org
 - Support and education for transgender youth and adults, including free gender-affirming items and resources related to gender identity.
- COLAGE – colage.org
 - By and for youth with LGBTQ+ parents.

Emotional Health & Conversations

- The Trevor Project – thetrevorproject.org
 - Support and education for LGBTQ+ youth, including 24/7 crisis line and guides for families.
- EmbraceRace – embracerace.org
 - Tools for talking about race and identity with kids.
- Common Sense Media – commonsensemedia.org
 - LGBTQ+ inclusive book and media recommendations.

Parenting & Caregiving

- PFLAG National – pflag.org
 - The go-to for parents and caregivers learning how to support LGBTQ+ youth.
- Queer Kid Stuff (YouTube) – youtube.com/queerkidstuff
 - Friendly videos for kids exploring identity and inclusion.
- SOGIE Center (UCLA) – sogiecenter.org
 - Research-backed family support resources around sexual orientation and gender identity.

Safety & Boundaries

- StopBullying.gov – stopbullying.gov
 - Advice for LGBTQ+ youth and parents on navigating bullying and safety.
- Q Chat Space – qchatspace.org
 - Live-chat discussion groups for LGBTQ+ youth (13–19) with trained facilitators.

