LGBT Parents and their Children
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Introduction
The image of family has been long upheld as a singular notion of a mother, a father, and children. Yet according to the US Census 2000, this form of heterosexual nuclear family represents just a minority (fewer than 24 percent) of households in the US. Though the idealized image persists, there is much diversity in families today: single parents, child-free couples, parents who adopt or are foster parents, biracial couples and their children, stepfamilies, etc. Parents who are lesbian, gay, bisexual, or transgender, and their children are contributing to this societal shift that is broadening the traditional and idealized notion of family.

In 1990 *Newsweek* referred to the growing number of lesbian and gay people becoming parents as a “gayby boom.” While this term is used in the popular media, in academia, LGBT people who raise children have often been labeled as “same-sex parents” or “alternative families.” Contemporary scholars are more commonly using the terms “LGBT families” or “Queer families,” or stating more specifically, “lesbian and gay parents and their children.” Regardless of how these families are referred to, they are becoming increasingly visible and are challenging definitions of what it means to be a family. According to one of the most respected experts in this field, Judith Stacey, “Gay and lesbian families represent such a new, embattled, visible, and necessarily self-conscious genre of kinship, that they help to expose the widening gap between the complex reality of contemporary family forms and the dated family ideology that still undergirds most public rhetoric, policy, and law concerning families.”

The grassrooots gay liberation movement of the 1960s-70s led to an increase in the acceptability of LGBT identities. Yet, it was not until this past decade that “having a family” was an option available to lesbian and gay individuals and couples. Policies and laws are now being challenged in the nation’s and world’s courts, since the existing legislation does not accurately represent the needs of LGBT families today. Although there has been progress, there has also been backlash. Laws vary from state to state and county to county. Some courts represent these families fairly while others persist in denying their legitimacy as well as their very existence.

Because courts have historically been unfair to LGBT persons and families, social scientists have played a major role in building the case that LGBT families are valid and their children are not adversely affected by their upbringing. Over the course of the past 30 years, a number of studies have been conducted by family sociologists, psychologists, and other scholarly researchers. No evidence exists to demonstrate that lesbian and gays are unfit as parents or that their children are psychologically or physically harmed by having lesbian, gay, bisexual, or transgender parents.

What do LGBT families look like?

Similar to heterosexual families, there is no singular LGBT family form, because the makeup of all families varies greatly. Not only do differences exist in terms of family relations, sizes, and forms, there is also diversity in terms of race/ethnicity, socio-economic status, political affiliation, physical ability, religious tradition, etc. Some examples of LGBT family forms include a gay male couple who foster or adopt one or more children, or a lesbian couple who visit a sperm bank to create a child. Much of the earliest research on LGBT parents and families involved a lesbian woman or gay man who was in a heterosexual marriage. After divorcing (often coinciding with their “coming out”), they negotiated custody with their former spouse. LGBT families also include single gay fathers and single lesbian mothers who are single by choice or after the death of a partner. Some LGBT families consist of combinations of LGBT people who raise children as platonic co-parents. Again, there is no one family form in either heterosexual or LGBT families.

How many families are headed by LGBT parent(s)?

There is little consensus among experts as to the prevalence of LGBT parents and their children. Estimates have varied greatly, ranging from 1-20 million children in the United States under the age of 18 who have one or more gay or lesbian parent. An accurate number is, understandably, difficult to calculate. LGBT families are often invisible and stigmatized, so it is still unsafe for them to be “out.” A widely accepted statistic of 6 million children was first introduced in 1987. While social climate has changed dramatically in nearly two decades, the most frequently cited number has remained static. Most recently, a meta-analysis of 21 existing studies conducted by family sociologists Judith Stacey and Timothy Biblarz explained that 1-12 percent of all children in the US under age 18 have one or more lesbian, gay, or bisexual parents. According to analyses of Census 2000, 1 in 3 lesbian couples and 1 in 5 gay male couples have at least one child under the age of 18 in their household.

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3 “Alternative families” is limiting because it presumes that research will be presented in a defensive stance, setting heterosexual families as the standard to which LGBT parents and their children should be compared. “Same-sex parents” is problematic because it excludes a significant population of LGBT parents, specifically lesbian mothers or gay fathers who are single by choice or circumstance, as well as combinations of gay men and lesbian women who are co-parenting together.
5 The findings reported in this fact sheet were obtained from meta-analyses of psychological and sociological studies published in respected, peer-reviewed academic journals. The earliest such meta-analysis appeared almost 20 years ago, in 1985 by Bozett. Currently Patterson is working on an updated review of the literature, forthcoming later this year. A list of the meta-analyses, major reviews of the literature, and other key articles are listed in the “major research articles” section of this factsheet.
What are the research conclusions about LGBT parents and their children?

Historically, assumptions that LGBT parents were unfit threatened their right to raise children. All of the existing social research studies (appearing in rigorously peer reviewed journals such as Marriage and the Family, American Journal of Sociology, and Child Development, as outlined in the meta-analyses listed in the Major Research Articles section below) dispute this notion, instead asserting that LGBT individuals and couples are just as fit and effective as heterosexual parents; their children are also just as healthy and well-adjusted as other children. In many aspects, families headed by LGBT individuals and couples show few significant differences from other families. They spend much of their everyday lives engaged in typical parenting activities such as getting the kids ready for school, arranging extra curricular activities, struggling to juggle the demands of work and family life, etc. An overview of the existing research indicates that there are also no significant differences on the following dimensions:

- Gay and lesbian parents are comparable to heterosexual parents in the areas of mental health, self-esteem, approaches and skills related to parenting, as well as ability and commitment to parenting.
- Unlike the persistent myths portraying LGBT individuals as sexual predators, they are actually no more likely than heterosexuals to abuse their children.
- Children of LGBT parents are likely to develop gender-roles that are much like those of children raised by heterosexuals, with some exceptions, as explained in “advantages.”
- Multiple measures of children’s psychological well-being and social adjustment (e.g. self-esteem, anxiety, depression, behavioral problems, performance in school and extracurricular activities, IQ, ability to make friends, sociability and quality of relationships with peers and intimates, etc.) indicate no difference compared with their peers.
- Children with lesbian mothers develop closer relationships to their mother’s new female partner when compared to the level of closeness that children of single heterosexual mothers report having with their mother’s new male partner.
- Lesbian co-parents are more egalitarian in terms of parenting and family responsibilities than are heterosexual couples.

- Advantages: Positive outcomes experienced by LGBT parents and their children

- While there is an assumption that children raised by LGBT parents lack relationships and positive role models with adults of a gender other than that of their parent(s), research suggests the contrary. Same sex parents provide their children with a wide array of role models from both genders.
- LGBT parents are somewhat more nurturing and tolerant than heterosexual parents.
- Children of LGBT parent(s) are more openminded, less prejudiced, and express a greater sense of social responsibility than their peers.
- Daughters of lesbian mothers have higher self-esteem and aspire to future careers and occupations outside of those typically considered to be roles for women, such as nursing or teaching. In fact, they are more likely to aspire to be doctors, engineers, and athletes than are daughters of heterosexual mothers.
- Sons of lesbian mothers are less physically aggressive, more caring, and more capable of communicating their feelings. They have higher levels of self-esteem and aspire to a wider range of career opportunities than do sons of heterosexual mothers.

- Challenges faced by LGBT parents and their children

- LGBT parents who come out of a heterosexual marriage experience more difficulty arranging custody visits than do heterosexual parents; yet the children benefit from more contact with their non-custodial parent than do children of divorced heterosexual parents.
- Young adults of LGBT parents are more likely to experience stigma from their peers regarding their own sexuality than are the kids of heterosexual parents.
- Current federal and state legislation both in the United States and Internationally pose a challenge for many families. See the tables below.
- Overcoming legal discrimination and social prejudice are difficulties faced by many LGBT parents and their children. Not only are LGBT families largely culturally invisible, they often struggle to deal with homophobia and heterosexism.

Are Children of LGBT Parents more likely to grow up to be LGBT themselves?

Evidence from the existing studies are unclear regarding this question.

- More than 30 published studies that compare the children of LGBT parent(s) with those of heterosexual parents indicate that there are no significant differences in terms of gender identity and sexual orientation (see Johnson & O’Connor 2002, Patterson 1995, and Laird 1993).
- The one study that followed children of LGBT parents until adulthood found no difference in the proportion of those identifying as LGBT compared to the general population. However, children of lesbian mothers were more likely to have considered the possibility of having a same-sex relationship or have experienced one (see Golombok and Tasker 1996).
- Children raised in LGBT families express greater openness to homosexuality or bisexuality reducing risk of denial or self-loathing for those children who may question their sexuality. According to Stacy, “It seems likely that growing up with gay parents should reduce a child's reluctance to acknowledge, accept, or act upon same-sex sexual desires if they experience them. Because the first generation of children parented by self-identified lesbians or gay men is just now reaching adulthood, it is too soon to know if the finding in that one study will prove to be generally true” (Interview with Stacey on www.lethimstay.com).

What we do not know about LGBT Parenting and Children

The above reported findings are derived from meta-analyses of more than a hundred studies on LGBT parents and their children by social science scholars (see footnote five, above). The majority of these studies are based on small scale, self-selected, convenience samples. Oftentimes participants are active in LGBT family organizations, resulting in an oversampling of a few children’s voices. They are disproportionately urban, white, and affluent. Early research on lesbian and gay parenting emerged in the late 1970s and early 1980s to “test” whether lesbian women or gay men were “fit” parents in custody cases. These studies tended to come from a “deviance” perspective, comparing LGBT families to the assumed heteronormative “ideal.” As Stacey and Biblarz explain, “the predominant research designs place the burden of proof on lesbigay parents to demonstrate that they are not less successful or less worthy than heterosexual parents” (2001, 162). Future studies must not assume that differences indicate deficiencies. Additionally, future studies need to examine all types of LGBT families; the majority of existing studies involve the children of lesbian mothers with few including the children of gay dads. In particular, future studies will need to fill the void by examining families under-represented in the current research, including emerging family formations such as intentional families of lesbian and gay individuals and couples, as well as bisexual and transgender parents. To date, there exists only one longitudinal study and no large-scale surveys. Long term, large-scale qualitative and quantitative research is both costly and time consuming, yet such studies are needed. Finally, we need more research that involves samples that more accurately reflect the diversity of LGBT families in terms of race, ethnicity, income, level of education, and geographic location.
### Position Statements of Major Organizations and Associations

For almost 30 years experts and major professional associations have asserted that there is nothing deviant or pathological about LGBT sexual orientations. Recently, many researchers, professors, physicians, psychologists and other experts have voiced their support for LGBT parents and families. In the interest of space, only the position statement of the American Psychological Association is included in this factsheet. Other organizations make similar assertions that may be obtained through their websites, as linked below.

<table>
<thead>
<tr>
<th>Organization</th>
<th>Year</th>
<th>Position Statement</th>
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<tr>
<td>American Psychological Association</td>
<td>1976</td>
<td>&quot;The sex, gender identity or sexual orientation of natural or prospective adoptive or foster parents should not be the sole or primary variable considered in custody or placement cases.&quot;</td>
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<tr>
<td>Child Welfare League of America</td>
<td>1988</td>
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### U.S. State Policies & Legislation

**Custody and Visitation**

States that have not been found to discriminate against sexual orientation in custody/visitation rulings: Alaska, California, D.C., Delaware, Illinois, Maine, Maryland, Massachusetts, Minnesota, Nebraska, New Jersey, New Mexico, New York, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, Vermont, Washington, Wisconsin

**Adoption:**

- Second Parent: States recognizing same-sex second parent adoption: California, D.C., Massachusetts, New Jersey, New York, Pennsylvania, Vermont, Wisconsin


### International laws

**Australia** Many states within Australia have extended legal recognition provided to unmarried opposite sex couples to same-sex couples, though most ban gay/lesbian adoption.

**Belgium** In 2003, Belgium began recognizing same-sex couples equally in marriage, but stipulates that only couples from countries that allow same-sex marriages can be married under the law and does not allow same-sex married couples to adopt children together.

**Canada** In 2003, Ontario and British Columbia began granting marriage to same-sex couples. All Canadian territories allow gay and lesbian adoption.

**Denmark** In 1989, the Danish Parliament approved a law that allows same-sex couples to enter into registered partnerships, granting most of the rights of married couples to same-sex couples, and allowing partnership adoption.

**Europe** In September 2003, the European Parliament urged the fifteen member countries of the European Union to extend full marriage and adoption rights to same-sex couples.

**Germany** On December 1, 2000, the German Parliament began recognizing registered partnership status for same-sex couples, allowing some adoption and joint parenting rights.

**Netherlands** In 2001, the Netherlands became the first country to extend marriage rights to same-sex couples and allow two women or two men to jointly adopt a child.

**New Zealand** Unmarried same-sex couples can make an individual application to adopt a child, but expect a certain level of discrimination.

**Norway** Norway has a registered partnership system, but maintains that only married heterosexual couples are permitted to adopt.

**South Africa** South Africa became the first African country to let same sex couples legally adopt children September 10, 2003.

**Sweden** February 2003, Swedish legislators let same-sex couples registered in a legal partnership be joint adoptive parents of children adopted in the country or abroad. One of the partners also will be able to adopt the child of another.

**Switzerland** Registered partners can receive most benefits available to married couples, but cannot adopt or co-parent.

**United Kingdom** The House of Commons passed the Adoption of Children Bill allowing lesbian and gay couples to apply for adoption in 2002.

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Resources:
There are numerous resources for scholars wishing to study LGBT parenting issues as well as LGBT persons who are or are planning
to become parents. Below is a list of major national and international organizations, key research articles, books, websites, films,
educational curricula, and other resources such as magazines and family events.

Organizations
Family Pride Coalition
*The mission of the Family Pride Coalition is to advance the well-being of lesbian, gay, bisexual and transgendered parents and their families through mutual support, community collaboration, and public understanding.*
http://www.familypride.org/, info@familypride.org, Phone: (202) 331-5015

Children of Lesbians and Gays Everywhere (COLAGE)
*COLAGE (Children of Lesbians and Gays Everywhere) is a well-respected and influential youth-led national organization that offers support and activism by and for people with LGBT parents. Our mission is to engage, connect and empower people to make the world a better place for all children of LGBT parents and families.*
http://www.colage.org, info@colage.org, Phone: (415) 861-5437

Our Family Coalition
*Our Family Coalition protects the civil rights and well being of families with lesbian, gay, bisexual and transgender members through education, advocacy, social networking and grassroots community organizing.*
http://www.ourfamily.org, Phone: (415) 981-1960

Parents, Families, and Friends of Lesbians and Gays (PFLAG)
PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgendered persons, their families and friends through:
support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights. PFLAG provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.
http://www.pflag.org/, info@pflag.org, Phone: (202) 467-8180

FamilyNet: Human Rights Campaign (HRC)
HRC FamilyNet provides information and resources about adoption, civil unions, coming out, custody and visitation, donor insemination, family law, families of origin, marriage, money, parenting, religion, schools, senior health and housing, state laws and legislation, straight spouses, transgender and workplace issues.
http://www.hrc.org/familynet/index.asp, familynet@hrc.org, Phone: (202) 628-4160

National Gay and Lesbian Task Force (NGLTF)
NGLTF is the national progressive organization working for the civil rights of gay, lesbian, bisexual and transgender people, with the vision and commitment to building a powerful political movement.
http://www.ngltf.org, info@ngltf.org, Phone: (212) 604-9830

American Civil Liberties Union (ACLU), Lesbian & Gay Rights
The American Civil Liberties Union (ACLU) is our nation’s guardian of liberty, working daily in courts, legislatures and communities to defend and preserve the individual rights and liberties guaranteed to all people in this country by the Constitution and laws of the U.S.
http://www.aclu.org/LesbianGayRights/LesbianGayRightsmain.cfm, Phone: (212) 549-2500

Major Research Articles:


Books about LGBT Families and Parenting:

Websites:
In addition to the websites of the organizations mentioned above there are other sites on the internet that provide much important information and resources and are a place for members of LGBT families to connect.

ProudParenting.com serves as an online portal for gay, lesbian, bisexual and transgender parents and their families worldwide.

FamiliesLikeMine.com a web site dedicated to decreasing isolation for people who have parents who are LGBT, and bringing voice to the experiences of these families. This site was created by Abigail Garner, a lifetime advocate for LGBT families because she comes from one herself.

ACLU’s “Let Him Stay" a web site of the ACLU Lesbian & Gay Rights Project is a resource for LGBT parents and families who experience anti-gay discrimination and provides extensive information about the legal, social science, and public policy cases in support of LGBT parenting. http://www.lethimstay.com/wrong_socscience_expert.html

TheGaybyBoom.com a network to help LGBT persons find resources and professionals for family planning and family living. Parents Place on gay.com - http://content.gay.com/channels/home/parents/

Transfamily- http://www.transfamily.org/

Transparentcy - http://www.geocities.com/transparentcy/

Videos:


Both of My Moms’ Names Are Judy: Children of Lesbians and Gays Speak Out, produced by The Lesbian and Gay Parents Association, presents a diverse group of children (ages 7-11) who have lesbian and gay parents. In candid interviews, they talk about who's in their families, how it feels to be teased about their parents, how classroom silence about homosexuality affects them, and what they would like to see change. Phone (415) 387-9886 or e-mail lgpasf@aol.com for more information.

Educational curricula about diverse families:
That's a Family http://www.womedia.org/press/kits/taf_kit.html


Opening Doors: Education Issues for LGBT Parents, By the Education Committee of Family Pride Coalition http://www.familypride.org/store/commerce.cgi?product=new%20schools

Other:

Magazines:
- And Baby
  http://www.andbabymag.com/
- In the Family
  http://www.inthefamily.com/
- Gay Parent magazine
  http://www.gayparentmag.com/

Family Week

Summer Camps for kids with LGBT parents and LGBT families
http://www.colage.org/summer_camps.html

Art Exhibit: Love Makes a Family
The photo-text exhibit celebrates families of every kind, including adoptive families, foster families, multiracial families, physically challenged families, lesbian and gay parented families, interfaith families, multi-generational families and more.
http://www.lovemakesafamily.org/

Book Publishing: Two Lives Press
Two Lives is a complete resource center for lesbian, gay, bisexual and transgendered parents and their children. Our mission is to publish quality books for children in alternative families and to provide information to the LGBT family community through our Web site.
http://www.twolives.com/