Regardless of how it is structured, home is a place where you should feel protected and safe. However, women, transgender, gender non-conforming and non-binary (TGNCNB) persons, as well as members of the LGBQ+ community and undocumented individuals often face additional hardships at home, such as:

- An imbalance of household labor, with female-identified family members as typically responsible for most work in maintaining the home;
- Family rejection which can lead to trauma and increased and unaddressed mental health needs;
- A greater likelihood they will experience domestic violence—including but not limited to physical violence, sexual abuse, intimate partner violence, elder abuse, and child abuse—which can have negative impacts on physical and mental health.
Pay attention to who does binary gendered chores (for example, men taking out the trash, women cooking and cleaning) and explore non-gendered methods of dividing labor (e.g., chore wheels, organizing responsibilities based upon schedules, or just dividing them equally).

Have an open dialogue about gender equity at home and ensure that the experiences of women, TGNCNB and LGBTQ+ people in the home are acknowledged, validated and centered.

Instill body positivity and media literacy in children at a young age; focus on qualities such as intelligence and compassion as measures of self-worth.

Incorporate literacy and critical thinking when consuming media with children by having discussions around how stories may be different if protagonists had different genders or identities.

Reach out when experiencing or witnessing domestic violence. Visit NYC Hope to learn more and to connect to community-based and City resources that best meet your needs.

Ensure that home is a safe space for all family members to express themselves as they are, regardless of gender identity, expression, skin tone, age, or ability, by supporting them and encouraging a culture of acceptance.

Visit the NYC Unity Project’s website for more information on resources to support and empower LGBTQ+ young people nyc.gov/unityproject.

Call NYC’s 24-hour domestic violence hotline: 1-800-621-HOPE or go to the NYC Hope resource directory to access free and confidential assistance for survivors of domestic and gender-based violence.

Read the United Nations’ Seven Tips for Raising Feminist Kids.