

# CHOSEN FAMILY TREE

Schools ask kids to draw family trees, we grow up learning that family is what we are born into. However, for marginalised groups, especially those from the LGBTQ+ community, family runs beyond biological relatives.

**Chosen families highlights that family can also be the people we choose to support and get support from. Drawing a chosen family tree honours the child in us who was promised that our biology is family. It encourages us to believe we can find community and "our people" outside of them, people who believe in us.**



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## Directions

- There are different ways to make the tree; a grid, table, or an actual tree.
- You are free to include your birth family at the root level if you want to highlight that.
- The main part is to highlight your support system, add their chosen names, pronouns, birth dates.
- Do they have pets? Kids? Add them as well.
- We wanted to make it more personal, after drawing it, write how you met them, first impressions. Write how they have supported you.
- That last bit can act as a reminder in moments we feel alone, having a bad day. Maybe it is the hug we need in that moment but aren't able to get.

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DRAW HERE