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Parenting Culture

Parenting Culture is a team of strong, resilient parents who are all psychologists of color with expertise in children/adolescence.

We each bring our own lens, area of specialty, and personal experiences to the table in efforts to provide holistic and competent resources that capture the diversity in parenting.

-----ARIANA HOET, PH.D.

Dr. Ariana Hoet is a cofounder of Parenting Culture and a pediatric psychologist who works in primary care. Her personal experiences of immigrating from Venezuela as a teenager allows her to bring a bilingual and culturally informed approach to working with families. Her personal goals include raising a bilingual child with love for culture and country, along with understanding privileges and how to actively work on an anti-racist society.



Ariana Hoet, Ph.D. Clinical Psychologist

LGBTQ Teens Mental Health

----- ARIANA HOET, PH.D.

85% of LGBTQ teens report verbal abuse.

27% report being physically harassed.

13% were physically assaulted while in high school.

58% said they do not report this to school staff because they did not think anyone would help.

64% of those who did report said they were ignored.

This bullying and aggression leads to higher rates of school dropouts or not seeking higher education.

20-40% of homeless teens identified as LGBTQ. Homeless LGBTQ teens are at higher risk for sexual exploitation.

30% LGBTQ teens have experienced a mental health disorder.

~32% will attempt suicide

58% dijo que no reportan esto al personal de la escuela porque no creían que nadie ayudaría.

64% de los que sí informaron, dijeron que fueron ignorados.

Este acoso y agresión conduce a tasas más altas de deserción escolar o no llegan a la educación universitaria.

20-40% de los adolescentes sin hogar se identifican como LGBTQ. Los adolescentes LGBTQ sin hogar están en mayor riesgo de explotación sexual.

30% de los adolescentes LGBTQ han tenido un trastorno de salud mental

~ 32% intentará suicidarse

LGBTQ Teens Need Social Support

----- ARIANA HOET, PH.D.

LGBTQ teens experience more hostility and less social support.

SO social support is so important for health development and self-esteem

LGBTQ teens with more social support reported LESS depression, suicidal thoughts, anxiety, drug use, school avoidance, and violence.

Social support was defined as the teen feeling cared for and loved, esteemed, and a member of a network.

Your behavior towards your kid, peer at school, or colleague at work can make a large difference in their mental health.

Los adolescentes LGBTQ sienten más hostilidad y menos apoyo social

Por eso el apoyo social es tan importante para el desarrollo de la salud y la autoestima

El apoyo social se definió en este estudio como el adolescente que se siente cuidado y amado, estimado, y miembro de una red social.

Tu comportamiento hacia tu hij@, compañer@ en la escuela, o colega en el trabajo puede hacer una gran diferencia en su salud mental.