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# Children of Lesbian and Gay Parents

Charlotte J. Patterson

University of Virginia

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**ABSTRACT**—*Does parental sexual orientation affect child development, and if so, how? Studies using convenience samples, studies using samples drawn from known populations, and studies based on samples that are representative of larger populations all converge on similar conclusions. More than two decades of research has failed to reveal important differences in the adjustment or development of children or adolescents reared by same-sex couples compared to those reared by other-sex couples. Results of the research suggest that qualities of family relationships are more tightly linked with child outcomes than is parental sexual orientation.*

**KEYWORDS**—*sexual orientation; parenting; lesbian; gay; child; socialization*

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Does parental sexual orientation affect child development, and if so, how? This question has often been raised in the context of legal and policy proceedings relevant to children, such as those involving adoption, child custody, or visitation. Divergent views have been offered by professionals from the fields of psychology, sociology, medicine, and law (Patterson, Fulcher, & Wainright, 2002). While this question has most often been raised in legal and policy contexts, it is also relevant to theoretical issues. For example, does healthy human development require that a child grow up with parents of each gender? And if not, what would that mean for our theoretical understanding of parent-child relations (Patterson & Hastings, in press)? In this article, I describe some research designed to address these questions.

## EARLY RESEARCH

Research on children with lesbian and gay parents began with studies focused on cases in which children had been born in the context of a heterosexual marriage. After parental separation and divorce, many children in these families lived with divorced

lesbian mothers. A number of researchers compared development among children of divorced lesbian mothers with that among children of divorced heterosexual mothers and found few significant differences (Patterson, 1997; Stacey & Biblarz, 2001).

These studies were valuable in addressing concerns of judges who were required to decide divorce and child custody cases, but they left many questions unanswered. In particular, because the children who participated in this research had been born into homes with married mothers and fathers, it was not obvious how to understand the reasons for their healthy development. The possibility that children's early exposure to apparently heterosexual male and female role models had contributed to healthy development could not be ruled out.

When lesbian or gay parents rear infants and children from birth, do their offspring grow up in typical ways and show healthy development? To address this question, it was important to study children who had never lived with heterosexual parents. In the 1990s, a number of investigators began research of this kind.

An early example was the Bay Area Families Study, in which I studied a group of 4- to 9-year-old children who had been born to or adopted early in life by lesbian mothers (Patterson, 1996, 1997). Data were collected during home visits. Results from in-home interviews and also from questionnaires showed that children had regular contact with a wide range of adults of both genders, both within and outside of their families. The children's self-concepts and preferences for same-gender playmates and activities were much like those of other children their ages. Moreover, standardized measures of social competence and of behavior problems, such as those from the Child Behavior Checklist (CBCL), showed that they scored within the range of normal variation for a representative sample of same-aged American children. It was clear from this study and others like it that it was quite possible for lesbian mothers to rear healthy children.

## STUDIES BASED ON SAMPLES DRAWN FROM KNOWN POPULATIONS

Interpretation of the results from the Bay Area Families Study was, however, affected by its sampling procedures. The study

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Address correspondence to Charlotte J. Patterson, Department of Psychology, P.O. Box 400400, University of Virginia, Charlottesville, VA 22904; e-mail: cjp@virginia.edu.

had been based on a convenience sample that had been assembled by word of mouth. It was therefore impossible to rule out the possibility that families who participated in the research were especially well adjusted. Would a more representative sample yield different results?

To find out, Ray Chan, Barbara Raboy, and I conducted research in collaboration with the Sperm Bank of California (Chan, Raboy, & Patterson, 1998; Fulcher, Sutfin, Chan, Scheib, & Patterson, 2005). Over the more than 15 years of its existence, the Sperm Bank of California's clientele had included many lesbian as well as heterosexual women. For research purposes, this clientele was a finite population from which our sample could be drawn. The Sperm Bank of California also allowed a sample in which, both for lesbian and for heterosexual groups, one parent was biologically related to the child and one was not.

We invited all clients who had conceived children using the resources of the Sperm Bank of California and who had children 5 years old or older to participate in our research. The resulting sample was composed of 80 families, 55 headed by lesbian and 25 headed by heterosexual parents. Materials were mailed to participating families, with instructions to complete them privately and return them in self-addressed stamped envelopes we provided.

Results replicated and expanded upon those from earlier research. Children of lesbian and heterosexual parents showed similar, relatively high levels of social competence, as well as similar, relatively low levels of behavior problems on the parent form of the CBCL. We also asked the children's teachers to provide evaluations of children's adjustment on the Teacher Report Form of the CBCL, and their reports agreed with those of parents. Parental sexual orientation was not related to children's adaptation. Quite apart from parental sexual orientation, however, and consistent with findings from years of research on children of heterosexual parents, when parent-child relationships were marked by warmth and affection, children were more likely to be developing well. Thus, in this sample drawn from a known population, measures of children's adjustment were unrelated to parental sexual orientation (Chan et al., 1998; Fulcher et al., 2005).

Even as they provided information about children born to lesbian mothers, however, these new results also raised additional questions. Women who conceive children at sperm banks are generally both well educated and financially comfortable. It was possible that these relatively privileged women were able to protect children from many forms of discrimination. What if a more diverse group of families were to be studied? In addition, the children in this sample averaged 7 years of age, and some concerns focus on older children and adolescents. What if an older group of youngsters were to be studied? Would problems masked by youth and privilege in earlier studies emerge in an older, more diverse sample?

## STUDIES BASED ON REPRESENTATIVE SAMPLES

An opportunity to address these questions was presented by the availability of data from the National Longitudinal Study of Adolescent Health (Add Health). The Add Health study involved a large, ethnically diverse, and essentially representative sample of American adolescents and their parents. Data for our research were drawn from surveys and interviews completed by more than 12,000 adolescents and their parents at home and from surveys completed by adolescents at school.

Parents were not queried directly about their sexual orientation but were asked if they were involved in a "marriage, or marriage-like relationship." If parents acknowledged such a relationship, they were also asked the gender of their partner. Thus, we identified a group of 44 12- to 18-year-olds who lived with parents involved in marriage or marriage-like relationships with same-sex partners. We compared them with a matched group of adolescents living with other-sex couples. Data from the archives of the Add Health study allowed us to address many questions about adolescent development.

Consistent with earlier findings, results of this work revealed few differences in adjustment between adolescents living with same-sex parents and those living with opposite-sex parents (Wainright, Russell, & Patterson, 2004; Wainright & Patterson, 2006). There were no significant differences between teenagers living with same-sex parents and those living with other-sex parents on self-reported assessments of psychological well-being, such as self-esteem and anxiety; measures of school outcomes, such as grade point averages and trouble in school; or measures of family relationships, such as parental warmth and care from adults and peers. Adolescents in the two groups were equally likely to say that they had been involved in a romantic relationship in the last 18 months, and they were equally likely to report having engaged in sexual intercourse. The only statistically reliable difference between the two groups—that those with same-sex parents felt a greater sense of connection to people at school—favored the youngsters living with same-sex couples. There were no significant differences in self-reported substance use, delinquency, or peer victimization between those reared by same- or other-sex couples (Wainright & Patterson, 2006).

Although the gender of parents' partners was not an important predictor of adolescent well-being, other aspects of family relationships were significantly associated with teenagers' adjustment. Consistent with other findings about adolescent development, the qualities of family relationships rather than the gender of parents' partners were consistently related to adolescent outcomes. Parents who reported having close relationships with their offspring had adolescents who reported more favorable adjustment. Not only is it possible for children and adolescents who are parented by same-sex couples to develop in healthy directions, but—even when studied in an extremely diverse, representative sample of American adolescents—they generally do.

These findings have been supported by results from many other studies, both in the United States and abroad. Susan Golombok and her colleagues have reported similar results with a near-representative sample of children in the United Kingdom (Golombok et al., 2003). Others, both in Europe and in the United States, have described similar findings (e.g., Brewaeyts, Ponjaert, Van Hall, & Golombok, 1997).

The fact that children of lesbian mothers generally develop in healthy ways should not be taken to suggest that they encounter no challenges. Many investigators have remarked upon the fact that children of lesbian and gay parents may encounter anti-gay sentiments in their daily lives. For example, in a study of 10-year-old children born to lesbian mothers, Gartrell, Deck, Rodas, Peyser, and Banks (2005) reported that a substantial minority had encountered anti-gay sentiments among their peers. Those who had had such encounters were likely to report having felt angry, upset, or sad about these experiences. Children of lesbian and gay parents may be exposed to prejudice against their parents in some settings, and this may be painful for them, but evidence for the idea that such encounters affect children's overall adjustment is lacking.

## CONCLUSIONS

Does parental sexual orientation have an important impact on child or adolescent development? Results of recent research provide no evidence that it does. In fact, the findings suggest that parental sexual orientation is less important than the qualities of family relationships. More important to youth than the gender of their parent's partner is the quality of daily interaction and the strength of relationships with the parents they have.

One possible approach to findings like the ones described above might be to shrug them off by reiterating the familiar adage that "one cannot prove the null hypothesis." To respond in this way, however, is to miss the central point of these studies. Whether or not any measurable impact of parental sexual orientation on children's development is ever demonstrated, the main conclusions from research to date remain clear: Whatever correlations between child outcomes and parental sexual orientation may exist, they are less important than those between child outcomes and the qualities of family relationships.

Although research to date has made important contributions, many issues relevant to children of lesbian and gay parents remain in need of study. Relatively few studies have examined the development of children adopted by lesbian or gay parents or of children born to gay fathers; further research in both areas would be welcome (Patterson, 2004). Some notable longitudinal studies have been reported, and they have found children of same-sex couples to be in good mental health. Greater understanding of family relationships and transitions over time would, however, be helpful, and longitudinal studies would be valuable. Future research could also benefit from the use of a variety of methodologies.

Meanwhile, the clarity of findings in this area has been acknowledged by a number of major professional organizations. For instance, the governing body of the American Psychological Association (APA) voted unanimously in favor of a statement that said, "Research has shown that the adjustment, development, and psychological well-being of children is unrelated to parental sexual orientation and that children of lesbian and gay parents are as likely as those of heterosexual parents to flourish" (APA, 2004). The American Bar Association, the American Medical Association, the American Academy of Pediatrics, the American Psychiatric Association, and other mainstream professional groups have issued similar statements.

The findings from research on children of lesbian and gay parents have been used to inform legal and public policy debates across the country (Patterson et al., 2002). The research literature on this subject has been cited in amicus briefs filed by the APA in cases dealing with adoption, child custody, and also in cases related to the legality of marriages between same-sex partners. Psychologists serving as expert witnesses have presented findings on these issues in many different courts (Patterson et al., 2002). Through these and other avenues, results of research on lesbian and gay parents and their children are finding their way into public discourse.

The findings are also beginning to address theoretical questions about critical issues in parenting. The importance of gender in parenting is one such issue. When children fare well in two-parent lesbian-mother or gay-father families, this suggests that the gender of one's parents cannot be a critical factor in child development. Results of research on children of lesbian and gay parents cast doubt upon the traditional assumption that gender is important in parenting. Our data suggest that it is the quality of parenting rather than the gender of parents that is significant for youngsters' development.

Research on children of lesbian and gay parents is thus located at the intersection of a number of classic and contemporary concerns. Studies of lesbian- and gay-parented families allow researchers to address theoretical questions that had previously remained difficult or impossible to answer. They also address oft-debated legal questions of fact about development of children with lesbian and gay parents. Thus, research on children of lesbian and gay parents contributes to public debate and legal decision making, as well as to theoretical understanding of human development.

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