Many young LGBTQ people are experiencing bullying which can lead to increased risk of suicide, drug abuse, and depression, as well as an increased risk of out-of-home placements in either foster care or homeless shelters. As a result of this, LGBTQ young adults are often framed as being at risk. Although this has been helpful in the past in order to raise awareness of the challenges experienced by LGBTQ young people, there is also evidence that they show resilience in response to those challenges. In order to advance the social work value of being strengths-based, this research looked for examples of resilience in the lives of these young people. Research was undertaken to determine what types of bullying these young people have experienced, how the bullying impacted them, and how they were able to cope with the bullying they experienced. Surprisingly, several participants identified they had been bullied by their parents (usually for religious reasons), and that this bullying was much harder for them to cope with than the bullying they received from their peers. Additionally, many of the participants showed evidence of having experienced posttraumatic growth following their bullying experiences, thus showing the resilience of LGBTQ young adults.