

STAND with TRANS

What to do when your child says, "I'm Transgender"



Congratulations.

Your child trusts you enough to share his inner most thoughts. **This is a BIG deal.**

Take a deep breath.

Assure your child that you love her/him/them no matter what. Hug.

Keep the dialogue open (Don't freak out).

Ask them some questions like:

- How long have you known?
 - How do you see yourself long-term?
 - How did your friends react?
 - What are your immediate goals?
 - Who else have you told?
- (Don't assault them with a litany of questions)

- If they are already seeing a therapist, ask if the therapist knows.
- If not, perhaps you can go to the next appointment together.
- Your therapist can help navigate the process and help find resources.
- If your therapist is clueless or not accepting/supportive/understanding, then it is a good time to look for a gender therapist in your area.
- Make an appointment to see your pediatrician – they can be a wealth of resources and can help research the medical piece.
- If your pediatrician is not accepting/supportive/understanding, then it is a good time to look for a new pediatrician.

Remind your child how much you love them. Hug.

Keep in mind, everyone moves at a different pace.

Your child may already have a new name chosen and want to use different pronouns immediately. Others, may not be ready – it is a process.

For both FtM (female to male) and MtF (male to female), buying underclothes for the gender in which they affirm, can be validating. Also, what they do about leg hair, nail polish (on toes) and nightwear is their private business and will go unseen by their peers.

Follow your child's lead...they will let you know what they want and need.

Remember, this is a journey. It will span a lifetime. Your child needs you, your love, support and acceptance. **They need you to advocate for them.**



For more information:

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Website www.standwithtrans.org (to come)