

YOU ARE NOT ALONE!

As a parent or caregiver, when your child comes out, **it is completely normal** to experience many different emotions such as surprise, shock, fear, grief, shame, guilt, loss, and many more.

As normal as your feelings are, express your feelings away from your child, find someone to talk to. It is okay to not understand but it is important to let your child know you still love them.

Here are some things you can do:

- Your child is still your child. Listen to your child with an open heart and mind.
- Your child needs you now more than ever.
- Continue to show affection for your child by hugging or kissing.
- Talk with your child about their identity.
- To find help, resources or find answer to your questions, go to:
www.strongfamilyalliance.org
www.genderspectrum.org
www.pflag.org
- There are also videos you can watch of families who have gone through what you are going through (see next page).



Behaviors to avoid:

- Pressuring your child to be more feminine or more masculine.
- Not being affectionate with your child, like not hugging or kissing them.
- Telling your child that you are ashamed of them or that how they look, or act will embarrass the family.
- Telling your child it is their fault they are being treated badly.
- Telling your child God will punish them .
- Telling your child to hide or lie about who they are.

Did you know?

- Transgender and nonbinary youth who report having their pronouns respected by all or most of the people in their lives have better outcome than those who don't.
- 70% of transgender youth with family support report positive mental health.
- Teens who perceived parental support regarding gender identity were 93% less likely to attempt suicide than youth who did not perceive parents as supportive.

We know things seem really difficult right now, but there are many resources to help you navigate through what you are through (see below).

Here are some suggested videos you can watch on youtube.com:

- Parents of Transgender Youth Have Important Advice for New Parents Starting Their Journey
- Becoming Me
- Debi Jackson reading “That’s Good Enough”
- Gender Born, Gender Made
- Gendermom
- Growing Up Trans – Frontline
- How to Be a Girl
- Jacob’s Journey: Life as a Transgender 5-year-old
- Malisa’s Story: What It Means to Be a Transgender Child
- Meet Zeam
- On Being Genderqueer
- One Doctor Explains the Journey for Kids Who Are Transitioning
- Parenting videos of Diane Ehrensaft
- Parenting videos of Dr. Johanna Olson
- Raising a Transgender Child (video by Cosmopolitan)
- Raising My Rainbow
- Raising My Rainbow (blog)
- Raising Zay: A Family’s Journey with a Transgender Child (article with video)
- Ryland’s Story
- THE FACTS (about transgender kids) (video)
- The Transgender Child
- Trans Truth
- Transitions of the Heart
- Transmormon
- Transparent
- Why Does My Kid Want to Change Their Name and Pronouns?

Here are some more resources:

- www.leadwithlovefilm.com
- www.hrc.org/resources/coming-home-to-islam-and-to-self
- www.hrc.org/resources/coming-home-to-catholicism-and-to-self
- <https://www.hrc.org/resources/coming-home-to-evangelicalism-and-to-self>
- <https://www.hrc.org/resources/coming-home-to-judaism-and-to-self>
- <https://www.hrc.org/resources/coming-home-to-mormonism-and-to-self>
- www.nqapia.org
- www.familybuilders.org/programs-services/get-real/

Sources:

The Trevor Project. (2020). 2020 National Survey on LGBTQ Youth Mental Health. New York, New York: The Trevor Project.
For additional information please contact:
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Wilson, E, Chen, Y, Arayasirikul, S, Raymond, F, McFarland, W. The Impact of Discrimination on the Mental Health of Trans*Female Youth and the Protective Effect of Parental Support. *AIDS and Behavior*. Oct 2016; 20 (10):2203-2211.