

Understanding & Supporting Transgender/NonBinary Children/Youth and Their Families



Presented by:
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And
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Session Goals

At the end of the session, participants will be able to:

- ✓ Describe the difference between biological sex, sexual orientation, and gender expression
- ✓ Understand how using preferred names and pronouns decreases suicide rates
- ✓ Implement tips on how to make a child feel safe
- ✓ Understand family concerns and fears
- ✓ Recognize and provide resources for children and families

Kids these days.....

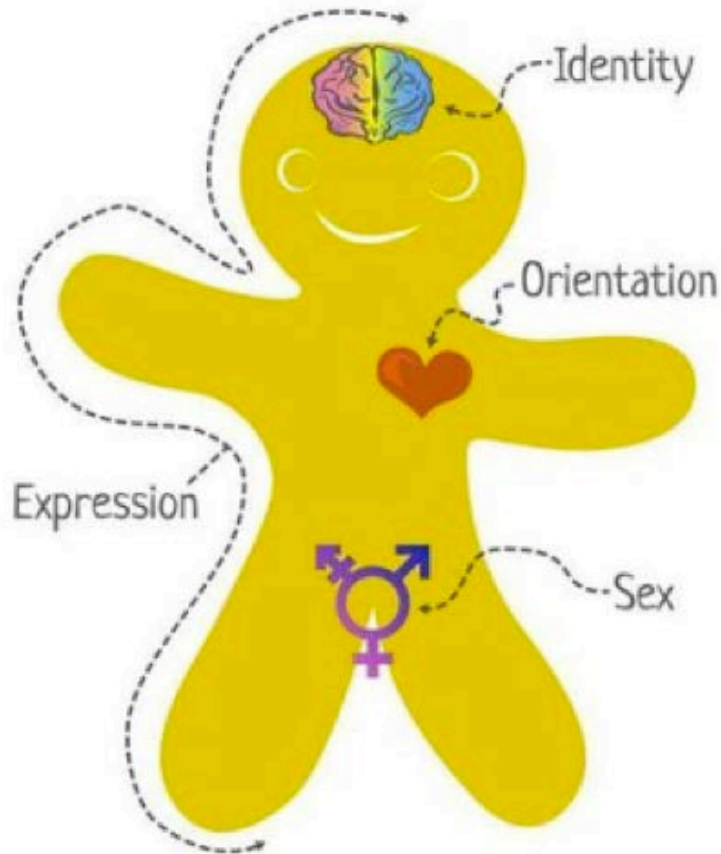
Before this...



We had this....



The Genderbread Person



 **Gender Identity**


Woman Genderqueer Man

Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

 **Gender Expression**

Feminine Androgynous Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

 **Biological Sex**

Female Intersex Male

Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

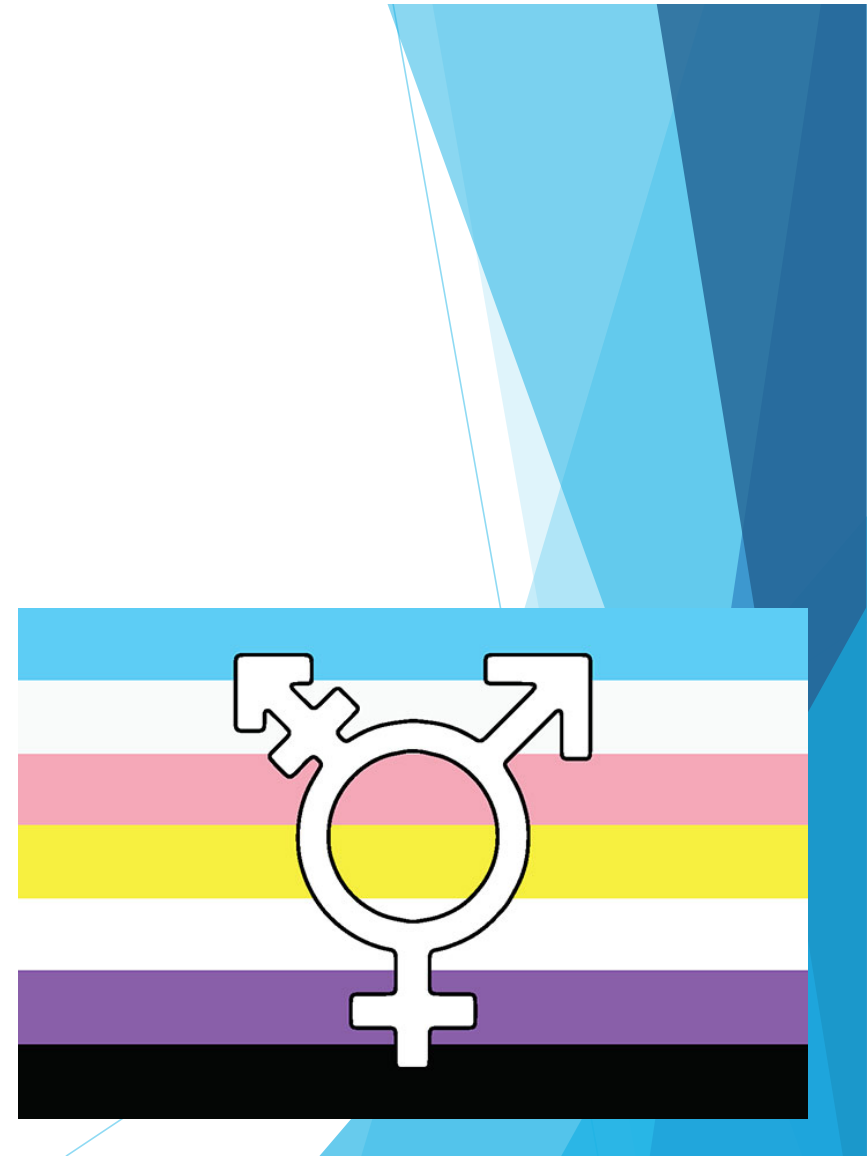
 **Sexual Orientation**

Heterosexual Bisexual Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

The more you know....

- ▶ Gender identity, sexual orientation, and gender expression are different spectra
- ▶ Not all trans folx identify as male or female
- ▶ Trans folx have all sorts of gender identities and gender expressions outside the gender binary
- ▶ Trans folx can have many different sexual orientations



GENDER DEFINITIONS



GENDER

The state of being male or female in typically regarding to social constructs rather than physical attributes.



TRANSGENDER

Refers to someone who does not identify with the gender they were assigned at birth.



CISGENDER

Refers to someone who identifies with the gender they were assigned at birth.



NON-BINARY

Refers to someone who does not identify as exclusively male or female.



GENDER FLUID

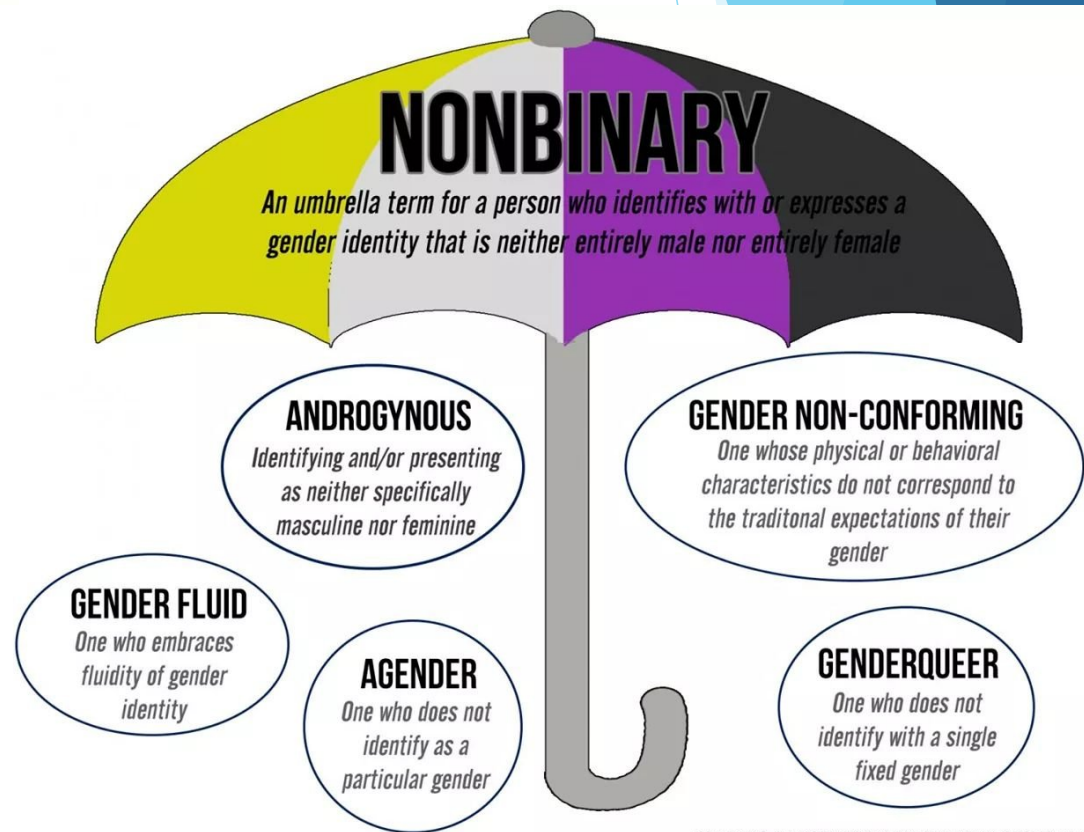
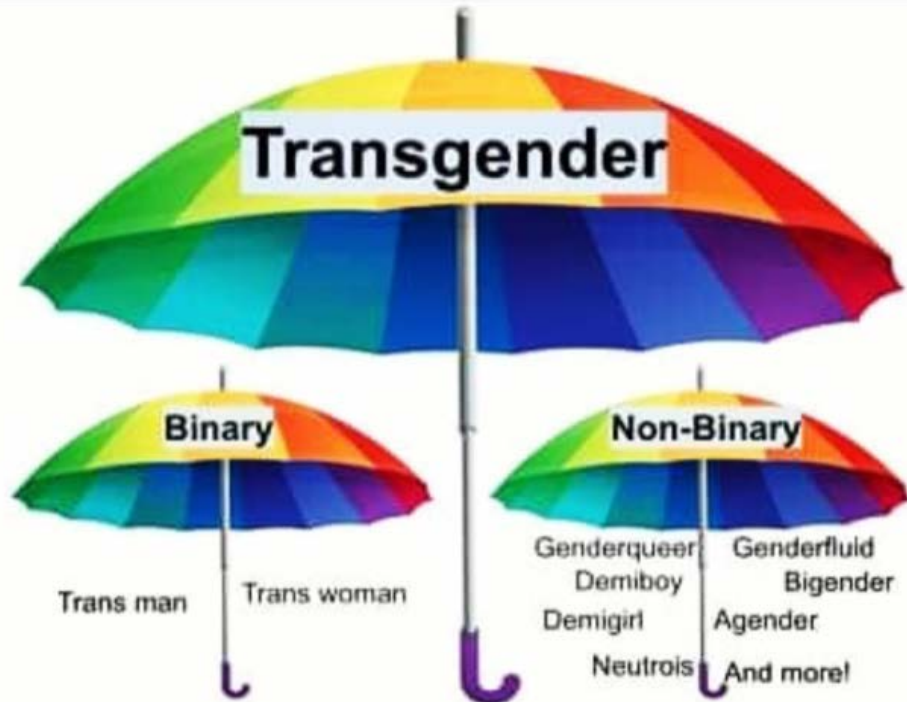
Refers to someone whose gender identity changes over time from one end of the spectrum to the other.



GENDERQUEER

Refers to someone whose gender identity falls on the spectrum between male and female.

- ▶ **Agender** - A person who sees themselves as not having a gender. Some agender-identified people see themselves as being gender neutral, rather than not having any gender, but in any case do not identify with a gender.
- ▶ **Gender expansive** - An umbrella term used for individuals who broaden their own culture's commonly held definitions of gender, including expectations for its expression, identities, roles, and/or other perceived gender norms.



GRAPHIC ILLUSTRATION BY SRINIDHI SESHADRI

Gender Grammar

Problem	Correction	Reason
"transgendered" (adjective)	transgender	Only adjectives that are derived from nouns and/or verbs (unlike transgender) end in "ed."
"intersexed"	intersex	Only adjectives that are derived from nouns and/or verbs (unlike intersex) end in "ed."
"transgendered" (verb)	transition	Only verbs can have "ed" added onto the end of the word to become a participle. Transgender is an adjective, not a verb. One does not "transgender," they transition.
"a transgender," "transgenders"	a transgender person, transgender people	Transgender is not a noun. "Jake is a transgender" is not only grammatically incorrect, but can be offensive.
"sex change," "sex reassignment surgery," "gender reassignment surgery"	gender affirming surgery, genital reconstruction surgery, genital reassignment surgery	Surgery does not change one's sex or gender, only genitalia.

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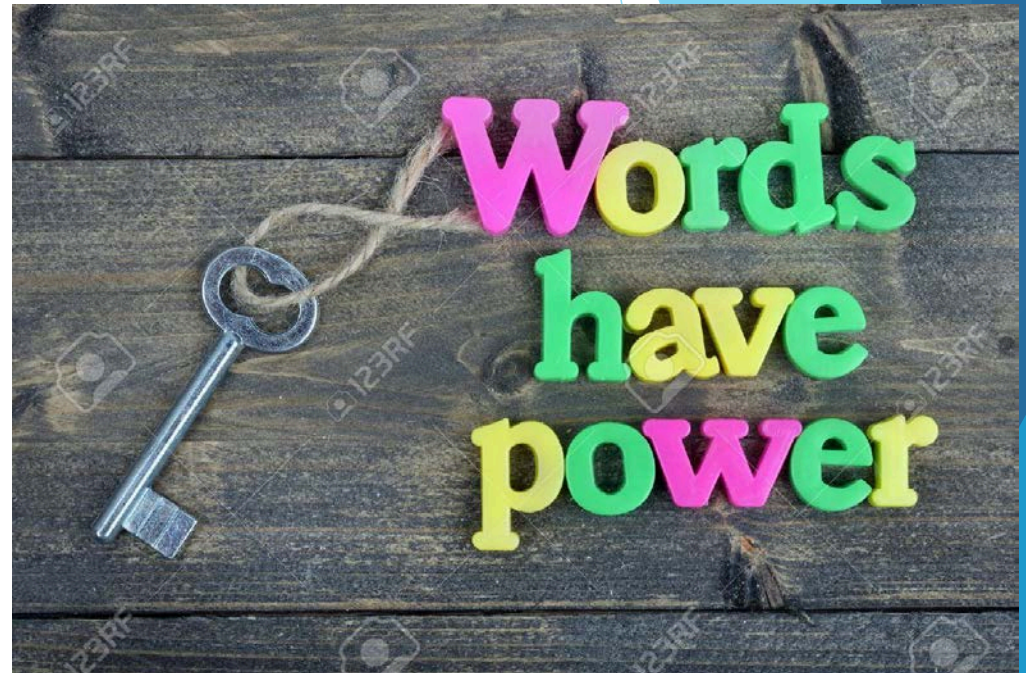
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For more information,
go to transstudent.org/graphics

TSER
Trans Student Educational Resources

Design by Landyn Pan



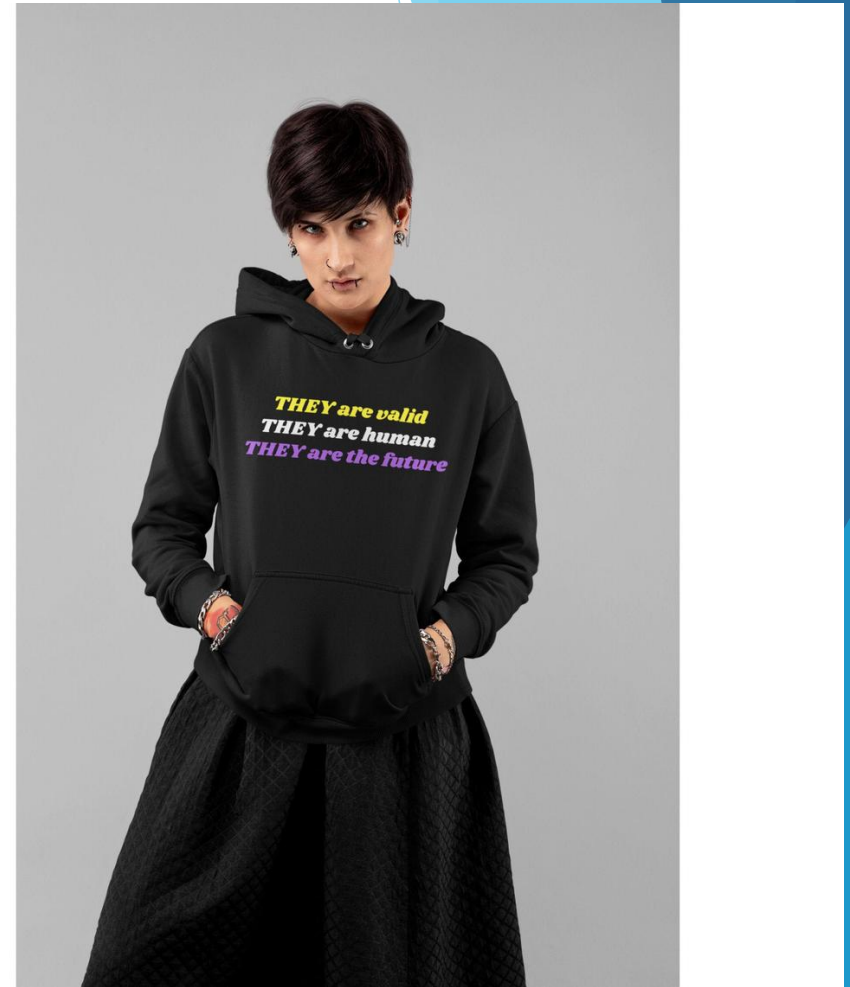
Why use appropriate terminology?

- Fosters an atmosphere of respect
- Demonstrates understanding and care
- Results in a friendlier environment
- Creates a safer and more inclusive environment
- When an individual's identity is accepted, then their sense of self is increased



Why support is important?

- ▶ The American Academy of Pediatrics released a statement in support of transgender youth in 2017.
- ▶ In this statement, AAP stated: “As *pediatricians, we know that transgender children fare much better when they feel supported by their family, school, and the larger community. Shaming children based on their gender identity or expression is harmful to their social-emotional health and may have lifelong consequences. This includes public discourse that de-legitimizes the contributions that transgender individuals make to society.*”



What's in a name? (or personal pronouns)

- ▶ William **Shakespeare** — ‘What's in a **name**? that which we call a rose by any other **name** would smell as sweet.’
- ▶ Hot spot for many families
- ▶ Dead name vs. Birth name
- ▶ What's the big deal with personal pronouns?
 - ▶ Can “they” really be used in the singular form?
 - ▶ I've never heard of “ze” or “xe”
- ▶ What if I have a difficult time using the preferred name or pronouns?

<input type="checkbox"/>	F
<input type="checkbox"/>	M
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Using a transgender youth's chosen name at work, at school, with friends, and at home:



reduces
depression
symptoms by

71%



reduces
thoughts of
suicide by

34%



reduces
suicide
attempts by

65%

Russell, S., Pollitt, A., Li, G., & Grossman, A. (2018). Chosen name use is linked to reduced depressive symptoms, suicidal ideation, and suicidal behavior among transgender youth. *Journal of Adolescent Health*, 63(4), 503-505. doi:10.1016/j.jadohealth.2018.02.003

Professionals and families need to understand that this is important to [good mental health](#) and it is [suicide prevention](#)!

In 2020, KY Legislature passed House Bill 153: Mental Health First Aid training-I urge you to act in allyship

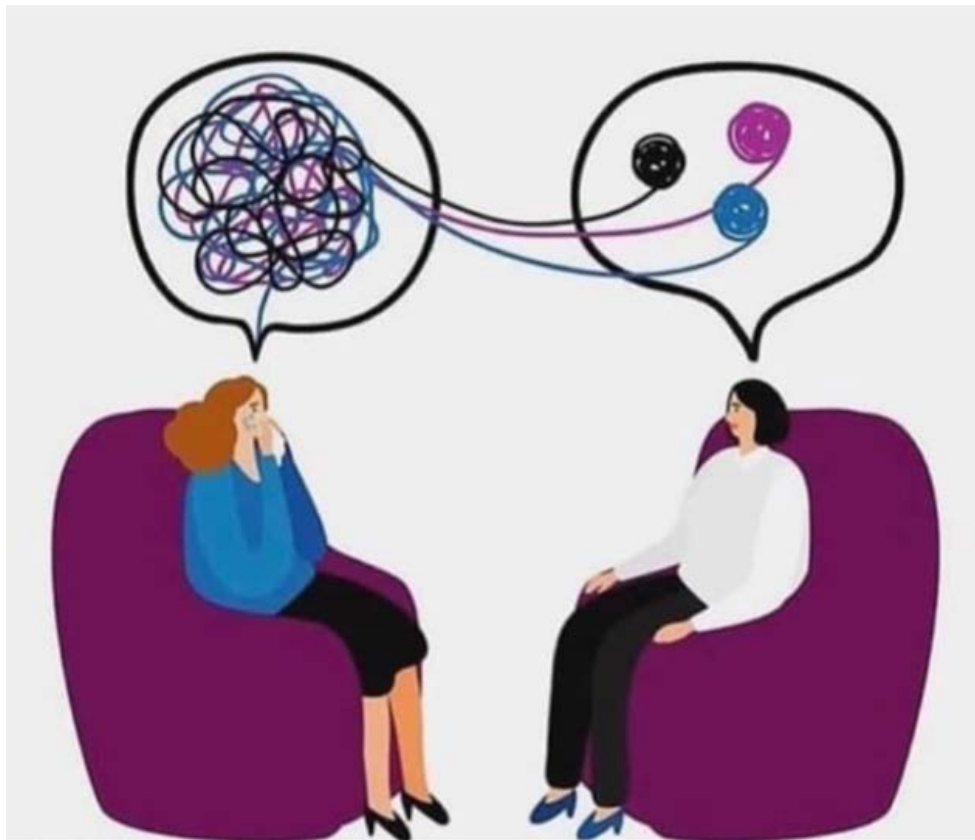
Working with LGBTQIAA+ Children/Youth

- ▶ Assess self-harm
 - ▶ Trevor Project→ More than 1.8 million LGBTQ youth (ages 13-24) contemplate a suicide attempt each year in the US
- ▶ Identify child's stressors (stigma, discrimination, bullying, or a perception of bias)
- ▶ Know what is happening within the child's school→ 31% of Trans children are harassed or bullied by teachers or staff (Source: Transstudentrights)
- ▶ Identify if the child has disclosed identity to others
- ▶ Try and understand-look out education for yourself
- ▶ Seek out a mentor/role models for the child
- ▶ Affirm leadership of LGBTQIAA+ youth
- ▶ Don't assume, ask questions
 - ▶ Know terminology
 - ▶ Avoid bias opinions
- ▶ Don't assume child is gay or lesbian
- ▶ Don't assume that a trans child wants to be the total opposite of the biological sex they were born
- ▶ Suggest ally groups in school and the community
- ▶ Try creating new support groups or programs
- ▶ Do not give up if child does not confide in you or uses any resources you referred
- ▶ Continue to work to keep the child connected to the community (even if it is social media) because strong connection to community is important to resilience

Family Concerns & Fears

- ▶ It's a phase
- ▶ People blaming me that I'm just indulging my child in a childhood whim
- ▶ Name change
- ▶ Saying "goodbye" to the child I knew and the memories we had together
- ▶ Not accepted by other family members
- ▶ Not accepted by peers
- ▶ Not accepted by society
- ▶ Bathroom safety
- ▶ Wearing non gender conforming clothes in public
- ▶ Conflict with religious beliefs
- ▶ Is binding the chest safe?
- ▶ Child changes their mind after transition has begun
- ▶ Self-Harm
- ▶ Eating Disorders
- ▶ Confusion→ Child still does things that are gender conforming, such as paints nails.
- ▶ Insurance won't pay for hormone treatment or gender reassignment surgery
- ▶ Sometimes it's hard for the parent to accept their child will be different from other children
- ▶ I'm not good at advocating and I want to avoid confrontation
- ▶ What is typical child/tween/teen behavior?
- ▶ What will happen on school trips/camp?

Resources for children & families





Being an Ally (noun) vs.
Acting in Allyship (verb)

Straight man's pickup truck goes viral for supporting Pride in rural Oklahoma

"It doesn't matter what negativity I receive for supporting this. I hope that this can help even the slightest bit to encourage and support at least one person that needs it."

By Daniel Villarreal Saturday, June 8, 2019 41 Comments



Straight Oklahoma resident Cody Barlow decorated his truck with a rainbow for Pride month.

Photo: Facebook: Cody Barlow

Sometimes an ally comes from an unlikely place

What is an Ally? (NOUN)

An ally is someone whose personal commitment to fighting oppression and prejudice is reflected in willingness to:

- Educate oneself about different identities and experiences
- Challenge one's own discomfort and prejudices
- Learn and practice the skills of being an ally
- Take action to create interpersonal, societal, and institutional change

Source: Guide to Allyship
<https://guidetoallyship.com/>



Your Action Plan to Allyship (VERB)

The Dos

- **Do** be open to listening
- **Do** be aware of your implicit biases
- **Do** your research to learn more about the history of the struggle in which you are participating
- **Do** the inner work to figure out a way to acknowledge how you participate in oppressive systems
- **Do** the outer work and figure out how to change the oppressive systems
- **Do** use your privilege to amplify (digitally and in-person) historically suppressed voices
- **Do** learn how to *listen* and accept criticism with grace, even if it's uncomfortable
- **Do** the work every day to learn how to be a better ally

Source: Guide to Allyship
<https://guidetoallyship.com/>

The Don'ts

- **Do not** expect to be taught or shown. Take it upon yourself to use the tools around you to learn and answer your questions
- **Do not** participate for the gold medal in the “Oppression Olympics” (you don’t need to compare how your struggle is “just as bad as” a marginalized person’s)
- **Do not** behave as though you know best
- **Do not** take credit for the labor of those who are marginalized and did the work before you stepped into the picture
- **Do not** assume that every member of an underinvested community feels oppressed



Questions?

Comments?



Thank you!

Please feel free to contact
“mama bear”/
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