

GENDER INDEPENDENT CHARACTERISTICS

BOYS

Show an interest in girl's clothing, shoes, hair and make-up

Pretend play as and identify with female characters such as princesses & mermaids

Wish to have or pretend to have long hair

Prefer girl playmates

Avoid sports or rough-and-tumble play

Are described as sensitive, sweet, artistic and affectionate

Enjoy being mistaken for girl

May claim that they are girls, or wish they were girls

GIRLS

Insist on wearing boys clothing and short haircuts

Refuse to wear skirts, dresses and female swimsuits

Reject play activities associated with being a girl

Prefer games and toys typically considered appropriate for boys: cars, trucks, super heroes

Identify with male characters and refuse to assume female roles in pretend play; may want to be the father when playing house

Prefer rough-and-tumble play and contact sports

Enjoy being mistaken for boy

May claim that they are boys, or wish they were boys

Many children try on opposite gender roles during early childhood development. A transgender child experiences a stronger preference over a sustained period of time which is insistent, consistent and persistent. If a child is told his gender behavior is not accepted this can lead to depression, anxiety and even anger. Children of supportive and loving parents often quickly return to being happy and well-adjusted children.



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We know first-hand the range of emotions that parents experience as they navigate this journey with their child. By seeking support and connection with other transforming families, you will begin the journey towards understanding and acceptance allowing your child to live authentically.

SUPPORT MEETINGS

Visit our website to find a chapter near you that provides monthly support group meetings for connection, support and resources.

www.TransParentUSA.org

TransParent is a St. Louis-based 501c3 not-for-profit organization founded in 2011 and dedicated to providing support and resources to parents raising gender independent children of any age.

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EMPOWERING OUR CHILDREN
TO LIVE AUTHENTICALLY

AN ORGANIZATION DEDICATED TO
PROVIDING COMPASSIONATE SUPPORT
TO PARENTS AND CAREGIVERS OF
TRANSGENDER AND GENDER INDEPENDENT
CHILDREN OF ANY AGE.

I'M HEARING ALL OF THESE TERMS USED TO POSSIBLY DESCRIBE MY CHILD. CAN YOU TELL ME WHAT THEY MEAN?

GENDER INDEPENDENT is a term for persons whose gender identity, gender expression or behavior does not conform to that typically associated with the sex to which they were assigned at birth. Not everyone whose appearance or behavior is gender non-conforming will identify as a transgender person.

TRANSGENDER is a child or person who identifies with a gender other than their assigned gender.

GENDER IDENTITY refers to a person's internal sense of being male, female or something else.

GENDER EXPRESSION refers to the way a person communicates gender identity to others through behavior, clothing, hairstyles, voice or body characteristics.

WHAT WE KNOW:

The truth is that we don't really know whether the child who is gender non-conforming in childhood is going to go on to have a trans identity in adolescence or adulthood. What we do know is that by the time kids reach adolescence, if they have a gender identity that is different from their sex assigned at birth, that it is very likely that they will continue on to have that gender identity.

I HAVE CONCERNS ABOUT A CHILD IN MY LIFE. IS IT POSSIBLE THAT THEIR BEHAVIOR IS JUST A PHASE?

We cannot answer this question. We can tell you that too many children are being bullied and isolated for exhibiting these behaviors. The anxiety that often accompanies these behaviors can be extremely overwhelming for a family.

If you are just learning about transgender and gender independence, it is not important to know immediately where the journey will ultimately lead. It is important to know that TransParent is here to help you navigate this time in your in your child's life, to provide support and resources to help guide you on your own journey.

More than
50%
of transgender youth will have had at least **attempted suicide once** by their 20th birthday.*

HOW DO I HELP MY CHILD?

- Affirm, love and accept your child
- Understand that this is a natural human experience
- Do not ask or force your child to change
- Do not blame your child if they are bullied
- Educate yourself and seek information from qualified, expert sources
- Create a safe environment for your child
- Seek connections with friends and family who will love and support you and your child
- Seek supportive resources
- Be clear and firm with people in your life about what your child needs and what you expect
- Role play with your child to deal with bullies
- Talk with your pediatrician and/or find a doctor who is knowledgeable and supportive
- Listen to your child's verbal and non-verbal cues
- Be confident in supporting your child's identity and their pursuit of living authentically

*source: yspp.org

I'M STRUGGLING. HOW DO I GET THROUGH THIS?

- Know that you are not alone
- Avoid looking for fault
- Acknowledge your feelings and begin the process of acceptance
- Forgive yourself for any mistakes that you have made or will make as you learn to fully accept, love and advocate for your child.
- Remember that this is a natural human experience
- Finding support for yourself is the best tool you can offer your child



HOW DO I BEGIN TO EDUCATE MYSELF?

Following are three trusted resources that provide facts and can offer deeper insight into gender identity:

National Children's Medical Center - Gender Center
[ChildrensNational.org](https://www.childrensnational.org)

Gender Spectrum
[GenderSpectrum.org](https://www.genderspectrum.org)

TYFA - Trans Youth Family Allies
[imatyfa.org](https://www.imatyfa.org)