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

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.

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.

© 2016 TransParent - Empowering Our Children to Live Authentically
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.*

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.

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.

**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

**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
- Gender Spectrum
  GenderSpectrum.org
- TYFA - Trans Youth Family Allies
  imatyfa.org

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