

Some statistics\*  
about our  
trans youth:

Almost  
**2%**

of high school  
students identify  
as transgender

**1.8 Million**  
youth identify as transgender.

**1.6 Million**  
adults have Type 1 Diabetes.

There are more  
transgender youth in the  
U.S. than there are people  
with Type 1 Diabetes.

**59%**

of transgender students  
had been required to use  
a bathroom that did not  
match the gender they  
live every day.

**34%**

of transgender people  
attempt suicide at  
least once before  
the age of 19.

**71%**  
**decrease**

in symptoms of depression for  
trans youth who were allowed  
to use their chosen name.

**20%**  
**to 40%**

of the 1.6 million U.S.  
homeless youth identify  
as transgender and  
other LGBTQ.

\* For source links, please go to  
<https://transparentusa.org/statistics/>.

TRANSPARENT



EMPOWERING OUR CHILDREN TO LIVE AUTHENTICALLY™

**No two paths are the same,  
however, comfort can be  
found with those sharing  
similar experiences.**

*"[At] my first Transparent meeting, I had never felt more supported or listened to in my life. Fast forward about 10 months: I haven't missed a meeting yet, and I have some great new friendships."*

— LB

*"I can honestly say that we would not be where we are today if it were not for the support and resources of TransParent. This group provides a safe space for parents to give a voice to their worries, their fears, their search for understanding, and their love for their child."*

— MH

*"The sense of aloneness that I had been living with for months was gone after joining TransParent. There were other parents, just like us and crossing all races and socio-economic lines, wanting to learn as much as we could about the best way to move forward."*

— LA

Join Our  
**Support Community**

To find a chapter near you providing  
connection, resources, and visibility,  
scan the QR code or visit us online  
at [TransparentUSA.org](https://TransparentUSA.org).



TransParent is a 501c3 not-for-profit organization dedicated to providing compassionate support to parents and caregivers of transgender and gender-expansive children of any age.  
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compassionate support  
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# Understanding Transgender

Being transgender or gender-expansive is a naturally occurring human experience. Social and external factors do not increase an individual's likelihood of being transgender. They can, however, greatly impact a person's well being and mental health as a transgender individual.

Medical and scientific research show that supporting natural gender expression and identity is imperative to achieving healthy social and emotional development. Acceptance and gender affirmation, from family in particular, are the greatest protections against diminished self worth.

We know, too, that many trans and non-binary individuals experience bullying and anxiety, which can manifest in countless and possibly life-threatening behaviors. We also know that everyone within the full gender spectrum is perfect and beautiful — just as they are — and, with adequate tools and support, can thrive and flourish!

Our role as loving, educated parents is vital, and many of us at TransParent™ know first hand the range of emotions that come along with raising a transgender child.



## You're Not Alone

Navigating this journey alone can be overwhelming. The mission of TransParent is to normalize this experience through providing connection, resources, and visibility. Fulfilling this mission improves suicide statistics by empowering parents and caregivers to help their transgender child live authentically.

You can begin to help your child by building your network of support. Talk with your trusted pediatrician or family doctor for help locating professionals specializing in gender identity and endocrinology. Determine what your family needs in order to maintain a safe, supportive home environment as well as establishing channels of communication with your child's school and other caregivers.

TransParent support communities are available across the United States. Connecting with others parenting a transgender child provides immeasurable benefits by expanding your network and access to resources. These chapters, along with other valuable information, can be found on our website at [TransParentUSA.org](https://www.transparentusa.org). If a TransParent support community is not yet in your local area, please reach out to let us help identify and build community for you and your family.



## What is all this new terminology?

This is a partial list of the terms used in the trans community. For a complete list, please refer to our resources page at [TransParentUSA.org](https://www.transparentusa.org).

### AGENDER

A person who sees themselves as not having a gender.

gender dysphoric people to experience intense discomfort, distress, and anxiety.

### ASSIGNED SEX

The sex assigned to an infant at birth based on the child's visible sex organs.

### CIS GENDER

A person whose gender identity corresponds with their assigned sex at birth.

### GENDER DYSPHORIA

A conflict between a person's physical or assigned gender and the gender with which he/she/they identify. It is not uncommon for

### GENDER-EXPANSIVE

A person whose gender identity or gender expression does not conform to that typically associated with the sex assigned at birth and/or prevailing cultural and social expectations about what is appropriate to their gender.

### GENDER EXPRESSION

External appearance of one's gender identity, usually expressed through behavior, clothing, haircut, voice, or body characteristics.

### GENDER-FLUID

A person whose gender fluctuates on the gender spectrum.

### GENDER IDENTITY

A person's internal sense of being male, female, or somewhere else on the gender spectrum.

### GENDER SPECTRUM

A way of describing gender without limiting to male or female (binary absolutes) and denoting gender as an inclusive continuum allowing male, female, gender-expansive, and agender identities and expressions.

### INTERSEX

An individual having reproductive organs or external sexual characteristics of both male and female, which does not inherently influence one's gender identity or sexual orientation.

### NON-BINARY

A spectrum of gender identities that are not exclusively masculine or feminine—identities that are outside the gender binary.

### TRANSGENDER

An umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Transgender does not imply any specific sexual orientation.

### SEXUAL ORIENTATION

A term referencing an individual's pattern or preference of gender when engaging in romantic or sexual relations.