

# SO YOUR CHILD JUST TOLD YOU...

"I USE THEY/THEM PRONOUNS"

"I WANT TO CHANGE MY NAME"

"I'M TRANS"

## WELL, FIRST OFF, YOU'RE DOING GREAT!

When our children feel comfortable telling us who they are, we should feel like we are doing our jobs as parents. The first thing any child needs is love and support from the community in their household. By reading through this comprehensive list of resources, you are beginning a journey to make your home a safe space for your child. When you go on this journey, you may plan and use a road map, but sometimes along the way, you discover unexpected stops. Being open to where this journey takes you is important. Parenthood is full of moments where the journey deviates *from your expectations*.

## THINGS TO REMEMBER

### PRONOUNS

**SHE/HER**   **THEY/THEM**   **HE/HIM**

- Respecting and regularly using your child's pronouns is an imperative step in this journey to make your child feel safe and affirmed.
- You may mess up, but that's okay! It may take time to get adjusted, and quickly correcting yourself and moving on and continuing to do your best is always enough.
- It is important to check in with your child on how they feel. Their pronouns may change, their name may change, what they wear may change etc. What's important is being supportive through all of these changes, whatever they may be!

### ACCEPTED TERMS

Language is ever evolving, so terms you may have used growing up may not be appropriate now. The best policy is to ask your child what words work best for them.

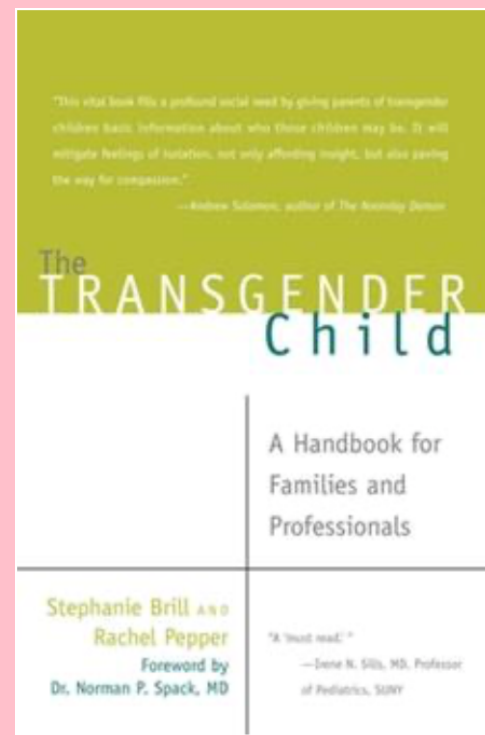
### NAME CHANGE

When your name changes to Mom or Dad (or changes because of marriage) it's celebrated! Your child choosing a new name can be cause for celebration, too.

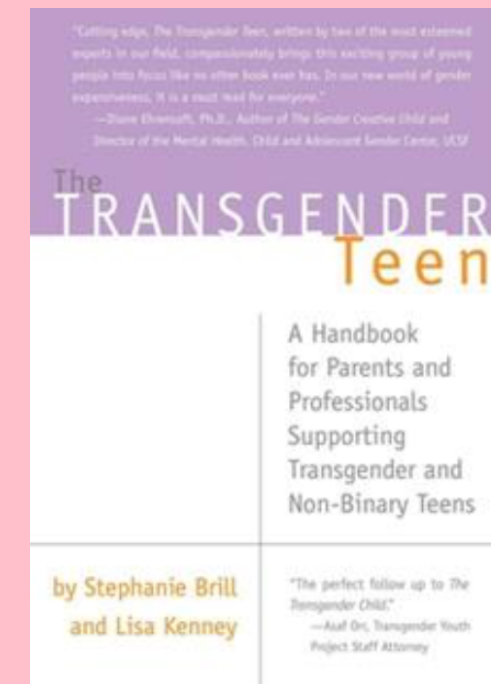
[MORE INFO HERE](#)

# ADDITIONAL RESOURCES

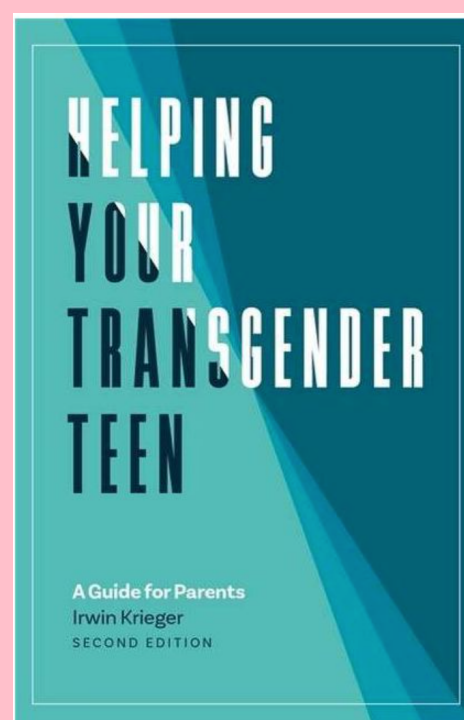
## BOOKS



The Transgender Child  
by Stephanie Brill and Rachel Pepper



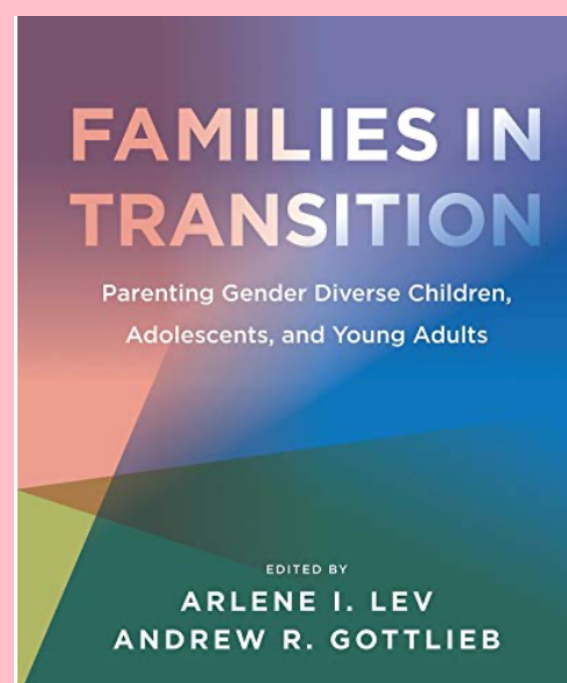
The Transgender Teen  
by Stephanie Brill and Rachel Pepper



Helping Your Transgender Teen  
by Irwin Kreiger



Allies and Angels  
by Terri and Vince Cook



Families in Transition  
by Arlene I Lev and Andrew R. Gottlieb



# **ADDITIONAL RESOURCES**

**online**

**HRC Foundation Project Thrive's Checklist for Creating Safe & Inclusive Youth Environments**

<https://tinyurl.com/ytt3upw>

**Trevor Project's Guide to being an ally to TGNC youth**

<https://tinyurl.com/5cms76hv>

**National Center for TransEquality,**

<https://transequality.org/>

**GLSEN's Supporting Trans and GNC students,**

<https://tinyurl.com/42x9y82h>

**Gender Affirming and Inclusive Athletics Participation**

<https://tinyurl.com/2p93chx9>

**Trans Summer School**

<https://tinyurl.com/2p93x4jz>

**GLSEN's Mental Health Advocacy Guide for school-based MH practitioners:**

<https://tinyurl.com/5n8ep565>

**Guide to using gender neutral pronouns:**

<https://tinyurl.com/2s39t9j2>



# EDUCATION FOR EDUCATORS

## HOW TO SUPPORT YOUR TRANS AND NON-BINARY STUDENTS

### G.E.N.D.A.

#### GENDER EXPRESSION NONDISCRIMINATION ACT

Your TNGC students are a protected class under Human Rights Law. Discrimination on the basis of gender identity or expression is prohibited in all areas covered by the Human Rights Law.

Some things **Prohibited** Under GENDA:

Requiring TGNC students to use single-occupancy restrooms.

Intentional misgendering (not respecting a student's chosen pronouns)

### D.A.S.A.

#### DIGNITY FOR ALL STUDENTS ACT

The school is required to provide the State's public elementary and secondary school students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment, and bullying on school property, a school bus and/or at a school function.

### PRONOUNS

Using the correct pronouns for your students is essential to the development of a positive sense of self and the creation of an affirming, welcoming (and therefore safe and successful) school environment

### CHOSEN NAMES

Similarly to pronouns, ensuring that you are addressing students by their chosen name is imperative for creating a positive, safe learning environment. Ask your school administration how to best collect student information to ensure that your faculty and staff is addressing your students correctly.

### SAFETY & PRIVACY. WHO NEEDS TO KNOW?

Sometimes kids are out at school, but aren't out at home. Ask students what name/pronouns you should use when talking to family. According to the NYS Department of Education, "within the school and school district, when a transgender or GNC student new to a school is using a chosen name, the birth name should be kept confidential by school and district staff."

# ADDITIONAL RESOURCES

oNLINE

[How to Create a Gender Support Plan](https://tinyurl.com/2p87xy3x)

<https://tinyurl.com/2p87xy3x>

[HRC Foundation Project Thrive's Checklist for Creating Safe & Inclusive Youth Environments](https://tinyurl.com/ytt3upw)

<https://tinyurl.com/ytt3upw>

[Trevor Project's Guide to being an ally to TGNC youth](https://tinyurl.com/5cms76hv)

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