

5 THINGS TO KNOW ABOUT YOUR TRANS CHILD

1 This did not come out of nowhere. A lot of parents report feeling like their child has made a sudden decision, based on an influence from their friends. In reality, your child has probably been thinking about this a lot, they just took a long time to tell you. Kids are often secretive about their reflection about gender out of fear of rejection.

2 Using a name or pronoun that your child has asked you not to use could cause emotional or psychological harm to your child. This is called "misgendering", and often leads to trans people experiencing what can easily be understood as anxiety or panic attacks due to being perceived as a gender they don't identify as.

3 Letting your child explore a social transition will help them feel supported. Social transition refers to a trans person changing their social situations to better reflect their identity. Giving your child the space to change their clothes, their hairstyle or other social pieces will give them the freedom to explore their identity safely.

4 Let them choose when they want to tell others. This is a personal experience, and they should choose when to tell others. Don't tell other people, including family, without their consent, but don't force them to keep their trans identity a secret either.

5 Get informed. Trans people and rights are under attack everywhere. It's your responsibility to learn and understand how transphobia and discrimination is going to impact your child, and to find educational material from responsible sources. Reach out to us and we'll get you on the right track.

Each child is completely unique, and their experiences are going to be different depending on who they are as a person



NORTHERN
MOSAIC
NETWORK

HOME OF THE RAINBOW CENTRE OF YELLOWKNIFE
867-444-7295
www.northernmosaic.net
admin@northernmosaic.net



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