

Support Networks:

Transgender Gainesville

Our mission is to educate and promote greater acceptance of transgender people. We seek to provide a safe and supportive space for all transgender people in North Central Florida.

First Wednesday of every month is an open group discussion at Wild Iris Books, 7-9pm. Second and Fourth Wednesday of every month is discussion group at PCCNCF, 7-9pm.

Spectrum

LGBT Teen Support Group, open to all teens, 13-18. At every meeting we discuss important issues relevant to us. We meet every Wednesday (Summer and school holidays excluded), 3:30-5:00 pm at PCCNCF.

gainesvillespectrum@gmail.com

Books/Movies

Mom, I Need To Be A Girl—Just Evelyn

Helping Your Transgender Teen—Irwin Krieger

Ma Vie en Rose (My Life in Pink)- DVD Film

Sissies and Tomboys—Matthew Rottneck

The Dress Code—DVD Film by Shirley MacLaine

It's Perfectly Normal—Robie Harris

Changing Bodies, Changing Lives—Ruth Bell Alexander

Oliver Button is a Sissy—Tomie de Paola

Online Resources

<http://pflagocala.webs.com>

The Ocala Chapter of Parents and Families of LGBT Persons

<http://www.imaty.org>

Trans Youth Family Allies

<http://www.childrensnation.org>

Children's National Medical Center

Use the search menu to find "Gender Variant" Outreach Programs

<http://www.transkidspurplerainbow.org>

Trans Kids Purple Rainbow Coalition

<http://www.transgenderlaw.org/>

Transgender Legal Resources

<http://www.wpath.org/>

Transgender Health Resources

<http://www.tandf.co.uk/journals/WIJT>

The International Journal of Transgenderism

For information on the center and on programs, services and future meetings, contact us at:

Pride Community Center

of North Central Florida

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PARENTS OF TRANSGENDER GUIDE



Is your child ...

Questioning their gender?

Questioning their sex?

Unsure where they are?

Want to help?

This brochure is to help parents understand their child's gender identity

journey.

You are not alone.

To Start...

This brochure is intended to help you, the parent of a transgender person, understand your child. Being transgender means that your child is one of many people who were assigned a sex, usually at birth and based on their genitals, but who feel that this is a false or incomplete description of themselves. Most transgender people have felt this way their whole lives and have dealt with this internal struggle for a long time. Your child may be one or more of the following.

- **Male-to-Female (MtF) Transsexual** - A person born male in gender/sex, but experiences life as a female in gender/sex.
- **Female-to-Male (FtM) Transsexual** - A Person born female in gender, but experiences life as a male in gender/sex.
- **Gender Queer** - A definition some use as a way to evade or deny gender. These people typically identify as both or neither gender/sex, occupying a space outside or in-between genders/sexes.

Parental and family support is crucial for all us, especially transgender people. Transgender people are highly at risk for being alienated by society and family, resulting in possible mental health problems. Attend therapy sessions with your child and try to be as open and welcoming as you can be. It is possible that you will need time to adjust to this new person. This is perfectly normal. Speak with your child to understand what it is they feel and need.

Parental Concerns

1. "This is my fault" - No, it isn't. Your child was born this way and is trying to figure themselves out.
2. "My child will be in danger." - Being transgender does carry risks in society. However, it is completely possible for your child to live a happy, healthy life.
3. "How do I tell friends and family?" - Each person is different. Feel them out before revealing the information, but protect your child. Ask a counselor for specific information.
4. "Is this religiously okay?" - You may experience a crisis of faith. **Be a parent first.** Your child needs your love and support. Seek your religious leader for more specific information.

What To Expect

1. It is common to go through the *Five Stages of Grief*: Denial, Anger, Bargaining, Depression and Acceptance.
2. A sense of loss and gain: Your child may be changing. Be patient with them and yourself. You may be "losing" one child, but you are "gaining" a happier one.
3. Possible physical and emotional changes: If your child starts cross-sex hormones, their body and mind will change.
4. Fluctuations with your child's identity. They are exploring and finding their true self. This process can be very similar to puberty.
5. Remembering the possible name and gender change. This can be difficult, and if you slip up, just let your child know you are trying. Pronouns can take months to remember.

How You Can Help

- Be patient—This can be terribly scary for your child.
- Validate your child—Use their desired name and pronouns.
- Find a local transgender therapist. Pick up the [Transgender Resource Guide](#) to find out more.
- If your child is young, they will need your support and love. Trans youth are especially vulnerable. Pick up the [Transgender Youth Resources](#) brochure.
- Read books, literature and watch movies on trans issues. It will help you understand more.

Don't...

1. Use pronouns or name inconsistent with your child's desired gender or name.
2. Try to "cure" your child. They are not ill, they were born this way.
3. Reject your child. Family support can mean all the difference to your child, especially if they are young.
4. Publically disclose their trans status to other people without your child's approval.

