

Guidance for Parents of Transgender and Nonbinary Kids

Great news! Your child trusts you enough to come out to you as transgender or nonbinary. You may feel pride, uncertainty, or a combination of feelings, but presumably, you have questions. We too are parents of LGBTQ+ kids. Here are several resources and recommendations we have found helpful in our journeys.

1. Become familiar with the terms:

- See our other tip sheet, [The ABC's of Sex, Gender, and Gender Identity](#).
- [The Language of Gender \(Gender Spectrum\)](#) is a glossary-style collection of terms used to describe sex and gender.

2. Resources for additional guidance:

- See the Human Rights Campaign's [guide](#) on how to support transgender children and their [Transgender and Nonbinary People FAQ](#).
- Personal stories can be helpful: [I Just Feel Like Myself: A Nonbinary Child and Their Family Explore Gender Identity \(WBUR\)](#) and the [Gender Stories](#) from Gender Spectrum.

3. What to know about coming out:

- Ask your child how "out" they want to be, and if they need help with that process.
- Some are ready to live their gender out loud, and others want a less public transition. Follow your child's lead, and ask how they'd like to be referred to and with whom.
- See: [Coming Out: Information for Parents of LGBTQ Teens \(Healthy Children\)](#) and [Quick Tips for Supporting Your LGBTQ Kids –And YOURSELF – During the Coming Out Process \(PFLAG\)](#).

"I acknowledge it would be even harder if she was not able to live as her authentic self."
- Belmont Mom of a transgender daughter

4. If your child would benefit from health and mental health support:

- Fenway Health has [therapy and support groups](#) in Spanish and English for LGBTQ+ youth.
- [BATS \(Boston Area Trans Support\)](#) is a support group for trans and nonbinary people who are 18+ living in the Boston Area.
- [Sayftee](#) offers a range of services for LGBTQ+ people and those who love them, including family therapy, individual therapy, and group therapy.
- If your child's transition requires medical support, explore [Fenway Health](#) and [Boston Children's Hospital GEMS Clinic](#).

"Parents have little control over their children's gender identity, but tremendous influence over their child's gender health."
- Dr. Diane Ehrensaft, PhD

5. If your child is interested in LGBTQ+ representation in media:

- Belmont Public Library has multiple LGBTQ+ book lists, including [memoirs](#), [fantasy](#), and [romances](#).
- PFLAG has an [extensive list of films](#) that feature topics in gender and transgender people's experiences.
- [60 Minutes Report About Transgender Health Care](#)
- If you are looking for more general information on the topic:
 - *Beyond the Gender Binary* by Alok Said-Menon
 - *The Gender Creative Child: Pathways for Nurturing and Supporting Children who Live Outside Gender Boxes* by Diane Ehrensaft, PhD
 - *She's Not There: Life in Two Genders* by Jennifer Finney Boylan
 - National Geographic's documentary [Gender Revolution: A Journey with Katie Couric](#)

6. Find support for yourself through counseling or support groups:

- [Greater Boston PFLAG](#) offers parent support groups
- [OUT MetroWest](#) has programs for LGBTQ+ youths, as well as their families
- [Fenway Health](#) has drop in groups for parents, guardians, and partners of transgender and nonbinary individuals
- [Trans Families](#) offers tools to help parents and families find support groups with other families of LGBTQ+ youths

"If it was a struggle for me, I can only imagine how hard it is for other parents."
- Transgender author and professor Jennifer Finney Boylan

7. For affirming gender and name on school and legal documents:

- The National Center for Transgender Equality has [state-by-state information](#) on how transgender and nonbinary people can update their name and gender on their IDs and records. The information for Massachusetts is available [here](#).
- Fenway Health has compiled a [Quick Guide](#) on how to change name and gender on ID documents in Massachusetts.
- GLAAD has a [resource list](#) that can guide the process of legal name and gender changes.

8. For more support through summer camps:

- [Camp Aranu'tiq Harbor Camps for Transgender Youth](#)
- A list of other summer camps for LGBTQ+ youth can be found [here](#)

Please see the [Belmont Wellness Coalition website \(https://belmontwellness.org\)](https://belmontwellness.org) for additional national resources. For more information about [Belmont LGBTQ+ Alliance](#), visit [Belmont Against Racism's Website \(www.belmontagainstracism.org/#lgbtqi\)](#) or email belmontlgbtqalliance@gmail.com.

