

Learn the language

Gender identity: is each person's internal and individual experience of gender. It is their sense of being a woman, a man, both, neither, or anywhere along the gender spectrum. A person's gender identity may be the same as or different from their birth-assigned sex. Gender identity is fundamentally different from a person's sexual orientation.

Gender expression: is how a person publicly presents their gender. This can include behaviour and outward appearance such as dress, hair, make-up, body language and voice. A person's chosen name and pronoun are also common ways of expressing gender.

Trans: is an umbrella term referring to people with diverse gender identities and expressions that differ from stereotypical gender norms. It includes but is not limited to people who identify as transgender, trans woman (male-to-female), trans men (female-to-male), transsexual, cross-dresser, non-conforming, gender variant or gender queer.

*We are here to
support you & your
family*

Northern Healthy Connections Society

33 Pleasant St. Truro, NS

B2N 3R5

(902) 895-0931

Programs and Services

- LGBTQ Support
- Youth PhotoVoice
- Sexually Transmitted Infection Information
- Blood Borne Infection Information
- Support and Treatment Information
- Condom Co-op
- Resource Centre
- Information on STBBI Testing and Referrals
- Prevention Education
- Healthy Decision Making Fairs
- Hep C (Hepatitis C) AWARE Project
- Needle Exchange



So...

You think your child is

Trans



ANSWERS

to some of the

QUESTIONS

You may have.



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*I have inklings that
my child is trans,
but...*

HOW CAN I BE SURE?

Avoid making assumptions and steer clear of prying. Allow your child to come to you in their own time.

What you can do is create an environment where your child feels able to tell you they're trans knowing you'll be supportive.

You have already taken an important step by picking up this brochure and beginning to educate yourself to be the best support for your child.

Remember at the root of it all you love your child. Let them be their true self—their happiest self.

How can they be sure it isn't just a **PHASE?**

If your child does tell you they're trans, they'll have plucked up a lot of courage to do so. Take their word for it!

Growing up can be a confusing time for any child. Some trans children know from a young age that they are somehow different. Some come to terms with this quickly and name it. Others struggle with their identity for various reasons. This inner turmoil can cause many mental health concerns. Be patient with your child if they seem to find a new label to describe themselves weekly. It can be difficult to find a label that appropriately describes their experience. Invite them to teach you.

Support your child in their gender expression. Whether this is the clothes they wear, or the name and pronouns they choose.

*Did I do something
wrong?*
ABSOLUTELY NOT.

There is no link between parenting or a child's experiences and the likelihood being trans.

♥ Love and support ♥

Limit your child's exposure to those who are unsupportive. There is no way to 'fix them' as they are not broken. They are normal. As a parent who wishes to support their trans child it is important to begin to understand gender as being fluid and on a spectrum. Understanding that no one is 100% male or female.

Create a safe space for your child to grow up and be themselves.

