

# Public Engagement

*tough but necessary*

- ☀ Gender creative children will experience challenges because society does not encourage diversity of expression.
- ☀ Parents can teach their children to speak up for themselves and to feel loved and appreciated for who they are.
- ☀ Standing up for your gender independent child means knowing their rights and ensuring their needs are met in school, recreational group and in the medical system.
- ☀ Gender independent children deserve supportive health care, to be free from discrimination or bullying, to use the bathroom they feel most comfortable in, to dress the way they feel is right for them, and to be addressed by their chosen pronouns and name.



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Thank you to the parent of a trans youth and the many online resources that contributed to the content of this pamphlet.

The Result Of A

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<http://www.nhcsociety.ca/>

# THE GENDER INDEPENDENT

# Child



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# GENDER EXPRESSION

Some children express themselves in ways typically not associated with their birth gender. This is known as Gender Diversity and is a normal and healthy occurrence across all cultures.

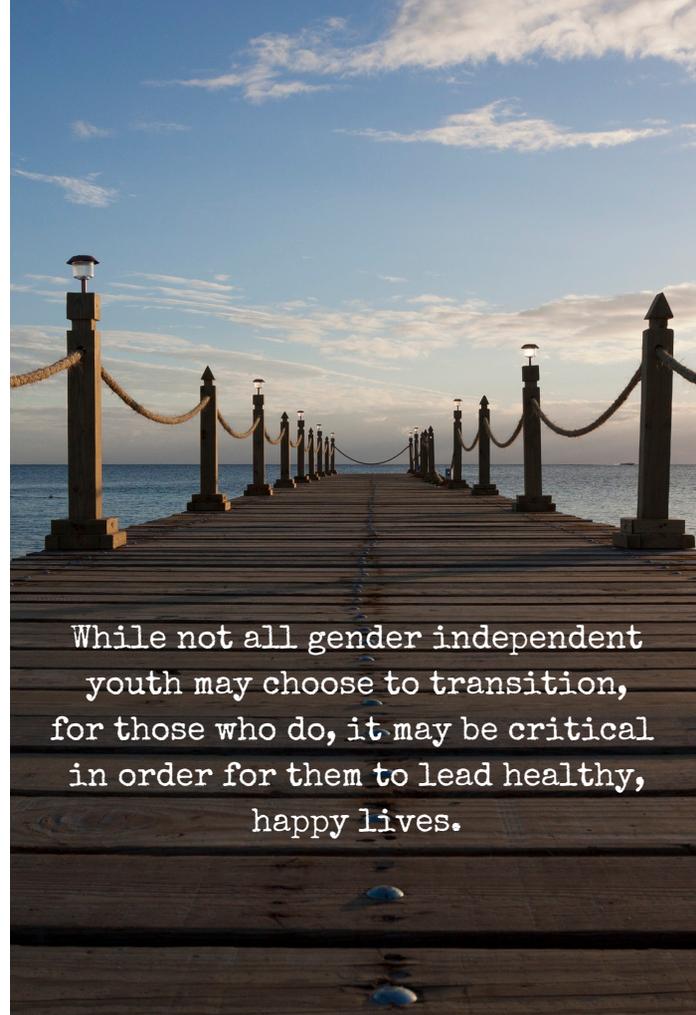
Adjectives include Gender-Nonconforming, Gender-Creative, Gender-Fluid, Gender-Variant, Gender-Independent and Transgender.

## PARENTAL SUPPORT

*don't underestimate its importance*

**The most important things a parent can do:**

- 1) Remember that gender expression is unique for each child and gender independence is both normal and healthy.
- 2) Find support and resources for themselves through parent groups and medical/mental health professional.  
Learn as much as you can. The more you know, the better you can support and stand up for your child.
- 3) Support the gender identity of your child. Build their self-esteem. Research has shown that gender independent children with supportive parents are healthier, have better self-esteem and reduced risk of depression, self-harm and suicide.



While not all gender independent youth may choose to transition, for those who do, it may be critical in order for them to lead healthy, happy lives.



*The most important thing is to love and support your child.*

# TRANSITIONING

*the importance of being yourself*

Some gender independent children may feel the need to change from their birth gender to a gender expression they feel better matches who they are. The process of this is called gender transitioning.

For younger children, transitioning may only be social - changing their name, gender pronouns and outward gender expression through clothes and hairstyles. For adolescent children there are additional options that include reversible puberty blockers, or cross-sex hormone therapy that causes permanent gender related changes such as voice change, breast growth, or facial hair.

For youth 18 and older there are gender reassignment surgeries to physically alter the body to match gender expression.