



# THE TRANSGENDER

# Child

**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 behavior and outward appearance such as dress, hair, make-up, body language and voice. A person's chosen name are also common ways of expressing a 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 women (male-to-female), trans men (female-to-male), gender-variant, gender nonconforming, gender-fluid, gender-creative and gender-independent.

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## SUPPORTING YOUR CHILD

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

The best way to be supportive is to create an environment where your child feels safe and is able to talk with you about their feelings comfortably and openly.

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

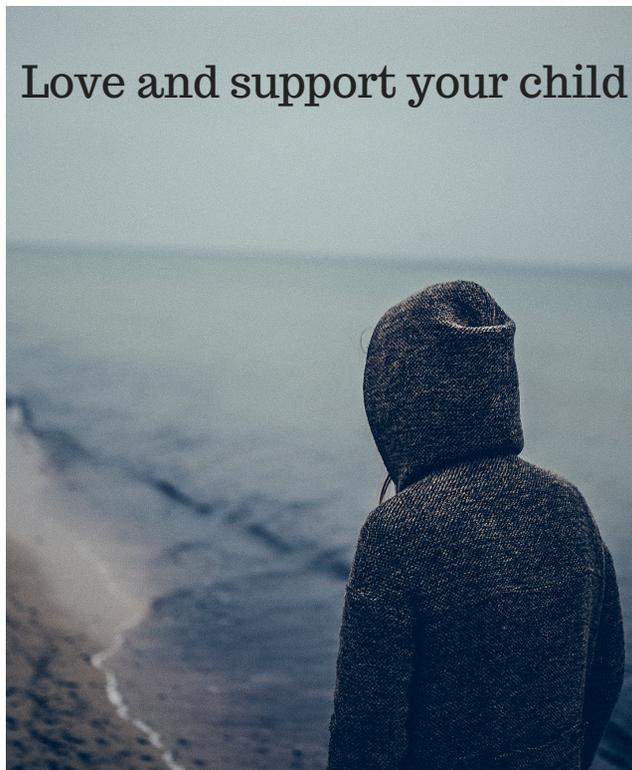
Support your child in their gender expression. Whether this is the clothes they wear, or the pronouns they choose.

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 it quickly and are able to put a name to it.

Others struggle with their identity for various reasons. This inner turmoil can cause mental health concerns.

Be patient with your child, sometimes children will pick a new word to describe themselves weekly. It can be difficult to find a term that appropriately describes their experience and takes some experimenting and trial to find something that they truly identify as.

## Love and support your child



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



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

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.

**Transgender kids deserve :**

