



Trans & Gender Diverse Youth A Resource For Parents



PREVENT. EDUCATE. EMPOWER. RESPECT. SUPPORT.

SO, YOUR CHILD MIGHT BE TRANSGENDER

When your child expresses that they may be transgender or gender diverse, the initial feelings can be overwhelming for a parent. You may feel scared or nervous for the well-being of your child. Perhaps they are saying some alarming things regarding their gender or sex assigned at birth. Or maybe they just really don't seem like themselves. You may find yourself asking things like; is my child okay? Are they going to have a more difficult life if they are transgender? Are they too young to know? What kinds of medical or physical changes might they need to go through? What does transgender even mean? Where can I get support? Adults often forget how much learning happens in children's lives in their first 5 years. We're already teaching toddlers all about gender and even romantic love without even realizing it. In fact, many children have a strong sense of their gender identity by age 4. This means that very young gender diverse kids are already realizing that the binary doesn't describe them. It is completely normal to have doubts and fears around your child's exploration with gender and journey towards transition, but it is important that you remain calm and supportive of your transgender or gender diverse child.

Sometimes it can be difficult to seek support, when you don't know where to turn. PEERS Alliance and the PEI Transgender Network have put together this information sheet, outlining various local, national, and online supports and resources for parents who are going on their own journey alongside their trans and gender diverse children. One of the most important things you can do for your child is gain knowledge of the 2SLGBTQ+ community and learn more about the experiences of other trans and gender diverse people, so that you may better understand and be empathetic with your child's experience. No one is expecting you to get this overnight, but the fact that you've gotten this far is amazing! We thank you for supporting your trans and gender diverse children and we are here to support you.

Common Terminology & Definitions

Let's start with some common terms and definitions you'll want to know for this journey. This is by no means an exhaustive list and there are more resources available online, but we will begin with a few here:

Sex Assigned At Birth: the sex assigned to you at birth based on the appearance of your genitals and your biological profile, including hormonal profiles, internal & external sex organs, and chromosomes. This can be categorized as male, female, or intersex. There are many variations of intersex conditions. To learn more, please visit: <https://interactadvocates.org/>

Gender Identity: one's internal sense or experience of gender, regardless of their sex assigned at birth. Gender identity can be experienced as boy/man, girl/woman, a combination of both, or neither. There are many different labels for diverse gender identities. For a more comprehensive list of terms & labels, please visit: <https://www.translanguageprimer.org/primer>



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Transgender: when one's gender identity (internal sense of gender) does not align with one's sex assigned at birth. As an example, if someone was assigned female at birth and identifies as a boy/man they would be a transgender man or a trans man. It's important to note that trans is an adjective, such as "blonde", so you wouldn't say *transman* in the same way you wouldn't say *blondeman*.

Cisgender: when one's gender identity (internal sense of gender) aligns with their sex assigned at birth. As an example, if someone assigned male at birth identifies as a man, they are a cisgender man or cis man.

Non-Binary: The umbrella term for gender identities which fall outside of traditional male/female and man/woman categories.

Gender Expression: They ways in which we externally present ourselves to the world through behavior, mannerisms, clothing, hobbies, etc.

Sexual Orientation*: Who we are sexually attracted to

* it is important to distinguish between sexual orientation (who someone goes to bed *with*) and gender identity (who someone goes to bed *as*) – if your child is expressing a diverse gender identity, that has nothing to do with sexual or romantic attraction.

Local Community Supports

Are you feeling like you want to talk to someone in the community? There are a variety of supports on Prince Edward Island for transgender youth and their families. The following are a few local resources for you and your child.

PEERS Alliance

A local non-profit that provides one-to-one support and systems navigation for trans and gender diverse folks, as well as providing a number of programs to the 2SLGBTQ+ community, including:

Roots & Shoots Program

- a. A supportive space for parents and caregivers of trans and gender diverse children, first and foremost. No matter how old your trans or gender diverse child is, join PEERS Alliance every 4th Thursday at Stratford Elementary School from 6-8pm for snacks & conversations in a supportive, non-judgmental space
- b. BONUS: If your child is ages 13 or under, you can register yourself and your child for the Roots & Shoots Program, while adults stay inside and chat, youth join Wild Child PEI staff & volunteers for games and fun outside!



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- c. **The program is no cost.** Please contact youthpc@peersalliance.ca or visit PEERS Alliance on [Facebook](#) for more information.

PEI's Queer Youth Collective

The PEI Queer Youth Collective (QYC) is a space for 2SLGBTQ+ youth (ages 12-18) and their allies! Youth meetings include facilitated introductions, icebreakers, games, activities, discussions, and a healthy snack! The QYC meets bi-monthly in Charlottetown & Summerside, and monthly in Tignish:

Charlottetown: every Second and Last Tuesday of the month from 6-8pm at Murphy's Community Centre (200 Richmond St.)

Summerside: every First and Third Tuesday of the month from 6-8pm at the Youth Engagement Centre (381 Notre Dame St.)

Tignish: every Third Monday of the month from 6-8pm at the Tignish Employment Resource Centre (211 Phillip St.)

For more information, please contact youthpc@peersalliance.ca or call 902-566-2437

PEI Transgender Network

The PEI Transgender Network is a grassroots organization working to support and advocate for the transgender and gender diverse community on Prince Edward Island. The network is comprised of parents of trans and gender diverse youth, as well as adult members of the transgender community. The PEITN can offer one-to-one support for parents of trans & gender diverse youth, as well as community support through their online Facebook group. To access the Facebook group for further support, message the network [here](#) or email them at: peitn@outlook.com

King's Youth Wellness Team

The King's Youth Wellness Team has recently put together the King's Youth Project with collaboration from PEERS Alliance and the PEI Transgender Network. If you are located in King's County, the Youth Project runs a similar model to the PEERS Alliance Queer Youth Collective and is for 2SLGBTQ+ youth and their allies (ages 18 and under). They meet on **Thursdays from 4-6 at Montague Regional High School**, with a possible expansion to Morell.

To keep up-to-date with King's Youth Project, visit them [here](#).



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Online Resources & Supports

Do you feel like you need support and resources, but you're not yet ready to speak with anybody directly? Here are some online resources that you can look into.

Canadian Parents of Trans & Gender Diverse Youth

The Canadian Parents of Trans & Gender Diverse Youth is a national group for parents & caregivers of trans & gender diverse youth. They have a public Facebook page which can be accessed [here](#) and if you message them directly, they can add you to a private parents support group. Many of the parents from the PEI Transgender Network are also members of this community and find it a beneficial support and resource.

Stanford Online Course – Health Across The Gender Spectrum:

The Stanford Online course entitled “Health Across the Gender Spectrum” is an online self-directed course which combines medical expertise, evidence-based research, and personal experiences of families with trans and gender creative children. You can complete the course at your own pace, with or without your child, for no cost and there are opportunities to communicate with others on message boards. You can access the course [here](#).

Queer Kid Stuff

This is an online website that began as a YouTube channel to explore 2SLGBTQ+ themes with children. The material is developmentally appropriate and can be a good way for you and your trans or gender diverse child to connect and explore these topics together. You can access the website [here](#) or go straight to the [YouTube channel](#) for fun videos!

My Kid is Gay

My Kid IS Gay is a website for parents of 2SLGBTQ+ youth. One thing they offer specifically for parents of trans and gender diverse youth is an E-Care Package entitled *Breathe, Learn, Act*. All you need to do is sign up with your email, and they send you a package filled with resources and activities for you and your trans or gender diverse child. You can access the website and e-care package [here](#)

Here is a [sample](#) of the type of reflection worksheet available in the E-Care Package.

Canadian Paediatric Society

The Canadian Paediatric Society provides information on identity development in young children and answers questions around medical concerns. You can find their resources [here](#)



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In Closing...

This list is only a sampling of the plethora of resources available for parents and caregivers of trans & gender diverse children. Even this document may seem overwhelming, but the more you know about diverse experiences with gender identity, the better prepared you will feel to support your child on their own unique journey. On behalf of PEERS Alliance and the PEI Transgender Network, we want to thank you again for prioritizing the well-being of your child and for empowering them to be their best and most authentic selves.

If you have any questions or need any further support, do not hesitate to contact us at any time!

PEI Transgender Network
peitn@outlook.com

PEERS Alliance
info@peersalliance.ca
902-566-2437



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WEBSITE LIST

Intersex Information:

<https://interactadvocates.org/>

2SLGBTQ+ Terminology:

<https://www.translanguageprimer.org/primer>

PEERS Alliance Website:

www.peersalliance.ca

PEERS Alliance Facebook Page:

www.facebook.com/peersalliance

PEI Transgender Network Facebook Page:

www.facebook.com/peitn

King's Youth Project Facebook Page:

www.facebook.com/kingsyouthwellness

Canadian Parents of Trans & Gender Diverse Kids Facebook Page:

www.facebook.com/canadianparentsoftranskids

Stanford Online Course – Health Across The Gender Spectrum:

<https://www.classcentral.com/course/coursera-health-across-the-gender-spectrum-8300>

Queer Kid Stuff Website:

www.queerkidstuff.com

My Kid Is Gay Website:

www.mykidisgay.com

For the E-Care Package: www.mykidisgay.com/ecare

Canadian Paediatric Society: <https://www.caringforkids.cps.ca/handouts/gender-identity>