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# FAMILY SUPPORT: RESOURCES FOR FAMILIES OF TRANSGENDER & GENDER DIVERSE CHILDREN



Many people don't understand what it means to be transgender or gender diverse, so some parents or family members struggle when their child comes out as transgender or gender diverse. It is natural for parents to have questions, and this document, jointly created by the Biden Foundation, Gender Spectrum, and the Movement Advancement Project, highlights resources geared toward answering those questions. These resources also help parents gain deeper understanding and learn how to best support their child in ways that can help them succeed and thrive. Parents and family members will learn why family rejection is so devastating and find practical steps for advancing acceptance. Learn more at [www.advancingacceptance.org](http://www.advancingacceptance.org) ([//www.advancingacceptance.org](http://www.advancingacceptance.org))

## WHO ARE TRANSGENDER YOUTH, AND WHAT CHALLENGES DO THEY FACE?

"Get the Facts About Transgender Youth" infographic. (<http://www.lgbtmap.org/file/Advancing%20Acceptance%20Infographic%20FINAL.pdf>)

Gender Spectrum's "[Understanding Gender](https://www.genderspectrum.org/quick-links/understanding-gender/)". (<https://www.genderspectrum.org/quick-links/understanding-gender/>)

Gender Spectrum and HRC's report "[Supporting and Caring For Our Gender-Expansive Youth](https://www.genderspectrum.org/staging/wp-content/uploads/2014/12/HRC_report.pdf)". ([https://www.genderspectrum.org/staging/wp-content/uploads/2014/12/HRC\\_report.pdf](https://www.genderspectrum.org/staging/wp-content/uploads/2014/12/HRC_report.pdf))

TransYouth Family Allies' (TYFA) "[Learning the Lingo](http://www.imatyfa.org/assets/learning-the-lingo-06-08(1).pdf)". ([http://www.imatyfa.org/assets/learning-the-lingo-06-08\(1\).pdf](http://www.imatyfa.org/assets/learning-the-lingo-06-08(1).pdf))

TransYouth Family Allies' (TYFA) "[Learning the Lingo](http://www.imatyfa.org/espanol.html) in Spanish. (<http://www.imatyfa.org/espanol.html>)

Dr. Diane Ehrensaft's [The Gender Creative Child](http://www.dianeehrensaft.com/books/) (2016). (<http://www.dianeehrensaft.com/books/>)

Lisa Kenney & Stephanie Brill's [The Transgender Teen](https://www.amazon.com/Transgender-Teen-Professionals-Supporting-Non-Binary/dp/1627781749) (2016). (<https://www.amazon.com/Transgender-Teen-Professionals-Supporting-Non-Binary/dp/1627781749>)

MAP and GLSEN's "[Separation and Stigma: Transgender Youth and School Facilities](http://lgbtmap.org/transgender-youth-school)". (<http://lgbtmap.org/transgender-youth-school>)

The Trevor Project's [Resource Center](https://www.thetrevorproject.org/resources/trevor-support-center/#sm.000ii7pti11knexkwgc2nt870xy2d). (<https://www.thetrevorproject.org/resources/trevor-support-center/#sm.000ii7pti11knexkwgc2nt870xy2d>)

## WHY IS FAMILY ACCEPTANCE SO IMPORTANT?

Your child's well-being depends on it. Extensive research shows that transgender youth with supportive parents "report higher life satisfaction, higher self-esteem, [and] better mental health including less depression and fewer suicide attempts" than those without strong parental support.

Research from [Georgetown University](https://nccc.georgetown.edu/documents/LGBT_Brief.pdf). ([https://nccc.georgetown.edu/documents/LGBT\\_Brief.pdf](https://nccc.georgetown.edu/documents/LGBT_Brief.pdf))

Research from [Trans Pulse](http://transpulseproject.ca/wp-content/uploads/2012/10/Impacts-of-Strong-Parental-Support-for-Trans-Youth-vFINAL.pdf). (<http://transpulseproject.ca/wp-content/uploads/2012/10/Impacts-of-Strong-Parental-Support-for-Trans-Youth-vFINAL.pdf>)

Research from [American Academy of Pediatrics](http://pediatrics.aappublications.org/content/137/3/e20153223). (<http://pediatrics.aappublications.org/content/137/3/e20153223>)

For more research, visit the [Family Acceptance Project](http://familyproject.sfsu.edu/) at San Francisco State University. (<http://familyproject.sfsu.edu/>)

Read their guide, "[Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual or Transgender Children](http://familyproject.sfsu.edu/sites/default/files/FAP_English%20Booklet_pst.pdf)". ([http://familyproject.sfsu.edu/sites/default/files/FAP\\_English%20Booklet\\_pst.pdf](http://familyproject.sfsu.edu/sites/default/files/FAP_English%20Booklet_pst.pdf))


Read the guide in [Spanish](http://familyproject.sfsu.edu/sites/default/files/FAP_Spanish%20Booklet_pst_0.pdf). ([http://familyproject.sfsu.edu/sites/default/files/FAP\\_Spanish%20Booklet\\_pst\\_0.pdf](http://familyproject.sfsu.edu/sites/default/files/FAP_Spanish%20Booklet_pst_0.pdf))

Read the guide in [Chinese](http://familyproject.sfsu.edu/sites/default/files/FAP_Chinese%20Booklet_pst.pdf). ([http://familyproject.sfsu.edu/sites/default/files/FAP\\_Chinese%20Booklet\\_pst.pdf](http://familyproject.sfsu.edu/sites/default/files/FAP_Chinese%20Booklet_pst.pdf))

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## WHAT ARE PRACTICAL WAYS FOR FAMILIES TO SUPPORT TRANSGENDER YOUTH?

## Use your child's chosen name and pronouns.

Require other family members to respect your child and their gender identity. See Gender Spectrum's "[Communicating with Family and Friends About Your Child's Gender](#)," which includes sample letters. 


(<https://www.dropbox.com/s/92nerm0hmi18izs/Communicating%20with%20Family%20and%20Friends.pdf?dl=0>)

## Connect your child to transgender resources, events, and spaces or organizations.

Read more in this open letter in the *Denton Record-Chronicle*: "[Amber and Adam Briggie: An open letter to trans and non-binary youth](#)." 

([https://www.dentonrc.com/opinion/columnists/amber-and-adam-briggie-an-open-letter-to-trans-and/article\\_ce54eb65-b8bd-54b7-84aa-2c3bac90e3e4.html](https://www.dentonrc.com/opinion/columnists/amber-and-adam-briggie-an-open-letter-to-trans-and/article_ce54eb65-b8bd-54b7-84aa-2c3bac90e3e4.html))

## Connect with other parents and family members of transgender and non-binary youth to find support and community, as well as potential opportunities for advocacy.


See Gender Spectrum's [Online Groups](#) for adults and youth (including Spanish-speakers). (<https://www.genderspectrum.org/groups/>) 


Look for local [PFLAG chapters](#) that offer specific support for transgender and gender diverse children and youth. (<https://www.pflag.org/>) 

Look for local [LGBTQ centers](#) that offer specific support for transgender and gender diverse children and youth. 

(<https://www.lgbtcenters.org/LGBTCenters>)

## Educate yourself and other family members on the best ways to affirm and support your transgender or gender diverse child and put these behaviors into practice.

Read Gender Spectrum's "[Affirming v. Non-Affirming Parenting Behaviors](#)" guide. (<https://www.dropbox.com/s/rzjkrmsw7iklvh1/Affirming%20vs%20Non-affirming%20Parenting%204.24.17.pdf?dl=0>) 

Explore Gender Spectrum's extensive [Parenting and Family](#) resources. (<https://www.genderspectrum.org/resources/parenting-and-family-2/>) 


Explore Gender Spectrum's [guidance](#). (<https://www.genderspectrum.org/explore-topics/parenting-and-family/>) 

Fenway Health's "Tips for Parents & Guardians of Transgender Youth" in English 


(<http://www.lgbtmap.org/file/English%20National%20Resource%20Sheet%20for%20Parents%20of%20Transgender%20Youth%20Oct%2015%202018.pdf>)

Fenway Health's "Tips for Parents & Guardians of Transgender Youth" in Spanish 

(<http://www.lgbtmap.org/file/SPANISH%20National%20Resource%20Sheet%20for%20Parents%20of%20Transgender%20Youth%20Nov%2020%202018.pdf>)


Read PFLAG's "[Our Trans Loved Ones: Questions and Answers for Parents, Families, and Friends of People Who Are Transgender and Gender-Expansive](#)." 

(<https://pflag.org/sites/default/files/Our%20Trans%20Loved%20Ones.pdf>)

Visit [TransYouth Family Allies'](#) website, which includes a resource bank of practical materials for parents of transgender youth. 


(<http://www.imatyfa.org/parents.html>)

Attend the [Gender Spectrum Conference](#). (<https://www.genderspectrum.org/2018-conference-and-symposium/>) 

Attend Gender Diversity's annual [Gender Odyssey Conference](#). (<http://www.genderodyssey.org/>) 


**Attend other regional conferences for trans and gender children, their families and supporters, and professionals working to support trans youth**

Advocate for your child at their school. See Gender Spectrum's [Gender Support Plan](#) model. (<https://www.genderspectrum.org/blog/resource-review-gender-support-plan/>) 

Need help? The Trevor Project can provide answers to frequently asked questions, and explore resources for transgender and gender diverse youth through the [Trevor Support Center](#). (<https://www.thetrevorproject.org/resources/trevor-support-center/#sm.000ryhm2m12igdsisrq11asy2azu8>) 


## RESOURCES FOR SPECIFIC AUDIENCES:


## Asian and Pacific Islander families:

National Queer Asian Pacific Islander Alliance's (NQAPIA) "[Family is Still Family, Love is Still Love](#)" campaign, including: (<http://www.nqapia.org/wpp/api-parents-who-love-their-lgbt-kids-multilingual-psa-campaign/>) 

[Videos](#) in 8 languages (<http://www.nqapia.org/wpp/psa/>) 

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Visit the [\(NQAPIA\) website](http://www.nqapia.org/wpp/). (http://www.nqapia.org/wpp/) 

Family Acceptance Project's "[Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual or Transgender Children](http://familyproject.sfsu.edu/sites/default/files/FAP_English%20Booklet_pst.pdf)". (http://familyproject.sfsu.edu/sites/default/files/FAP\_English%20Booklet\_pst.pdf) 

Also available in [Chinese](http://www.nqapia.org/wpp/multilingual-fact-sheets/). (http://www.nqapia.org/wpp/multilingual-fact-sheets/) 


**Black and African-American families:**

HRC's "[Being African American & LGBTQ: An Introduction](https://www.hrc.org/resources/being-african-american-lgbtq-an-introduction)". (https://www.hrc.org/resources/being-african-american-lgbtq-an-introduction) 

[Many Voices: A Black Church Movement for Gay & Transgender Justice](http://www.manyvoices.org/). (http://www.manyvoices.org/) 


National Black Justice Coalition and its [Black Transgender Advisory Council](http://nbjc.org/black-transgender-justice). (http://nbjc.org/black-transgender-justice) 


Visit [the National Black Justice Coalition website](http://nbjc.org/). (http://nbjc.org/) 

"[Mom, I'm Not a Girl: Raising a Transgender Child](https://www.youtube.com/watch?v=Si5kAnLyKeg)," short documentary featuring a Black family with a transgender child. (https://www.youtube.com/watch?v=Si5kAnLyKeg) 


**Latinx families:**

Family Acceptance Project's "[Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual or Transgender Children](http://familyproject.sfsu.edu/sites/default/files/FAP_English%20Booklet_pst.pdf)". (http://familyproject.sfsu.edu/sites/default/files/FAP\_English%20Booklet\_pst.pdf)

Also available in [Spanish](http://familyproject.sfsu.edu/sites/default/files/FAP_Spanish%20Booklet_pst_0.pdf). (http://familyproject.sfsu.edu/sites/default/files/FAP\_Spanish%20Booklet\_pst\_0.pdf) 

"[Always My Son](http://www.familyacceptanceproject.org/)," short documentary about a Mexican-American family with a gender diverse child. (http://www.familyacceptanceproject.org/) 


Human Rights Campaign's "[A La Familia](https://www.hrc.org/resources/a-la-familia)" project. (https://www.hrc.org/resources/a-la-familia) 

HRC's dialogue guide, "[A La Familia: A Conversation About Our Families, the Bible, Sexual Orientation and Gender Identity](https://assets2.hrc.org/files/assets/resources/A_La_Familia_Final_Curriculum_Nov_2011.pdf?_ga=2.136548793.827587652.1546962268-1791231850.1526316215)". (https://assets2.hrc.org/files/assets/resources/A\_La\_Familia\_Final\_Curriculum\_Nov\_2011.pdf?\_ga=2.136548793.827587652.1546962268-1791231850.1526316215) 

**Families of faith:**

Gender Spectrum's extensive [Faith](https://www.genderspectrum.org/resources/faith-2/) resources, including for Jewish, Christian, Muslim, Buddhist, Unitarian, and Native or Indigenous traditions. (https://www.genderspectrum.org/resources/faith-2/) 

Many Voices: A Black Church Movement for Gay & Transgender Justice. (http://www.manyvoices.org/) 

Family Acceptance Project's "[Supportive Families, Healthy Children: Helping Latter-Day Saint Families with Lesbian, Gay, Bisexual or Transgender Children](http://familyproject.sfsu.edu/sites/default/files/FAP%20LDS%20Booklet%20pst.pdf)". (http://familyproject.sfsu.edu/sites/default/files/FAP%20LDS%20Booklet%20pst.pdf) 

"[Families Are Forever](http://www.familyacceptanceproject.org/)" documentary about a Mormon family with a gay child. (http://www.familyacceptanceproject.org/) 