

TIPS FROM LOCAL PARENTS

DO:

- Trust that your child knows who they are and what they need.
- Make sure your child feels safe, accepted, and loved.
- Advocate for your child with unsupportive family.
- Make a plan with your child about how to respond when someone misgenders them.
- Get out of a binary mindset!

DON'T:

- Pressure your child to come out before they're ready.
- Make your child hide who they are.
- Let personal fears or grief get in the way of your child's journey.

OUR RESOURCES

Parents 4 Parents

Unites parents of LGBTQIA+ children of all ages, allowing them to discuss their families in a safe, private space

Gender Blender

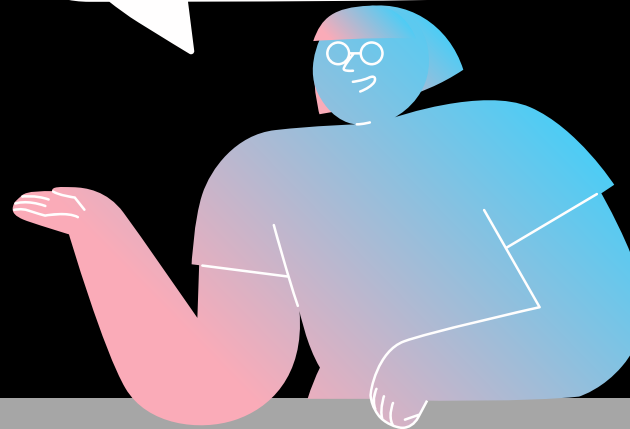
Provides a social support network for transgender and non-binary adults

Clothing Closet

Provides free clothing to LGBTQIA+ individuals

Prism

Provides a safe and caring space for LGBTQIA+ youth, ages 11-18



THE CENTER PROJECT

805 Fairview Ave. Columbia, MO

thecenterproject.org



My Child Told Me They're Trans or Non-Binary

WHAT NOW?

WHAT SHOULD I SAY?

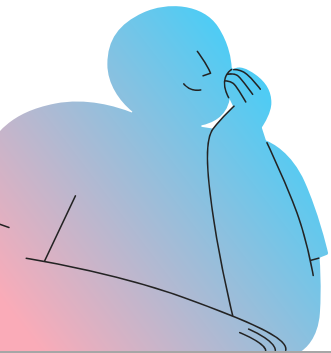
Thank you for trusting me.

How can I support you?

Let's look at resources together.

I love learning new things about you.

Tell me more about it!



AVOID:

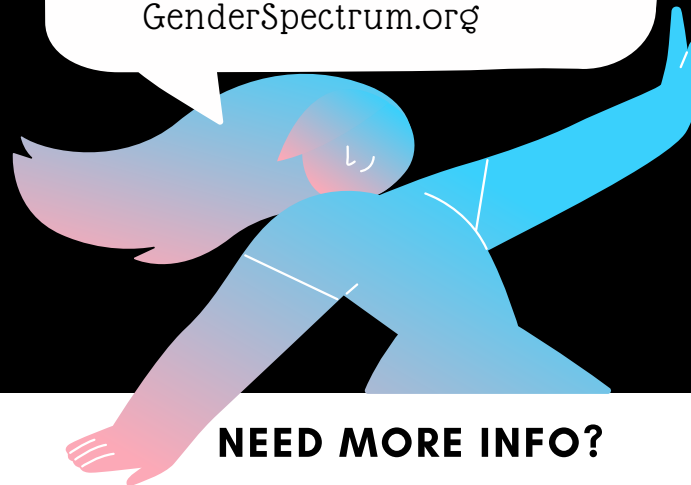
Are you sure? Don't tell anyone. You're just confused. It's a phase. What made you this way?

YOU'RE NOT ALONE!

Adjusting to this new information may take time. Process your feelings with other adults, not your child.

Sources of support:

- Find an LGBTQIA-affirmative therapist
- Join us at Parents4Parents!
- Open up to a supportive friend
- Read books written by other parents of trans kids
- Visit online resources like GenderSpectrum.org



NEED MORE INFO?

For more information, check out our pamphlets "Trans and Non-Binary 101" and "Learning About Pronouns"!

NAMES AND PRONOUNS

- Trying different names or pronouns is a normal part of learning about yourself.
- Affirm your child by using their correct name and pronouns.



PRACTICE!

- Practice your child's name and pronouns to make sure you get it right.
- If you make a mistake, correct yourself and move on.

