

GENDER NONCONFORMING CHILDREN

● A GUIDE FOR PARENTS ●



LOVE AND ACCEPT YOUR CHILD FOR WHO THEY ARE

All children need love and acceptance. A child who is gender variant may need extra support at times, and help to buffer social barriers.



CONFRONT YOUR OWN BIASES ABOUT GENDER AND QUESTION SOCIETAL ASSUMPTIONS

Learn to question the assumptions behind others' opinions. Take time to educate yourself about gender and sexual identity.



WORK TO CREATE SAFE SPACES FOR YOUR CHILD TO BE WHO THEY NATURALLY ARE

Give your child spaces where they can naturally be who they are and not hide or conceal their preferences and interests.



FIND SOCIAL CONTEXTS THAT AFFIRM YOUR CHILD'S PREFERENCES & ALLOW THEM TO FIT IN WITH THEIR PEERS

There are lots of activities that your child could be involved in to experience satisfaction of their interests and experience connections with their peers.



EDUCATE YOUR CHILD & HELP THEM BE CURIOUS ABOUT WHO THEY ARE

Talk to your child about gender roles and expectations and validate their preferences. Talk to your child about the experience of being or feeling different.



**FIND AFFIRMING POSITIVE RESOURCES
FOR YOU & YOUR CHILD**

Find books and movies that portray gender nonconforming characters.



**BE PROACTIVE TO INFORM OTHER SUPPORTIVE,
SIGNIFICANT PEOPLE IN YOUR CHILD'S LIFE**



**EDUCATE AND PREPARE YOUR CHILD
FOR THE REALITY OF SOCIAL PRESSURE**

Talk to them about bullying and safety, and help develop a plan. Occasionally check in with your child about what they are experiencing.



ADVOCATE FOR YOUR CHILD

Be proactive and talk to your child's teachers and coaches to ask for support; inquire about school policies that address your child's needs.



LISTEN TO YOUR CHILD!

Perhaps the most important step. Be curious with them.