

My Kid Came Out To Me!

What now?



1. First? Your only job right now is to reassure them that your unconditional love is truly unconditional. Nothing they can do or say could make you love them less.

Make sure that you process on your own and not with your kid.
2. Next, try and connect with some resources: an affirming therapist, Facebook queer parenting groups, in person groups. I recommend finding your local PFlag chapter.
3. Grab yourself a book or two about your kiddo's identity and learn as much as you can. You are your kid's greatest ally and advocate and you're going to need to know as much as you can so you can learn to advocate for them properly.
4. Practice their name and pronouns that they want you to use.
5. Ask them who is inside this "circle of knowing" about their new identity and respect it. If they're not ready for the world to know yet, you keep it to yourself and maintain that trusting relationship. If and when they want to bring more people into their circle, support them through what that looks like for them.
6. See if they need anything to affirm their new gender. Ask if they'd like a haircut, clothes, makeup and start really slow.
7. Celebrate their bravery. Them coming out to you is one of the hardest things they've ever had to do if not the hardest; bake a cake, go for icecream, celebrate.
8. Self care for YOU. You need to be in the best space for you. This is hard. Know that you're not alone and take care of YOUR needs now.



stop TOLERHATING

Mon enfant vient de me révéler son identité, par où commencer?



1. D'abord, ta seule responsabilité maintenant est de leur assurer que ton amour inconditionnel est vraiment inconditionnel. Rien de ce qu'ils font ou disent ne devrait te faire les aimer moins.

Assure-toi que ces émotions sont pour TOI; et non à être partagées avec eux. C'est à nous, en tant que parents, de débarrasser ces sentiments et non à notre enfant "tout juste sorti du placard" de se sentir coupable.

2. Ensuite, cherche des ressources : un thérapeute affirmatif, des groupes de parents d'enfant trans sur Facebook (comme celui de Hello Gender - commente GROUPE pour plus d'infos!), des groupes en personne. Je recommande de trouver la section locale de PFlag.
3. Procure-toi un ou deux livres sur l'identité de ton enfant et apprends autant que possible. Tu es la plus grande alliée et défenseur de ton enfant, et tu devras en savoir autant que possible pour bien les représenter.
4. Entraîne-toi à utiliser le nom et les pronoms qu'ils souhaitent que tu utilises.
5. Demande-leur qui sont dans ce « cercle de confiance » qui sont au courant de leur nouvelle identité et respecte cette limite. S'ils ne sont pas prêts à ce que le monde le sache, garde l'information pour toi et maintiens cette relation de confiance. S'ils veulent partager avec d'autres personnes, soutiens-les dans ce choix.
6. Vérifie s'ils ont besoin de quelque chose pour affirmer leur nouvelle identité de genre. Demande s'ils aimeraient une coupe de cheveux, des vêtements, du maquillage, et commence lentement. Suivez leur rythme.
7. Célèbre leur bravoure. Leur révélation est l'une des choses les plus difficiles qu'ils aient jamais eu à faire, sinon la plus difficile ; fais un gâteau, allez pour une crème glacée, célèbre.
8. Prends soin de TOI. Tu as besoin d'être dans le meilleur état possible. C'est difficile. Sache que tu n'es pas seul(e) et prends soin de TES besoins maintenant.



stop TOLERHATING

NeoPronouns



Ze/Hir/Hirs

Ze is a writer and wrote that book hirself. Those ideas are hirs. I like both hir and hirs ideas.

Fae/Faer/Faers

Fae is a writer and wrote that book faerself. Those ideas are faers. I like both faer and faers ideas.

Ey/Em/Eirs

Ey are a writer and wrote that book eirself. Those ideas are eirs. I like both em and eirs ideas.

Xe/Xem/Xyrs

Xe is a writer and wrote that book xyrsel. Those ideas are xyrs. I like both xem and xyrs ideas.

Ney/Nem/Nirs

Ney are a writer and wrote that book nirsself. Those ideas are nirs. I like both nem and nirs ideas.

Ae/Aer/Aers

Ae is a writer and wrote that book aerself. Those ideas are aers. I like both aer and aers ideas.



stop TOLERHATING

Glossary



Cisgender - person whose personal identity and gender corresponds to their sex assigned at birth

Transgender - person whose gender identity or gender expression does not correspond with their sex assigned at birth

Non-Binary - an umbrella term for gender identities that are not solely male or female

Transmasc - an umbrella term used to describe a transgender person, generally assigned female at birth and presenting masculine

Transfem - an umbrella term used to describe a transgender person, generally assigned male at birth and presenting feminine

Seahorse Dad - refers to a transmasc person or a trans man who carries and gives birth

Heterosexual - sexual attraction to a person of the opposite sex (straight)

Queer - umbrella term for someone who is not hetero or cis

Bisexual - sexual or romantic attraction to more than one gender, male, female, other

AFAB - assigned female at birth

AMAB - assigned male at birth

Two Spirit - an umbrella term encompassing gender and sexual diversity in Indigenous communities. Two Spirit people often serve integral and important roles in their communities, such as leaders and healers.

There are many understandings of the term Two Spirit—and this English term does not resonate for everyone. Two Spirit is a cultural term reserved for those who identify as Indigenous

Genderfluid - gender changes over time, can be daily, weekly, monthly, etc, fits under the transgender and Non-Binary umbrella



stop **TOLERHATING**

Help Hotlines



If someone is in immediate danger, call 9-1-1.

If someone is in need of immediate crisis intervention, call 9-8-8.

Trans Lifeline

1-877-330-6366

This is a crisis line for trans folks experiencing mental health crises.

Call 24/7 for one on one support and to talk to a person.

LGBTQ2+ Youth Line

1-800-268-9688

This is a line specifically for anyone under the age of 18 in the queer and trans communities.

It is 24/7 crisis phone support OR kiddos can text for 24/7 support as well.

TEXT 647-694-4275

Kids Help Phone

1-800-668-6868

Kiddos can call in crisis any time and ask for support 24/7 and this service is non-judgmental and for anyone under the age of 18.

Talk Suicide Canada

1-833-456-4566

This is NOT a crisis line but is excellent support for anyone who has thoughts of suicide or is recovering from a suicide attempt. This support is excellent for anyone including family members affected by their family member's recent suicide or attempted suicide.

Reach Out

519-433-2023 (call or text, 24/7)

London Mental Health Crisis Service for 18+



stop TOLERHATING

How to be an Ally



1. Listen more than you speak.

We are the experts on our transgender experience.

2. Do some labour yourself.

Read books, research, ask respectful questions.

3. Call out Transphobia every time.

Online, in person, wherever it happens. Call it out.

4. Accept education without defense.

The best response if someone points out your misstep is “thank you for the info”.

5. Just sit with us.

Be with us in our grief when we lose a member of our community. Attend rallies and vigils. Hold space.

Be a safe space.



stop **TOLERHATING**

How to use They/Them Pronouns



Sometimes people who are non-binary don't use he/him pronouns or she/her pronouns. To be more gender neutral, it is most inclusive to use they/them pronouns. But what does this sound like?

Stevie left their hat here yesterday.

I hope they dont leave their hat here again today.

How will we get stevie's hat to them?

If you use the wrong pronouns for someone and someone corrects you, the best response is to just say "thank you". Start your sentence over using the correct pronoun, and then continue like nothing happened. Don't over apologize or they might feel like they need to comfort you. It's okay to make mistakes as long as you keep trying.



stop TOLERHATING