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## **THINGS WE CAN DO** to support our children who are questioning their gender

**BY DR. SHANE HILL**

**For more information  
and support, contact a  
gender specialist in your  
local community**

[www.genderspectrum.org](http://www.genderspectrum.org)  
[www.santacruztrans.org](http://www.santacruztrans.org)  
[www.transteenproject.org](http://www.transteenproject.org)  
[www.sc-transonline.org](http://www.sc-transonline.org)  
[www.gender-support.com](http://www.gender-support.com)  
[www.pflag.org](http://www.pflag.org)

- 1.** Listen deeply and openly to what your child communicates about their gender identity.
- 2.** Ask them to describe what their gender is inside, separate from their body or what others have labeled them. Some children cannot put this into words, so give them the time and space to show you in their own way.
- 3.** Take seriously what they say or show you, and respond positively.
- 4.** Support them to be their authentic gender self.
- 5.** Help make their home, school and ideally all environments safe for them to express their gender.
- 6.** Have the entire family united in support of your child. Research shows family support to be the strongest resiliency factor for their emotional well-being.
- 7.** Use the name and pronouns your child would like you to use.
- 8.** Allow your child to explore their gender which may include moving to various genders over time.
- 9.** Remember that gender is complex. There are infinite genders to potentially experience beyond our notions of the gender binary.
- 10.** Commit to making your community a safe place for all genders to live their lives without fear.