

Parenting Trans Children

Whether you are LGBTQ+ or cisgender and straight, you may find that you are not as well-prepared as you hoped to support your child when they come out to you as trans and/or nonbinary. This workshop is designed to cover a wide swath of issues to help you be the most supportive parent you can be for your trans child/young adult through their early stages of transition. Our panel of speakers are all lawyers who are also parents of trans and nonbinary children; we'll discuss practical tips for helping your child navigate school, social interactions, and extended family dynamics; legal issues you'll want to be prepared for (including the "order of operations" for a smooth experience with legal name changes); and resources to support your whole family. The workshop is intended both for parents and for lawyers who work with families of trans and nonbinary children.

Faculty

Judi O'Kelley (*Moderator*) (*National LGBTQ+ Bar Association*)

Charlie Arrowood (*Arrowood Law*)

Raegen Rasnica (*Skellenger Bender*)

Rachel See (*National Center for Transgender Equality*)

Sarah Warbelow (*Human Rights Campaign*)

CLE Materials

This panel will address why this topic matters; practical and emotional ways to support your child (and yourself); and legal issues that may arise for your child. It will also provide a number of resources for the parents of transgender and nonbinary children to learn more.

I. What Parents Can - and Should - Do

- a) <https://www.thetrevorproject.org/research-briefs/behaviors-of-supportive-parents-and-caregivers-for-lgbtq-youth-may-2022/>

Trevor Project's new report, which surveyed youth about actions their families can take to make them feel supported and affirmed in their LGBTQ identity.

- b) I Promised Not To Tell - Cheryl B. Evans
- c) The Transgender Child - Stephanie Brill and Rachel Pepper
- d) <https://transequality.org/issues/resources/supporting-the-transgender-people-in-your-life-a-guide-to-being-a-good-ally>

The National Center for Transgender Equality's guide to being a good ally to the transgender people in your life.

- e) Everything You Ever Wanted to Know about Trans (But Were Afraid to Ask) - Brynn Tannehill

"Leading activist and essayist Brynn Tannehill tells you everything you ever wanted to know about transgender issues but were afraid to ask. The book aims to break down deeply held misconceptions about trans people across all aspects of life, from politics, law and culture, through to science, religion and mental health, to provide readers with a deeper understanding of what it means to be trans." (Amazon Book Review)

II. School and Social Issues

- A. https://www.lgbtmap.org/equality_maps/curricular_laws
https://www.lgbtmap.org/equality-maps/safe_school_laws/discrimination

III. Legal Issues

A. Resources for Legal Issues

- 1) **Transgender Law Center**

<https://transequality.org/>

<https://transequality.org/documents>

<https://transequality.org/issues/families>

Direct tools for trans individuals. Maps and information on policy work, current trans activism, hard skill knowledge i.e. document change, list of rights, etc.

- 2) https://www.lambdalegal.org/publications/trt_transgender_id
Lambda Legal's Transgender Rights Toolkit: A Legal Guide For Trans People and Their Advocates (with information about ID document and name change procedures)

- 3) Sarah Steadman, "That Name Is Dead to Me": Reforming Name Change Laws to Protect Transgender and Nonbinary Youth, 55 U. Mich. J.L. Reform 1 (2021)

Article discussing the laws around transgender/nonbinary youth, delving into gender affirmation as a multifaceted social, care, and structural journey, and providing anecdotal insight as well.

IV. Supportive Resources for Families

A. Trans Organizations

1. <https://transfamilies.org/>

The non-profit group behind the annual Gender Odyssey conference for trans youth. Working since 2008 to provide support groups for parents, trans and gender diverse youths, along all parts of the journey. Access to educational and support materials to better understand gender framework etc.

2. <https://genderodyssey.org/parent-ally-programs/>

A once annual in-person event, now with online meetings throughout the year. Parenting and ally specific programing, as well as programming specifically for trans/non-binary youth. Access to past programming available on website.

3. <https://genderspectrum.org/>

<https://genderspectrum.org/audiences/parents-and-family>

A hub of a variety of educational resources, online groups, events, etc. with a multi-lens approach to understanding and supporting children and teens. Gender sensitive and inclusive, a great place for parents with multi-faceted questions.

4. PFLAG

<https://pflag.org/>

The original parental gathering group to support lgbtq kids. Chapters nationwide, a multitude of resources.