



Supporting gender creative children and youth

10+ actions for parents, caregivers, & other adult allies

- Read your district's policy and write down any questions you have about it.
 - Is it being implemented? How do you know?
 - What changes can be made in your school without relying on a trans/non-binary/Two-Spirit/gender creative child to blaze the trail?
- Contact your PAC and encourage them to line up a workshop for parents at your child's school.
- If your child brings a friend over, normalize asking about pronouns and offering your own. Then, model space where gender exploration is no big deal.
- If you mess up on someone's pronouns (whether they are present or not), model humility and commitment to learning.
 - "I'm sorry - I know your pronouns are _____. I'll work on this and do better" rather than "Sorry but this is really hard for me because I've known you for so long," or "It sounds plural!" or "You'll always be _____ to me."
- Come to community events and support your child (emotionally, financially, by offering a ride,...) to go to events run by trans and queer people.
- Use family change rooms with your child, even if you don't necessarily need to. In any change room, normalize that it's OK for lots of different genders and bodies to be in the space.
- Ask what trans and queer positive books are available the library (school or public).
- Identify yourself as an ally to those with a trans child.
 - "Is there anything I can do to push for change at the school that our kids attend?"
 - "I want you to know that I fully support you and your child, and I'm here if you ever want to talk."
- Model learning together with your child.
 - "I know Jamie has gone through some changes recently - do you have any questions about that?"
 - "I'm not sure about the answer to that - should we look it up together?"
- Dedicate some time (30 minutes per month?) to doing some learning on your own - read books, watch youtube videos, talk to friends...
- Have a conversation with your child's homeroom teacher to ask if/how trans and queer content is being incorporated into the curriculum. Bring ideas of age-appropriate books or activities to offer if the teacher is open to suggestions.
- Identify three community resources (friends or neighbours, other parents, community organizations, counsellors, schools or individual teachers who are trans-affirming) that you can call upon for support if need be.