

# Transgender (Parents and carers)

Whether you have suspicions that a young person in your life is transgender, or whether they already came out to you, you may be feeling a mixture of emotions. You may feel:

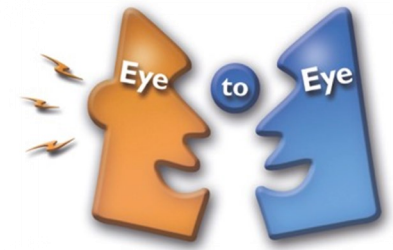
- Shocked
- Angry
- In denial
- confused
- Dismissive
- Embarrassed
- Or even relieved if you've suspected that something has been worrying them for some time.

These emotions are **completely natural**, and it can take a while to process them fully, however it is important to **stay calm**. Say that you still love them and that nothing has changed that, but that you still need time to adjust to the reality and to **process** these emotions.

- The most important thing to remember is that they are still the same person that you have always known and loved
- Be mindful that they have shared an important part of who they are, and this has taken a huge amount of courage to do. A negative reaction could be devastating, so accept their honesty and openness and reassure them that you will move forward together as a family
- Some parents blame themselves and feel that something in the way they brought their child up has 'made' their child trans. No-one can make their child trans. Being trans or 'cis' (non-transgender) is part of who you are, and not something that is made
- You may feel that it is 'just a phase' that they're going through. Regardless, the young person still needs to be told that they are loved and supported

## How can I support them?

- Educate yourself on the issue- this can really help bridge the gap and help you understand about who they are. The FFLAG booklet in 'Helpful resources' is an excellent guide
- Many young people and parents find talking to others who have had similar experiences a great help, and this can put their minds at ease
- It's also important to remember that you as a parent need support too. You may be experiencing feelings of loss at your child wishing to live as another gender, or you may be anxious about their future and the effect on the rest of your family



"Sometimes we all need someone to talk to"



## Helpful Resources

[FFlag: My child is transgender](#)

[Gender Intelligence: Support groups for parents and carers](#)

[NHS: Think your child might be trans or non-binary](#)

## Useful Contacts

### Eye to Eye Counselling Service:

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

### FFlag Helpline

0300 688 0368

[www.fflag.org.uk](http://www.fflag.org.uk)

### Switchboard LGBT+

0800 0119 100

[www.switchboard.lgbt](http://www.switchboard.lgbt)

