

# First Steps

*Shared Stories from parents and caregivers of trans\* and gender diverse children*

Thank you to the Gender Centre Inc. for their support.

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# Shared Stories

## Laurie's story

A year ago, when I finally came to accept that my adored 17 year old was transgender, it was like the bottom fell out of my world. Night after night, I lay in bed crying, feeling like a combination of nausea and abject terror. I was convinced this was the worst thing that could possibly happen to a parent. And I was angry that all the effort I had put in over all those years to ensure my child had a happy life had been for nothing. I had so much to learn.

Four months earlier, when he had first started to make noises about living in the opposite gender, I had rejected it out of hand. I thought it was ridiculous, that he was way too young to make such a "choice", and I didn't hesitate to give him a long list of ways in which his life would be completely destroyed if he "chose" to do this. In hindsight, I accept that this was perfectly normal reaction.

But I now realise just how wrong I was on so many levels.

Here are just some of the things I've since learned:

**What I thought then:** Being transgender is a choice (and a teenager is too young to make that choice).

**What I now know:** it's not a choice. If it was, no one would ever choose it. Why would you consequently choose to add that degree of difficulty to your life? It's something people are born with, and as such, they can be absolutely sure at any age, however young.

**What I thought then:** Your child being transgender is the worst thing that can happen.

**What I now know:** That's ridiculous. Your child having a life threatening illness, or being in a fatal accident, or any number of awful things that happen to families are far worse.

**What I thought then:** Transgender people can never lead a happy, normal life.

**What I now know:** Transgender people can lead perfectly happy, normal lives, especially if they have the love and support of their families and friends.

**What I thought then:** Transgender people (and by association, their families) are freaks and outcasts.

**What I now know:** Anyone from any culture or walk of life can be transgender, or be a parent of a transgender child. My first visit to a parents support group profoundly changed my life. I realised that there were countless people just like me, with kids just like mine. The only reason transgender people have been treated like outcasts in the past is because there's so little understanding of what being transgender means.

**What I thought then:** How can I ever tell anyone about this? It's just too awkward.

**What I now know:** Well, it was a bit awkward at first. And I was extremely nervous about telling people. But I've been overwhelmed by the support by the support and acceptance we've received from extended family, neighbours, and friends, and from all the institutions – banks, schools, government agencies, etc. – that we've had to deal with over my child's change of name and

gender. I've also realised that it's up to me to set the tone – if I treat it as normal, other people will too.

**What I thought then:** My child would become a stranger to me.

**What I now know:** my child is exactly the same person – the same funny, adorable, sometimes annoying, messy teenager – and our relationship is as strong as it ever was.

I'm sure there are many more things I've learned – and will continue to learn on this journey.

These are the ones that stand out to me now. If you are somewhere on a similar journey, I wish you well. It's a difficult and painful road at first, but it definitely gets so much easier. One day you'll find yourself, like me, coasting along so easily that it will be almost hard to remember how rough it was when you set out. Also, the more of us so-called "normal" families who can accept our children for who they are, the more "normal" and un-scary being transgender will become.

## Lisa's Story

My name is Lisa, I have two children, the youngest being a 19 year old transman. I had suspected my child was transgender from an early age, the signs were small but enough to concern me. I became more concerned as my child approached puberty, I had the talk, "you know your body is going to change, are you ok with that?". I even taped an Oprah show on trans kids and showed my child to see if that sparked any conversation, but no, it didn't. Puberty was early, around 11 years of age and awkward. By the age of 14, my child came out as a lesbian. I remember that conversation well because of my stupid response, "Oh thank goodness. I thought you were going to ask for a penis". I was thinking being a lesbian is easier than being transgender.

1 year later, that stupid statement came back to bite me when my child told me that the issue was indeed gender. Even though I had suspected it for years, I still went into panic, he was about to start year 10 and I felt that transition would be easier after school, if I could just hold him off it would be safer. Not much was said and I sort of just sat on it for about 6 months. I ended up with a very unhappy child. He did all the research online as to what to do and where to go, came to us with the information, and so the journey began.

I was so weighed down with fear in the beginning, it was hard to function. My husband seemed to have a better grip on it than me but his mind didn't think as much about the negative things that occupied mine, "will my child be safe, accepted, treated well, loved". At times my fears almost brought me undone. Standing outside the gents public toilets waiting for my child to emerge safely was almost more than I could take.

Reading "**The Transgender Child; A Hand Book For Families and Professionals**", really empowered me. I felt like I had backup, information and a plan. Also the parents **Support Group at the NSW Gender Centre** was an amazing wealth of information and support. This helped me move forward much quicker for us and our child, we made the jump. We had a party for our son announcing his new name and preferred pronouns. We made it a celebration for a new beginning.

He returned to school as male and things moved along. I did a lot of ducking and weaving and meetings ahead of time to try and spare my child embarrassment or non-acceptance. It was hard work and at times I felt broken.

The last 4 years have been really hard for him and for us, socially, medically, legally and emotionally but so worth it. We have lost friends and family have not been so great but we have emerged a strong little family. We are close and have met some wonderful people through this experience.

Both of my children have grown up to be amazing young adults. I am very proud of them and the way they treat others. From the beginning as a mother I wanted to fix things for my son, it took a long time for me to realise he wasn't broken.

The most profound thing he has ever said to me "I don't feel I was born in the wrong body mum, this is just the way it was meant to be for me. It's my journey and it's ok".

Everyone's experience is different as we are all individuals, but one thing that is the same for everyone is love and support, we all need it.

## Catherine's Story

When my daughter was growing up it never crossed my mind that she had any issues with her gender. I have no stories of my struggles to persuade her to wear girls clothing, no stories of how she was a tomboy or played on the boy's soccer team. I have nothing like that to share. My stories are of a beautiful and creative little girl who loved her princess dolls, her My Little Ponies, her coloured hair clips, bows and fairy wings and the silver glitter star she made into a magic wand.

It was never on my radar that my daughter could be transgender nor that one day when she was in her 20's our lives would be turned completely upside down. I cannot remember clearly how my daughter told me he was a boy, or whether he used the word transgender. The panic that I felt at that moment thinking there must be something terribly wrong with my child has wiped some of my memories of that day. But I will never forget the anguish I saw in my son's face. I knew whatever he was struggling with, it was massive.

I didn't know what I should do and I turned to a diagnostic manual which at that time was the DSM IV. I looked up gender and I came away worried that my son could be suffering a disorder and be mentally ill. I saw a psychologist specialising in gender issues and I told her about my son and how he behaved and dressed like a girl. But I also told her about the distress my son felt during puberty, his anxiety and discomfort with his female anatomy and of his breast binding. She said that she believed my son was transgender.

I was worried about my son's future, how difficult his life would be and how badly he would be treated. How could I ever keep him safe? What had I done to cause this? How had I not known? I fluctuated between denial, fear, depression and guilt. And there was an acute silent grief of losing my only daughter, a painful grief and loss with no grave stone to acknowledge it.

In those early years it was hard for me to see that I could get to the place I am now. Or to see that I would gain so much from the journey. I have a transgender son and I am enormously proud of him. I feel positive about his future and all of his potential. He is interesting, inspiring and courageous and I fully embrace him as my son.

The reason I am sharing my story is because I wasn't you to know that it does get better! You will come to a place of acceptance. You will get used to the new name and pronouns. You will feel proud of your child and positive about their future. You will feel confident that your child will find happiness and love. You will learn that your transgender child is a natural part of human diversity.

There are many, many parents with transgender children. You are not alone.

## Tom's Story

I have long had the belief since I was very young, and growing up in a country that wasn't my original home land, that to get through life you shouldn't make waves or rock the boat and stay below the radar.

Since having children this philosophy has been changed. My wife and children have taught me that there is no shame in being who you are. If you want to dye your hair purple, green, pink or all the colours of the rainbow, you should, without fear of being judged or bullied or victimised or being outcast. Unless what you are doing is compromising the safety of others and yourself, then you should be who you are with no reservations. People need to get a real perspective on life. We need to be able to celebrate life in all its diversity not be fearful of the different or unknown.

I have watched as both my children have achieved above and beyond what I thought they were capable. I have watched as my daughter left home and through health issues and minimal employment, made a home for herself and her partner. I have watched my son, in front of a large unknown audience, bare his personal struggles with life as he has been dealt out and come through with his head held high and confident in who he is.

I owe my family a debt of gratitude for opening up my eyes and mind into believing that, no matter who you are, if you are a good person and have sympathy, tolerance and compassion for every other good person out there, you should be able to walk through life without fear. Life is too short to think that your way of seeing things is only one way. That society says you have to fit into this box or that box, that you can't be this or that because some book says so. So now I tend to not be quiet, behind the scenes, staying under the radar, not make too much noise because I'll get noticed and I correct where there needs correction.

I have learnt that there is no excuse in being ignorant and uninformed with all the accessible information at your finger tips. That relying on second or third hand hearsay or what the social media want you to believe, is not the way to form an opinion about anything.

That to be true to yourself you have to be who you are.

This last statement I have learnt from my son, who has the courage, strength, will and tenacity that I hope to emulate through his actions in being who he is, a very proud transman.

## Rosana's Story

My name is Rosana, I live in Sydney's Inner West, and I'm the proud mother of a gender diverse young person. I am keen to share our story because my child's journey has not been straightforward, even by trans\* standards. I hope that in telling our story it helps all parents of trans\* kids, but I especially want to reach out to those parents whose children do not present or 'come out' as typically 'male-to-female' or 'female-to-male' trans-identified.

My child Oliver, or Ollie as we mostly call him, is 16-years-old and identifies as a 'genderqueer'/transgender person. If you're new to this bear with me, I'll explain the terminology as I go on. Suffice to say, for now, that Ollie is a 'female-to-male' young trans\* person. Nonetheless, Ollie is the kind of kid that resists labels, and in his case, the most prominent feature of their gender identity is 'NOT GIRL'.

The pronouns we use for Ollie are 'he' and the gender neutral pronoun 'they', as Ollie is a non-binary gendered person, who does not identify completely as either male or female. I am trying to describe my child as they feel themselves to be in order to show other parents that not all children fall neatly within the male/female divide. Some kids, as do adults, identify somewhere on the gender spectrum other than the absolute opposites of male and female. That's where the 'genderqueer' term comes in. Ollie 'queers' gender by identifying mostly as male, but not entirely. However, he does prefer to be 'read' as male, prefers a male name, male or gender neutral pronouns, male clothing, hairstyle etc., but may wear the odd girlish thing, like a flower in his hair, or occasionally even a skirt, although these things are never worn in a feminine way. There is no make-up application, no shaving, no plucking or preening, and definitely no heels.

Along this journey you'll come to understand, as I did, that all trans\* people are different and their stories are not standardised – this is simply my child's story – the labels that trans\* people use also vary, and their identities are not necessarily fixed. There can be fluidity. There is a lot more variance; and once you begin to understand that gender is far more elaborate than the simplistic binary of boy or girl we have been brought up with, it all makes more sense. Boy or girl. Man or Woman. Male or female. Masculine or feminine...

These sex/gender labels may serve a linguistic purpose, yet they also avoid or ignore the complexities associated with gender, and contribute to the confusion, bewilderment and uncertainty most parents feel when their trans\* child initiates the difficult process of gender questioning and transition.

As of November 2014, it's been 15 months since Ollie (then Olivia at 15 years) began questioning their gender. It started with a breast binder. Meaning he was actively looking for ways to minimise his breasts and achieve a flat-chested look. He talked to me about it without much notion of what it meant. He told me he hated having breasts and preferred a flat chest, like a boy, and that having breasts eroded his self-esteem. When I told him I didn't know what a binder was, he directed me to a website. A transgender website. When I questioned him about it he shrugged his shoulders. He appeared bewildered by all the questions, and I began to realise he was as confounded and baffled about the situation as I was. So I told him I would look into it.

But I didn't look into binders, not just yet, I got the idea of what they were quickly enough. I googled transgender and gender generally, (best website I found is [www.genderspectrum.org](http://www.genderspectrum.org)

about gender variant/transgender kids and teens) and began the harrowing process of discovering who my child was. When I talked to Ollie again, a few days later, I wanted to explore any other possible explanation as to why my child felt they had no self-confidence because they had breasts. I asked him whether somebody has said or done anything to him to make him feel that way. The answer was, 'No'. Had anyone made fun of him or his breasts? 'No'. Had anyone touched him or made him feel uncomfortable about his body? 'No'. Was he trying to tell me he was a lesbian? 'No'. Did his bras simply not fit well? 'No', he said, 'it's just the way I feel inside, mum.' Finally, I asked: 'Do you think this is a gender problem? Are you telling me you are transgender?' ...'I don't know,' he said, 'maybe. All I know mum, is that I have to do something about this. If I had a flat chest I'd feel better about myself, plus I don't think I can live like this anymore.' I had already read about the high suicide statistics among trans\* people and became alarmed at what my child was clearly trying to tell me.

To say I was concerned about my child's welfare is to say the very least. I waited for my partner to get home from work (Joe is not Ollie's biological father, but cares for Ollie and loves him as his own) and I told him what Ollie had said. Joe seemed less concerned. 'She's a teenager', he said. 'All teens feel awkward about their bodies. Besides, flat-chested, skinny, androgynous looking female models and celebrities are everywhere. We just need to teach her that it's okay not to look like that, and that most of those women are photo-shopped anyway. No one looks like that.' Perhaps Joe was right, but I wasn't convinced. I spent that night anxiously researching transgender again, and the more I read the more I was confronted by my high level of discomfort. I was really uneasy and apprehensive about the whole notion; but mostly, I was shocked, worried and scared. It just felt wrong. Of course, I knew very little about gender or trans\* then, all I felt, was that as a parent, I was embarking on a journey that would lead me deep into a murky rabbit hole. I wasn't wrong, but I wasn't right either.

I made an appointment to see a local clinical psychologist the very next day, but apart from comforting me and reassuring me that transgenderism was not a mental illness, they weren't specialised enough to help me and recommended I seek the assistance of a gender specialist. We did speak of 'gender dysphoria' though and that, in itself, was very useful. Understanding the uncomfortableness my child felt by being 'misgendered' as a female was enlightening.

I found Dr Elizabeth Anne Riley online ([www.peoplesmart.net.au](http://www.peoplesmart.net.au)) and made an appointment to see her the next week. I found her to be extremely approachable and she seemed knowledgeable and professional, so we decided to make an appointment for Ollie to see her. SO Ollie agreed to see Dr Riley, though it was mostly for my benefit.

The consultation went well. Ollie like Dr Riley and continued to see her for another three sessions. In the end, Dr Riley's assessment was that Ollie was indeed questioning their gender and that he appeared to sit somewhere along the trans-masculine spectrum i.e. 'female to male' but not completely identifying as male, and definitely not 'not girl' identifying. My 'female' child's identity sat somewhere between gender neutral and male. I took hope in this, yet my child was still 'not girl', still wanting to bind their breasts and even talking about 'top surgery', a lovely euphemism for a double mastectomy and chest re-construction. The 'gender dysphoria' or uncomfortableness appeared to be unbearable.

Dr Riley recommended the book, "**The Transgender Child: A Handbook for Families and Professionals**" by Stephanie Brill and Rachel Pepper, which I read in one sitting – it's an easy book to read – and highlighted most of the text in glaring yellow! I couldn't say how many times I have re-read this book or used it as a reference – it's that good and simple to understand.

Unfortunately, since it's written for an American (USA) audience, the resources – both medical and legal, and social I should add – do not necessarily apply to us here in Australia, though everything else does and the book remains invaluable for parents anywhere.

One of the suggestions the authors of this book make, is to introduce your child to other gender variant or sexually variant people, such as any trans\* and gay or lesbian people you know. I didn't know any trans\* people then but I do have an old friend who is gay, so I took Ollie to see him and chat about diversity. It was very helpful and I was heartened by my friend's support and by Ollie's enthusiasm.

My friend suggested I take Ollie to **Twenty10** a youth organisation that supports and works with young people, communities and families of diverse genders and sexualities. The young people who attend twenty10, a free service, identify as LGBT (Lesbian, Gay, Bisexual & Trans\*) and have the opportunity of meeting other young people who are similar to them in a supportive, friendly, supervised environment, where they can be themselves. Twenty10 has been a god-send (sorry to the religious but that's how it feels) to our family. After a few attendances Ollie was feeling a lot better about himself and his identity. The other young people there called him by his preferred name and used his preferred pronouns and he finally had a peer group to relate to.

Nonetheless, after a few months, Ollie felt that a social transition was in order. He told me he just couldn't take being misgendered anymore, by society at large, and by our family and close friends in particular. My son simply felt that unless he transitioned and visibly became himself, he could not engage in any meaningful or authentic relationships with others. I thought about it long and hard and I was terrified about him coming out at school, in Year 10, as he wished to do. I was afraid of him being bullied, physically attacked or raped even. I was fearful of him losing his best friends at school. I was scared about the school's reaction generally. I dreaded to think what our family and friends would say, especially my in-laws, who are a very traditional Catholic Italian family. I was concerned about how Ollie's birth-father would take it, because I knew it would crush Ollie to be rejected by his dad, whom he loves very much; but I was mostly anxious about my youngest child's reaction, Ollie's little sister, Sophia, a darling, innocent 10-year-old at the time. I was also fearful of being labelled a 'bad parent' and being judged for accepting my child's identity and thus harming him in some way.

When Ollie told me he had already 'come out' to four of his school friends, whose reactions were very supportive, I panicked. I got on the phone and quickly organised a meeting with his Year Advisor at school. To my surprise both he, and the school generally, were extremely supportive. As were Ollie's peers.

Things were going well. I told my parents, who were shocked but supportive. My sisters too. Even my in-laws, though bewildered, tried to understand and show support. Our friends were likewise tolerant and compassionate. Ollie's school friends did not turn their backs on him, on the contrary, they have been reassuring and empathetic, despite their youth, or perhaps because of it. Ollie's father was kind and caring, despite the surprise. He was taken aback, for sure, but he was gentle and understanding. Ollie had always been a quirky child. And most importantly, Sophia, my youngest child, didn't take it badly either.

Despite the support, however, all the worry and stress that led to Ollie's 'coming out' completely shattered and consumed me. My anxiety level was out of control. I had to stop working for a while because I was an emotional wreck; and when I finally took myself to the doctor and then to a

clinical psychologist, I was diagnosed with post-traumatic stress. So don't think for minute that you are alone in your worry and distress about your child's identity. I had catastrophised the whole situation to such a point that left no room for joy or celebration. I was an utter mess.

The psychologist recommended many things I could do to help myself, but key amongst them, that I attend the **Gender Centre** parents' support group to meet other parents in my situation; and what relief it was to meet other 'ordinary' families with extraordinary kids. I still attend these meetings regularly, over a year on now, because of the respite it gives me and because I think it's important for new parents in this situation to meet other parents who have been through the worst of it and are still hanging in there and even celebrating their children's difference.

The world did not end when Ollie came out, at school or otherwise. Nothing 'bad' has happened so far, and I have a beautiful, confident, aware child, who is doing better at school than ever. Who is socialising more than ever. And who can walk with their head held high, knowing that all the people that he loves or are important to him somehow, both appreciate him and accept his difference.

Ollie continues to attend Twenty10 when he can. He also attends **TRANSTOPIA**, the trans\* youth group at the Gender Centre, and has made some good friends by attending both of these groups. He sees a clinical psychologist, who is aware of his trans\* issues and has helped him deal with his social anxiety around gender difference. The therapy has been invaluable for him and he really likes the psychologist **TONY MERRIT** who practices from rooms at the Royal Prince Alfred Hospital Medical Centre in Camperdown. Although, Dr Elizabeth Riley was excellent, she is a counsellor and not a clinical psychologist, so she could not give Ollie the Gender Dysphoria diagnosis we needed in order for Ollie to start medical transition, which he desperately wanted to embark on.

Once the diagnosis was established, about four months into seeing Tony Merrit, Ollie was given a referral to see **Dr Jonathan Hayes**, an endocrinologist in St Leonards, who prescribed testosterone shots for Ollie. Three months on, Ollie's voice has cracked and the register lowered and he is beginning to get hairy like a boy and will soon begin to shave his face, as he does not like the 'fluff' adolescent look. The changes suit him and he is looking better than ever. He is a handsome young guy; but most importantly he is happy in his own skin, something he has never felt till now. He continues to wear a binder, and feels extremely uncomfortable without it, and we are looking forward to his 18<sup>th</sup> birthday, when he can finally have the 'top surgery' he so urgently desires. I never thought I'd say this, but I am looking forward to the day as much as he is. The day my child can finally throw away his binder and have the 'male' chest he desires.

I no longer look at Ollie and think: under all those boy clothes, under that binder, under that haircut there's a girl, my child, Olivia. I now think that under the smokescreen of that girl Olivia, there was always this young person called Oliver, and I am finally seeing my genuine child, and I am happy for that, and I am so extremely proud.

## Tips for Telling People

Most people follow your lead, be clear and confident in what you say, e.g.

“Just wanted to let you know that Sam is transgender, and **will** now be known as Samantha. Also we would like you to use “she and her” when speaking to or about Samantha.

“Samantha and our whole family are going through some challenging things right now and would appreciate your kindness and support.”

“We are not sure of all of the details of the situation just yet but our hearts are with our child and our heads will learn to catch up. We will fill you in when we know more, til then we ask you to be patient and respectful.”

“We love our child and will support them no matter how this pans out and hope you can love and support us through this.”

Sometimes a letter or email informing friends and family can give them time to digest it before they respond.

My nephew said to me once: “Even people you love will say stupid things.” So don’t take people’s first response to heart. Usually as they know more they do better with the information and acceptance.

## Tips From Parents to Parents

- When it comes to schools, Uni etc. don’t ask them what is ok. Tell them what you need and expect, you and your child have rights.
- Don’t believe everything so-called ‘professionals’ tell you about your child medically, legally and socially. Always do your own research and double and triple check things.
- **Read, Read, Read!** There is a lot of information online. Some great books to read, even support groups you can join online that can help, educate and support you with what you need to do for your child. Surround yourself with the positive messages and stories of happy outcomes. You are not alone, there are thousands of us.

# How To Be a Trans\* Ally & Help Fight Transphobia and Cissexism

1. Use the term 'cisgender' when referring to non-trans\* individuals, rather than words like 'normal', which imply trans\* individuals are abnormal, weird, ill or broken.
2. Don't use transphobic slurs such as 'tr\*nny' or 'shemale'. These words are intended to insult and harm trans\* individuals.
3. Always use the name any individual gives you. Don't ask someone what their 'real' name is. Their desired name is their real name.
4. Always use the desired pronouns of an individual. If you are unsure which pronouns to use, politely and privately ask the individual what their preferred pronouns are.
5. Don't claim someone's gender identity is false, non-existent, immoral, or as a result of an illness or trauma.
6. Don't ask questions regarding someone's anatomy, or question if they have transitioned or will transition in the future.
7. Don't ask to see pictures of a person before they transitioned. Likewise, don't ask invasive, personal questions of a person regarding their life before they transitioned.
8. Never out a trans\* individual to others. Likewise, don't ask others if "so-and-so is transgender".
9. Don't assume an individual's sexual orientation is due to their trans\* identity.

## Language

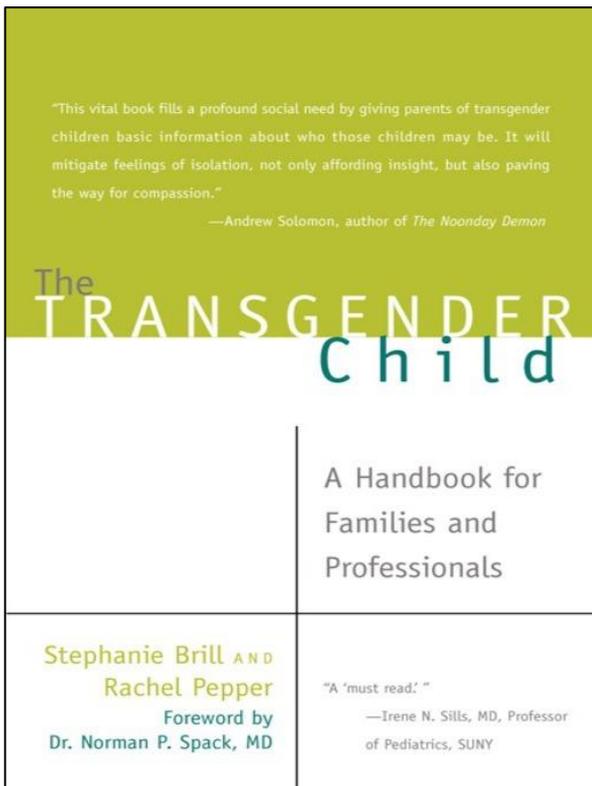
Cisgender: a description for a person whose gender identity, gender expression, and biological sex all align (e.g., man, masculine, and male)

Trans/Trans\*: an umbrella term for anyone whose gender characteristics differ from their society's expectations.

OR Trans\* is an umbrella term that refers to all of the identities within the gender identity spectrum. Trans (without the asterisk) is best applied to trans men and trans women, while the asterisk makes special note in an effort to include all non-cisgender gender identities, including transgender, transsexual, transvestite, genderqueer, genderfluid, non-binary, genderfuck, genderless, agender, non-gendered, third gender, two-spirit, bigender, and trans man and trans woman.

See more at: <http://itspronouncedmetrosexual.com/2012/05/what-does-the-asterisk-in-trans-stand-for/#sthash.cf14OxMV.dpuf>

## Books to Read



### The Transgender Child: A Handbook for Families and Professionals

By Stephanie Brill and Rachel Pepper

Available from:

[www.bookdepository.com](http://www.bookdepository.com)

[www.amazon.com](http://www.amazon.com)

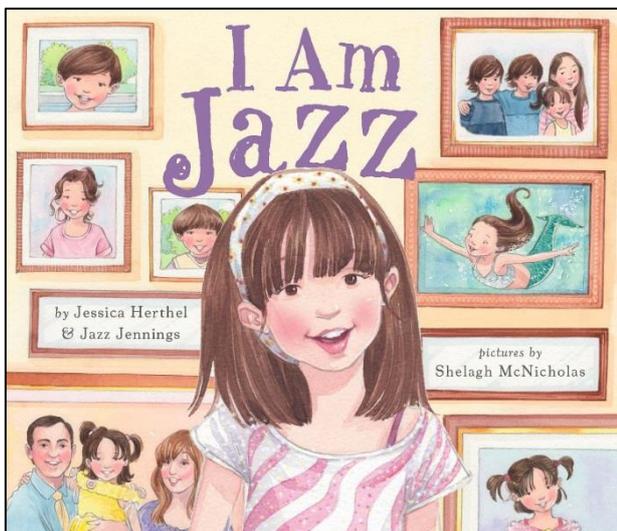
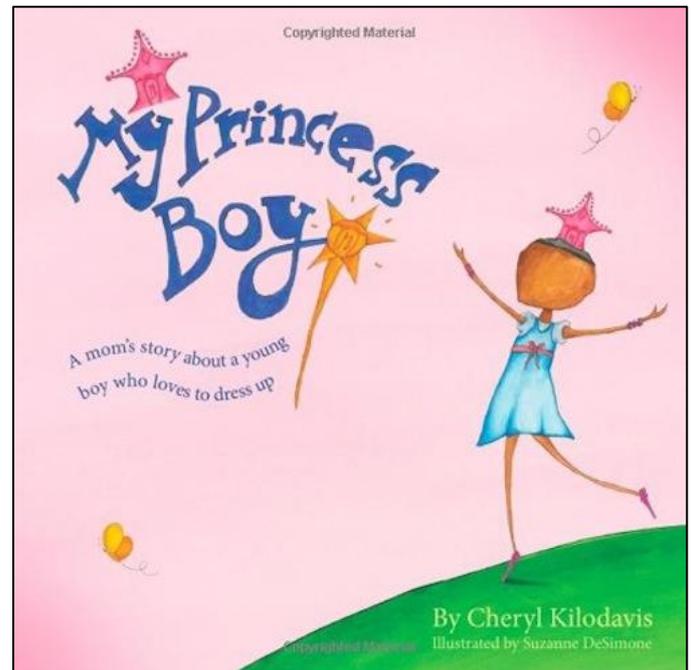
### My Princess Boy

By Cheryl Kilodavis

Available from:

[www.bookdepository.com](http://www.bookdepository.com)

[www.amazon.com](http://www.amazon.com)



### I Am Jazz

By Jazz Jennings and Jessica Herthel

Available from:

[www.bookdepository.com](http://www.bookdepository.com)

[www.amazon.com](http://www.amazon.com)

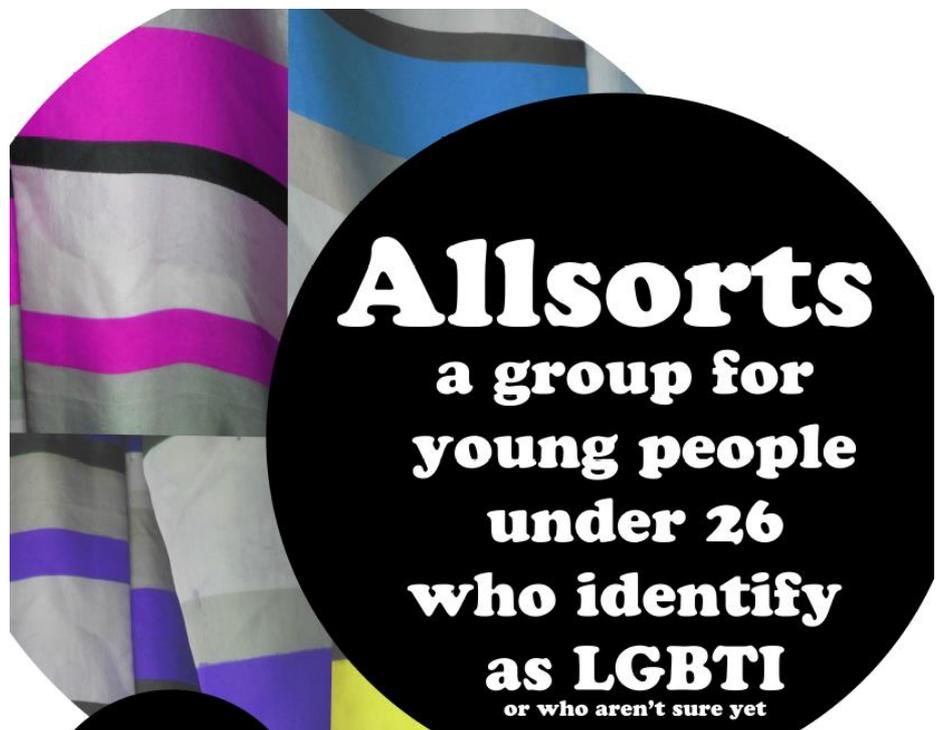
## Support Groups for Trans\* Youth in Tasmania



**OUTspace** is a partnership between Working It Out and headspace Hobart, and is a support group for same-sex attracted and gender diverse young people aged 15-25.

[www.workingitout.org.au/events/](http://www.workingitout.org.au/events/), [liv@workingitout.org.au](mailto:liv@workingitout.org.au) or 6231 1200

**Allsorts** is a support group for young same-sex attracted and gender diverse people under 26 operating in Launceston and on the North West Coast (alternating locations).



[www.workingitout.org.au/events/](http://www.workingitout.org.au/events/), [lucy@workingitout.org.au](mailto:lucy@workingitout.org.au) or 0438 346 122

## **Support for Parents of Trans\* Young People in Tasmania**

Northern Support Group for Parents of Trans\* Students is a support group for parents and carers of Trans\* young people in the Northern Tasmania region. For more information, contact Bel at Working It Out:

bel@workingitout.org.au | 0419 361 128

<http://www.workingitout.org.au>

### **Online Resources**

#### **The Gender Centre Inc.**

The Gender Centre is committed to developing and providing services and activities which enhance the ability of people with gender issues to make informed choices. We are also committed to educating the families, friends, the public and other service providers about the needs of transgender and gender diverse people.

[www.gendercentre.org.au](http://www.gendercentre.org.au)

#### **Gender Spectrum**

Education, training and support to help create a gender sensitive and inclusive environment for all children and teens.

[www.genderspectrum.org](http://www.genderspectrum.org)

#### **A Mom's Letter Introducing Her Transgender Daughter**

[http://www.huffingtonpost.com/liz-hanssen/a-moms-letter-introducing-her-transgender-daughter\\_b\\_6151766.html](http://www.huffingtonpost.com/liz-hanssen/a-moms-letter-introducing-her-transgender-daughter_b_6151766.html)

#### **An Open Letter from Violet About Her Gender Nonconforming Child**

<http://www.anotetomykid.org/2014/11/do-onto-others-open-letter-from-violet.html>

#### **Trans\* Parenting News Digest**

<https://paper.li/f-1411745618>

JANET MOCK is the *New York Times* bestselling author of *Redefining Realness*. She considers herself a Beyoncé scholar, but is widely known as a sought-after speaker and prominent advocate for trans women's rights. Currently, she hosts the weekly culture show "So POPular!" on MSNBC's Shift network and serves as Contributing Editor for *Marie Claire*.

<http://www.janetmock.com>

## Videos

*In my shoes*

<http://www.youtube.com/watch?v=MDuVbsg0eMo>

*I am Jazz* Documentary

[https://www.youtube.com/watch?v=Bk\\_YIBM5JAE](https://www.youtube.com/watch?v=Bk_YIBM5JAE)

*A Day in the Life of a Trans Man*

<https://www.youtube.com/watch?v=9Bz5iriQQwQ>

*Being Me* ABC Four Corners

<http://www.abc.net.au/4corners/stories/2014/11/17/4127631.htm>

## Facebook

[/GenderCentre](#)

[/PARENTSOFTANSKIDS](#)

[/wipeouttransphobia](#)

[/headspaceAustralia](#)

[/PflagSydney](#)

[/yoursafespace](#)

[/thecommunitybravefoundation](#)

[/transhealthy](#)

[/transadvocate](#)



*tasmania's gender, sexuality and intersex  
status support and education service*

## **Contact Working It Out**

### **Working It Out South**

39 Burnett St  
North Hobart 7000  
6231 1200

### **Working It Out North**

45 Canning St  
Launceston 7250  
0438 346 122

### **Working It Out Northwest**

11 Jones St  
Burnie 7320  
0438 346 122