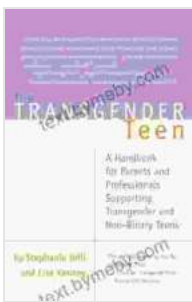


# Handbook for Parents and Professionals Supporting Transgender and Non-Binary Youth

This handbook is a comprehensive guide for parents and professionals on how to support transgender and non-binary youth. It provides information on the different aspects of gender identity and expression, as well as practical advice on how to create a supportive environment for transgender and non-binary youth.



## The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary

**Teens** by Lisa Kenney

★★★★☆ 4.7 out of 5

Language : English  
File size : 1044 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 275 pages



## What is Gender Identity?

Gender identity is a person's internal sense of their own gender. It is not the same as sex assigned at birth, which is based on a person's physical characteristics. Gender identity can be male, female, non-binary, or another gender identity.

Transgender people have a gender identity that is different from the sex assigned to them at birth. Non-binary people have a gender identity that is not exclusively male or female.

## **Understanding Transgender and Non-Binary Youth**

Transgender and non-binary youth are a diverse group of people. They may have different experiences and needs, but they all share a common desire to be accepted and respected for who they are.

It is important to remember that transgender and non-binary youth are not mentally ill. They are simply people who have a different gender identity than the one they were assigned at birth.

## **Supporting Transgender and Non-Binary Youth**

There are many ways to support transgender and non-binary youth. Some of the most important things you can do are:

- **Respect their gender identity.** This means using their correct name and pronouns, and affirming their gender identity in all aspects of your life.
- **Create a supportive environment.** This means providing a safe and welcoming space where transgender and non-binary youth can feel comfortable expressing themselves.
- **Educate yourself about transgender and non-binary issues.** The more you know about transgender and non-binary people, the better equipped you will be to support them.
- **Advocacy for transgender and non-binary rights.** This means speaking out against discrimination and violence against transgender

and non-binary people, and working to create a more inclusive society.

Supporting transgender and non-binary youth is not always easy, but it is essential. By providing a supportive environment and respecting their gender identity, you can help transgender and non-binary youth to thrive.

This handbook is a valuable resource for parents and professionals who want to learn more about transgender and non-binary youth and how to support them.



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