



# Questions & Answers

*for Parents and Family Members of  
Gender Variant  
and Transgendered Youth*





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For Parents and Family  
Members  
of Gender Variant and  
Transgendered Youth***



**Vancouver School Board  
2011**

*Please check our website  
for translated versions of this booklet:*

本小册子备有简体中文版，可于 ... 阅览  
[www.vsb.bc.ca/multilanguage-brochures](http://www.vsb.bc.ca/multilanguage-brochures)



**All children and teenagers need to feel good about themselves. In order for our children and youth to become healthy and happy adults, they need to feel safe, supported and encouraged to be themselves. This can be a challenge for children and youth who are gender variant, as our society has quite rigid expectations regarding what it means to be either a boy or a girl. Gender variant children and youth can be more vulnerable to bullying and discrimination in their schools simply for being themselves. As parents and caregivers, it is our responsibility to encourage our children to be themselves.**

**The purpose of this booklet is to guide parents and family members on how to best support, love and appreciate their children and keep them safe, healthy and happy.**

**Because language is a key component to understanding you will find a glossary at the end of this booklet for words you may not be familiar with.**

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Like many human differences, gender is not black or white. A person's gender identity refers to their internal feeling of being male, female, or a blend, which may not be the same as their birth gender or how they present to others. It does not refer to their physical and emotional attractions to others, which is a person's sexual orientation. While sexual orientation and gender identity are closely linked, this booklet is meant for families of students who are gender variant or transgender.

If you feel that your child may be gay, lesbian or bisexual please use the booklet Q&A for Parents and Families of Lesbian, Gay and Bisexual Youth

**Here are some common questions that you might be asking:**

## **How do I know my child is gender variant?**

Many gender variant children have significant and persistent feelings and behaviours that are often associated with the “opposite” sex. Sometimes this will be quite visible in terms of youth preferring clothing and hairstyle more often associated with the opposite sex, such as boys wanting to wear dresses. Sometimes it will surface in less obvious ways such as identifying more with opposite sex characters, family members or friends, such as girls insisting that they are Prince Charming or a He-Man.

Some gender variant children show these signs as young as 2-4 years old and other gender variant youth do not start displaying these traits until they are well into adolescence. In fact- some folks don’t begin experiencing these feelings and behaviours until they enter adulthood.

It is reasonable to expect that some children may use play to experiment with their ideas about gender as they try to gain an understanding of who they are and how they fit into the world around them. This is perfectly normal, yet childhood and adolescence are times of significant pressure to conform to societal expectations around gender. Imagine the pressure that we still face as adults to be the “perfect woman” or the “perfect man”. It is important to reassure your child that everyone is unique and that you love them for who they are.

## **I think my child may be gender variant, how should I approach this?**

If your child has already talked to you about this, it probably means that they trust you and are confident that you will be supportive. Keep the lines of communication open, but try not to pry too deeply. Most adolescents find it difficult to talk to their parents about personal issues in general.

If your child has not spoken to you about this but you wonder if they might be questioning their gender identity, remember that parents are often the last to know because children care deeply about their parents’ response. They may also not be aware of it themselves, or are just beginning to question their identity. “Asking” may force them to face something that they are not quite ready for.

If they are a youth, a better approach may be to communicate your support indirectly by commenting positively on a gay or trans issue or mentioning gay

or trans friends or colleagues in an affirming way. Another way to introduce the topic might be to ask if your child's high school has a Gay/Straight Alliance (GSA) club. More and more schools in BC, especially in Vancouver, have these clubs which act as a supportive place for students who are concerned about homophobia and transphobia regardless of their own gender or sexual identity.

Once you and your child begin this discussion remember to try to stay positive and receptive to their point of view. While society is becoming more inclusive and accepting, it may have taken your child a long time to be comfortable with this part of themselves, and you may also need some time to adjust and understand this news. Both child and parent need to have patience and be gentle with themselves and each other.

Remember your child is still the same person, with the same interests, skills and talents as always. Despite media portrayals of trans people as sad and confused, many gender variant and trans people lead highly productive and interesting lives, and contribute much to society and to their own families. Your child hasn't changed, it's simply that you now know an important part of who they are, which is different from what you expected.

## **What if members of my family or community disapprove of gender variant or transgender people?**

Family and community members may have different viewpoints, thoughts and personal connections to gender variant people. Many of the issues faced by gender variant people are a direct result of the discrimination and isolation they often experience in society. Research continues to show that LGBT youth are at increased risk of harassment, violence, depression, substance abuse, homelessness, and even suicide. However, parental attitudes and support towards their children can make a huge difference. Research from the Family Acceptance Project at San Francisco State University shows that families and caregivers have a major impact on their LGBT children's well-being:

"Family acceptance predicts greater self-esteem, social support, and general health status; it also protects against depression, substance abuse, and suicidal ideation and behaviours."<sup>1</sup>

Isolation is especially common for gender variant youth living in rural areas where there may be little access to resources or positive representations of trans folk in their community. Because of this, the internet and social networking sites in particular can be instrumental in creating a sense of community for gender variant youth. Building resilience in our children begins

at home, but can also include positive role-models, books and resources that our gender-variant children can access whether in the community or further afield.

If extended family members are not supportive, you may need to help educate them, and ultimately make choices that will help maintain your child's self esteem. Also remember that gender variant people are found all over the world, in every ethnic group and religion, and have always been a part of history. In any community there are also likely other parents just like you, including many who are very supportive of their gender variant children. In the Greater Vancouver area there are many supportive churches and groups for gender variant and transgender youth. There are also books and films, which can help you understand that you are certainly not alone in having a gender variant child.

## **How can I show support for my child?**

Being supportive will look different for everyone, depending on your child's age, needs and areas they may struggle in. A fantastic way to show support is to be just as encouraging of your child's gender variant behaviours, goals and accomplishments as you would of their gender normative ones. For instance - your child uses the same amount of creativity and initiative to learn how to tie one of dad's ties on their own as they do to make a fancy new dress out of mom's scarves.

You should be aware that there is a difference between being actively supportive, generally non-supportive, and rejecting. Rejecting looks a lot like teasing or putting your child down for their gender variant behaviour, insisting that they act/dress/think in a more gender normative way, taking away toys/clothing/friendships that are seen to "encourage" their gender variance etc. Being non-supportive can be much less obvious and looks like withholding compliments/approval/encouragement of their gender variance, avoiding or refusing to ask questions about their feelings on gender or some of the struggles they may be going through with friends or at school. Being non-supportive may seem less hurtful but actually just withholds affection, encouragement and nurturing - things that are essential for developing a healthy self-esteem, and can be almost as harmful to a gender variant child as rejection.

Active support looks like encouragement, making time to listen, being comfortable with asking questions, complimenting your child on things they are



proud of and standing up for your child's rights in their home, school and social lives. It may also look like doing the work to connect them with other gender variant youth, doing research of your own to understand gender variance better and showing them films or reading them books that portray gender variant people in a positive light. As always, the key to supporting others is to, as any flight attendant will tell you- "put on your own oxygen mask first." Ensure that you have someone to talk to about your feelings, a professional or friend or other parent of gender variant youth. This creates the support that you may need as a care-giver, so that you can be strong, confident and present when your child needs you.

## **What is the difference between sexual orientation and gender identity?**

Sexual orientation (being gay, lesbian, bisexual, heterosexual) is about who you are physically and emotionally attracted to. These feelings don't usually begin until adolescence so it is premature to focus on a child's future sexual orientation before puberty. Gender identity (feeling male, female or somewhere in between) is about how a person sees their gender, and is present in childhood. While some gay, lesbian and bisexual people cross mainstream gender expectations, many do not. Likewise a trans person's sexual orientation depends on who they are attracted to.

## **What causes gender variance? Why are some people gender variant and other people cisgendered?**

No one knows with 100% certainty why some people are gender variant or transgender. Most scientists believe that a person's gender identity is determined by a combination of influences before, during and after birth. These influences (whether genetic, hormonal, emotional, environmental, etc.), may act together during a person's growth and development to determine, among other characteristics, sexual orientation and gender identity. What is clear, is that most transgender people do not feel that they ever had a choice in their gender identity, it is simply who they are. Many, in fact, spend considerable time and energy trying desperately to fit into society's gender norms.

It is common for parents to wonder if they have done something to cause their child to be gender variant. Like being gay, lesbian or bisexual- there has been zero scientifically valid research to suggest that this is the case. The important part to remember is that regardless of why some children are

gender variant, there is no proven evidence that gender variance is something that can be “cured” or “corrected” whether through parenting approaches or psychotherapy. In fact, most evidence will show that attempting to “correct” gender variance in children only does more harm to a trusting parent-child relationship than good.

## **Should I take my child to seek professional help (doctor, therapist etc.)?**

This will depend on your child’s comfort level with their gender variance. Some youth will simply want support from their loved ones in continuing to express their gender in unconventional ways. Others may feel that taking hormones to create physical changes in their bodies, or hormone blockers to delay the onset of puberty is something necessary for them to be comfortable, particularly if they are experiencing a significant amount of gender dysphoria. While hormone blockers may seem drastic, they can help pause a body which is changing in an unwanted way. Many youth may not know what direction they want to take, but would still benefit from having someone to talk to about the feelings they’re experiencing. It varies from person to person.

As much as we love our children and are working hard to support them, not everyone is at the same place in their understanding, even doctors and mental health professionals. It is advisable to research or ask some preliminary questions from the professional you are seeking help from, to ensure that they will be supportive of your child’s feelings. Encourage honest feedback from your child and engage in ongoing discussions with them about how they feel about the doctor, counselor or youth worker they are seeing.

Luckily, in Vancouver it is possible to find doctors, psychologists, counselors, youth workers and social workers who have been trained to support gender variant youth and their families. Resources can be found at the back of this booklet.

## **Is this just a phase?**

Childhood and adolescence is a period of tremendous growth and change both physically and emotionally. This involves self-reflection and discovery about who they are and how they see themselves in the world. As a parent, the important part is to be supportive of your child as they are. Listen to their level of certainty regarding their gender identity. While there is nothing wrong with being certain, there is also nothing wrong with uncertainty. There is a possibility

that your child's gender variation may be short-lived. In fact, while some gender variant children do grow up to be transgender, many do not. The important thing is to keep the lines of communication open and respectful, so your child will be more likely to continue sharing new discoveries with you along the road to adulthood. If they do choose to transition in the future, you'll both feel reassured by looking back on the support you provided early on.

## **How common is it to be Trans?**

Due to the complexity, invisibility and very personal nature of a person's gender identity, this question is extremely difficult to answer in a statistically valid way. Do we measure this by how many people seek hormones and surgery, how many people we observe showing visible signs of gender variance, or how many people feel comfortable enough to identify themselves as gender variant on a survey? Really, what we're trying to measure is how many of us deviate from gender "norms". Because these ideas of what is right for males and females changes over time and vary by culture and community, it is a very difficult thing to define and track.

## **What will relationships look like for my transgender child?**

We all want our children to experience happy and healthy relationships and friendships. Trans people are just as diverse as the rest of society; many will find wonderful partners, others will struggle to find the right person and some may choose to be happily independent. Thankfully, in Canada, your child can grow up to marry whomever they fall in love with, regardless of their gender. Your child may choose to partner with someone who identifies as being the same gender or opposite gender, possibly even someone who also identifies as being trans. There are couples all over the world that include one trans partner or more who are in committed and loving life-long relationships.

Learning how to maintain healthy relationships (with friends, family, romantic partners etc) starts at home. The more positive role models your children have for creating healthy relationships, the better their chances will be at having successful relationships themselves. A parent's love and support is very important in maintaining any relationship. It is also very valuable to feel support from extended family and community. A couple is more likely to maintain a strong relationship if they feel safe to express their affection and love for each other. Therefore, including your trans child and their partner in family functions

may be important validation for them. Some parents have found that they may need to be clear with extended family about their expectations that everyone is accepted and treated with respect.

### **Should I talk to my child about safer sex?**

As you would for other children, you may want to talk to your gender variant child about your hopes and expectations for them to practice safer sex. If you are uncomfortable with this, you can at least encourage them to talk to a school counselor, teacher, health care provider or LGB youth group leader. Again, you should help your child to find support that will be supportive of their gender variance. Any teens who are sexually active should regularly visit a health clinic for testing and advice and they should be reassured that anything discussed with a health care professional remains confidential. While sexually transmitted infections (STI's) can affect anyone, those with a supportive and healthy living environment are less vulnerable and less likely to engage in risky behaviours.

### **Will/can my trans child still have their own children one day?**

More and more people in relationships where one or more people are trans identified are choosing to have children. That being said, having children is not for everyone and is becoming less of a societal expectation, regardless of a person's sexual orientation or gender identity. Gender variant people choose a variety of paths to help them feel more comfortable in their bodies. Some will express their gender purely through their clothing and personal appearance, some will embark on a medical transition through hormones, some will opt for any number of surgeries that may or may not impact the functioning of their reproductive systems. Being gender variant does not necessarily mean that one's body is no longer able to conceive or bear children.

### **Will my child or my family experience discrimination?**

Sometimes families will discourage gender variance in their children out of fear that their child's life will be unhappy, lonely, or difficult. Ironically, it is this lack of acceptance from a key support, the family, which is a significant source of loneliness. Like most children, your child will likely face some sort of discrimination, harassment, teasing or alienation. But, parents, families, and schools have the power to build understanding and resilience. It starts with supporting our gender variant children to feel loved, healthy and secure in themselves and goes on to include advocating for them in the school system and beyond.

Transphobia exists in many forms and can range from remarks and jokes that

reinforce gender stereotypes, to denying rights enjoyed by the general population, to more serious physical harassment. Many parents show their support to their gender variant children by speaking up when and where it happens. This is also why it is so important for trans people to feel supported by family, friends, work and school colleagues. This helps them to develop healthy self-esteem, which is an essential part of weathering the hurt that comes when one experiences transphobia. As LGBT youth suicide, bullying and discrimination become increasingly visible in the media, more and more school districts, community organizations and institutions are developing anti-discrimination policies and programming to keep LGBT youth safe.

## **Will my child be safe at school?**

Your child has a right to be safe at school. The BC Ministry of Education requires all schools to include information in their Code of Conduct about the forms of discrimination included in the BC Human Rights Act. The ministry also states that schools should teach, model and encourage socially responsible behaviours that contribute to the school community, solve problems in peaceful ways, value diversity and defend human rights. Furthermore they should work together to better understand issues such as bullying, intimidation and harassment, racism, sexism, and homophobia, and to learn new skills to respond to them.<sup>2</sup>

More and more teachers and schools are including guest speakers, films and discussions about sexual orientation, gender identity and transphobia. This information is important because it helps everyone to understand and be more accepting. Harassment and discrimination is unacceptable in schools. Schools must work to prevent bullying, harassment, and discrimination in all of its forms – including transphobia. Talk to your school's principal if you have any questions.

## **How can I learn more and connect with other parents of gender variant children?**

Luckily, connecting with other caregivers, families and friends of gender variant youth is much easier than it used to be thanks to the internet and growing interest by the media. The U.S. based group Gender Spectrum offers excellent resources and connections for parents, as well as an annual family conference.  
[www.genderspectrum.org](http://www.genderspectrum.org)

There are also now numerous books, films, online support networks and websites offering information and support for gender variant youth and their allies. PFLAG (Parents, Family and Friends of Lesbian, Gay and Trans people) is a non-profit

group that has chapters across BC, and is an excellent way for parents to connect with others who are in a similar situation or simply want to learn more. For more information or to find a local chapter that can put you in touch with another parent, please refer to [www.pflagcanada.ca](http://www.pflagcanada.ca)

<sup>1</sup> Ryan, Caitlyn. (2010) Family Acceptance in Adolescence and the Health of LGBT Young Adults. *Journal of Child and Adolescent Psychiatric Nursing*. 23 #4, 205-213.

<sup>2</sup> BC Ministry of Education. (2008) Safe, Caring and Orderly Schools – A Guide.

## Other References

**Our Trans Children.** 2007. Parents, Families and Friends of Lesbians and Gays, Inc. Action Tips for Allies of Trans People. 2006. Trans @ MIT (Massachusetts Institute of Technology). <http://web.mit.edu/trans>

**Let's Talk Trans- Trans Care Youth.** 2006. Vancouver Coastal Health, Transcend Transgender Support & Education Society, Canadian Rainbow Health Coalition.

## Glossary:

**Language is a key component to understanding and respectful dialogue.**

**Ally** - Someone who is not LGBT but who is supportive of LGBT people and their well-being. This can be you!

**Biological Sex** - A biological classification based on physical attributes such as sex chromosomes, hormones, internal reproductive structures, and external genitalia. At birth, it is used to identify individuals as male or female. For those whose sex is not easily categorized as male or female, see Intersex below.

**Bisexual** - A person who is attracted physically and emotionally to both males and females.

**Cisgender** – Someone whose biological sex matches their gender identity, opposite of transgender. Most people are cisgender.

**FTM (or Female to Male)**- Someone who seemed female at birth but chooses to live as male. They may or may not seek medical intervention such as hormones and surgery.

**Gay** – A person who is physically and emotionally attracted to someone of the same sex. The word gay can refer to both males and females, but it is more commonly used to identify males. Female to Male trans people may also identify as gay males if attracted to other men.

**Gender** - A socially influenced concept of identity based on the roles, behaviours, activities, and appearance that are on a spectrum from masculine to feminine.

**Gender dysphoria** - Feelings of incongruity between one's physical sex and their identity (e.g. feeling male yet seeing a female in the mirror). Can be mild or quite profound.

**Gender expression** – how a person presents his or her sense of gender to others.

**Gender identity** – A person's internal sense or feeling of being male, female, or a blend, which may not be the same as their biological sex or how they present to others.

**Gender normative** – Adhering to mainstream expectations of gender, e.g. feminine for women and masculine for men.

**Gender Variant** – Expressing gender in ways that conflict with mainstream expectations of gender e.g. feminine boys/men and masculine girls/women. Can range from a girl who perceives herself as female engaging in typically masculine tasks or play and clothing, to a person who was born male and takes female hormones, uses a feminine name and dresses and lives as a woman.

**Heterosexism** – The assumption that everyone is heterosexual (straight), that this sexual orientation is the only natural orientation and that it is superior. Heterosexism is much more pervasive and subtle than homophobia and can be seen daily in media and advertising.

**Heterosexual** - A person who is physically and emotionally attracted to someone of the opposite sex. The more commonly used word for heterosexual is “straight”.

**Homophobia/Transphobia** – Fear, ignorance, and mistreatment of people who are LGBT, which is directly related to the silence and invisibility that has historically hidden them.

**Homosexual** - A person who is physically and emotionally attracted to someone of the same sex. Because of its medicalized history, most people prefer the terms gay, lesbian, two-spirit or queer.

**Intersex** – A person who is born with an anatomy (genitals and/or other reproductive organs) that does not conform to expectations of distinctly male or female. In some cases it is not discovered until puberty.

**LGBT** - A common acronym which means Lesbian, Gay, Bisexual, Transgender. It is intended to include all sexual minority people, and often includes a Q which can mean Queer or Questioning.

**Lesbian** – A female who is attracted physically and emotionally to other females. Male to Female trans people may also identify as lesbian if attracted to other women.

**MTF (or Male to Female)** – Someone who seemed male at birth but chooses to live as female. They may or may not seek medical intervention such as hormones and surgery.

**Pronouns** - The words one uses to refer to themselves (e.g. he, she, his, hers, they etc.) Please try to use the pronouns preferred by each individual.

**Queer** – A historically negative term for homosexuality. Recently many LGBT people, especially youth, have reclaimed it as positive and inclusive of all sexual minority and gender variant people.

**Sexual Orientation** - A term that refers to being physically and emotionally attracted to people of a specific gender. A person's sexual orientation and their gender identity are separate and distinct parts of their overall identity. Although a child is not usually aware of their sexual orientation until adolescence, they usually have a strong sense of their gender identity. Terms like "sexual preference" and "lifestyle" are poor substitutes as they imply a choice which most lesbian, gay and bisexual people say is not their reality.

**Transgender/Trans** – A person whose gender identity, appearance, or expression does not fit with conventional ideas of male or female. Being transgender or transsexual does not determine any specific sexual orientation. Therefore, trans people may additionally identify as straight, gay, lesbian or bisexual depending on their attractions.

**Transsexual** – A person who experiences intense personal and emotional discomfort (see Gender Dysphoria) with their assigned birth sex. They may opt for various changes to physically alter their appearance to match how they see their gender. These range from simple things like hair and clothing to sex reassignment surgeries as adults. Because of its medicalized history, many transsexual people prefer the terms "transgender" or simply "trans".

**Two Spirit** – An Aboriginal notion of LGBT people as special and honoured based on their unique abilities to understand both male and female perspectives.



## **Reads & Resources**

### **American Library Association Rainbow List**

The ALA provides an annual list of librarian reviewed books with significant and authentic LGBTQ content, which are recommended for people from birth to eighteen years of age.

<http://glbtrt.ala.org/rainbowbooks/rainbow-books-lists>

### **Ambleside Youth Centre, West Vancouver: Whatever Group**

LGBTQ drop in group in West Vancouver.

[www.amblesideyouthcentre.ca](http://www.amblesideyouthcentre.ca)

604-925-7233

### **C.A.L.L. Out! (Creating Action, Learning and Leadership)**

C.A.L.L. Out! works with organizations across BC to engage Lesbian, Gay, Bi, Trans, Two-Spirit, Queer, Questioning and Allied youth in healthy, meaningful activities that increase their leadership capacity and connection to community

[www.vch.ca/callout](http://www.vch.ca/callout)

604.315.3668 or 1.877.515.3668 (toll free in BC)

### **Campbell River Multicultural & Immigration Society – Youth 4 Diversity**

Youth learn how to respond to, and prevent racism and discrimination, plan activities and strategies to encourage others to explore and build on their leadership skills, and most importantly have FUN while celebrating diversity.

[www.crmisa.ca/youth-cultural-diversity-programs-campbell-river](http://www.crmisa.ca/youth-cultural-diversity-programs-campbell-river)

250-830-0171

### **Family Services of Greater Vancouver**

LGBT Options - Short-term counseling for LGBT people and their family members to address coming-out, relationship/family issues.

1616 West 7th Avenue

604-874-2938

### **Fraser Valley Youth Society**

Regular drop-in group for LGBTQ and allied youth in Abbotsford.

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

### **Gender Spectrum**

Support for Families of Gender Variant Children and Youth -provides 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)

### **Kamloops Safe Spaces at Interior Community Services**

Support and outreach service for LGBT youth (ages 14 to 25) in the Central Interior.

Email: [sspaces@interiorcommunityservices.bc.ca](mailto:sspaces@interiorcommunityservices.bc.ca)

250-371-3086

### **Kelowna Unity LGBT2S**

A group offered by the Kelowna Boys and Girls Club.

Email: [club180@boysandgirlsclubs.ca](mailto:club180@boysandgirlsclubs.ca)

250-868-8541

### **OPT: Options For Sexual Health**

Reliable sexual health services, education and support provided non-judgmentally and confidentially.

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

1-800-SEX-SENSE

### **Out on Screen**

Province wide youth facilitated films and discussion in schools about homophobia and LGBT lives. Youth film-making workshops and annual anti-homophobia video competition.

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

### **Outlet (Kootenays)**

Support services for queer and questioning youth meeting in several communities including Castlegar, Trail, Nelson and the Boundary region.

[www.queerkootenays.com/resources.php](http://www.queerkootenays.com/resources.php)

### **Parents, Family and Friends of Lesbians and Gays (PFLAG)**

We provide support for all family members and friends. We work to create an environment of understanding so our gay, lesbian, bisexual and transgendered children can live with dignity and respect.

Vancouver: [www.pflagvancouver.com](http://www.pflagvancouver.com)

604-626-5667

Victoria: e-mail: [victoriabc@pflagcanada.ca](mailto:victoriabc@pflagcanada.ca)

250-385-9462

### **PLEA – Community Services – Generation OUT**

Regular drop-in groups for LGBTQ youth in Maple Ridge, Coquitlam and Vancouver.  
info@plea.bc.ca

### **QMUNITY - BC's Queer Resource Centre**

Information and referral, education, library, peer groups, social support, and free counseling.

1170 Bute Street @ Davie, Vancouver      [www.qmunity.ca](http://www.qmunity.ca)

604-684-5307

Prideline (LGBT peer support) 7-10 pm nightly:

604-684-6869 or 1-800-566-1170

### **QMUNITY Gab Youth Services**

Youth Drop-ins, one-to-one support, Pridespeak workshops for schools.

604-684-5307 ext 107 or 108

### **South Island Pride Community Centre**

Drop in and resource space for queer youth and allies in Victoria.

1330 Fairfield Rd., Victoria, BC      [www.youth.southislandpridecentre.ca](http://www.youth.southislandpridecentre.ca)

### **Surrey Youth Alliance**

Drop-in and support group for LGBTQ and allied youth between the ages of 14 and 21 in the Fraser Valley and surrounding area.

Newton Youth Resource Center

13479 76 Ave, Surrey, BC.

Email: syabc@live.com

### **Transgender Health Program**

Youth Drop-In - a regular drop-in for anyone age 24 and under who is transgender or the loved one of a transgender person (sibling, friend, partner, etc.). The group is a space to meet other youth who are interested in trans issues, watch trans movies, make art & 'zines, eat free snacks, and get info about local resources. Meals provided. Fridays from 6:30-8:30pm (No meeting on the last Friday of each month).

<http://transhealth.vch.ca/youth/index.html>

1661 Napier St., Vancouver, BC

Email: transyouthdropin@yahoo.ca

778-773-3173

### **Transgender Health Program- Parents Group**

Peer social support group for parent of transgender and gender variant youth. First Friday of each month from 6:30-8:30pm  
1661 Napier St., Vancouver, BC  
Email: [transyouthdropin@yahoo.ca](mailto:transyouthdropin@yahoo.ca)  
778-773-3173

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

Stephanie A. Brill and Rachel Pepper (2008)  
The Transgender Child is must read for every parent, family member, doctor, teacher, etc. of a gender-variant child.

### **Trans Forming Families: Real Stories About Transgendered Loved Ones**

Edited by Mary Boenke  
Collection of stories written by parents, friends, siblings, children, spouses and partners of transgender people. The second, most recent edition of this book is currently out of print.

### **Trans People in Love**

Edited by Tracie O'Keefe and Katrina Fox  
An anthology of real-life stories of being in love by trans people (and their partners) around the world.

### **Trans @ MIT**

Resources for transsexual, transgender, gender questioning people and their allies at Masechussets Institute of Technology. Although this website has been designed for and by people at MIT, it is an excellent resource with many online toolkits, fact sheets and other types of useful information.  
<http://web.mit.edu/trans/>

### **Trans Active Education and Advocacy: Supporting Transgender Children and Youth Website for Trans Active**

An education and advocacy group for parents, educators and service providers of trans children and youth.  
<http://www.transactiveonline.org/>

### **Trans Youth Family Allies**

Online resource for parents, educators and service providers of trans children and youth.  
<http://www.imatyfa.org/>

### **UBC's CampOUT!**

An annual summer camp for queer, trans and allied youth ages 14-21 from across BC.

<http://campout.ubc.ca/>

604-822-8298

1-877-678-CAMP(2267)

### **Urban Native Youth Association (UNYA)**

Services and programs for Native and LGTB two-spirit youth in BC.

1640 East Hastings St.

Email: [schoolsupport@unya.bc.ca](mailto:schoolsupport@unya.bc.ca)

604 854-7732

### **Vancouver School Board**

Anti-homophobia and Diversity Mentor – Social Responsibility & Diversity Team  
Teacher mentor working to ensure schools are inclusive and welcoming for all students and families regardless of sexual orientation or gender identity.

Email: [pride@vsb.bc.ca](mailto:pride@vsb.bc.ca)

604-713-5180

### **YouthCO HIV and Hep C Society of BC**

Youth-driven organization leading HIV and HepC peer education, support, and shared leadership.

#205 – 568 Seymour, Vancouver BC

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

604 688-1441







**Creating Action Learning Leadership**  
An LGBT2SQ youth wellness initiative

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