



Supporting Your Transgender Teen

Respecting Their Identity



Your love, respect, and acceptance help your teen feel safe, supported, and seen—
exactly as they are. 💖



Use Their Chosen Name & Pronouns

- Consistently use their chosen name & pronouns
- Practice regularly—mistakes happen, quick corrections help
- Model this for family, friends, & professionals



Listen & Be Open

- Listen to their feelings without judgment
- Ask what support feels helpful
- Let them lead their story



Respect Their Privacy

- Ask before sharing their identity with others
- Don't "out" them without consent
- Support them at home, school, & in the community



Support Their Expression

- Affirm their clothing, hair, style, & interests
- Provide access to affirming items (as safe & appropriate)
- Let them explore & express themselves freely



Educate Yourself

- Learn about gender identity & transgender experiences
- Use affirming, reputable resources
- Reduce the burden on your teen to educate others



Advocate for Them

- Stand up for their rights at school & in the community
- Address bullying, misgendering, & bias
- Help create safer, affirming environments



Affirm Their Identity

- Use gender-affirming language
- Celebrate their authenticity
- Remind them: "I see you, I believe you, I love you."



Get Affirming Support

- Find LGBTQ+ affirming therapists & providers
- Support their mental & emotional well-being
- You don't have to do this alone



Your *acceptance* is one of the greatest gifts you can give your teen.