

TIPS FOR PARENTS OF  
TRANSGENDER,  
NONBINARY AND  
GENDER NON  
CONFORMING TEENS:

SUPPORT WITHIN THE THERAPEUTIC ALLIANCE

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FROM A CISGENDER LENS AS A NORM, TO GENDER DIVERSITY, INCLUSION, AND A WINDOW INTO YOUR TEEN'S AUTHENTIC SELF

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**INSISTENCE.  
PERSISTENCE.  
CONSISTENCY.**

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# INTERSECTING IDENTITIES

- Minority Stress Model
- Gender Minority Stress & Resilience Model
- Overlapping experiences, social group membership, barriers, threats, privileges, and access to resources
- Age, gender, SOGI, race, ethnicity, physical/developmental abilities/qualities, social/economic status, religious beliefs, education, work status, appearance/expression, political ideology, communication style/skills, family structure, geographic location, etc.

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**TRANSITIONING:  
SOCIAL, MEDICAL, LEGAL  
PATHWAYS**

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# SOCIAL COMING OUT & TRANSITIONING

- Following the teen's individualized preferences in coming out to family, friends, online community, supportive adults & mentors, teachers, community leaders, peers, neighbors, etc.
- Some teens experience an ability to choose their course of disclosing
- Some teens experience being "outed," by others or circumstances
- Can often follow months or years of being out to themselves
- Involves gender expression and experimentation

# MEDICAL TRANSITIONING

- Puberty blockers
- Birth control as hormonal management for suppression of menses
- Fertility preservation
- Gender affirming hormone therapy
- Surgical: top surgery
- Prep for 18+ procedures: FFS, breast augmentation, "bottom" surgeries, etc.



# LEGAL TRANSITIONING

- Name and gender marker
- Birth Certificate
- Social Security/Residency
- Important for all things where birth name and assigned sex at birth will be prominent: school transcripts, state ID, driver's license, job applications, passport, college applications, extracurricular (sports, music, cultural, etc.)



REMOVING BARRIERS

STRATEGIES FOR  
STRENGTHENING  
COMMUNICATION  
RE: GENDER  
IDENTITY, GENDER  
DYSPHORIA AND  
STRESSORS



## COMMUNICATION STRATEGIES

- Practicing active and reflective listening
- Expressing love and support for the whole person
- Expressing acceptance of teen's perspective and experience
- Validation of teen's feelings, name, and pronouns
- Leaning into curiosity, including perusing credible sources

COMMUNICATION  
STRATEGIES  
(CONTINUED)

- Sharing time together, demonstrating and cultivating trust
- Exploration of activities & themes that are inclusive of teen's interests
- Appropriate sharing of parent's own history
- Appropriate communication of parental needs

- Loss, and for some, guilt, grieving
- Crisis and regrouping
- Dealing with uncertainty
- Gender identity awareness, information, knowledge
- Isolation, support, and building new community
- Extended family, workplace dynamics, community connections and relationships
- Resilience
- Advocacy

PARENT  
PROCESSES  
AS THEY  
ALSO  
TRANSITION



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# SUPPORTING INFORMATION

## CURRENT DATA

National Survey on LGBTQ Youth Mental Health

34,000 LGBTQ youth ages 13-24

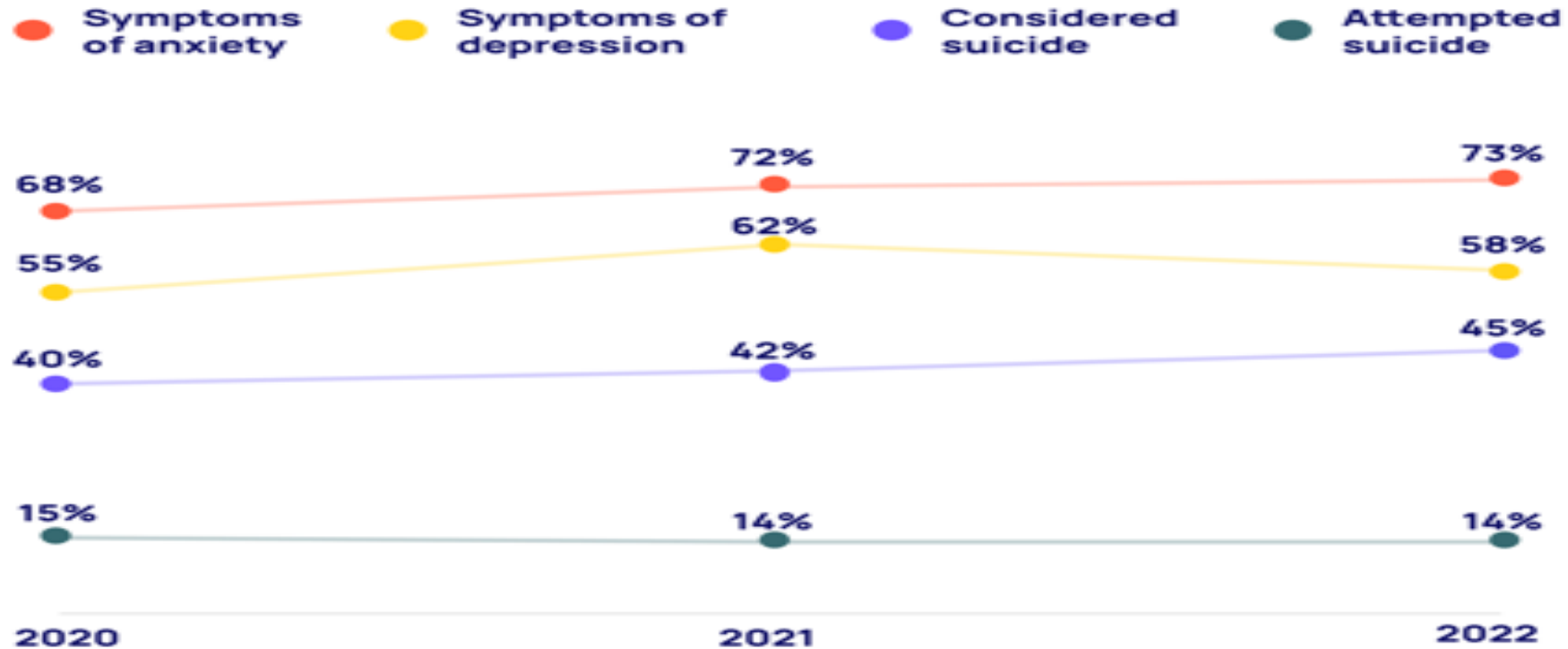
45% of the respondents were LGBTQ youth of color

48% of the respondents were transgender or nonbinary

- <https://www.thetrevorproject.org/survey-2022>



# Trends in LGBTQ youth mental health & suicide risk from 2020-2022



# Rates of considered and attempted suicide among LGBTQ youth by gender identity



**Family**

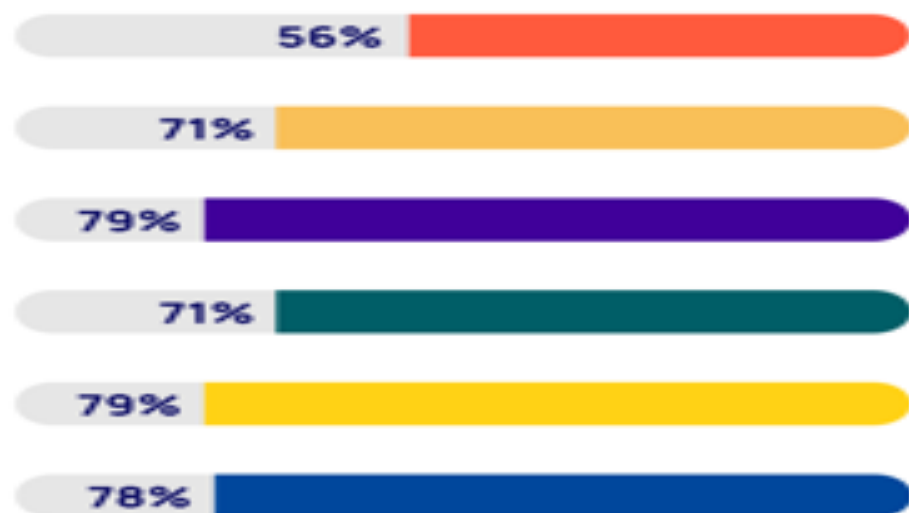
**Friends**



SUICIDE ATTEMPT RATE FOR  
LGBTQ WITH SOCIAL SUPPORTS

# Anxiety & depression symptoms reported among LGBTQ youth by gender identity

## Experienced symptoms of anxiety



Cisgender boy/man

Cisgender girl/woman

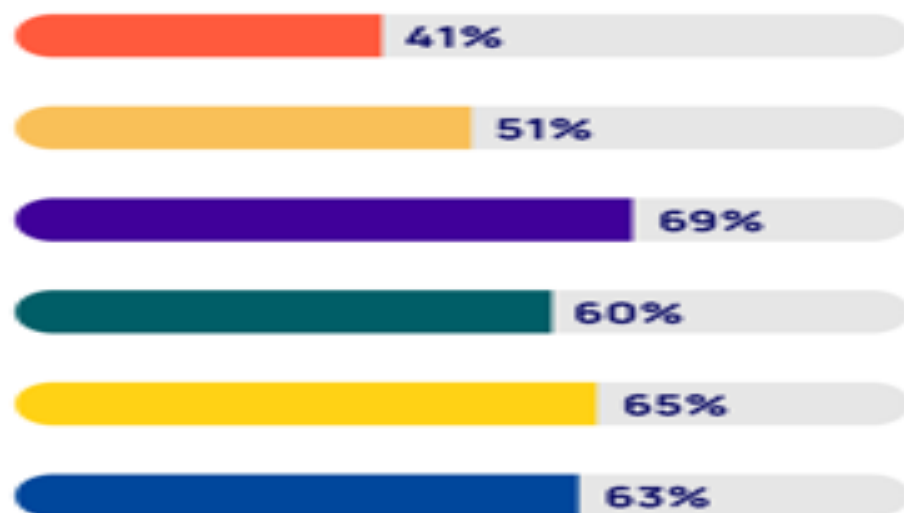
Transgender boy/man

Transgender girl/woman

Nonbinary/genderqueer

Questioning

## Experienced symptoms of depression



# LGBTQ youth who wanted mental health care but were unable to get it cited the following top ten reasons

Fear of discussing mental health concerns



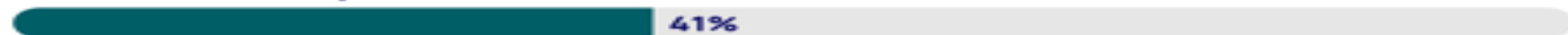
Concerns with obtaining parent/caregiver permission



Fear of not being taken seriously



Lack of affordability



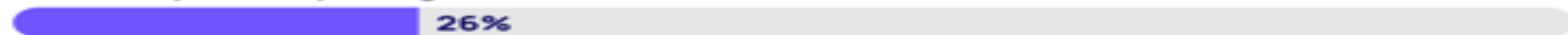
Fear of care not working



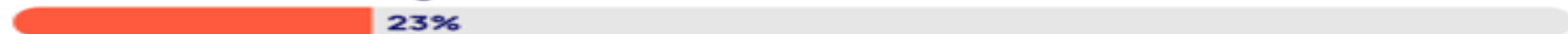
Fear of being outed



Fear of my identity being misunderstood



Concerns with receiving virtual care at home



Lack of transportation options



Lack of parent/caregiver permission



## Rates of transgender and nonbinary youth who have been physically threatened or harmed due to their gender identity

Transgender boy/man



Transgender girl/woman

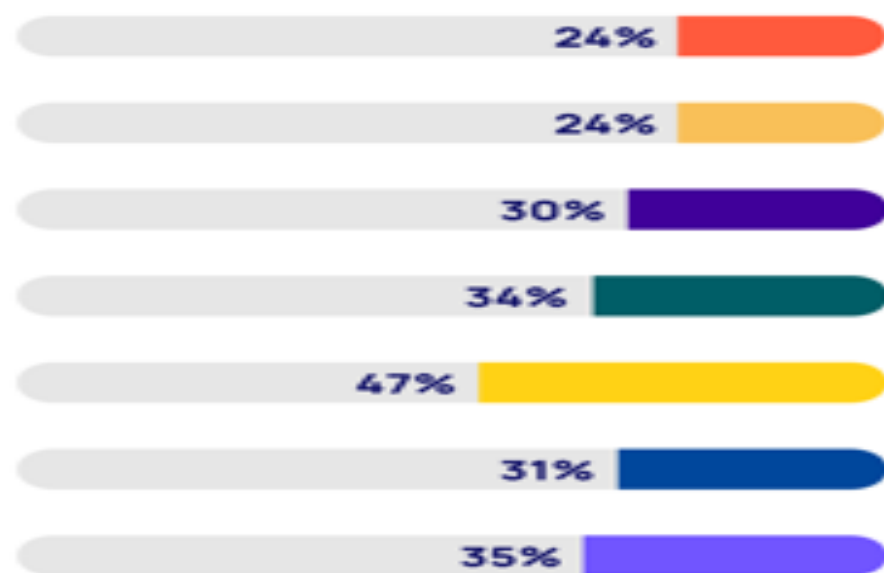


Nonbinary/genderqueer

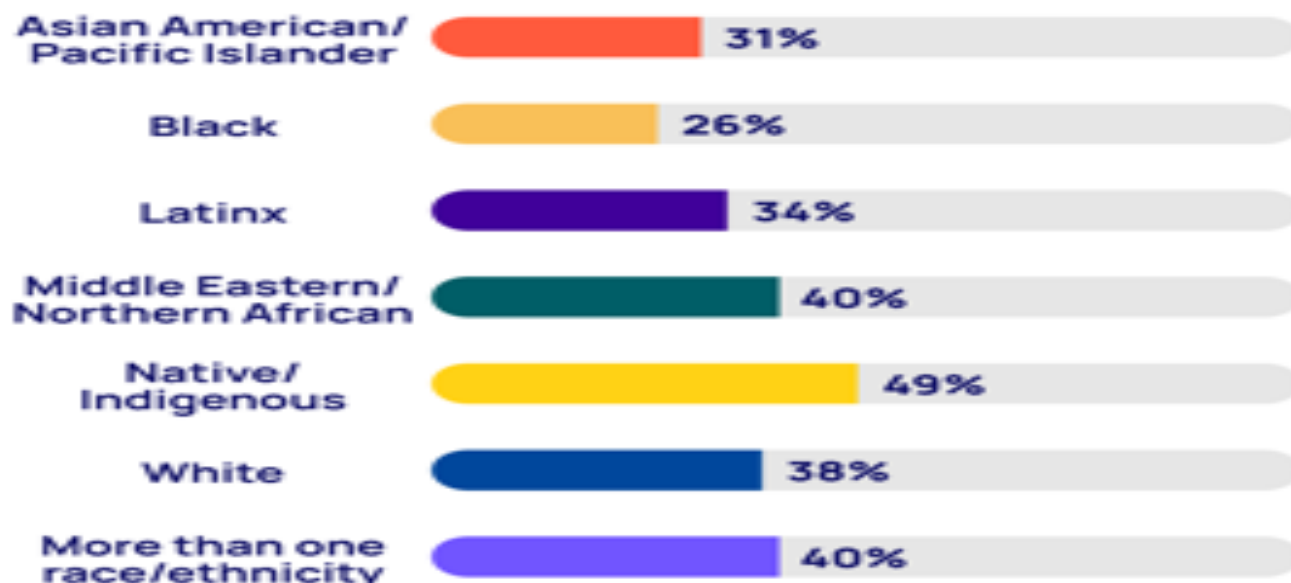


# Rates of LGBTQ youth who have been physically threatened or harmed by race/ethnicity

Physically threatened or harmed due to their sexual orientation

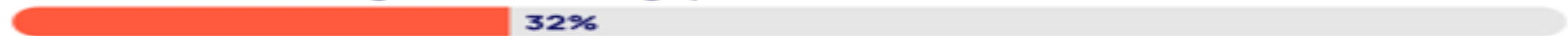


Physically threatened or harmed due to their gender identity



# Transgender and nonbinary youth who identified home or school as a gender-affirming space

Identified home as a gender-affirming space



Identified school as a gender-affirming space









## Five most common ways that LGBTQ youth reported feeling supported by their parents or caregivers

Been welcoming to their LGBTQ friends or partners



Talked with them respectfully about their LGBTQ identity



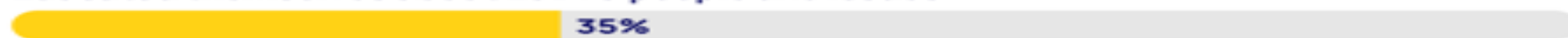
Used their name and pronouns correctly



Supported their gender expression



Educated themselves about LGBTQ people and issues





### What is transgender?

Transgender people are those who know themselves to be one gender, but who were labeled a different gender at birth.

For example, a child who was thought to be a girl but knows himself to be a boy might call himself transgender.



### How many kids are transgender?

According to the Centers for Disease Control and Prevention (CDC), almost 2% of high school students identify as transgender.\* Applied to all youth, this means there are at least:

**1.3 million+** trans youth (ages 0-17)

## WHY IS FAMILY ACCEPTANCE SO IMPORTANT?

Research shows that trans youth with supportive families experience:

**52%**

decrease in recent suicidal thoughts\*

**45%**

decrease in anxiety attacks\*



Significant increases in self-esteem and general health\*



But only **27%** of trans youth say their families are "very supportive."

Fewer than half (42%) say they have an adult in their family they could turn to if they felt sad or worried.\*





JAZZ JENNINGS

GABRIELLE  
UNION AND  
ZAYA WADE





DWYANE WADE, ZAYA WADE, GABRIELLE UNION



CHAZ BONO







Gender Spectrum

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

GLSEN Hawai'i

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

PFLAG

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

The Trevor Project

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

Family Acceptance Project

[www.familyproject.sfsu.edu](http://www.familyproject.sfsu.edu)



ONLINE  
RESOURCES

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# QUESTION AND ANSWERS

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MAHALO