



# COLAGE

PEOPLE WITH A LESBIAN GAY BISEXUAL  
TRANSGENDER OR QUEER PARENT

# UNITE!

## Kids of Trans Resource Guide

*Do you have a transgender parent? We want to hear from YOU!*

Visit [www.colage.org](http://www.colage.org) to:

- Connect with other people with trans parents through our KOT email discussion list or Pen Pal program
- Find a local COLAGE chapter near you
- Join our Speak OUT program

Get in touch with the KOT program at [kidsoftrans@colage.org](mailto:kidsoftrans@colage.org)

*COLAGE is the only national youth-driven network of people with lesbian, gay, bisexual, transgender, or queer parents. Living in a world that treats our families differently can be isolating or challenging. By connecting us with peers who share our experiences, COLAGE helps us become strong advocates for ourselves and our families.*

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## Kids of Trans Resource Guide

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# Kids of Trans Resource Guide<sup>3</sup> A Note From the Author

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## A Note from the Author

Spring 2008

Dear Friend,

Allow me to introduce myself. My name is Monica, and my father is a transgender woman who transitioned from male to female ten years ago, when I was 17 years old. Until five years ago, I had never met another person with a similar experience. Thanks to COLAGE and the work I've been doing to build our Kids of Trans Program, I now know quite a few people with trans parents and even more transgender people.

When my dad first came out to me, she handed me a pamphlet about transgender people. I never read the pamphlet because I didn't want more information about her; I wanted to know what this all meant for *me*. Where was the "Your dad just came out as trans... Now what?" booklet that I so desperately needed? I wanted someone to tell me what to expect, how to talk about it, and assure me that there were other people out there with similar experiences. This resource guide encompasses each of these elements as well as other important aspects of having one or more transgender or gender variant parent(s).

From October 2007 through May 2008, COLAGE hosted me as their Kids of Trans Fellow, to expand the KOT Program and create this resource guide. COLAGE is a national movement of children, youth and adults with lesbian, gay, bisexual, transgender and/or queer parents. We build community and work toward social justice through youth empowerment, leadership development, education, and advocacy. I am so grateful to COLAGE – especially Program Director Meredith Fenton and Executive Director Beth Teper - for prioritizing the Kids of Trans Program and believing in the necessity of people with LGBTQ parents and families to speak for ourselves.

My work with the Kids of Trans Program has also benefited greatly from the encouragement of the transgender community. I am so grateful to the many members of the trans community who have reminded me of the importance of this work – the parents, the activists, the fellow children of transgender parents, and all of the other people who have welcomed me into the community. Thank you.

Special appreciation to those who gave editorial and conceptual input to this guide: Dr. Michelle Angello, Ari Lev, Hawk Stone, Lisette Lahana, Lori Oshrain, Reid Vanderburgh, Jamison Green, Morgan Falkenrath Green, J. Cameron Venier, Richard M. Juang, T. Aaron Hans, Zeek Christopoulos, Taylor Flynn, Cathy Sakimura (National Center for Lesbian Rights), Ben Lunine (Transgender Law Center), and Lisa Mottet (National Gay and Lesbian Task Force). Further thanks to Jennifer Levi and others at GLAD for compiling the answers to our legal FAQ.

This guide is dedicated to people with transgender parents everywhere. Thank you to those of you who have shared your stories with me, reminding me that I am not alone, and inspiring me to continue my efforts to build KOT community.

Please share this guide with the KOTs in your life. I hope that this guide will answer some of your questions, validate your experiences and inspire you to make a difference in the world. Also, please get in touch with COLAGE to connect with our vibrant community and continue this conversation.

In Pride,

Monica Canfield-Lenfest  
COLAGE Kids of Trans Program



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# Kids of Trans Resource Guide<sup>4</sup>, Introduction

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## A Resource Guide for Us

*"There's no 'manual' for people in my situation... I've had to play everything by ear." - Katie B., age 23*

"So, your parent is transgender. What's that like?" Does this question sound familiar? As people with transgender parents, we often feel quite alone in our experience. When (and if) we explain that we have a trans parent, we often find most people have never met anyone else with a transgender parent. Have you?

**Who is this guide for?** Plenty of transgender people have children, but there are only a few resources available for transgender parents and their families. This guide is the first of its kind, a resource specifically created for and by people with transgender parents.

Your parent may have just come out to you as transgender or maybe you have known for years and just found COLAGE. People are transgender in a variety of ways and families relate to each other differently. Maybe your parent is pre-transition, meaning that they intend to transition from one gender to another, but they haven't yet. Or maybe your biological mother is a man, who has been living post-transition as a guy for as long as you can remember. Is your dad a crossdresser who likes to wear dresses sometimes? Maybe your parent is androgynous or genderqueer and neither of the names "mom" or "dad" seems to fit. If you have or had one or more parent who is transgender, gender variant, a crossdresser, transsexual, or somewhere else along the gender spectrum, then this guide is for you!

In this guide, we use the term 'Kids of Trans' or KOT to describe people with one or more transgender or gender variant parent(s). See our *Glossary of Terms* for definitions of other words used throughout the guide. We have included quotes throughout the guide (*in italics*) from KOTs who responded to a survey in fall 2007, to give voice to diverse KOT voices. The goal of this guide is to answer your questions, inspire conversation, and empower you as a KOT.

We sincerely hope that you enjoy this resource guide and find it helpful for you and your family. Included is a list of publications, movies, and online resources for further information about having a transgender parent, as well as a legal fact sheet for KOTs, and transition tips for parents. We would love to hear your thoughts and encourage you to get involved with COLAGE. You can find or help organize a local chapter, join our KOT email list, send in a pen pal application, and/or join our Speak OUT program through our website ([www.colage.org](http://www.colage.org)). Now that you have found COLAGE, you can rest easy knowing that you are not the only one with a transgender parent!

*"Be proud of your family structure. There are people out there that are like you with similar experiences, you just may not know it." – Cameron V., age 22*



# Kids of Trans Resource Guide,<sup>5</sup> The Basics: What Does Transgender Mean?

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## *The Basics*

### What does transgender mean?

*"Before I could even deal with my own feelings, I had to educate myself about what 'Transgender' is." - Colleen M., age 44*

In order to better understand what it means to have a transgender parent, let's start with some basic definitions related to transgender identity and experience. This section provides language for people with transgender parents to use when talking about their families. First, we will explore some basic concepts. Next, review the Glossary for definitions of the words we use throughout this guide. Language is complex and sometimes controversial. If you ask fifteen people for the definition of transgender, you might get fifteen different answers, depending on each person. If you are looking for additional information about transgender parents and their children, check out our *Transgender Family Resource List* of books, movies, and online publications at the end of this guide. Remember that you can also talk to your parent if you have questions. They are probably waiting for you to ask!

**Transgender** is an umbrella term encompassing people whose gender identity and/or expression does not align with the sex they were assigned at birth. When you were born, a doctor assigned you a **biological sex** - usually either male or female - based on what body parts you have. Your biological sex determines your role in the **gender binary system**, which insists that every person fits into one of two categories: male-assigned and masculine or female-assigned and feminine. **Gender normative** behavior fits within the rules of the gender binary system. For example, female-assigned people who are feminine would be considered gender normative. There is actually an entire range - or spectrum - of gender options, not just two. When we talk about 'opposite' gender in this guide, we are talking about the opposite *end* of the **gender spectrum**. We put 'opposite' in quotes to remind you that there are more than two genders.

As you grow up, you learn about the supposedly 'correct' way for a boy/man or girl/woman to behave - your **gender role**. You also learn to express your own personality and interests, which may or may not fit with gender stereotypes (for example, all boys, and only boys, like to play football). Your **gender expression** is the way you express your gender through gestures, movement, dress, and grooming. People use many terms to describe gender expression - such as butch (masculine), femme (feminine), androgynous (somewhere in-between masculine and feminine), to name just a few. Your gender expression may or may not fit with societal expectations. It may change from day to day or over time.

Your **gender identity** is the way that you identify and experience your gender in your heart and mind. When you close your eyes and focus on yourself, do you feel like a woman, a man, or something else? The sense that you have about your true gendered self is your gender identity. It may or may not fit with your current gender expression or your assigned sex.

When your gender identity (how you feel) or your gender expression (how you behave) does not fit with your assigned biological sex, you may be transgender. Not everyone who could fit under the transgender umbrella chooses to identify as transgender, and there are many ways that people may identify. One of the benefits of coming to understand our parents' transgender identities is the deeper awareness of gender for ourselves and others. We can come to understand our own gender identity and expression better as well as become better allies to transgender people of all ages.

*"My father's a woman who races cars in her free time, and she constantly embarrasses men by knowing far more about high-performance engines and independent suspension than they do."*  
- Jonathan F., age 24



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# Kids of Trans Resource Guide<sup>7</sup> The Basics: Glossary of Terms

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## Glossary of Terms

*“Do your research. Knowledge is strength.” – Victoria T., age 32*

**Biological sex** – The category (usually male or female) assigned by a doctor at birth, based on what body parts you have and certain other physical characteristics.

**Crossdresser** – A person who expresses their gender by dressing in the clothing of the "opposite" gender, but does not identify as the "opposite" gender. They may wear male or female attire some or all of the time. Crossdressers used to be called "transvestites", which is now considered an inappropriate and disrespectful term.

**Drag** – Performing a different gender role through dress, movement, and grooming for the entertainment of others.

**FTM** - (female-to-male, transman, transmasculine) Someone who was assigned female at birth and identifies as male.

**Gender binary system** – An idea and system that insists everyone fits into one of two categories: male-assigned and masculine or female-assigned and feminine. This system gives power to people who follow gender norms at the expense of gender variant and transgender folks (in other words, people who don't). It also puts pressure on boys/men and girls/women to behave according to certain rules regardless of their own circumstances (for example, requiring them to dress or act a certain way).

**Gender expression** – The way a person expresses their gender identity through gestures, movement, dress, and grooming.

**Gender identity** – A person's sense of being male, female, or somewhere in-between.

**Genderqueer** – An increasingly popular term used by LGBT people who feel their identities don't easily fit the male/female binary.

**Gender role/stereotype** – The social expectation of how an individual should act, think, and feel based on upon one's assigned sex.

**KOT** – (Kid of Trans) A person of any age who has (or had) one or more transgender parent(s).

**MTF** - (male-to-female, transwoman, transfeminine) Someone who was assigned as male at birth and identifies as female.

**Queer** – A term used by some LGBT people to describe their identity. Not every LGBT person identifies as queer. It has been and still is used as a derogatory term against LGBT people, but has also been reclaimed as a positive and often political term in recent years. May be used to refer to either sexual orientation and/or gender identity.

**Queerspawn** – A term used by some people with one or more lesbian, gay, bisexual, transgender, and/or queer parent(s) to describe their identity. This term asserts that people with LGBTQ parents are part of the queer community because of their family and/or cultural experience and regardless of their own sexual orientation or gender identity. Not everyone with LGBTQ parents identifies as queerspawn.



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# Kids of Trans Resource Guide<sup>8</sup> The Basics: Glossary of Terms

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**Sexual orientation** - The sex/gender that a person is emotionally and physically attracted to over a period of time.

**SOFFA** - Significant Other, Family, Friend, and/or Ally to transgender people. This acronym often refers to significant others, but can be a useful term for family members, friends, and allies.

**Transgender** - An umbrella term describing anyone whose gender identity or expression differs from their biological sex. Literally means “across gender”, and conveys the idea of transcending the boundaries of the gender binary system.

**Transition** - The process of aligning one's body (and gender expression) with one's gender identity. Transition sometimes involves medical treatment and sometimes does not involve medical treatment.

**Transsexual** – A person who medically change their body to match with their gender identity. This may be done through hormone treatments and/or surgical procedures.

*“I don't wish the confusion and adjustment on anyone. I do wish that everyone could know what it's like to see a parent be truly happy for the first time in his/her life.” – Leslie Q., age 24*



# Kids of Trans Resource Guide<sup>9</sup> The Basics: Frequently Asked Questions

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## Frequently Asked Questions

*“Talk to your transgender parent(s). Ask them any question you want and be honest with them.”*  
– Victoria T., age 32

There is a fair amount of information out there for transgender people, telling them how to find support, understand their identity, and make necessary changes. For KOTs, learning more about transgender people is a great way to better understand your parent. The question most of us have, though, is 'How does this affect me?' We explore the many answers to this question throughout this guide. Of course, the answers depend on each individual family, but here are some frequently asked questions:

**How will my relationship with my parent change when he/she transitions? Will I still have a mother or father after the transition?** Some parts of your relationship will probably change as your parent embodies a new gender role. The most important thing to remember is that your mother/father is still your parent, regardless of their gender identity and expression. If there are certain activities you really like to do with your parent (such as playing sports or cooking together), let them know that you'd still like to do these things together. That way, you can hold on to some of your favorite parts of the relationship. Keep reading for more tips in the *Transition* section.

**What do I call my parent now?** The answer to this question varies from family to family. Your parent may change their name and pronouns (for example, he/his to she/her). Switching pronouns often takes practice, but once you get used to using his/her preferred pronouns, it gets a lot easier. Some people continue to call their parent Mom or Dad, while some others use the “opposite” parental term. Some families create new language to acknowledge the trans parent. You can have a conversation with your parent about what you will call them now to come up with a familiar name that feels comfortable for both of you (such as Da instead of Dad). See the *Pronouns* and *What We Call Our Parents* sections for more examples and ideas.

**Will my parents divorce or separate because of this?** Again, it depends on your family. Some people stay together when one person transitions, while others decide to separate. Your parents can both continue to love and support you, even if their relationship to one another changes. The best way to figure out what will happen in your family is to talk with your parents. Read more about the changes that many families experience in the *Family Shifts* section of this guide.

**Is my parent going to have surgery?** This is a big question for many people, since the idea of a parent having any kind of surgery can be pretty scary. The answer depends on your parent. People transition in different ways, and some don't medically transition at all.

Sometimes transitioning involves medical treatment, which could include taking hormones, electrolysis (hair removal for MTF people), and/or surgery. There are different kinds of surgeries, and your parent may elect to have one, more than one, or none. The purpose of these treatments is to make your parent's body express their gender identity more completely. You have the right to know as much or as little as you want to about these treatments. If other people ask you whether your parent has had 'the surgery', you can decide whether or not you want to talk about it. If you decide not to talk about it, you can tell people to ask your parent directly or even remind them how weird it would feel to be asked about their parent's body parts.

Not all transgender people undergo medical treatment, and people have different types of treatment. Having surgery (or not) does not determine someone's gender identity, and medical treatment is a private matter -- it's no one else's business. See the *Talking About Our Families* section for tips on addressing other people's questions.



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# Kids of Trans Resource Guide<sup>10</sup> The Basics: Frequently Asked Questions

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## **So, my parent might not undergo medical treatment?**

– Yes. Many transgender people do not seek medical treatment for a variety of reasons.

Crossdressers choose to dress and present in the 'opposite' gender some (or all) of the time, but do not change their body. Crossdressers may or may not spend time dressed in the clothing of the opposite gender when with their children, and will often go by a different name when dressed.

Genderqueer parents often do not choose to undergo medical treatment and may identify as a gender other than male or female (or as a combination of both).

Other transgender folks may decide not to go through medical treatments for a variety of reasons. Many of the treatments are expensive and not all people can afford them. Someone may have religious, health-related, or other reasons to not alter their bodies. Other folks feel comfortable with the physical body they have, even though they want to express their gender in different ways.

*"I am... learning to accept this situation for what it is: my life." – Leslie Q., age 24*

**Why would my parent decide to have kids if they knew they would transition?** They probably didn't know that they would transition. Even if they did have the desire to transition, they may not have had the opportunity to do so. The world has changed a lot over the last few decades and transgender people have more options than ever before. People usually decide to have children because they love kids and want to be a parent. Transgender people are no exception.

**Does this mean he/she is gay/lesbian?** Not necessarily. Sexual orientation (gay, lesbian, bisexual, or straight) is different from gender identity. Just like everyone else, transgender people may be attracted to people of just one sex/gender or multiple genders and may identify as gay, lesbian, straight, or bisexual (or none of the above!). Your parent's sexual orientation may change as their gender identity changes (for example, a female-to-male who is attracted to women and identified as a lesbian female before transition may identify as a straight man once he transitions to male.)

**If my parent is transgender does that mean I will become transgender or gay?** The gender identity of your parent is very unlikely to determine your gender identity or sexual orientation. Transgender people often are aware from a very young age that they don't quite fit into the gender role assigned to them or they don't feel comfortable in their male or female body. Plenty of straight, gender normative parents raise transgender people, so it follows that transgender parents often raise straight, gender normative kids.

Remember, everyone has a gender identity and you may be more aware of your gender, since you have learned about transgender identity from your parent. COLAGE finds that many people with LGBTQ parents question their sexual orientation or gender identity at some point in their lives. Partly because other people often ask us about how we identify and partly because we might be more curious about the possibilities of different sexual orientations and genders.

Questioning your gender doesn't mean that you are necessarily transgender or queer. There are lots of stereotypes about how boys and girls should act. It's okay to explore whatever clothes, activities, and interests you enjoy. If you do start to question, you might check out COLAGE's *2<sup>nd</sup> Generation program*, which is for folks with LGBTQ parents who are lesbian, gay, bisexual, transgender, queer and/or questioning themselves. They may help you sort through what you are experiencing. Remember, even if you do end up identifying as LGBTQ it will be because that is what is right for you, NOT because of the influence of your parent.



# Kids of Trans Resource Guide,<sup>11</sup> The Basics: Frequently Asked Questions

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**My parent already transitioned or my parent isn't going to transition. Is this guide for me?** Of course! This guide is for anyone who has (or had) one or more transgender parent(s). Your parent may have transitioned before you can remember or when you were much younger. Maybe your parent is genderqueer, is a crossdresser or, for a variety of other reasons, has chosen not to transition.

There are many elements to having a transgender parent and transition is one of them, which we explore at length in the next few pages. Hopefully, future versions of this guide will encompass a wider range of experience, as the KOT community continues to grow and find its voice. If you aren't currently experiencing a parent's transition, you may find the following sections most relevant: *The Basics*, *Coming Out as KOT*, *Finding Support*, *Legal Q&A*, and our *Transgender Family Resource List*.

The next section of this resource guide explores the many ways a parent's transition impacts their children.

*"It's OK to have a transgender parent." – Kite W., age 8*



# Kids of Trans Resource Guide<sup>12</sup> Transition: Finding Out Your Parent is Transgender

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## **Transition**

*"They still love you. They just need to be who they are." – Robert H., age 25*

While not everyone's parent transitions and some people's parents have already transitioned, we know that dealing with a parent's transition is one of the biggest challenges of having a transgender parent. Let's look at some of the major aspects of a parent's transition and the experiences of other KOTs.

See *Transition Tips for Parents* for ways that transgender parents (and their partners/spouses) can help their children navigate the transition process.

## **Finding Out Your Parent is Transgender**

*"My FTM father sat down and talked to me all about what was going to happen and [told me] that he loved me just the same." – Cameron V., age 22*

We discover that our parents are transgender in a variety of ways. Some families sit down for a family meeting and announce that a parent plans to transition. Other KOTs find out accidentally, by stumbling upon pictures or clothing, which can lead to a family crisis. Let's explore some of the ways that KOTs find out that their parent is transgender.

*"My father got very angry with my brother and... in the course of this argument, she told us that she was becoming a woman." – Branduin S, age 15*

*"My second mom told me that she was going to have a surgery and turn into a girl." – Matthew B., age 9*

Parents come out to their children in different ways, some of which are easier to handle than others. Ideally, your parent(s) started the conversation in a private space (not a crowded restaurant or public location) where you could express your feelings, ask as many questions as you needed, and take some time to yourself if you needed it. You may have wondered why they didn't tell you earlier or what it means for your relationship. This was the beginning of an ongoing conversation, so be sure to ask questions as they arise. Remember that you can ask for as little or as much information as you are comfortable learning.

*"I found out that my father was transgendered when I found him dressed in my mother's clothing." – Emma, age 14*

Some people find out about their parent's transgender identity without being told. Emma discovered her father dressed in women's clothing. Other KOTs have discovered pictures of their parent presenting in another gender. If this was your experience, you were likely angry or confused that a secret was kept from you and that you had to find out on your own rather than having a conversation. Although you found out accidentally, you can still ask as many or as few questions as you need. Know that your parent(s) did not intend to hurt you by keeping it a secret. You were probably quite shocked at the discovery, but this wears off eventually. It may be a good time to seek additional support, such as a therapist or COLAGE group. Check out the *Finding Support and Community* section later in this guide.

*"It wasn't so much that he wanted to dress in women's clothes that bothered me. The fact that he and my family members kept this a secret from me hurt more." – Skyela H., age 29*



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# Kids of Trans Resource Guide,<sup>13</sup> Transition: Initial Reactions

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## Initial Reactions

*"When [my father] finally did come out, my initial reaction was to ask if we could still make the 2:20 showing of X-Men 2." - Jonathan F, age 24*

So, how did you react when your parent told you they were transgender? Depending on the relationships within the family, the way a parent comes out, and your own process, KOTs react differently. You may be angry, scared, sad, confused, relieved, curious - all of these feelings are natural and okay. Perhaps you feel compelled to ask a lot of questions or, like Jonathan, you have almost no immediate reaction. If you have sibling(s), you may have an entirely different reaction than they do. People process new information differently and you may have questions or feel differently in the weeks, months, or years after your parent comes out.

*"My mom told me he was transgendered when I was 8, which was just before he switched. The biggest challenge is other people's reactions, and trying to explain the situation, or avoid explaining it without actually lying." - Elizabeth M., age 23*

Your reaction depends on *how* you found out and also *when* you found out. Young children tend to adjust to change easier and might understand a parent's transition in simpler terms than older children. My four-year old sister, for example, explained that "some people are girls on the inside and girls on the outside, like you and me. Some people are girls on the inside and boys on the outside, like Dad." My reaction at 17 years old was less straight-forward as I struggled to understand what it *meant* for my father to become a woman.

*"It's really hard to deal with sometimes. It gets overwhelming. I remember how my life was before I found out about my father's transition and I remember how perfect it was and how happy I was." - Emma S., age 14*

Older youth have learned more about gender roles and what is 'normal', so it can be a lot harder to handle the news. They are also navigating their own social worlds, in which having a 'different' family can be a real challenge. Even KOTs whose parents transitioned when they were younger often feel pressure to be 'normal' during adolescence and may struggle with their parent's identity.

Some teenagers ask, "Why can't you wait until I'm out of the house?" Many transgender parents would rather postpone their transition until their children have grown up. The reality is, if your parent is coming out to you, they really need to deal with their transgender identity now. Ideally, your parent will transition slowly and give you a say in how involved they will be in your school activities and community. You are the child and they are the parent, so your best interest should always be a priority.

*"At the surface, I am so very proud of my Dad, who at 63 is now free to be true to herself. But I still find myself having difficulties relating to a parent who just doesn't feel like the same person any longer." - Doug S., age 29*

Adults whose parents transition later in life have known their parent for a long time in their previous gender, so it may take some time to adjust to a parent's new identity. However, adults may have an easier time than teenagers, since they are independent of their parents and can make choices about whether tell people about their parent's gender identity.

Regardless of your initial reaction, remember that your parent's gender identity is not based on anything you did. People transition in different ways, so be sure to ask your parent what you can expect.



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# Kids of Trans Resource Guide,<sup>14</sup> Transition: Initial Reactions

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For instance, is your parent going to change their name or pronouns? Will they be changing their appearance? Is it okay for you to talk to people about this? Continue to have conversations with your

parents throughout the transition. It can really help. Also, if you don't feel comfortable knowing certain things, it's okay to ask your parent not to talk about something.

*"You aren't to blame for this situation... it just happened to you. Also... it does get easier." – Emma S., age 14*

So, let's look at some of the things to expect as your parent transitions...



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# Kids of Trans Resource Guide,<sup>15</sup> Transition: Pronouns

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## Pronouns

*"What do I call her? What do I refer to her as? How weird is it to say 'my dad' and then immediately say 'her'?" - Katie B., age 23*

Your parent may ask you to start using different pronouns. They may use feminine (she/her) or masculine (he/his) pronouns. Some people prefer gender neutral pronouns, such as ze (pronounced zee and used instead of he or she) and hir (pronounced here and used instead of his or her). These pronouns reflect your parent's gender identity. It can be a real challenge to begin using different pronouns, especially if you still see your parent in their previous gender. You may forget and use the old pronouns, or you may be resistant to using new pronouns. Be gentle with yourself and keep in mind that this does get easier with practice.

One of the simplest ways to affirm a person's gender identity is to use their preferred pronouns and name. This, of course, is often easier said than done. Try not to assume that you know someone's gender identity or correct pronoun. If you meet someone and you aren't sure of their pronoun, politely ask them "What is your preferred pronoun?" Use their preferred pronoun, even if it differs from your perception of their gender identity or expression. This is a matter of respecting someone's right to self-identify and will make you a better ally to transgender and gender variant people (not just your parent).

If you want some extra pronoun practice, you can try this exercise:

### Pronoun practice

*Materials: picture of your parent, index cards (or scrap paper), marker*

*On the index card, write the following: "This is my parent, \_\_\_\_\_ (insert your parent's name). \_\_\_\_\_ (write your parent's preferred pronoun – "she, he, or ze") loves me very much. \_\_\_\_\_ (write the preferred pronoun – "her, his, or hir") eyes are \_\_\_\_\_ (insert color)."*

*Practice using your parent's preferred pronoun. Describe where they were when the picture was taken. If you mistakenly use the old pronoun or name, you can refer to the pronouns and name written on the card. Be gentle with yourself. This process often takes time and patience.*

*"It's really confusing because my father wants my sister and I to call her mom. But she isn't my mom. It's really hard to be never able to use the word Dad, especially because I do have one."  
– Emma S., age 14*



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# Kids of Trans Resource Guide,<sup>16</sup> Transition: What We Call Our Parents

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## What We Call Our Parents

*"I think the challenge of having two biological fathers is the language barriers. I call my egg dad 'daddy' and my sperm dad 'dad'." – Cameron V., age 22*

We learn from society that mothers are women and fathers are men, but we also know from personal experience that this is not always true. So, when your mom becomes a man, what do you call him? Do you call him Mom? Some people do. Do you call him Dad? Maybe. Perhaps you decide to call him by a new familiar name. There are many options and it helps if you and your parent make the decision together. You can have a conversation with your parent about what you are comfortable calling them and how they want to be addressed. Come to a compromise on a name that feels good for both of you. The name you decide on at first may even change over time as you and your transitioning parent both become more comfortable with the new situation.

Your parent will probably change their name to a name that suits their gender identity, so when you talk about them to other people, try to be aware of their new name. Just like pronouns, using a trans person's chosen name is a simple and important way to acknowledge their gender identity.

*"It's confusing to tell other people which one is the 'real' mom and which one is the transgender mom." – Kevin B., age 7*



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# Kids of Trans Resource Guide<sup>17</sup> Transition: Changes In Gender Expression

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## Changes in Gender Expression

*"I kind of knew that something was different when I would see her wearing earrings and necklaces (not the manly kinds)." – Katie B., age 23*

As your parent transitions, their appearance will change to fit with their gender identity. They may start to dress differently or participate in new activities. Depending on how differently your parent has been presenting, this may feel strange. For example, if you have never seen your father in a dress or skirt and they start to wear skirts, it may take some adjustment. Part of this is simply adjusting to a loved one's new appearance, but there are probably other issues involved. Everybody receives a lot of messages about the way men and women should look and act. We discuss this more in the *Transphobia and You* section.

It can feel strange when our parent's appearance contradicts society's rules. For example, if you see your father in a skirt and it makes you feel uncomfortable, think about all of the reasons why you may feel uncomfortable. Acknowledge them and allow yourself to think about the positive aspects, too. The more honest you are about how you are feeling about the transition, the easier it will be. If you feel comfortable, you might ask your parent how it feels for them to be wearing the clothes. If you can understand that your parent feels safe, comfortable and happy in their clothing it may help you embrace their new fashion more.

*"Whether she was wearing wingtips or high heels, she's my Dad. I love the person in that body."*  
– Colleen M., age 44

Perhaps your parent's attire hasn't changed much since they came out to you. Maybe your mom has always been butch and worn more masculine clothing. If you think about it, many women can wear pants without any assumption about their gender identity. Whereas, the rules for men are a lot stricter when it comes to clothing, and if a man wears a dress, he is often met with confusion if not hostility. Keep in mind that we all learn what is and is not socially acceptable, which we have to reconcile with our parent's changing appearance.

*"My current struggle relates to how I should refer to my mother, how to introduce her/him to others, and what to tell those who grew up knowing my mother as a different person."* – Leslie Q., age 24

As your parent's appearance shifts, it's important to keep communication lines open. Talk about different situations that may come up and how you will handle them. You can role play different scenarios with your parent to figure out what feels most comfortable for both of you. For example, if you are in public with your parent and you see a friend from school, how will you introduce your parent? Figure these things out ahead of time, so you don't get caught by surprise.

*"Don't beat yourself up if you don't pick it up quickly. Everyone deals with things differently... Give yourself and your family time to re-acquaint yourselves with each other."* – Victoria T., age 32



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# Kids of Trans Resource Guide,<sup>18</sup> Family Shifts: Divorce and Separation

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## **Family Shifts**

*"It's okay to not like what's happening - forced tolerance, out of duty, is not kind. Real resistance needs a voice, to allow real acceptance to come." - Steve Vinay G., age 48*

As your parent transitions, your family dynamics will shift - your parents may split up and your family will probably look different as your parent's gender role changes. If your parents stay together after one parent transitions, your two moms will look more like a straight couple or your mom and dad will look like a gay couple. Sometimes, KOTs lose contact with extended family members who choose not to continue a relationship with their parent(s). Remember that feelings are always okay. If you are feeling angry, sad, confused, you can express these feelings.

*"[One of the biggest challenges has been] keeping relations with extended family." - Morgan C., age 20*

## **Divorce and Separation**

*"My dad called me and my sister... to say that mom was missing because they had a fight and [my dad] came out as trans... [She] said they might get divorced." - Morgan C., age 20*

Many KOTs experience a divorce or separation of their parents during their life. After a parent comes out as transgender, some people's parents do decide to stay together, even if their relationship changes. The transition of one parent may change or end the relationship between your parents. We also recognize that parents decide to split up for many different reasons, which could have little to do with your parent's transgender identity and could happen years after (or before) their transition. Your parents may have divorced long before your parent came out, and your parent's disclosure may bring some new challenges or shed light on some old issues. Divorce is never easy and, although the decision to split up is made by parents, it deeply impacts the lives of the children. For information about the legal impacts of divorce and separation, see our *Legal Q&A for Kids of Trans Parents*.

It can take people a long time to figure out their gender identity, regardless of their sexual orientation. Some trans people have identified as lesbian, gay, or bisexual prior to deciding to transition. Sometimes, relationships end when one person transitions to another gender. Many straight-identified trans people choose to marry and have children prior to transitioning. Some people think that fulfilling the expectation for their gender role - such as becoming a husband and father - may 'cure' them of not feeling quite right in their body. Maybe they still were not happy and finally came to terms with their gender identity. Transition is a major process for everyone involved, especially the spouses/partners of the transitioning parent. Depending on a number of factors, your parents may decide to split up when one parent transitions.

Just like with your parent's transition, you have the right to as much or as little information about your parents' divorce or separation. There is often a lot of emotion involved in a break-up, and your parents may express anger toward one another to you. It is not your responsibility to take sides or take care of either of your parents' needs. You are the child in this situation, even if your experience has made you feel more grown up. Remember to ask for what you need — access to or space from either parent, access to support (such as a therapist, caring adult, or community), time to process your own feelings, or anything else that will help you during this time.

*"The hardest part for me was the divorce where I have to always be apart from some of my family. It makes me sad." - Matthew B., age 9*



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# Kids of Trans Resource Guide,<sup>19</sup> Family Shifts: Loss and Grieving

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## Loss and Grieving

*"In the process, I somehow lost the old, reliable parent/mentor that I came to know in the course of my life." - Doug S., age 29*

As your parent transitions, they shift into a new gender role. Their appearance, mannerisms, and temperament will probably change. As a parent's gender role – woman or man - transforms their parental role - mother or father - many KOTs experience a loss of the person their parent used to be. In her memoir *Dress Codes: Of Three Girlhoods – My Mother's, My Father's and Mine*, Noelle Howey talks about grieving for a persona, for the man her father was before becoming the woman that she needed to be. While this person is still your parent and is often more a whole person than they had been, we all are taught to expect and value certain behaviors from certain people, especially from our parents. When expectations are not met, we may be disappointed.

Gender-specific holidays (such as Mother's Day or Father's Day) and events can be particularly challenging. You may miss buying your dad a tie for Father's Day or feel upset that your mom will attend your wedding wearing a suit and tie. Maybe your bar mitzvah is coming up and you are trying to determine your female father's role in the ceremony. If everyone expects a mom to be a woman and a dad to be a man, it can feel strange to no longer have a male-identified father or a female-identified mother.

*"[It feels] very strange... Like a loss which can't be fully mourned." – Steve Vinay G., age 48*

Allow yourself to grieve the loss of your parent's prior identity if it makes sense for you. Not everyone experiences their parent's transition in the same way, and some people feel a loss more deeply than others. The silver lining is that you have the opportunity to witness your parent as they transform into their true self. You may even discover new aspects of your relationship that you never imagined.

*"To see the happy, content person she's become (even if that person is a man), it just warms my heart. That kind of happiness... well I hope everyone gets a chance to see that in someone they love." - Leslie Q, age 24*



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# Kids of Trans Resource Guide<sup>20</sup> Family Shifts: Finding Support and Community

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## Finding Support and Community

*"[I suggest] family therapy, to support EVERYONE in the transition." – Steve Vinay G., age 48*

Having a transgender parent is not always easy, as we've already discussed in previous sections. Sometimes, you may want to find someone to talk to about your thoughts and feelings. You can ask your parent to help identify another adult, such as a family friend, godparent, or other knowledgeable and reliable person who can help you sort through your feelings and come to terms with your parent's transition, separation, or other issues you want to discuss.

A good therapist can be a great asset to help you process the changes to your family. So, how do you find a good therapist?

Ask your parent's therapist to recommend someone in your area. You can also look online for LGBT-friendly helping professionals, through organizations such as WPATH or the Gay and Lesbian Medical Association. Check with your local LGBT community center or the Gay Yellow Pages. If you are in a more conservative and/or rural area, your best option may be a therapist in the nearest large city or college town. If there is a nearby university, local women's health clinic, rape crisis center, or other community service center, they may be able to make appropriate referrals. You can also search the internet for "transgender," the name of your state, and therapy (e.g. Transgender Michigan Therapy).

Keep in mind that a personal referral is usually the most reliable source, especially if someone who knows you can refer a therapist they know well. Ideally, your therapist has experience working with transgender people and/or issues around gender expression and identity. Realistically, however, few therapists have experience working both with transgender people and families. Seek out a therapist with a good reputation who understands issues of family diversity and family systems. The best way to find a good fit for you is to talk to the therapist — ask if they are familiar with and/or comfortable with transgender issues. Your therapist may have little experience with transgender issues, but they should be committed to supporting you and learning more. Remember, it is not your responsibility to educate your therapist about transgender issues. There are resources available for them — such as *Transgender Emergence: Therapeutic Guidelines for Working with Gender-Variant People and their Families*, by Arlene Istar Lev, or *Transition and Beyond*, by Reid Vanderburgh. See our *Transgender Family Resource List* in the back of this guide for other books, movies, and publications related to transgender families.

It can take some time and effort to find a therapist that fits with you. If you meet with a therapist and they seem judgmental or too focused on your parent's gender identity, this is a red flag. A good therapist will be respectful of your parent's gender identity and not try to blame all of your concerns on your trans parent. They should also be sensitive to your experience, acknowledging the impact that your parent's transgender identity has made in your life. Trust your instincts -- does this person seem to be in tune with your feelings? If not, you should look for a therapist who can provide what you need. A therapist that your parent likes may not be the best fit for you.

Beyond finding a good therapist, you can also read books or watch movies about transgender people and KOTs - see the resource list at the end of this guide. If your school has a GSA (gay straight alliance), that may be a safe space to find community and support. You can access COLAGE community through our online discussion lists, local chapters, and annual regional events. As people with transgender parents, we can learn from each other, support each other, and feel empowered in the knowledge that we are not alone.

*"You don't have to be the good guy all the time. If you're upset, sometimes it's worth it to let your parent know. It's great to be supportive, but don't forget that you're human too." – Branduin S., age 15*



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# Kids of Trans Resource Guide<sup>21</sup> Coming Out as KOT: Talking About Our Families

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## ***Coming Out as KOT***

*"They are still your parent and love does not need a label. Be strong in your love for each other and people of value will accept and respect you as you are." – Susana R., age 40*

## **Talking About Our Families**

*"Advice to others: do not ever tell your grade 5 class on mother's day that your mom is a man - or you'll have to live with people bugging you for the next seven years. Tell people you trust individually, and they are usually very reasonable about it." - Elizabeth M., age 23*

As the children of transgender parents, we are often challenged to explain our families to other people. You may have to explain why your mother has a beard or that the other woman who picks you up from school is your father. School can provide some unique challenges. Check out the resource section on COLAGE's website for "Tips for Making Classrooms Safer for Students with LGBTQ Parents" and "How to Make a Difference in Your School".

Sometimes we need to keep things about our families private, especially if our parent is not out as transgender. If your parent is undergoing transition, people may ask you questions about your parent and you can choose how to answer. Remember, you can always choose not to answer people's questions. Your family should have a conversation about how visible your parent wants to be with their transgender identity. Like we said before, this is a transition for everyone, and it's important that everyone feels like they are heard.

*"It feels like a little confusing to tell people what it feels like to me. So I wish they didn't ask about it." – Kevin B., age 7*

Just as our parents choose when to come out about their transgender identity, you now have the choice of when or whether to be out about your family. Remember, this is your decision to make. Talk to your parent about how out they want to be in your community and let them know how out you want them to be. If you feel uncomfortable with your parent picking you up from school presenting their new gender expression, tell them. It may be hard for a transitioning parent to hear, so you may want to ask another adult to help you have this conversation. Not all of our parents want to be out, so it's a good idea to check in with them about whether it's okay to be out to friends, neighbors, or teachers. This can also be difficult if you want to be able to get support by talking to your friends about the transition and your parent prefers to be closeted. Try to find compromises as a family so that all of you can feel safe and supported.

*"Don't be afraid to tell your parent that you don't understand, or aren't ready to deal with, what's going on." – Leslie Q., age 24*

Coming out can be quite liberating and also pretty scary. Do you have a good friend who you trust with your feelings and private issues? You can have a direct conversation with them or invite them to meet your parent. Public venues, such as writing for the school paper or talking to local media, can also provide opportunities to come out. Look for supportive allies, such as teachers or other supportive adults. If your school has a GSA (gay straight alliance), you can often find support by joining that type of group. They can be there for you if other people have negative reactions to your parent's transgender identity. You can also find support through COLAGE - we have email discussion lists, local chapters, and resources for people with LGBTQ parents.

*"My other mom didn't make me who I am by transitioning." – Branduin S., age 15*



# Kids of Trans Resource Guide, <sup>22</sup> Coming Out as KOT: Talking About Our Families

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Whether

or

not you are out about your parent, sometimes it can feel like there is a lot of attention on your parent's transgender identity. There are so many aspects to each of us – personality, interests, talents, and more. Your parents influence some parts of you, but everything about you is not determined exclusively by them. You will continue to learn, grow, and develop your own identity. While people may be really focused on your parent's identity, you can remind them that you are your own person, an individual with a unique set of experiences and interests.

*"Our family may not fit your notions but that does not make us any less real and deserving of inclusion and respect." – Susana R., age 40*



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# Kids of Trans Resource Guide,<sup>23</sup> Coming Out as KOT: Passing

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## Passing

*“Since virtually no one knows that I do, in fact, have a transgender parent, the only challenges I have faced thus far are internal.” – Leslie Q., age 24*

Some of our parents pass in society, meaning that people view them as their preferred gender and do not think that they are transgender. Many transgender people decide to be "stealth", meaning that people do not know that they are trans. Calling a transwoman "Dad" in public can effectively out your parent as transgender. Some KOTs have to keep their parent's transgender identity private in order to protect the family. So, how do you explain your relationship with your parent? KOTs may refer to their parent as their uncle or aunt, or as a step-parent.

If your parents stay together, people will probably see them differently than they used to. Maybe you used to have two moms and one of your parents transitioned from female to male. Now, your parents appear as a straight couple in public. They may be treated with heterosexual privilege that they didn't have when people saw them as a lesbian couple. On the other hand, maybe your parents were in a straight marriage and your father transitioned from male to female. Now, your parents are seen as a lesbian couple and may experience homophobia. The way that people perceive of our parents, whether they are single or in a relationship, makes a big impact in the way that they are treated in society.

*“Being trans doesn't make them worse parents, it is just the reactions of others you have to be careful of.” – Elizabeth M., age 23*

Sometimes, our parents ask us to keep their transgender identity private. It may feel challenging to keep information private. Talk to your parents about who you can talk to about their identity. Having a transgender parent can feel really lonely and not being able to talk about it can be hard. Even if you can't be out in your community, you can find community online through COLAGE. Join our KOT email list to find other people with transgender parents who you can talk to about your family.

*“I was close to my mother and I almost felt like she was leaving me, not to mention that [when] she transitioned, he went stealth to keep kids from teasing us and that was hard because then he really wasn't around.” - Cameron V., age 22*



# Kids of Trans Resource Guide<sup>24</sup> Coming Out as KOT: Transphobia and You

## Transphobia and You

*"Transgender people aren't freaks, they are our parents." – Emma S., age 14*

We know that Emma's quote is true, but have you ever felt like your parent is a "freak"? When you first found out that your parent was trans or saw them present in their chosen gender, did you feel uncomfortable or confused? If you did, you aren't the only one who has felt this way. Many of us respond to our transgender parent in some negative way. We'll talk more about some of the reasons why in just a minute, but first, let's look at some reactions from KOTs:

*"There were so many emotions... anger, loss, self-pity (how could my father do this to ME?!), and FEAR!!!" - Colleen M., age 44*

*"My mother sat me down and told me she had begun the process of transitioning. It is a day I will never forget, even though at first that's all I wanted to do." – Leslie Q, age 24*

*"I still can't come to terms with having 2 'Mums'. I still cannot see my Dad dressed as a woman, despite having known for 5 years!" - Phillippa W., age 54*

Some of those statements were probably hard to read. Maybe you have thought or felt similar things. It can feel pretty scary and shameful to have these types of feelings about our parents. Acknowledge your feelings without judgment and know that many feelings are natural responses to situations. It's okay to think, "I wish my parent wasn't transgender". There are probably a lot of complicated reasons why you feel this way. Just because you have these feelings doesn't mean you hate your parent. Rather than being overcome by the fear and guilt, you can move through these feelings to a place of acceptance. Knowing that you aren't the only one who has felt this way is a good first step.

Now let's examine where these feelings could have come from. Take a look around at the society and community in which you live. What messages are you receiving about gender? We live in a society that enforces certain ideas of acceptable gender presentation. Just like other people, we learn 'normal' ways of being male or female and are rewarded when we fit into these categories. We are taught that a mother is a woman and a father is a man, that a man in a dress is some kind of joke and a woman with a beard belongs in the circus. Our trans parents' identities directly conflict with these messages.

**Transphobia** is the mistreatment, discrimination, and oppression faced specifically by transgender people. Transphobia, like homophobia and gender-based discrimination, affects our families and our lives in a number of ways. Because our society tends to recognize only two narrowly- defined options for gender identity – masculine man or feminine woman – those who fit within those categories are rewarded. Unfortunately, many people are afraid of and/or hostile toward people who do not fit into these gender roles. People treat men and women differently, so when they can't determine someone's gender, or when they think someone is violating the "rules" about gender, they don't know how to interact with them. Sometimes, this confusion leads to harassment or violence. Transphobia is a real threat to our families. When our parents are not safe, we are not safe. We depend on our parents to love us and provide for us. If they are unable to secure a job, be safe from violence, or be themselves, that impacts us as their children.

*"I wish that bad people won't try to kill the transgender mom just because they are different from everybody else. I wish that it didn't matter to other people that I have a transgender mom." – Matthew B, age 9*



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# Kids of Trans Resource Guide<sup>25</sup> Coming Out as KOT: Transphobia and You

Beyond the threats to our parents, we also encounter transphobia in our daily lives. Classmates, teachers, or community members may do or say inappropriate things related to or about our trans parent. It's important to have allies in these situations who support us and our families. They can help us stand up against transphobia. Check out the *Coming Out as KOT* section as well as COLAGE's online resources for more about coming out at school and in your community.

*"Don't tell kids at school, they'll tease you." – Kite W., age 8*

We live in a society that punishes people for being transgender. By participating in the culture, we are constantly bombarded by negative messages about people who don't fit into the "normal" gender roles. Some of these messages seep into our own ideas about the way the world is and the way that people should act. Many of the negative feelings about our transgender parent are tied to the transphobia that we have internalized within ourselves. There are many forms of **internalized oppression** - when people who are part of or are connected with an oppressed group feel disgust toward the oppressed part of themselves. As people with transgender parents, we may find ourselves thinking negatively about transgender people or we may police our own gender expression to fit certain cultural expectations.

*"One must learn that there are MANY types of people in the world, and not just female/male. Be patient and understanding. Be open about your feelings and NEVER feel ashamed." – Skyela H., age 29*

The good news is that we can move through our internalized transphobia to find the value in ourselves and our family experiences. Try this exercise for sorting through your feelings, recognizing which pieces are connected to your interpersonal relationship with your parent, the dynamics of your family, and your own internalized transphobia. Being honest with ourselves can feel really scary. As you go through these questions, be gentle with yourself and give yourself credit for going through the process.

*Exercise: Think about a time when you felt uncomfortable about your parent's gender presentation/identity. Now ask yourself: Why am I feeling uncomfortable? Take that answer and ask, why? Keep asking why - until you get a deeper understanding of your feelings. Anytime you have these sorts of negative thoughts, practice asking these questions. Eventually, you will be able to recognize the root of certain thoughts or feelings you may have.*

Okay. Take a deep breath and give yourself a pat on the back. Thinking about these things is not easy. Remember that it is always okay to feel your feelings. You may be upset with your parent(s) for reasons beyond their transgender identity. Some people are better parents than others - transgender people are no exception. Being transgender does not inherently make someone a better or worse parent. Since we live in a transphobic society that already judges our parents, acknowledging the hard parts of our family relationships can be really challenging. Maybe your parent hasn't always been there for you or their coming out has led to a divorce or separation. Sometimes, it helps to have someone besides your parents to talk through these things, like a friend, therapist or other caring adult (See the *Finding Support and Community* section for tips). Remember to ask for what you need and be honest with yourself.

By acknowledging the impact of transphobia in our own lives, we can improve our relationships with our transgender parents and be empowered as witnesses and participants in transgender lives - we can become allies to transgender people and heal ourselves from this form of oppression.

*"This will be a tough path to follow, but it's a journey beyond your wildest imagination; yet hopefully [it will] challenge you to accept that which you cannot change; and find within yourself resources of love you didn't know you had..." - Colleen M., age 44*



# Kids of Trans Resource Guide,<sup>26</sup> Coming Out as KOT: Benefits of Being a

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## Benefits of Being a KOT

*“Although my family structure is different I have parents that love me very much and I am lucky enough to have all of them in my life.” – Cameron V., age 22*

Among people with transgender parents (as well as gay, lesbian, bisexual, and/or queer parents), most people consider the greatest value of this experience to be our open mindedness. Since we live in a society that sends us negative messages about many groups of people, including our parents, rejecting the negative messages we have heard about our parents or families often causes us to reject the negative messages we may have heard about other groups of people as well. If my parent is oppressed for being transgender, I can empathize with other people who are oppressed for their identities or appearance, and I don't want to participate in making other people feel the way my parent and I have sometimes been made to feel. We are all subject to multiple systems of privilege and oppression - including racism, classism, ableism, etc - which impact our understanding of the world. Simply having a transgender parent does not mean that I automatically understand someone else's experience of racism or some other form of oppression or discrimination. I can, however, utilize my perspective as a KOT to examine the many ways that oppression and privilege impact people's lives.

*“It's a unique and rewarding experience.” – Victoria T., age 32*

In addition to being open-minded, many KOTs find the strength in themselves to 'overcome anything'. A parent's transition is a life-altering event, and moving forward can provide an enormous sense of pride and strength. Some of us even find pride in a stronger relationship with our parent. Many KOTs describe only knowing 'half' of their parent until the parent transitions and they find a whole, loving person who is better able to be a parent. We can rejoice in knowing a healthier, happier version of our parent.

*“I love Lily...wish I met her a few years sooner. She is the best Dad ever!” – Colleen M., age 44*

Learning about transgender identity and issues may also open us up to exploring how our own behaviors have been shaped by society's expectations for us based on gender. When people try to tell us that we can't do (or must do) certain things because we're a boy, girl, man, or woman, we know that these are stereotypes that may or may not hold true for our lives.

*“As the child of a transgender person, I have found great value in witnessing my parent's transition from male to female. I have a greater understanding of gender identity and expression. Ultimately, my dad has set an example for me to truly be who I am, simply by being herself.” – Monica C-L, age 27*

*“Truly being able to be yourself is incredibly liberating and a great source of joy - people see that and appreciate it.” - Doug S, age 29*



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# Kids of Trans Resource Guide,<sup>27</sup> Thank you!

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## Thanks!

Thank you for reading the KOT Resource Guide. To connect with the Kids of Trans program, find KOT community, and get involved please contact [kidsoftrans@colage.org](mailto:kidsoftrans@colage.org).

The following section includes handouts, which are also available on our website – [www.colage.org](http://www.colage.org). *Transition Tips for Parents* includes some useful information for transitioning parents. Our *Legal Q&A for Kids of Trans Parents* provides valuable information about the legal aspects of transgender parenting as well as a list of transgender-friendly legal services. The *Transgender Family Resource List* provides you with the many books, movies, publications, and online resources about transgender parents and their children. Finally, our resource *Not So Gay: Differences Between KOTs and People with LGB/Q Parents* highlights some of the unique aspects of having a transgender parent, to help you and those around you better understand your experience.