

# THE PARENT'S GUIDE TO YOUR TRANSGENDER CHILD

MADE BY :  
THE TRANS CLOSET



Learn vocabulary,  
transition, pronouns,  
and get answers to  
the tough questions!

# So your child is trans: What does it mean?

**Good question! Let's get what it doesn't mean out of the way.**  
**Your child coming out to you as trans does NOT mean:**

1. That the person you knew before this announcement no longer exists.
2. That they are trying to put a burden on you by telling you they're trans.
3. That they are following a trend. Their feelings are very real.

## **What it DOES mean:**

1. Surprise! You had a daughter / son / child you didn't know you had!
2. You have a lot to process, and you might not be ready for that (and that's okay).
3. Your child worked up the courage to come out to you, which takes a lot of strength and guts, so good on you for raising such a brave kid.

This PDF guidebook is not meant to be your bible to understanding your child. I encourage each and every parent reading this to use this guide as a way to bridge the knowledge gap, and have earnest, positive conversations about what your child wants to do going forward, and how you can best help.

There will probably be things that weren't included in this guide you may still have questions about.

There's a [resource section on page 24](#) to learn more and to get community support.

If the language used in this guide ends up being confusing, please refer to the [vocabulary guide on pages 3 and 4](#).



# TABLE OF CONTENTS

Intro ... pg 1

Vocabulary Guide ... pg 3-4

What Is Transition? ... pg 5-8

Pronouns ... pg 9-10

"Dead Names" ... pg 11

Gender Expression ... pg 12

Gender Dysphoria and Euphoria ... pg 14-15

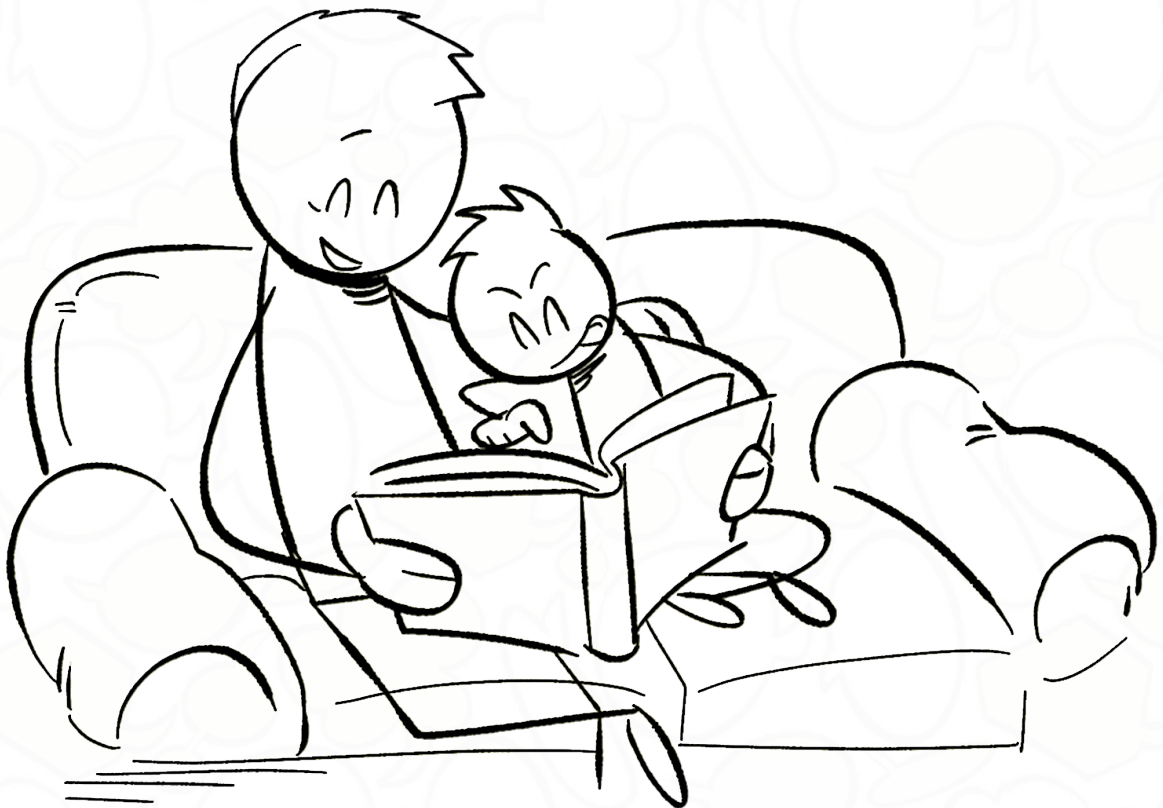
Non-Binary ... pg13

Common Questions (With Answers) ... pg 15-18

Your Next Steps ... pg 19-22

The Trans Closet ... pg 23

Resources ... pg 24





# VOCABULARY GUIDE

**Dead Name** - A term trans people use when referring to their original name they were given at birth. This is often used as a coping mechanism for dysphoria.

**Gender Dysphoria** - A psychological condition that makes the brain uncomfortable in the body that it's in, causing excess feelings of depression and anxiety. Dysphoria ranges in intensity - some trans people feel little to no dysphoria, while others experience it to the point that it affects their quality of life.

**Gender Euphoria** - A feeling of intense excitement or happiness, experienced during moments of validation and acceptance from others.

**Gender Expression** - Gender expression is something everyone does! It describes how we use our appearances to "express" our gender. An example of this would be women who wear very feminine clothes and wear makeup to express that they are a woman, or a man who grows a beard and wears muscle shirts to express that they are a man.

**Non-binary** - Non-binary people are those who don't identify as a man or a woman. These feelings can be very different from person to person.

**Physical Transition** - When trans people physically transition, they are being prescribed medical treatment by therapists, psychologists, and doctors to help ease the burden of dysphoria. This can involve hormone replacement therapy, and later in life, might involve voluntary surgeries if desired. Not all trans people medically transition.

**Pronouns** - Pronouns are words you use in everyday life to describe yourself! In English, the most common pronouns are she/her, and he/him. Some people may use different pronouns, like they/them (learn more about alternative pronouns on pages 9-10).

**Social Transition** - When trans people socially transition, they are changing their day-to-day look and appearance to better show the gender they identify with. This can involve a change of name, pronouns, hairstyle, clothes, etc. Social transition is often the first step trans people take in order to live as their most authentic selves.

**Trans** - Shorthand for the word "transgender". When someone is "trans", it's a shorter way of saying they're "transgender".

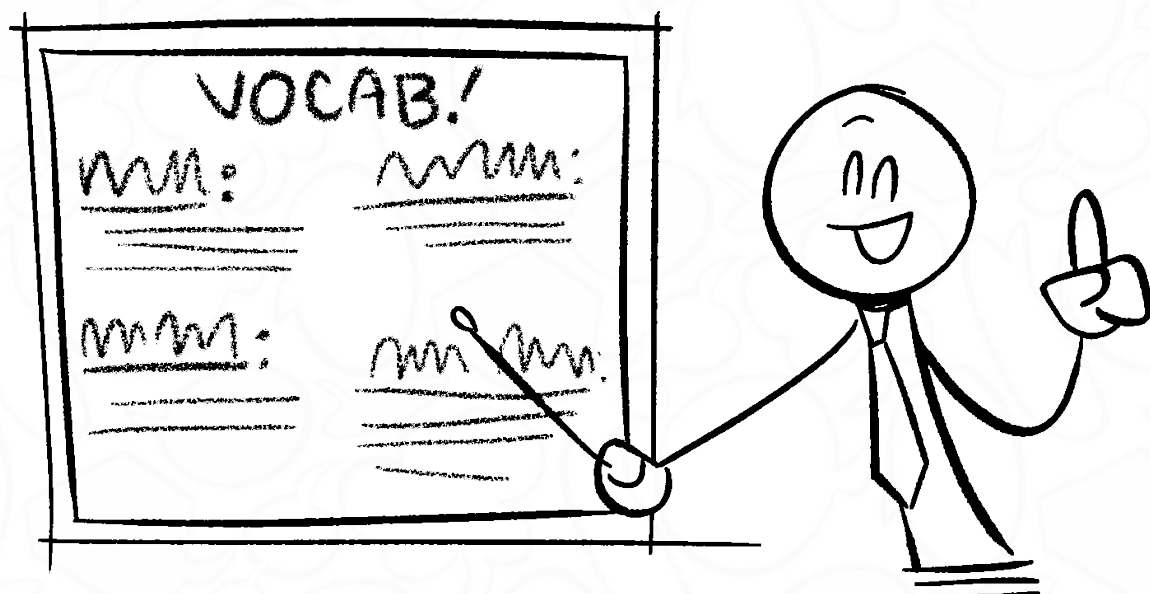
**Transgender** - Transgender can be easily understood if we break it down into two words - "trans", meaning to transition, and gender. The goal for most trans people is to "transition" into the gender they feel more comfortable as. Transgender people often experience dysphoria.

**Transition** - When a trans person says they want to transition, they are referring to the process of changing their outward gender expression. There are two types of transition - social transition and physical transition.

**Trans Man (FTM)** - A trans man is someone who was assigned as "female" at birth, but is transitioning into being "male". The letters FTM stand for "Female to Male". You might also see "AFAB" in some places, which means "Assigned Female at Birth".

**Trans Woman (MTF)** - A trans woman is someone who was assigned as "male" at birth, but is transitioning into being "female". The letters MTF stand for "Male to Female". You might also see "AMAB" in some places, which means "Assigned Male at Birth".

**Transsexual** - Transsexual is often misunderstood because of the "sexual" word, but there's nothing sexual or provocative about it. Some older trans people might use this word, but many others might find the term offensive. It's always best to use the word "transgender" when referring to trans people.



# What is Transition?

The word "trans" is short for the word "transition". This means when we add trans to another word, we are describing a change of that word. For example, the word "transform" means to change from one form to another. With this logic,

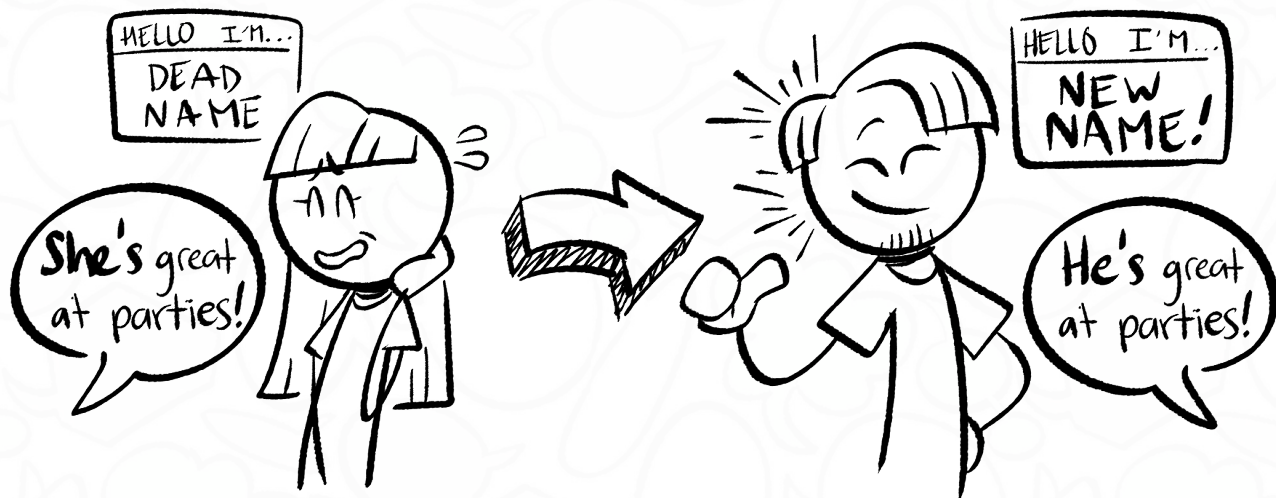
someone who is "transgender" is someone who wants to transition from one gender to another.

When we talk about trans people and transition, there are two very distinct types that involve VERY different changes, so it's important to know the difference.

**Social transition** is a trans person's active effort to outwardly express their gender to other people a majority of the time. It may involve things like:

- wanting new clothes or wanting to restyle their current wardrobe
- trying out makeup, wigs or accessories
- growing their hair out or cutting it shorter
- changing the pronouns they ask people to use
- changing the name they ask people to use
- legal name changes and gender indicators on ID cards etc.

As you can see, **social transition is a pretty broad spectrum!** Your child may want to do everything on this list, or nothing on this list, or might just want to make a few changes at a time. **Socially transitioning is a long term, gradual process, and is different for everyone.**





**Physical transition** is a trans person's active effort to seek medical intervention to counter **gender dysphoria** (see page 13).

**It may involve things like:**

- Prescribing hormones (medication which slowly guides the body to become more masculine or feminine)
- prescribing puberty blockers (medication which pauses the progress of puberty)
- top / chest surgery
- bottom / genital surgery
- plastic surgery, etc.



Physical transition is often what people talk about in the general public, and it can sound incredibly scary if that's all you know about transitioning.

**BUT, it's important to keep in mind that:**

- Prescriptions can **ONLY** be given to those who have undergone therapy for a certain amount of time (time varies between states and countries) and receive a referral from their psychologist or therapist, and must then be vetted by a licensed medical professional. There may be other obstacles, such as age requirements or laws unique to where you live.
- The process can sometimes take **YEARS** before anyone is able to receive hormones. Puberty blockers are often easier and more commonly prescribed for younger trans people (pre-pubescent), as this allows them more time before their body develops into a more dysphoric state to decide how they want to transition
- Puberty blockers are **NOT** harmful. They merely stop the production of certain chemicals so that even though the person is still getting older, they don't enter puberty instantly. When puberty blockers aren't being taken, the body will begin to produce the dominant bodily hormone (either testosterone or estrogen) it would have without blockers.
- Things like top and bottom surgeries are also vetted in a similar fashion, but they are procedures which are done by a team of medical professionals who will talk to the trans person under their care thoroughly before recommending surgery or physical alterations.
- Surgery does not ruin their quality of life in the long term - altered "parts" will function as they should, but will not allow them to produce children via sexual intercourse and reproduction.
- HOWEVER, it *is* standard practice for trans people to produce samples and have them stored in a facility (if affordable), in case they do decide to have children and would like to use their own sperm or eggs to do so. **They will not lose the ability to have children entirely.** These risks are explained multiple times to the patient before surgery is recommended.
- These surgeries are **VERY** rarely done on minors. If your child ever chooses to have surgery, it will be when they're old enough to make their own choices and have had years to think it over.



- The majority of trans people do not have “bottom” surgery. this is sometimes due to discomfort or medical costs, but statistically, the majority never have bottom surgery. Top surgery (surgery to remove or add breasts) is much more common.
- Don’t forget that most of those procedures won’t be happening any time soon. If they ever do, and they will improve your child’s quality of life and happiness should they choose to go that route in the future.



If your child wants to start hormones or puberty blockers, this is best discussed with your doctor, who will know what requirements your child will have to meet before they can be prescribed.

Consult medical professionals on what is best for your child, their well being, comfort, and what is actually realistic given their circumstances.

# What are Pronouns?

Pronouns are a very interesting thing about language. It feels like they've just always been there, and usually, **they're very helpful in identifying other people in more specific ways**. For example, if someone were to ask a family member of yours to point you out in a crowd, they may do so and say "She (or he) is over there." It's helpful to be able to have these small labels - which is why it matters so much to your child.

Let's run that scenario again, but instead, **let's pretend that to everyone else, you're the opposite sex**. **YOU** know that you aren't, and you do your best every day to express that you aren't, but despite all that work, when your relative points you out, they say, "She (or he) is over there."

**It might be frustrating, or even hurtful**, because you've been labeled to a stranger as something **YOU** know that you aren't, even if it doesn't look like that to others



**It can be hard to switch the pronouns that you use** for your child, but **it can make a major difference in how successful their transition is**. By labeling your child what they identify as, you are helping others around you normalize and understand that the status quo has changed. **It's okay to make mistakes!** It happens to the best of us.

**If you make an active effort to use the appropriate pronouns, you will be making your child so much more comfortable and happier with little effort on your part.**

## PRONOUN

she / her

he / him

they / them

fae / faer

xe / xem

ae / aer

## EXAMPLE

"She is by the door."  
"Her backpack is over here."

"He is by the door."  
"His backpack is over here."

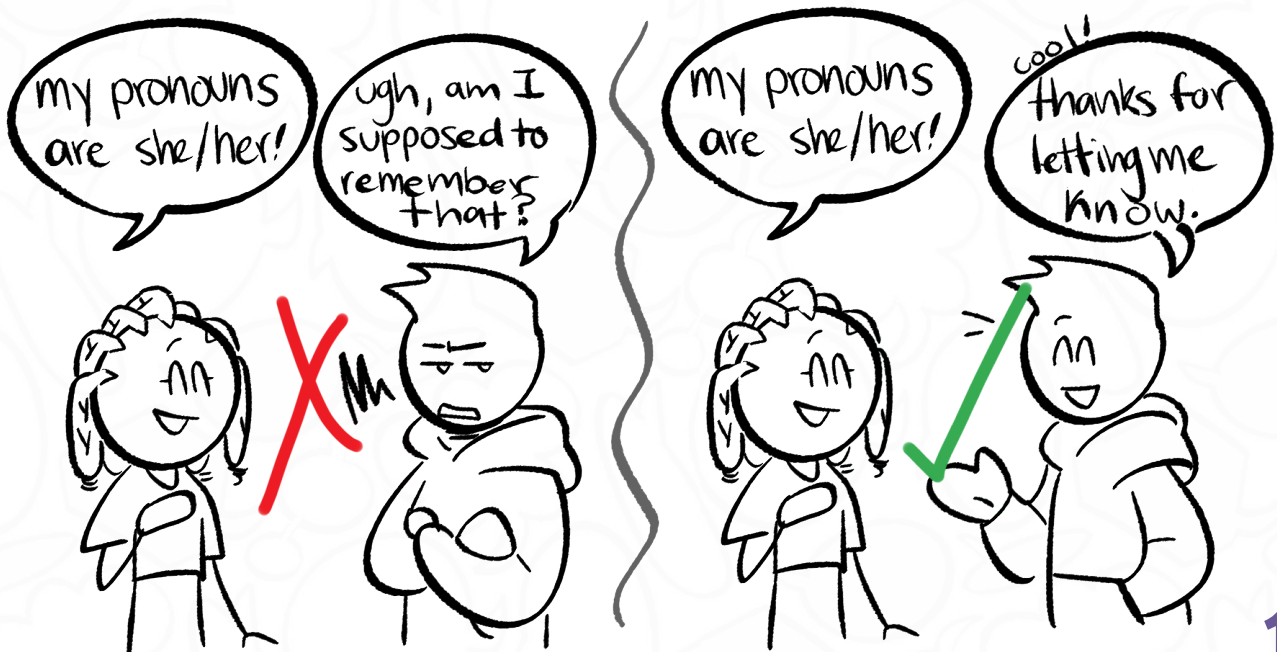
"They are by the door."  
"Their backpack is over here."

"Fae are by the door."  
"Faer backpack is over here."

"Xe are by the door."  
"Xem backpack is over here."

"Ae are by the door."  
"Aer backpack is over here."

There are many other kinds of pronouns that people might use, but these are some simple examples. If you're not sure how to use a pronoun, you can always ask the person or your child.



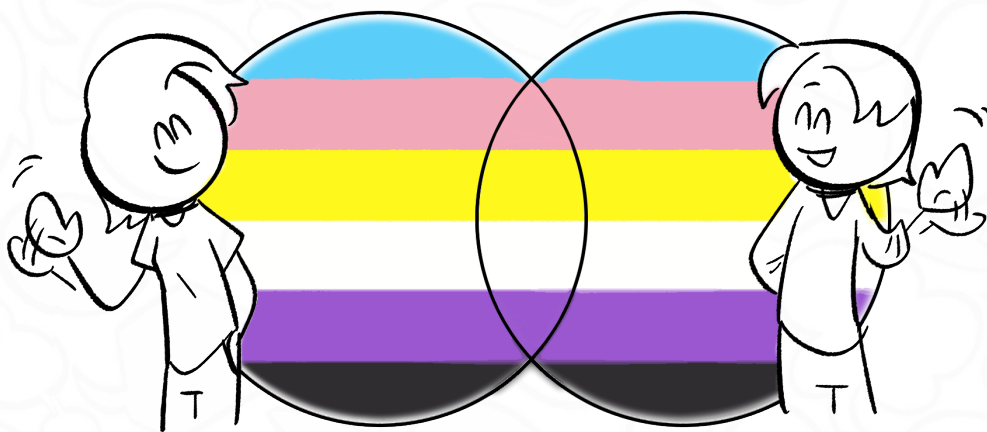


# What Does Non Binary Mean?

Let's break down the word first, just like we did with transgender earlier in this guidebook. "Binary" means "composed of two things". When we talk about gender, the general understanding is that there is a "gender binary", because there are only two options - male or female. Two genders make up what we call "the gender binary".

To be non-binary, then, must mean you aren't a part of that gender binary. Some people just don't feel like male or female describes them properly, and that's okay! Having more options is better than just limiting everyone to roles they don't fit into.

Of course, non-binary identities can be even more confusing to parents than binary transgender identities, so don't feel bad if you find this topic confusing or don't grasp it right off the bat. This guide is more focused on male and female transgender people, but it's important to include non-binary people in this guide, because some non-binary people are also trans. Remember, to be transgender simply means the want or need to transition from one gender into another.



Some non-binary people experience the same symptoms and feelings that trans people do, which, by definition, means they're trans too. Other non-binary people might not experience those symptoms, and won't identify as trans.

If your child told you they're non-binary, make sure to ask them about how they want to express themselves, how they're feeling, and how you can help them feel more comfortable.

# What is a "Dead Name" ?

A "dead name" is a term trans people use to describe the name they were given when they were born. The wording can sound very harsh, and almost vindictive - that they hate a name you gave them so much, they want to call it "dead" - but **this is often a concept that trans people, especially younger ones, use to cope with their transition.**

Many parents may hear this, and are told their child wants to change their name, and can feel many difficult emotions. Often too, **its common for parents of trans people to go through a "grieving" period**, where their child's transition feels more like the child is dead or dying, and can no longer be recovered. It can feel just as bad as having a family member actually die, and if this is your first reaction, know that you aren't alone in feeling that way.

**However, this is an unhealthy way for you to view it, for both you and your child.** The child you raised up until this point is **not leaving**. Its very likely all their likes, dislikes, and personality traits you've come to love aren't going to change just because of their transition.

**It's likely, if anything, you will discover NEW personality traits, likes and dislikes** that you didn't know about before.

You are watching your child bloom into their mature, ideal self - **how amazing is that!?** You haven't lost anything, but you're gaining so much from that relationship that you may never have otherwise.



# What is Gender Expression?

**Gender expression** is something you do every single day, even if you don't know it. In fact, you probably don't, because it's so ingrained into your routine that you won't even question it.

Think about it. You get up every morning, and you dress yourself in the clothes you chose. Maybe you're a mom, and you got your clothes from the women's section, or you're a dad and you got yours out of the men's section.

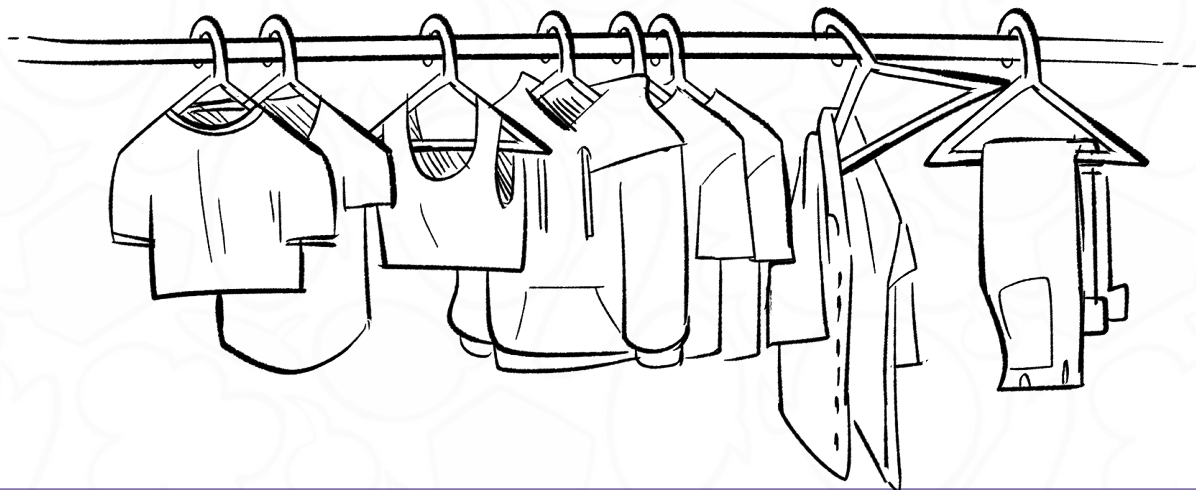
**You own these clothes because you like them, and they best represent the person you want to show to others, or yourself.**



This very simple behavior is what gender expression is for the average person. When your child transitions, **gender expression is a very vital element of making a successful, and therefore happier, transition.**

**When you allow your child the choice of choosing what clothes best represent them, you are letting them do the same, simple thing you do every single day.**

It might not be the clothes you expect them to chose, and it might not even be the ones YOU would chose - this is why it's important to talk to your child and learn what kinds of gender expression would make them more comfortable on a day-to-day basis.





# What is Gender Dysphoria?

**Dysphoria** is actually a very common feeling that many people have! At its core, dysphoria is "a state of feeling uneasy, unhappy, or unwell". You have probably felt dysphoria on a really low day, or during a really stressful period of your life. It's that feeling you get where you aren't really upset or anxious, but nothing feels "right" and you can't shake it off no matter what you do.

**For trans people, they often experience this same feeling, but ALL the time.** With how their brain is wired, it knows that "something isn't right" about the body it's in. The person might feel like they're missing parts, or feel so bad about the parts they do have they have to hide them or ignore them entirely. It may not seem rational to you, but they were just born this way. It doesn't have to be rational to be very real to your child.

**Slowly, over time, their brain realized something just wasn't "right", and is desperately trying to warn them so that the situation can be corrected, even if it doesn't work like that.**

**This feeling is called "gender dysphoria", and is very common in trans people.** It's important to know that not ALL trans people are dysphoric, and most aren't dysphoric 100% of the time. It may come in waves, or always just be a really subtle, uncomfortable feeling. It's different for every person that experiences it.



When your child says they experience dysphoria, it's important to be respectful and not to dismiss their feelings, even if, from your perspective, there's nothing "wrong".

**It's okay not to understand their struggle, but it's not okay to ignore it or pretend it isn't real to them.**

# What is Gender EUPhoria?

Euphoria is also a very common feeling that many people experience. It's "a feeling or state of intense happiness or excitement." Just like dysphoria, you have probably felt euphoria sometime in your life.

It may have been because you've lost weight and you can get into your old clothes, or you got a bonus in your paycheck you weren't expecting. Maybe you were told by a stranger that you looked nice, or that they found you attractive.

For trans people, "gender euphoria" is a unique experience that's very similar to the euphoria you've felt in your life. When your child's feelings are validated and respected, and they are allowed to choose the way they express their gender, they might experience a wave of overwhelming excitement and happiness. This is very natural, and very much should be the goal to look forward to when helping your child transition.



There are many things that can cause gender euphoria, including, but not limited to:

- being called the pronouns they prefer by a stranger or loved one
- being called their new name during normal conversation
- wearing new clothes that express their gender
- being told by others they look pretty or handsome, or that they look nice
- compliments about their choice in clothes, hobbies, or other things that are important to them (which may or may not have associations with gender)

# COMMON QUESTIONS WITH ANSWERS

**Q: My child never felt like this before. Why did it change?**

**A:** It's actually very likely your child did feel this way very early on, even if they didn't understand exactly why they did or how to label those feelings. As we get older, it's easier to have access to information and language we wouldn't know when we're younger. This is why many young people seem to come out without you noticing any obvious signs beforehand.

It's also very common for children to be afraid of their loved ones reactions, ESPECIALLY their parents: you are some of the most important people in your child's life, and your opinion means far more than you might realize to them. They might have also been afraid of being cut off from the care you provide, as this happens to lots of young trans people, sadly.

**Q: I'm confused - my child went through a very masculine / feminine phase right before this.**

**A:** Many trans people, whether it be from fear of accepting their identity, desire to be the person others expect them to be, or out of simple curiosity, have a similar phase like what you might have seen. Trans girls might have a period that lasts anywhere from a few weeks to a few months of attempting to be masculine, and trans boys might have a similar lengthy period where they try to be feminine as possible.

You'll see that your child will probably do a lot of experimenting with their gender expression and identity. You may not always understand why they do, or why things change very suddenly, but understand this is a very natural process for some trans people.

**Q: I feel hurt that my child didn't trust me enough to tell me this before now. Why didn't they tell me?**

**A:** That's very understandable. As a parent, you want your children to feel able to talk to you about anything that's bothering them. It's not that your child doesn't trust you, just that fear and uncertainty got in the way of honesty, and that happens sometimes.

If you weren't the first one they came out to, then that is also not a sign of distrust. Your child was very likely nervous, and decided to "test the waters" out with other people they were more sure wouldn't cut them out of their



lives. It takes a lot of courage for your child to finally come to you with this kind of important information, so be proud of them that they told you, not offended you weren't the first.

**Q: This is against my / our family's religious beliefs. I can't support this.**

**A:** I can't speak on behalf of your religion. Religious beliefs can make LGBT+ topics very hard to navigate. However, if you are open minded enough to discuss these topics within a religious or more "everyday life" context, and want to learn more, I recommend watching the following videos:



**The Bible: A queer positive book | Rev. Dr. Cheri | DiNovo | TEDxToronto**



**Soldier returns to find that his son is now a girl.**



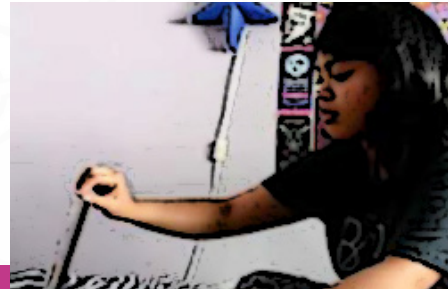
**Stereo - a film about gender stereotypes**



**Why I chose my LGBTQ daughter over the Evangelical Church | Susan Cottrell | TEDxMileHigh**



**Religion and LGBTQ+: Embracing Two Worlds | Vincent Mascarenas | TEDxMoreauCatholicHS**



**Boy Or Girl? | A short film about transgender teenagers**

If you are still unsure about how your child's identity factors into your belief system, there are many religious LGBT+ groups online that can provide you a support group. You can check out some of those on the resource page (pg 25).

**Q: Should I tell my family members that my child is trans?**

**A:** NEVER tell people about your child's identity unless they've given you strict permission to do so, or if it's medically necessary in the event of an emergency. Give your child the choice of when and if they come out to certain people, and respect their wishes if they ask you not to tell other family members.

**Q: I'm afraid of how my child will be treated by other people.**

**A:** You are right to be concerned. There are sometimes very bad people in the world who won't respect your child or their identity, and may treat them poorly because of it. It is entirely possible and likely that at some point, they will encounter mean people in their day to day lives.

Your job as a parent in these situations is to support and reassure, but not to shelter them. If you prevent your child from expressing themselves because you're scared of how others might react, then you aren't helping them, even if you feel like you are.

**Q: I don't want my child to change their name; I gave it to them, so why do they get to change it?**

**A:** Names can be very important to a person's identity, trans or not. They're the word people are going to use to refer to your child 90% of the time, and they're going to have to hear it said to them for the rest of their life. If that name doesn't align with their identity or gender expression, they are much more likely to be misgendered, disrespected, or insulted.

If the name of your child is important to you, then see if you and your child can find a compromise. Sit down together and decide on a new name or middle name. Learn about what your child likes about their birth name, and what they don't like about it, and try to find a name that's very similar. Turn it into a bonding experience so that you can be a part of your child's transition.

**Q: I don't like that my child calls their birth name their "dead" name. I feel like I'm grieving the loss of my child.**

**A:** If you think of it in a negative way, then its natural you will process this event in a negative way. Rather than thinking of your original child as "dead", or gone, understand that that child hasn't left you. They are the exact same person in appearance and personality as they always were, and all that is changing is the name you call them, and what clothes they choose to wear.



“Dead name” can be a harsh term to a non-trans person, but it’s a useful term to trans people. It expresses that their original name isn’t the correct one to call them, and that it’s irrelevant to the point of “death”. Sometimes, being called their “dead name” can even be upsetting, and trigger anxiety or depression. It makes them feel like the people who use their old name do not respect them as a person enough to use their new, chosen name.

It may be hard, but you should do your best to process these emotions on a more positive level.

**Q: Is this a phase? Is my child jumping on a trend?**

A: No, your child is not jumping on a “trend”. Most reasonable people do not want to pretend to be an identity which involves being so vulnerable if they aren’t actually that identity. Being trans is not the same thing as having a goth phase, or a barbie phase, or rebellious phase - it’s just who they are, and you didn’t know until now.

Some people decide later in life that they no longer think they are trans, and explore their identity with different terms and pronouns. If your child ends up doing this, it is not because they’re done with the “trans trend”. It just means they weren’t correct the first time around, and they know to look elsewhere to help identify how they feel.

**Q: I am 100% supportive of my child, but I don’t know where to start. What can I do to help them?**

A: That’s a fantastic question, and a great starting point. Check out the next section “Our Next Steps” (page 20) on some easy ways to start to process and commit to helping your child with their transition.

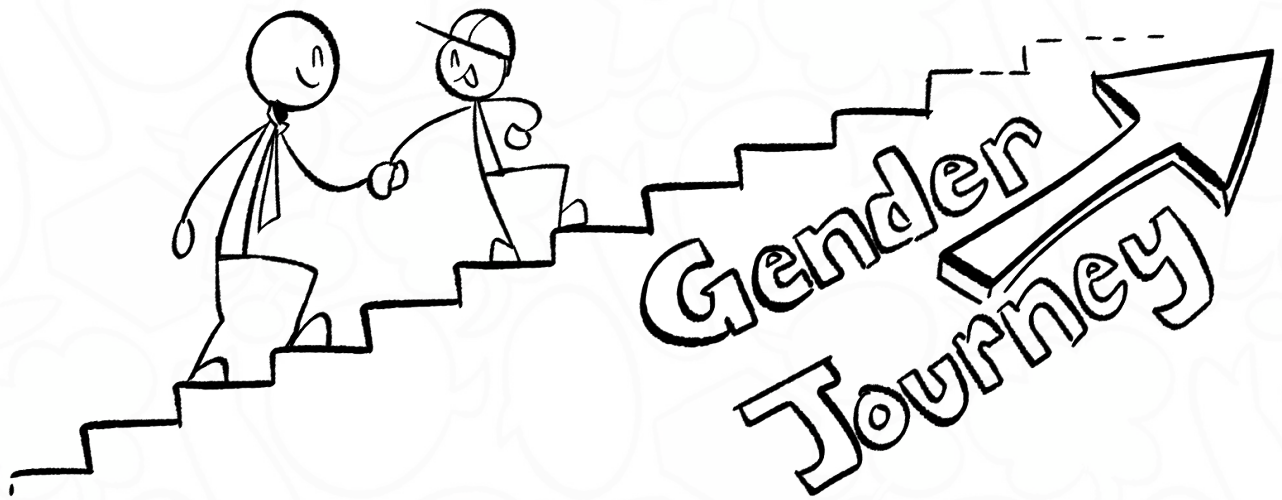




# Our Next Steps

Well, now you're here. You've learned a lot of new words and concepts, you've accepted that this is reality, and now you have to move forward. First of all, on behalf of your child: thank you for reading this far. That you did shows you really are willing to put in the effort, even if you're unsure of where to go from here. That's what this section is for!

We will divide these ideas and steps into two sections called "short term" and "long term" steps.



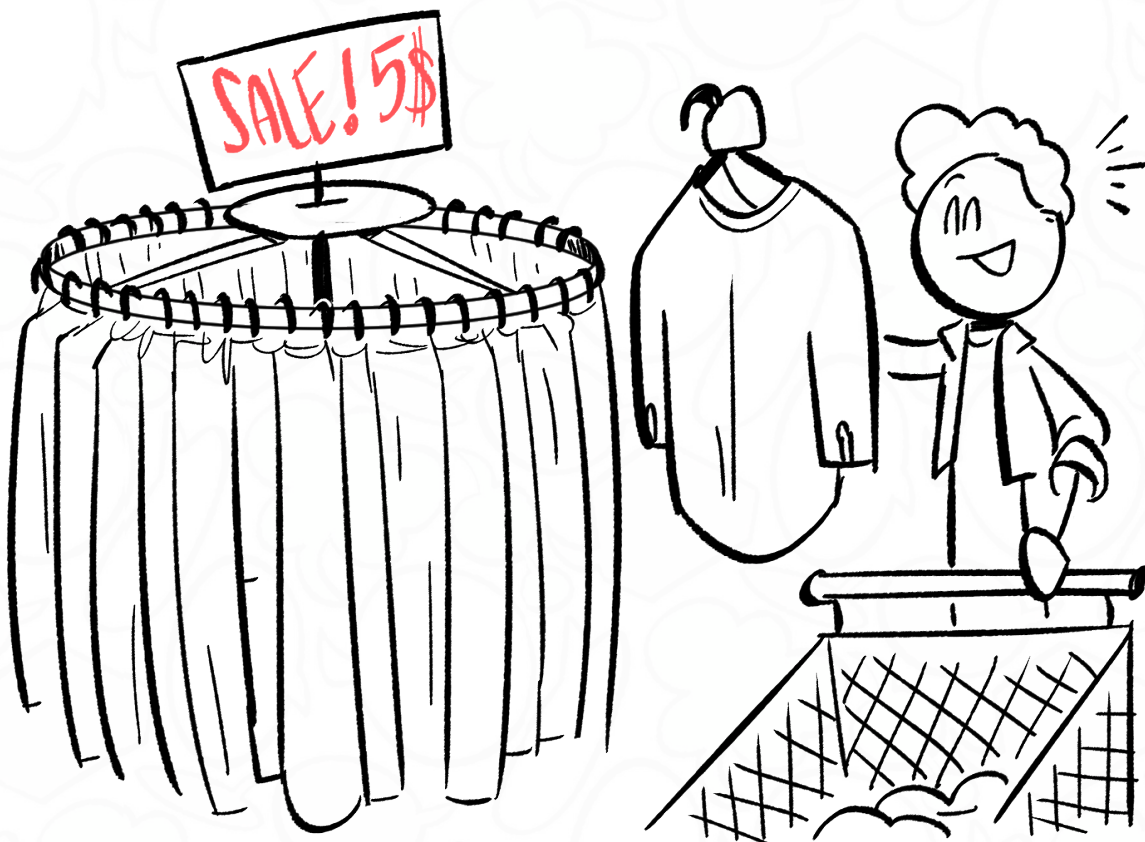
## Short Term Steps

- **Do you know what your child's pronouns are?** If you don't, ask them what pronouns they would like you to use, and start practicing them. It's okay to make mistakes and slip up - don't make a big deal out of it. Correct yourself and move on in the conversation, and don't draw attention to it too much. The less you focus on the "newness" of it, the easier it will be to learn.
- **Has your child picked a name out?** If they have, ask them what it is and start using it the same way as described above for pronouns. If they haven't, you can offer to help them pick out a name. If you had an alternate name picked out for when they were born, you can offer that as an option. Google baby names on the internet and make it fun!

Don't push this activity, but if they're open to it, this is a wonderful opportunity for you to be part of your child's transition.

- Give them hand-me-downs or purchase new clothing items from second hand stores, like Goodwill. This is a very inexpensive way for your child to experiment with the clothes they wear, and find out if they actually like dresses and heels, or if they'd prefer to stick to overalls and boots. Once you know what they like, then you can invest (to what is reasonable and affordable) in newer pieces.
- If they are transitioning into a boy, offer to take them out for a haircut! Let them have control over how much they want to chop off, even if its uncomfortable or hurts to see all that nice hair go. Just remember it's not your head and hair can always grow back if they don't like it shorter.
- If they are transitioning into a girl, purchase a cheap wig from Amazon. Choose one that is clearly labeled HEAT RESISTANT, so that it can be styled and blowdried without it melting. Help your child experiment with longer hair! Show them how to make a ponytail on their own, put in all those fun little clips you have at the bottom of your drawer, and have fun with it!

I recommend choosing a wig whose hair color is closest to your child's, or looks natural. Wigs can be dyed, and cheap ones are easily bought if they want to try out other colors down the road.



## Long Term Steps



- **Does your child attend therapy frequently?** If not, that is a very good place to start with long term care. Search for providers who label themselves as specializing in LGBT+ or transgender clients, as they will be the most knowledgeable and helpful. Be respectful of your child's privacy and let them tell you what happened in sessions when and if they are comfortable doing so.
- **Discuss with your family doctor and/or a psychiatrist about if there are any immediate medications or treatments that can be done** to help your child cope with other emotional difficulties. It's very common to experience anxiety and depression along with dysphoria, so something like an antidepressant might be helpful. They may also be able to recommend puberty blockers if your child is pre-puberty, or inform you of how your child can get access to hormones in the future.
- **Talk to your child. Ask them how they're feeling, but respect their space.** If they say they don't want to talk, don't push it. Even if they tell you every time to leave them alone, don't stop asking. Your child is experiencing a lot of emotions during their transition. You don't have to tolerate abusive language or disrespect, but don't punish it by not offering to open your door up to them.

You want to make sure they know that you're here to talk, even if you won't be the first person they go to.

- **Do not put whatever negative feelings you are experiencing on your child.** If you feel as if you are grieving, or enter a depressive state after coming to terms with your child's identity, do NOT turn your back on them or openly blame them for those feelings. All that will do is make them feel ashamed, guilty, and unwilling to come to you in the future with important information out of fear that you will become upset and blame them for it. Your emotional issues and methods of coping are for you to deal with and to discuss with other adults, not your child.

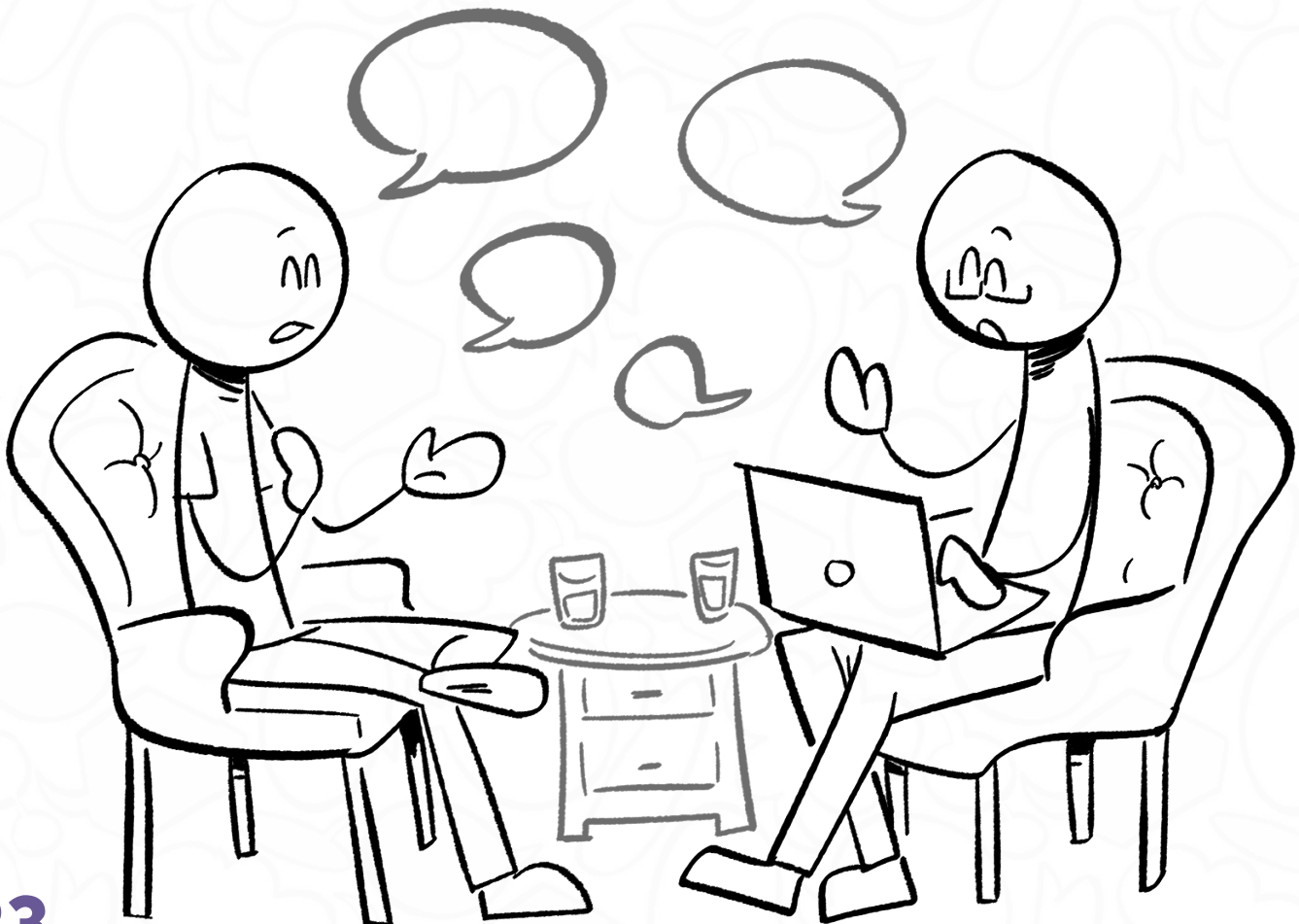


- **Be open-minded, and be honest when you don't understand.** You don't need to lie if something your child describes makes no sense to you, or if the things they're telling you don't match with your worldview. Ask them questions like "I don't think I understand. Could you explain it to me again?" or "I'm sorry, but I can't relate to that feeling. But you can still talk to me about it."

Discussing transition can be awkward and difficult, but try your best not to make it about you and how you feel about certain things relating to your child's identity.

- **If you feel like even with the above, you cannot cope with your child's identity, speak to a therapist or a doctor about how you feel and how you're unsure of how to healthily deal with this new subject.**

It doesn't hurt to ask for help from other adults, especially professionals. Often, it's not specifically that your child being trans is what's difficult for you to deal with, but that there are other personal issues or emotional baggage you haven't dealt with yourself that need to be addressed. **Just as much as you should help your child feel comfortable and happy, you should make an effort to do the same for yourself.**





The Trans Closet is a one-person charity project, which aims to provide trans and non-binary people with new clothes so that they can begin their social transitions. Whether it be because of money, family, or other obstacles, it can be tough getting a whole new wardrobe put together once you've come out. That's what we're here for!

We accept requests for "transpacks", which include one day outfit (top, bottoms and socks OR dress and socks) and one set of pajamas. Other items like makeup, accessories, bras and binders can be requested and will be fulfilled to the best of our ability.

The service is 100% free, 100% anonymous, and is done both out of pocket and with the donations of kind people in our community.

If you've gotten this far into the guide and need help getting clothes for your child, please have them fill out a request form at:

[thetranscloset.org/signup](https://thetranscloset.org/signup)

You can find more information as well on the website, like what kinds of donations we can accept, how transpacks are put together, and find more resource links.

If you'd like to donate your child's old clothes to The Trans Closet, please go to the website and click on the "donation" tab for more information on how you can do that. If needed, shipping costs will be covered for you to send items.

## RESOURCES FOR EVERYONE

If you'd like to find an extensive list of resources for your child and your family, please visit:

[thetranscloset.org/resources](http://thetranscloset.org/resources)

There, you will find an extensive list of charities, organizations and support groups that can provide emotional, physical and financial aid during your child's transition.

## RESOURCES FOR PARENTS

### Harbor

Harbor is an organization just for parents of LGBT+ children, who aren't sure how to navigate this new avenue while following christian values and the church.

[Go to harborhere.com for more information](http://Go to harborhere.com for more information), including workshops, reading material and a support network of parents just like you.

### Freedhearts

Freedhearts is a charity organization dedicated to embracing LGBT+ people and their families by providing Christian faith workshops, conferences, book studies, support groups, and more both in person and online.

[Go to freedhearts.org for more information](http://Go to freedhearts.org for more information).

### Mama Bears

Mama Bears is a private facebook group with thousands of other moms of LGBT+ children. It's a safe space to share your concerns and struggles, ask tough questions, and receive advice and support from moms just like you.

[Visit facebook.com/groups/Serendipitydodah to join](http://Visit facebook.com/groups/Serendipitydodah to join).

### Strong Family Alliance

SFA is an organization made to support and inform parents of LGBT+ children as they begin navigating this new territory.

[Visit strongfamilyalliance.org for more information](http://Visit strongfamilyalliance.org for more information).





**ART BY ALM LIZARRAGA**  
**[TWITTER.COM/ALMGAY](https://twitter.com/ALMGAY)**