

# Support for Trans Youth

When a young person tells you they are trans, genderqueer, non-binary, or uses other language to tell you about themselves, take a moment to consider what it means for them to have shared this with you.

Remember: they will benefit from your affirmation, care, and support, even if you don't fully understand their experience. Adolescents are forming identities and even subtle forms of rejection (dismissing pronouns, preferred names, not wanting to talk about it) can be detrimental to mental health.

It's easy to just support and demonstrate love by adopting the preferences of your child without resistance. Mistakes are normal and to be expected, what matters most is loving support and affirmation. Here are a few recommendations to help families navigate supporting their gender expansive youth.

## Understanding Gender Identity

Often family members or other adults in a young person's life have operated with different ideas, norms, or beliefs about gender identity. It may help everyone if the adults try to understand the young person's experience, without expecting them to explain. We encourage you to read, watch, listen, and learn from these resources.

[For families who are trying to navigate support:](#)

[Understand your child's gender identity and expression](#)

[Books to support your transgender young person](#)

[The broader transgender community](#)

[A booklist from Seattle Children's \(scroll down\)](#)



# Resources

## Gender Affirming Services at WWH

- [Guide to Our Gender Affirming Services at WWH](#)

## WWH Groups for Trans Young People & their Families

- Gender & Us (for gender expansive youth between ages 13 - 17)
- Families in Transition (for parents or adult caregivers of trans youth)
- Trans Stress Reduction (for transgender adults to help manage anxiety)
- Trans Peer Support Groups (transmasculine, transfeminine, and non-binary groups)

*You can find more information about WWH groups here: [Therapy](#) - [Peer Support](#)*

## Local Individual Therapy for Trans Teens + Family Support

*\*This is a non-exhaustive list for those needing a place to start looking*

- [Across Counseling Center](#) - Vienna, VA
- [Anne Edwards](#) - Springfield, VA
- [Shir Wolf](#)
- [Timothy Elliott](#)



## Local Group Therapy for Teens and Family Support

- [Cabush, Paul & Associates](#)
- [Heather Kirby](#) - Fairfax, VA

## Local Peer Support Groups

- [SMYAL](#): LGBTQIA+ youth support, outreach, and advocacy for youth ages 13-24. Drop-in programs- virtually and in person in Washington, DC.
- DC Metro Area Transgender Groups: Peer-facilitated transgender support and community building group, a safe space for exploring gender identity. Groups for: Parents & Guardians/ Tweens, Teens, and Young Adults/ Spouses/ Children. Contact: [RevEmmaChattin@gmail.com](mailto:RevEmmaChattin@gmail.com)
- [The Maryland Center for Gender & Intimacy](#): Free community support groups offered by Frederick's LGBTQ+ community advocacy and support nonprofit organization. Some groups: Transfamily (Adults 18+), Transteens (AGES 14-18), and Youth Jr. (AGES 9-13)
- Fairfax Trans Families (PFLAG): Send email for more information. Contact: [TransFamiliesVA@gmail.com](mailto:TransFamiliesVA@gmail.com)
- NOVA TransYouth: Peer-supported group for ages 18-35. Contact: [novatransyouth@gmail.com](mailto:novatransyouth@gmail.com)

## Online Support for Youth & Families

- Mental health support for youth: <https://www.thetrevorproject.org/visit-trevorspace/>
- Virtual peer community for youth & parents: <https://www.colage.org/>

# Resources



## Groups on Facebook

- [Parents Supporting Parents of Trans Children](#)
- [Parents of Transgender/Non-Binary Kids](#)
- [Concerned Parents of Transgender/Non-binary Kids, Teens, or Young Adults](#)
- [Support Network for Cis Parents of Trans Kids](#)

## The 5 Best Online Transgender Support Groups

- Best Online Transgender Support Groups <https://www.verywellmind.com/best-online-transgender-support-groups-4800840>
- Best Overall: [Trans Lifeline](#)
- Best for Young People in Crisis: [The Trevor Project](#)
- Best for Support Around Surgical Transition: [Transbucket](#)
- Best for Teens and Their Parents: [Gender Spectrum](#)
- Best for Mental Health: The Tribe - [LGBTQ+ Group](#)

## DMV-area Youth Gender Clinics & Health Centers

- [Children's National Hospital](#): Support for LGBTQ+ patients through a variety of programs and services: Youth Pride Clinic, The Gender Development Program, and Gender and Autism Program.
- [University of Maryland Medical Center](#): Primary care specially designed to support transgender health, including access and management of hormone therapy and puberty blockers.
- [Chase Brexton: GenderJOY Program](#): Provides expert health care services for transgender and gender diverse children and adolescents, and their families.
- [Johns Hopkins: Emerge Gender & Sexuality Clinic](#): Culturally and clinically competent medical and mental health care and psycho-social support.
- [Mary's Center](#): Behavioral clinicians who provide brief therapy for children, adolescents, and adults exploring gender identity.
- [University of Virginia \(UVA\) Children's Hospital](#): Experienced providers across a multi-disciplinary team work with youth of various sexual and gender identities to access affirming care.
- [Whitman Walker Health](#): Providing medical and behavioral health assessment for transgender youth and families.

## Resources for Coming Out to Family & School

- HRC Resource: <https://www.hrc.org/resources/transgender-children-and-youth-talking-to-grandparents-and-other-adult-fami>
- Gender Spectrum Resource: <https://genderspectrum.org/audiences/parents-and-family>