

ACLU Guide:

See Appendix D for public transition planning

https://www.aclu.org/sites/default/files/field_document/schools.in_.transition.2015.pdf

From the school to parents of current students:

From parents to teachers/schools:

<http://www.sarahandianhoffman.com/2011/08/letters-to-school—a-transgender-teen/>

From parents/guardians to family/friends/neighbors:

http://www.slate.com/blogs/outward/2014/06/16/gender_transition_how_parents_can_tell_family_about_their_child_s_transition.html

<https://umhsgenderservices.wordpress.com/2013/09/12/a-letter-to-family-friends-from-parents-of-a-transgender-child/>

<http://hismomjourney.blogspot.com/2016/05/the-coming-out-letter.html>

<https://lgbtrc.usc.edu/files/2015/05/Coming-Out-as-Trans.pdf>

From the trans* individual:

https://www.reddit.com/r/ftm/comments/4hnblv/coming_out_letter_for_extended_family/

<https://transgenderteensurvivalguide.tumblr.com/post/145959446365/sample-coming-out-letter>

Embracing and Advocating for Your Transgender Child in Schools and Communities

As a gender specialist working with trans youth and their parents, I've spent many hours having conversations with families about how to inform folks in their community of their trans kids' identity. I understand the complexities and challenges parents face when advocating for their transgender child in public spaces. It's a journey that requires courage, resilience, and a deep sense of commitment to your child's true identity. Recognizing that this process can be daunting, I'm here to offer guidance and support. This blog post is designed to provide you with practical advice, resources, and a template letter to help navigate these situations more effectively.

Understanding Your Child's Needs

Recognizing and accepting your transgender child is a journey filled with love, empathy, and open communication. It's about listening to their experiences and providing a supportive environment that acknowledges their true selves. Be sure to first check in with your child and ensure that you are prioritizing their needs throughout this process.

Preparing to Write the Letter

Before drafting your letter, it's important to understand the relevant school policies and legal rights that protect transgender students in your state/ local community. Be sure to know your and your child's rights.

Components of the Letter

A well-crafted letter should include:

- A brief introduction of your child and the letter's purpose.
- A clear statement of your child's gender identity and chosen name.
- Mention of laws and policies that support transgender rights in schools.
- Concerns about safety, bullying, and mental health.
- Practical requests like record updates, pronoun usage, and appropriate facility access.
- An invitation for open communication with your contact details.
- A conclusion expressing gratitude for understanding and support.

Example Framework for a Personalized Letter

I've constructed a flexible [framework for a letter](#) that you can tailor to your child's specific needs, incorporating the essential components mentioned above. Feel free to use this to start your writing process.

Tips for Personalization

Personalize the letter by reflecting on your child's unique experiences and the specific support they need. Share specific instances where understanding and support from the community would be beneficial.

Seeking Additional Support and Resources

Remember that there is nothing wrong with seeking support throughout this process. Connecting with local LGBTQ organizations can offer further information and understanding that you and your child might be looking for. Don't forget to check out the [template letter](#) I've written with additional examples and resources for more support.

Advocacy by families is pivotal in creating a safe and accepting environment for transgender children. Let's commit to ongoing dialogue and education about transgender issues within schools and our communities to foster understanding and acceptance.

A Template Letter for Inclusive Recognition and Support for Your Transgender Child

Dear [Recipient/Title],

I am writing to you as the parent of [Child's Preferred Name], a student at [School/Organization Name]. I would like to discuss an important aspect of [Child's Preferred Name]'s identity that is essential for their well-being and inclusion in [School/Organization].

[Child's Preferred Name] is transgender and identifies as [Male/Female/Non-Binary]. This means that although they were assigned [Assigned Gender at Birth], they truly identify as [Gender Identity]. We have embraced this journey with love and understanding, recognizing the importance of supporting [Child's Preferred Name] in living as their authentic self.

In line with this, we kindly request that [Child's Preferred Name] be referred to by their chosen name and [Pronouns] at all times. This recognition is crucial for their mental and emotional health, as affirmed by various psychological studies and guidelines.

We are aware of [School/Organization's] commitment to inclusivity and respect for all students, and we trust that [Child's Preferred Name] will find a supportive and understanding environment here. We would also like to discuss how we can collaborate on practical matters such as updating [Child's Preferred Name]'s records to reflect their gender identity and ensuring access to facilities that align with their identity.

We believe that with your understanding and support, [Child's Preferred Name] can have a positive and affirming experience at [School/Organization]. Please feel free to contact us at [Your Contact Information] for any further discussion or clarification.

Thank you for your time and understanding. We look forward to working with you on affirming and supporting [Child's Preferred Name]'s identity both in and out of [School/Organization].

Sincerely,
[Your Name]