

Rebecca podcast

[00:00:00] Welcome to the Peaceful Parenting Podcast. I'm your host, Sarah Rosen, sweet mom of three young people, peaceful parenting coach, and your cheerleader and guide on all things parenting. Each week we'll cover the tools, strategies, and support you need to end the yelling and power struggles and encourage your kids to listen and cooperate so that you can enjoy your family time.

I'm happy to say we have a great relationship with our three kids. The teen years have been easy and joyful. Not because we're special unicorns, but because my kids were raised with peaceful parenting. I've also helped so many parents just like you, stop struggling and enjoy their kids. Again, I'm excited to be here with you today and bring you the insight and information you need to make your parenting journey a little more peaceful.

Let's dive into this week's conversation.

Hey everyone. Welcome back to another episode of the Peaceful Parenting Podcast. Today's episode is about supporting L-G-B-T-Q-I-A kids, whether they are kids or other kids in our communities, and also how to raise [00:01:00] kids.

Even if you don't know yet what their identity is, how to raise kids who will feel comfortable in being themselves with you and know that they will be accepted for who they are. So whether you have kids that are already out, kids that you suspect might be LGBTQ plus, or whether. You don't think that applies to you, but you do have other people that you care about, or even if you just wanna be a good person and an ally for quite frankly, for a population that is currently under attack, especially in the United States.

Then this episode is for you, it's a topic that I hold especially dear to my heart because my parents are gay. My mom is married to a woman. My dad is married to a man and I also have a queer kid. And so this is really personally important to me. And also, professionally this is something that's important to me as well.

Making sure to be an ally and to support. Parents [00:02:00] of queer kids, and just being an ally in general for queer kids.

My guest is Rebecca Minor. She is a coach and a social worker who supports parents of L-G-B-T-Q Kids and supports the L-G-B-T-L-G-B-T-Q kids themselves. And she was a guest in my summit, so it's not the first time I've

spoken with her and it was a real pleasure to get to speak with her again. If this episode spoke to you or you know somebody that this episode would help, please screenshot it. Send it to them. Also, make sure you are following the show wherever you get your podcast so you don't miss an episode. It also helps us to be found by other parents slash listeners, so let's meet Rebecca.

Sarah: Hey Rebecca, welcome to the podcast. Thank you so much. I'm so excited to be back. Yeah, and we've talked before, but it was for my summit, which not everyone gets a chance to hear or had a chance to hear, so I'm so excited to have you on the podcast to share your wisdom.

Rebecca: Awesome. Thank you so

Sarah: much. So tell us about who you [00:03:00] are and what you do.

Rebecca: Sure. So my name is Rebecca Minor. I use she, her, or they pronouns, and I am a gender specialist. So I work primarily with queer and trans youth in their journey of becoming, and I'm a guide to their parents and families in affirming it. I also provide consulting and training for businesses and organizations.

I'm an adjunct professor at Boston University School of Social Work, and I have a book coming out this fall called Raising Trans Kids. What to Expect When You Weren't Expecting This? So exciting.

Sarah: Maybe we can have you back in the fall before your book comes out and talk more and talk more then. Yeah.

Yeah. I had you on, because I'm having you on because not only, is it a good time to talk about LGBTQIA a plus? Kids in forever, all the time to talk about it. But because it's pride month, and so I started to think about what we could do this month to honor that. Um, and so I wanna talk about parenting and, , LGBTQIA plus kids . So I'm just gonna, right off the bat, [00:04:00] say what I, I'm hoping that we can talk about what, that we can address supporting queer kids. Whether you're a parent listening to this and you, your kids are small and you have no idea what their letters are gonna turn out to be, whether you already know that your kids are queer or whether you already know that your kids are.

Are straight or cis and you wanna be an ally to to other kids. So I'm hoping that we can just talk about general best practices and things that you have seen when you're working with kids and their parents that are helpful. But to locate us in

why we're talking about this I was wondering if you could share some statistics about what happens when queer kids are growing up without.

Someone in their life who's affirming of their identity or, um, whether it's their parents or somebody else in their life, because I know that the, that the outcome is rougher for kids who don't have somebody who loves them, who cares about them, who's affirming of their queerness.

Rebecca: Sure. So I'll start by sharing some of the statistics around the kind of costs of [00:05:00] rejection and then we'll end with some positive ones that show up. Okay, great. With that script. LGBTQ plus youth who experience family rejection are eight times more likely to attempt suicide, three times more likely to use illegal drugs.

Six times more likely to report high levels of depression and more likely to engage in risky sexual behavior, self-harm, and disordered eating. According to the Trevor Project, 41% of LGBTQ plus youth seriously considered suicide In the past year 14% did make an attempt with even higher rates among trans youth and youth of color.

Self-harm was reported by 50% of trans and non-binary youth. An LGBTQ plus youth who had access to spaces where they felt affirmed, reported significantly lower rates of self-harm, substance use, and suicide attempts. So we know that when L-G-B-T-Q youth are supported and have family acceptance, they're 50% less likely to report depression.

70% less likely to attempt suicide. Huge. 70% less likely to engage in [00:06:00] self-harm. And 50% less likely to use illegal drugs, trans youth who have access to gender affirming care, right? This includes puberty, blockers, and or hormone therapy when appropriate. They show 60% lower rates of depression, 73% lower odds of suicidality and significant reductions in self-harm behaviors.

And lastly, I just wanna share that when we use trans youth's chosen names and pronouns in school at home with friends in community, we see 71% fewer symptoms of severe depression, 34% decrease in suicidal thoughts, and 65% reduction in suicide attempts. I know that was a lot of numbers, but all of that to say that when we boil it down.

The things that are most scary and that we worry about the most as parents and caregivers and people who care about L-G-B-T-Q youth are these risk factors

and we cans, we have the power to significantly reduce them by affirming and showing up for them. I. [00:07:00] That's huge.

Sarah: Yeah. That's like really shows you how much the, how much parenting and caregiving matter.

Whether, I'm gonna say under caregivers, like teachers and coaches and

Rebecca: Absolutely. People you

Sarah: babysit for and just having and, and there's, there's similar research in terms of kids, whatever their gender or sexuality is that if Yeah, having one caring adult in their life makes a huge difference.

So Exactly. It's like that, but even more so what are some things that you, um, have learned in your, in your practice and in your journey that we can do? Um, do, does it make sense to just talk in general? I know there are gonna be whether, whether parents of the children or whether they're just children in our life or even just like in activism, in activism mode, but just.

Guide me with the right questions to ask you to make this the most helpful. Mm-hmm. Helpful episode for parents and anyone else who's listening.

Rebecca: I think the principles are often the same, regardless of your exact role in the life of a young person. [00:08:00] Parents may have more specific.

Kind of needs around, like how do we navigate this at home? Or like how do we handle sleepovers or what do we talk about or not talk about at school meetings that might be different than like a neighbor, a friend, an aunt, or whomever. But generally speaking the kind of. Need for affirmation and the allyship tips and kind of ways of showing up are the same across the board.

Sarah: What are some things, if you, so say you have small kids and you haven't gotten, you haven't gotten inkling yet of what their orientation might be. What are some things that parents can do to. Raise kids in a affirming household, even if they're not sure yet what the what the turnout will be.

Rebecca: Absolutely. And I love this question and I think it's really important. So often people think that my work is only focused on supporting trans kids. And the reality is, like I, I would like to us to be supporting all children. Um, we all have [00:09:00] identities that vary and regardless of whether or not we're cis or trans or straight or.

Any of the other letters, um, we can still create more possibility to explore and really give kids freedom. So I would say overall, allowing your kids the opportunity to play is really, really important. Um, and not limiting that to toys and activities that we think they should enjoy based on their sex assigned at birth.

Just because they were assigned male at birth doesn't mean they only wanna play with trucks. Um, we wanna make sure that we're giving kids access to all gender typed toys, as well as gender neutral toys. Gender typed toys are specifically designed to increase certain types of skills or. Ways of being.

So what we often see as like girls' toys are designed for nurturing, caretaking learning, pretend home play, pretend play of managing a household. [00:10:00] Whereas boys' toys tend to, um, I. Encourage spatial reasoning or math skills, and all of those are necessary skills for kids. So really giving kids options is important.

I think diversifying the, the history that we teach them is important. Exposing them to families that don't look like yours. Mm-hmm. Um, maybe that have different structures. Um. Using books as is a great way to do that of, you may not necessarily have people in your life or community that represent the plethora of identities that you want your child to be aware of, but there are plenty of ways to bring that into your household by using outside sources.

I think those are my kind of like. Initial answers to mm-hmm. To how to do that. I think mostly it's about continuously reminding your children that you love them and you support them and they can love and become whoever they want to be. So that, it doesn't come to a point [00:11:00] where they have to wonder, how will my parent respond if I were to share this with them?

That is just a, a kind of given that you're gonna be cool with it. Yeah. Or you might have questions or concerns but that overall, they know it's safe for me to be all of me in this house. Mm-hmm.

Sarah: I also, I think I shared this story with you when when I interviewed you before, but I was listening to, Anderson Cooper.

I was listening to him years ago on a radio show, and he was talking about how when he was growing up in the seventies. He heard his mom refer to a gay couple friends of theirs as a married couple. And of course this was the seventies and like way before gay marriage was around. But he said hearing that

as a little boy, like he already, I guess he already had a sense of his identity and hearing that he thought, oh, my mom is gonna be supportive of me.

And so I think about just that was probably an offhanded remark that his mom made without even thinking about it. And ever since I've heard that, I've always thought about, I, my [00:12:00] kids grew up with gay grandparents, so I really had a leg up that was built in.

Yeah, yeah. It built in, built in examples. When my daughter was little, she said, this is a total sidebar story. But when my daughter was little, she said to me, mama, do you know what two girls who get married are called? And I thought. Oh no. 'cause I thought, she heard something bad at school and I said, what?

And she said, brides.

So yeah, that visibility, right? Like my kids grew up with that. But anyways, I always thought about that, like the things that we casually say. Like our kids are listening. And, um, so you could even get, I think people could get intentional about that and make sure that they're talking about couples, whether there's, same sex or opposite sex couples in the same way with the same hierarchy and talking about families of the, in the, in the same way.

So that's just like my 2 cents I wanted to add.

Rebecca: Yeah.

Sarah: Yeah. So what about if you, um, if you already know that you have a kid who's LGBTQIA [00:13:00] plus what are the most helpful things other than, I think the things that we, we wanna do as parents in terms of loving them. Are there any advocacy or things that stand out to you when you've seen really good examples of this for parents of, of queer kids?

Rebecca: I think it really depends on. On a case by case basis, some parents are much more comfortable kind of diving in and, and more publicly engaging in advocacy. And, and some of that also needs to be something you check in with your kiddo about because you wanna make sure that the work that you're doing, I.

You could just be an ally and be out in the open, but you also wanna make sure that you're not going out and saying, I'm the mom of a trans kid. If your trans kid hasn't said that, that's okay. Yeah. So I just always wanna mention that. But. Beyond that, I think getting connected with community is really important so

that you don't feel like you're the only family going through what you're going through.

Mm-hmm. Um, and so that, your kids sees you connecting with other folks, with, with kids like them [00:14:00] and really building that community not just for you as parents, but also for your child. I think then really letting your kid know that you're there. You may or may not, depending on their age and their comfort level, they may or may not be sharing a whole lot with you.

Um, and for some parents that's really frustrating. It can be really uncomfortable. They can feel like I'm, left in the dark here, and then my kid is suddenly saying, I want this, or I, I need this surgery, or I want this treatment. And I think a lot of that has to do with general communication in the home.

So the more you can work on your connection and communication with your kids, the better, regardless of whether or not it's about identity. Um, and then when it comes to identity, I. You don't wanna ask a ton of prying questions because that can sometimes feel like you're questioning them. Right?

Not necessarily believing them when perhaps that's not your intent. But instead to say, if you ever wanna tell me more about any of this or talk about this, I would really love [00:15:00] to be here to support you. I'm curious and I wanna understand and I want you to know that I'm always in your corner.

Just let it be. Mm-hmm. Um, and see what they come up with.

Sarah: I love that. If you, what about if you think that you might have an LGBTQ plus kid, but they haven't come out to you. Any particular, um, advice for parents in that camp?

Rebecca: I think. What I just said applies in the sense mm-hmm.

That you could say, you, you could bring up other, like if they have a friend that uses different pronouns or maybe someone else in your life is dating someone of the same gender, you could maybe use examples of those folks and just be open in your affirmation of that to demonstrate that you're supportive and open should they want to share that with you.

I think that tends to be more effective than asking the pointed question of yeah, are you this or that? Um, sometimes parents will ask, do you have a crush on anybody? And I think the mistake that parents often make is are [00:16:00] there any boys in your class that you think are cute?

And immediately by asking boys specifically, you're signaling to your child that. That's your assumption, and that that doesn't leave room for them to be attracted to anyone else, for example. Mm-hmm. So being conscious of the language that you're using and leaving that door open for conversation, I think is best.

I.

Sarah: Yeah. I have heard also that it's best not to like, come out and straight up, ask them if they're gay or trans or whatever. Because they, they either, if they're, if they haven't told you it might mean that they're not ready to come out and if mm-hmm. And they, it sets up a. Position where they might lie to protect their privacy and then they're really in trouble.

If they, not literally in trouble, but like Right. Then they've lied about it, then they feel that way. Yes. Can they, then how can they tell you? So it can be, I can imagine as a parent, it would be so hard for me not to ask. Mm-hmm. But I think probably I, I'd have to make myself zip it knowing what, knowing what I've heard

Rebecca: exactly.

And I've, I've met with many parents in that position where they're like, I'm pretty [00:17:00] positive. Or, they've even read something that their kid wrote that they, and so they're like, I know this now, but I don't want them to know that I read this thing in their room. Mm-hmm. Or on their phone or whatever the case may be.

And so now what do I do? Um, and it. The answer remains the same, which is that you wait, be patient and you let them come to you. Yeah.

Sarah: What about if you have say you have a. A queer kid and you have family members or like neighbors or people who are negative or homophobic. Like what's the best way to, to deal with that and support your child?

Rebecca: That's a tough question. I think it depends on your belief system and whether or not these are people that you want in your circle. I think when it's. A neighbor or something, you can try to decrease contact and engagement with them when it's someone in your family, like an a relative that can be a little bit more challenging.

And then it's really up to you as a parent to [00:18:00] decide what you're willing to tolerate and where your limit is as far as do you prioritize your. Your

connection with your child and your beliefs about your child over the context of that relationship. Um, and that can be a real challenge for parents and caregivers, especially if like their own parent, for example, isn't affirming or mm-hmm.

Um, it can leave people in a really tricky position. But I think generally speaking, it's important to, um. To get clear on, on what you're willing to tolerate and draw lines from there. Yeah.

Sarah: I wonder, um, is there, are there any resources, and we can put them in the show notes, but are there any resources that, part of me wants to say you already know how they feel and you just.

Make your decision of what you just said now of, of if you need to draw boundaries. But I also wonder if there's like any room for education or, if there are any resources that you know of that are

Rebecca: helpful for [00:19:00] that. I think there's always room for education, otherwise I wouldn't do this.

That's true. Um, and, and oftentimes when people don't understand or are homophobic or transphobic, it's coming from a place of. Of a lack of education and understanding and awareness. Mm-hmm. So I, I certainly would err on the side of before you just cut someone off like you should try. Yeah.

Um, and, share information with them. If they're not receptive to that information and or are like blatant in their homophobia or transphobia in their response to you, then that's a different conversation. Mm-hmm. Um, but there are certainly re, there's tons of resources. And I have a million blog articles on different topics that I know parents will sometimes email me and say, I shared this article on why they, them as a singular pronoun and needs to be respected with my great aunt and, she's been better lately or something.

It, it can certainly be helpful. It all depends on whether or not that person or those people are gonna be receptive. To the resources. Mm-hmm. And this is not [00:20:00] my area of expertise, but there are cer, there are also organizations that help with specific resources around faith-based, um, belief systems.

Because for some people, they have a longstanding connection to the church or some, some religious beliefs that prevent them from, accepting and affirming and. Folks have been really good about creating resources that actually say, we

here's another take on what that bible passage right actually means or is trying to say.

And there are organizations that are like specifically, people of faith Yeah. Who are, are still maintaining their faith and supporting and showing up for queer and trans kids. And that's actually how both free mom hugs and the Real Mama Bears got started, um, both by religious southern women who, had to have their own kind of reckoning with.

Their faith and their love of their child.

Sarah: Yeah. Another one I know is Mama Dragons. Yeah. They were on the podcast a couple years ago and that they came outta the fundamentalist [00:21:00] Mormon other. Okay. They did too. I didn't,

Rebecca: I didn't wanna name that one 'cause I wasn't sure. Yeah, no, they, they were

Sarah: Mormon and then expanded out to other fundamentalist groups.

Um, but that's their focus too, which it's pretty amazing. What else should I, what, what else do you think would be helpful for parents of, of our podcast to hear In terms of supporting youth or, or maybe even just being an ally in general. Like what can we do, especially today with all of the assaults that are happening on, on rights and rise and hatefulness, I think that we're seeing, or maybe just.

People feeling okay to talk about their, their hate hateful ideas?

Rebecca: Yeah, I think first is acknowledging that it's happening, right? Not just pretending that everything's fine and normal, um, because it isn't fine and normal. Some things are fine, life goes on and at the same time, I think a lot of, I.

Youth and their families are feeling really under attack. And I liken it to the experience of when you've had a loss someone in your [00:22:00] life has died and you, have to go to the grocery store or go to the bank and you pull yourself out of bed and out of the house and you.

And you get to that task and you look around and you're like, why do all these people seem fine? They're just going about their day, they're just buying eggs. Someone didn't just die. Um, and I think that is often the experience of parents

of queer and especially trans youth right now certainly in the US given the number of legislative attacks that are happening.

Um, I think it's, not just the US but it's most prevalent and visible here right now. Is this sense that people are going about their day without awareness that, there on a daily basis there are terrifying laws that are attempting to be passed. And a couple weeks ago there was one that was like, even if you were driving through a state you could lose rights to your child for, affirming their gender in any way, and that you don't even have to live there. It would just be if you were traveling, um, that bill didn't pass. But things like that are weighing on families every day. Mm-hmm. And so I think [00:23:00] if that's not your experience, acknowledging that you're aware of that is, is incredibly affirming and supportive, especially to families who are experiencing it and, to say, Hey, can I.

Do anything or maybe don't even ask what you can do, but be like, let me offer to take your kid to soccer or drop off a lasagna or do a thing that you know would be helpful. I. Because it may be, they may be too overwhelmed or too frazzled to even know what they need or what to ask for.

Mm-hmm. Um, but just to say Hey, we see you and we've got your back. And like no matter what the executive orders say, we believe that your family is beautiful and valid and, and we support you in all the ways.

Sarah: Yeah. It, it really is like a sense of emergency. Mm-hmm. I don't live in the US but just even from here, like the Canadian government made a, um, warning for trans people to not travel to the us.

Like it's terrible. Yeah. Excuse me. It's okay. . [00:24:00] Just before we move on, I was thinking too about give money to organizations that are fighting this, like give, give money if you can.

Write letters. I don't know if there, there probably are some resources that have. You know who to write letters to in which states, so you don't have to do all your own research. So maybe I could get some of those from you. Mm-hmm. Um, if, and we'll put them in the show notes and, um, write letters, make phone calls, give money.

'cause this is I dunno, this is just a fundamental. Basic human decency, and anyone I think who cares about peaceful parenting should care about this. Yes. Even if it doesn't, even if it doesn't feel like it personally affects you, first of all, it probably does affect you in some way that you're just not even aware of.

But even if it doesn't feel like it affects your like small circle, it's gonna affect somebody that you know and somebody that you care about.

Rebecca: And the reality is I appreciate you adding that because the reality is at the, at the root of all of this is an attempt to control bodily autonomy. Yeah.

And so quite simply, if you have a body, you should be paying attention.
[00:25:00] Mm-hmm. This does affect you. Mm-hmm. Yeah. We see abortion laws like these are all tied up in the same ideas. So cisgender women are impacted in, in as many ways. As it might not feel like if you don't have a trans kid or you don't know one, that it doesn't feel like it's gonna apply to you, but it will.

Mm-hmm. For sure. So I appreciate you naming that.

Sarah: Yeah. Okay. So Miss, just changing gears a little bit, as we are recording this in June. It's still Pride Month and there are going be pride marches in lots of towns. What's your sense of if people should bring their kids to Pride marches?

Um, what do you, what do you get asked about and what do you, what do you tell parents?

Rebecca: My like real consistent stance on this is that yes, you should bring your kids to pride. Um, there are many towns and cities that have family friendly pride events as well. People get all nervous that, their kids are gonna see something that, that isn't appropriate or they won't know how to answer their questions.

To me, first of all, like I said, there are [00:26:00] family friendly options and. If your kid does see something that you didn't expect them to see, that's a teachable moment. Yes. And an opportunity for conversation. I'm just laughing 'cause

Sarah: I saw a lot of penises at Pride last year. Yeah. Um, and I don't think it was not billed as family friendly.

Um, but there were a lot of families there and yeah, there is um, opportunities for, for conversations.

Rebecca: Yeah. And that's it. That may also be location wise, right? Yeah. Where you are if you were at a city one versus a small town one. Um, yeah. It was a

Sarah: large Toronto pride and, and to be honest the penises were not in the march.

They were in like the, the gay village before the march. Yes. Yeah. Which makes sense. Yeah. Yeah.

Rebecca: Usually the parade part is a little more tame. Yeah. Yeah. And it definitely was because kind has to be, was

Sarah: definitely was like. G, if not pg, pg if not G rated. The parade itself. Yeah. So maybe just avoid the pre-party Yeah.

And go to the, go to

Rebecca: the event. Sure. And worst case scenario, they see a penis or they see [00:27:00] someone's butt or they see a nipple and you have a conversation about that. Like not the end of the world actually. Yeah. We all have bodies. And those, those things don't necessarily need to be shameful or frightening.

Mm-hmm. Um, i, yeah. My belief is that it's important to go because there's an opportunity to see possibility to see people. Having joy and happiness and celebrating. So much of pride is like sparkles and rainbows and bubbles and things that kids love. Mm-hmm. Um, so it's a blast. But like Anderson Cooper like that, you never know what your child might need to see or see you be affirming of.

Mm-hmm. For them to know oh, my mom took me to this, so she must be cool.

Sarah: Yeah,

Rebecca: totally. With me being whoever I am. Yeah. The one thing I would add to that is that this year especially, I think there's increasing safety concerns. And that's not unwarranted. So I think like any large public event, you wanna keep your wits about you and be [00:28:00] smart and make sure you have eyes on your kid and use a buddy system and all that.

Um, so that if something does go wrong, you. You can be thoughtful and careful. Um, it's, it's honestly, it's tragic that you have to say that. I know. I wish I didn't. Mm-hmm. I wish we could just say go, run around and enjoy your day. And I think for the most part, you will be able to, and people do and have and consistently for many years.

There, there've always been counter folks at Pride. There's always someone with a Jesus sign. That's like saying what you're doing is wrong. Mm-hmm. Um, but they're usually pretty harmless. And that's again, a conversation you can have with your kid of not everybody believes that everyone should love whoever they want to love.

Mm-hmm. Um, and that's okay to talk about. But yeah, I wish it wasn't a thing. It's certainly a question I'm getting more frequently this year, probably last year or two, but definitely this year as more articles are coming out saying, we have reason to think that this certain group is gonna be at Pride this year, and there are [00:29:00] concerns about that.

Sarah: Um, people could maybe do their own, like they could do their own like neighborhood pride celebration too, right? Absolutely. Get up beside sidewalk chalk. Um, yes. Make some rainbows and have or encourages schools to. I don't know how realistic that is in the US right now, but Yeah. Organize your own thing.

There are a lot more

Rebecca: small town ones that, that I think are a lot safer. Mm-hmm. I'm, I'm gonna be tabling at, at a bunch of surrounding towns of where my practice is and I'm, I'm not worried that like mm-hmm. Some hate group is gonna come. Cause a big scene at this little small town Pride. Boston maybe.

Yeah. New York. Sure. Yeah. But not, probably not in the little. Town ones. So yeah, that makes sense. Definitely check out, see what's in going on in your area. Mm-hmm. Um, and a lot of them do have, like I said, family friendly ones or one of the towns I'm going to, there's like a dog parade.

Like all the dogs are gonna wear little rainbow things and Yeah. Kids can give them treats and pet them and stuff like, that's harmless.

Sarah: Yeah. I love that. And it really does make such a difference, like the exposure from a young [00:30:00] age too. Mm-hmm. Of um, just like kids. My experience is kids have no trouble understanding L-G-B-T-Q-I-A people.

It's really, that's, that sort of has to be learned. Exactly that there's something different or weird or wrong about it. Mm-hmm. And so I think the younger kids are when they're, when this is just like, my kids, like they, they just growing up with two sets of gay grandparents that just mm-hmm.

Wasn't even a thing,

Rebecca: Exactly. And I think this year, especially when you take your kid to pride, you're sending a clear and loving message that like you're safe to be exactly who you are. Mm-hmm. And in 2025, when communities. The LGBTQ plus community has faced such heightened political threats, every single act, whether it's small of visibility, celebration, and solidarity matters more than ever.

So you're not just attending a parade, you're like you're building resilience, you're nurturing joy, you're creating memories that your kid will carry for the rest of their life.

Sarah: I love that we had so much fun at Pride last year. Our daughter went with her friends, our sons went with their friends and my husband and I [00:31:00] went and we all like ran into each other at different points and yeah, it was just so much fun.

I'm really looking forward to it this year. Thank you so much. This has been really, um, you're so welcome. The all, all, both ends of the spectrum of emotion in this kind of conversation joy and the fear and confusion and, it's, it's just, it's such a important topic.

Really I honestly didn't. 10 years ago, I wouldn't have said that we would be having the same kind of conversation, I would've thought because of where we, where we were a few years ago, that there. I guess I shouldn't have been, um, surprised by backlashes that happen. But also 30 years ago, I would've been surprised about the conversations we were having 10 years ago.

So hopefully things are gonna settle down again and people will be able to feel free and relax.

Rebecca: I hope so. Yeah. Yeah. I one thing I didn't mention is, that my publisher has a 5 [00:32:00] 0 1 C3. So if folks don't themselves have trans kids, but want to support getting my book into the hands of families who need it most, who are gonna be probably in hostile states where they won't have access to it, 'cause it very well may be banned.

Um, you can donate a copy. Um, is 5 0 1

Sarah: 3, is that charitable status?

Rebecca: Oh yeah. It's a nonprofit. Okay.

Sarah: Yeah, that's the lingo. So yeah, we'll put, sorry. If you have links for all these, we'll put them in the show notes and, um, and you're, it's, on your web, is it on your website that, yes. Yeah. So just send us all the links and folks can check those out.

And, um, we, we can all do our part to try to. End this move, move things forward again. So before I let you go, a question that I ask all my guests, which, if you have children someday, what do you wanna remember to tell yourself? To tell your future self about being a parent? And it can be about anything.

It doesn't have to be about this topic. [00:33:00] Hmm.

Rebecca: I think to trust myself.

And like lead, lead with love. Nice. Yeah, that will, that will come in handy. I can

Sarah: tell

Rebecca: you if you do have

Sarah: kids. Yeah. Those are all two good things. Yeah. And best place for, for people to go to find out more about you and what you do.

Rebecca: Certainly. Um, my website is genderperiodspecialist.com and you can find me on Instagram at [genderperiodspecialist](https://www.instagram.com/genderperiodspecialist).

Um, I'm easy to find, alright, definitely check it out. Sign up for the newsletter and. Lots of resources.

Sarah: Thank you. Thank you so much for all the work that you do and supporting L-G-B-Q-Q. Oh my gosh. LGBTQIA plus kids and their families and people who love them.

Rebecca: Thank you.

Thanks for listening to this week's episode. I hope you found this conversation insightful and exactly what you needed in this moment. Be sure to subscribe to the show on your favorite podcast platform and leave us a rating and review on

Apple Podcasts. Remember that I'm [00:34:00] rooting for you. I see you out there showing up for your kids and doing the best you can.

Sending hugs over the airwaves today. Hang in there. You've got this.