

Promoting PCEs for Children and Youth who are Transgender or Nonbinary

Children and youth need strong and secure relationships, safe environments to live, learn, and grow, and opportunities for engagement and emotional growth. Those who identify as trans and nonbinary are children, too – and need these same positive experiences to thrive. They grow up in a world that operates largely in a gender binary, leaving them, often at a very young age, needing to understand and articulate who they are- even when the reflection in the mirror staring back at them begs to differ. While many trans and



nonbinary children are supported by friends and family, it is common for trans and nonbinary youth to experience disapproval and bullying, leading to a higher risk of anxiety and depression.

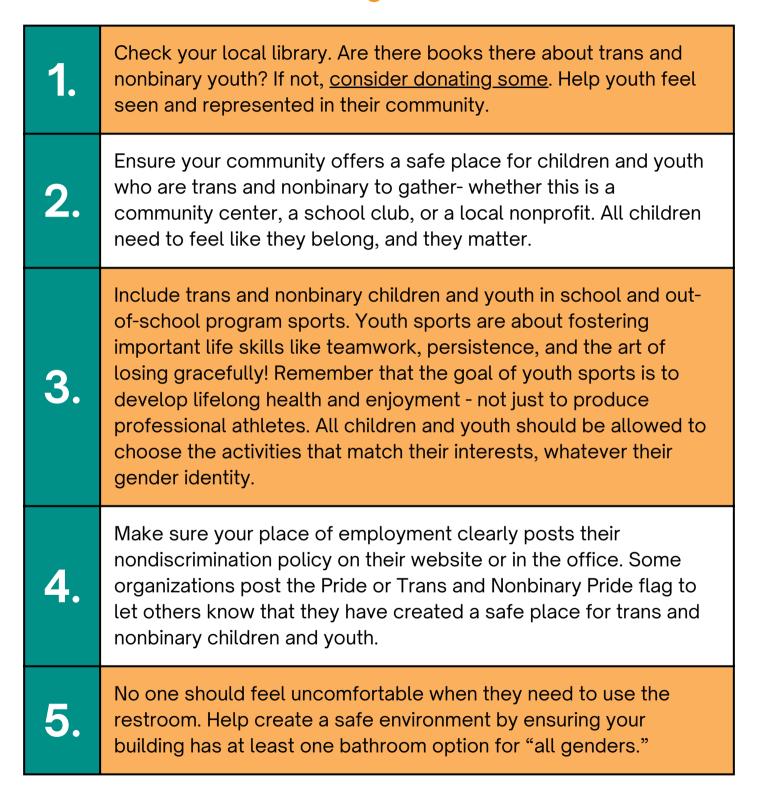


The health and well-being of children and youth who are transgender (or trans) or nonbinary has been a topic of much political debate over the past year as some states are making gender-affirming healthcare illegal, and school boards are banning books with LGBTQ+ content. These young people are children and should be able to learn about themselves and their identities in a supportive environment; issues of healthcare belong to them and their parents, with the advice and guidance of professionals who can offer care.

Like all other children, children and youth who are trans and nonbinary need us to actively support their health and resilience. Trans and nonbinary children who supported by their families and feel safe in their schools are at less risk of serious depression and suicidality.



10 Ways to Help Trans and Nonbinary Youth Access the Four Building Blocks of HOPE





10 Ways to Help Trans and Nonbinary Youth Access the Four Building Blocks of HOPE

