

Boy. Girl.

Or some thing different?

How to be there for your child.



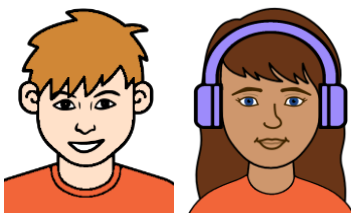
You are a parent.

Or



You are a carer. Like a

- foster parent
- grandma.



Most children feel they are

- a boy
- or
- a girl.



Your baby is born. They have a penis.

The doctor says they are a boy.

This is about their body. It is their sex.



You talk about your child. You say

- he
- his
- him.

He is your son.

Or



Your baby is born. They have a vagina.

The doctor says they are a girl.

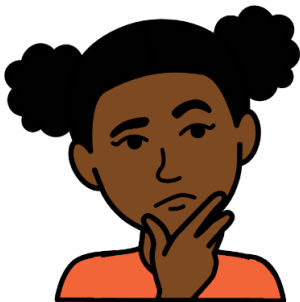


You talk about your child. You say

- she
- her
- hers.

She is your daughter.

But



Some children are different.

This is OK.



It may be your baby is born. They have a penis.

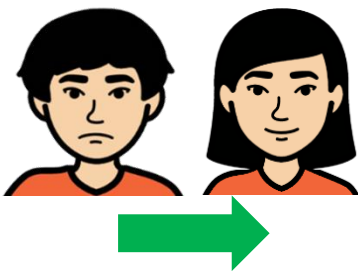
The doctor says they are a boy.

Then



Your child grows. They say they are **not** a boy.

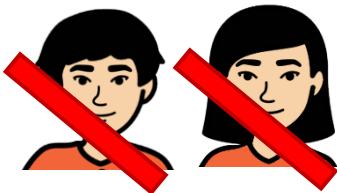
They are some thing different.



They may say

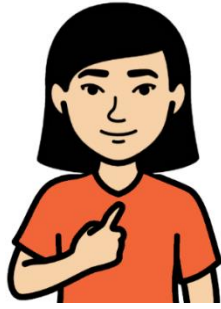
- they want to be a girl
- they **feel** like a girl
- they **are** a girl.

Or



They may say they are

- **not** a boy
- and
- **not** a girl.



This is about

- how they feel
- how they see them selves
- how they want others to treat them.

We call this their gender.



This can be at any age.

It may be when they are young. Like 4 years old.

Or



It may be when they are at school.

Like 13 years old.

Or

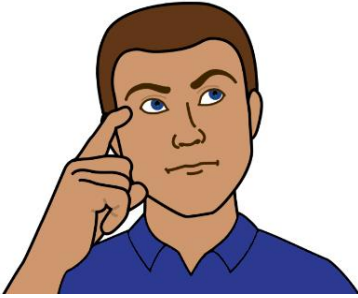


It may be when they are an adult.

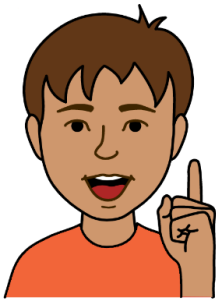


Your child needs your love.

It is for all their life.



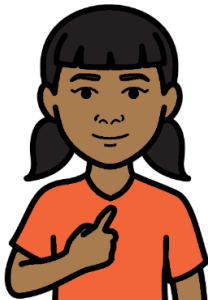
Things to know



Your child will learn new things about

- who they are
- how they feel. Like they feel like a boy.

This happens as they grow.



They may change. Like your child is 7 years old.

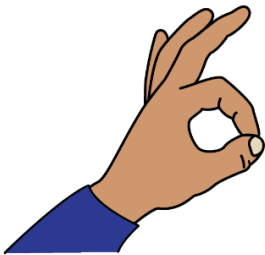
They say they are a girl.

Then



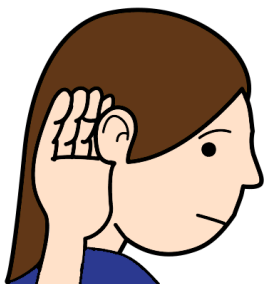
Your child is 12 years old. They say they are

- **not** a boy
- and**
- **not** a girl.



This is OK. They may change more than 1 time.

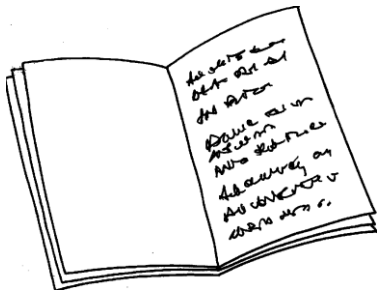
It may be lots of times.



How your child feels is important.

They need you to

- listen to them
- trust what they say.



Words your child may need



Your child says they are a

- boy
- girl.

This is what the doctor said.

It is the same as their sex.

We call this cis gender.



Your child may feel different to their sex.

Like the doctor said they are a girl.

But



Your child feels they are a boy. We call this

- trans gender
- gender queer
- gender diverse.



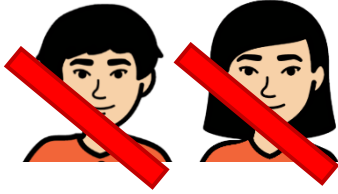
Your child may be

- Aboriginal
- Torres Strait Islander.



They may say

- sister girl
- brother boy.

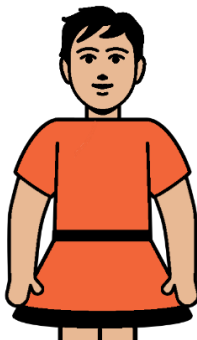


Your child may feel they are

- **not** a boy
- and**

- **not** a girl.

We call this non binary.



Your child may feel they are

- in the middle
- a mix of boy **and** girl
- some thing different.

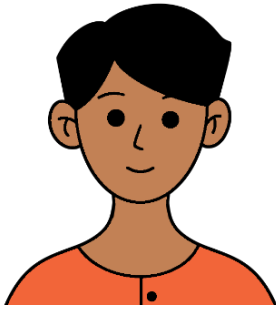
Or



They do **not** call them selves any gender.

They may feel they have **no** gender.

We call this agender.

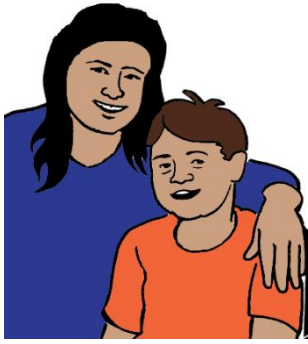


Your child may **not** stay the same.
Like some days they feel like a boy.

And



Some days they feel like a girl.
We call this gender fluid.



How to be there for your child



Your child has a different gender. It can be hard.

They may feel sad about

- how they look
- how people see them.



Like they feel they are a girl.

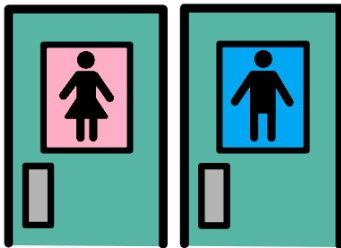
They may want to wear a dress.

But



People say

- they are a boy
- boys do **not** wear dresses.



Your child may worry about school. Like

- what toilet to use
- what uniform they can wear.



It may be hard to make friends.

Like they want to play with the girls.

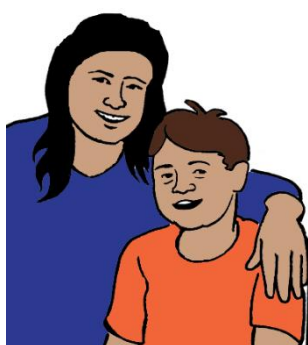
But

The girls say **no**. Your child is left out.



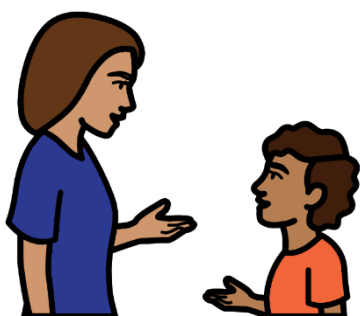
You may find it hard. Like you feel confused.

You may **not** know what to say.



Your child needs

- your love
- your help.



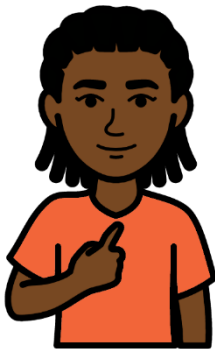
Talk to your child. You can say

- they can be any gender
- you can help them
- you love them as they are.



You can say

- they can dress how they want
- they can change their name.



You can use words your child likes.

It is when you talk about them.



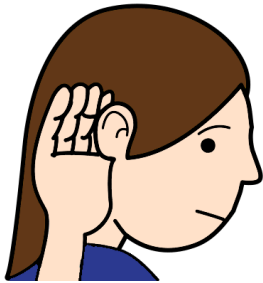
Like your child feels they are

- **not** a boy
- and
- **not** a girl.



They want you to say

- them. **Not** him
- my child. **Not** son.



They will feel safe. They will know

- you listen to them
- you trust what they think
- you love them.



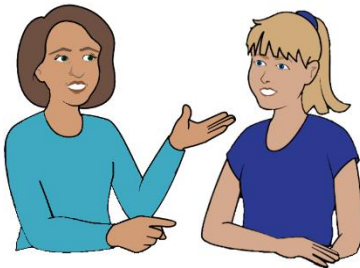
You want to know more



We are Transcend Australia. We talk to

- parents
- carers.

It is about your child's gender.



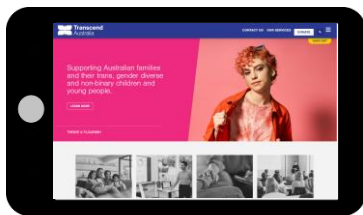
We can help you know more about

- how your child feels
- how to be there for your child.



You want to talk to us.

You need to type on a form. It is on our website.



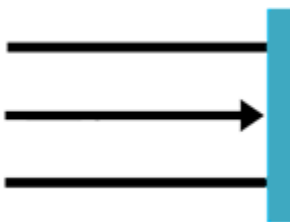
Go to www.transcend.org.au

You may need help to use our website.

It is **not** in Easy English.



It is free to talk to us.

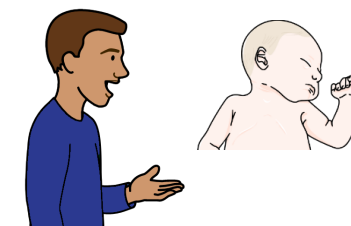
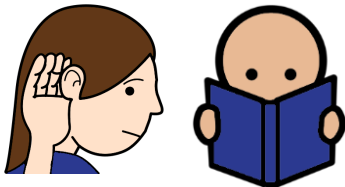


This is the end of the fact sheet.



Images

We can use the images from



- CHANGE changepeople.org

- Inspired Services

- Picto Selector

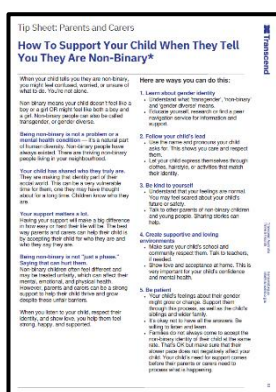
- Noun Project

- Tobii Dynavox

- Servier Medical Art. We changed the lines and colours on their pictures. [CC BY 4.0](https://creativecommons.org/licenses/by/4.0/).



We can use the logos in this fact sheet.



This fact sheet is based on How To Support Your Child When They Tell You They Are Non-Binary. Transcend. 2025.



Access Easy English wrote the Easy English.

March 2025.