

**Your child is trans.**

**Things parents ask.**



We are Transcend Australia. We help families.

You have a child who is

- trans
- gender diverse
- non binary.

The child may use a different word.

They may **not** have a word yet.

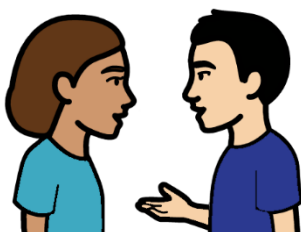


You want to know what these words mean.

### Read

Boy. Girl. Or some thing different?

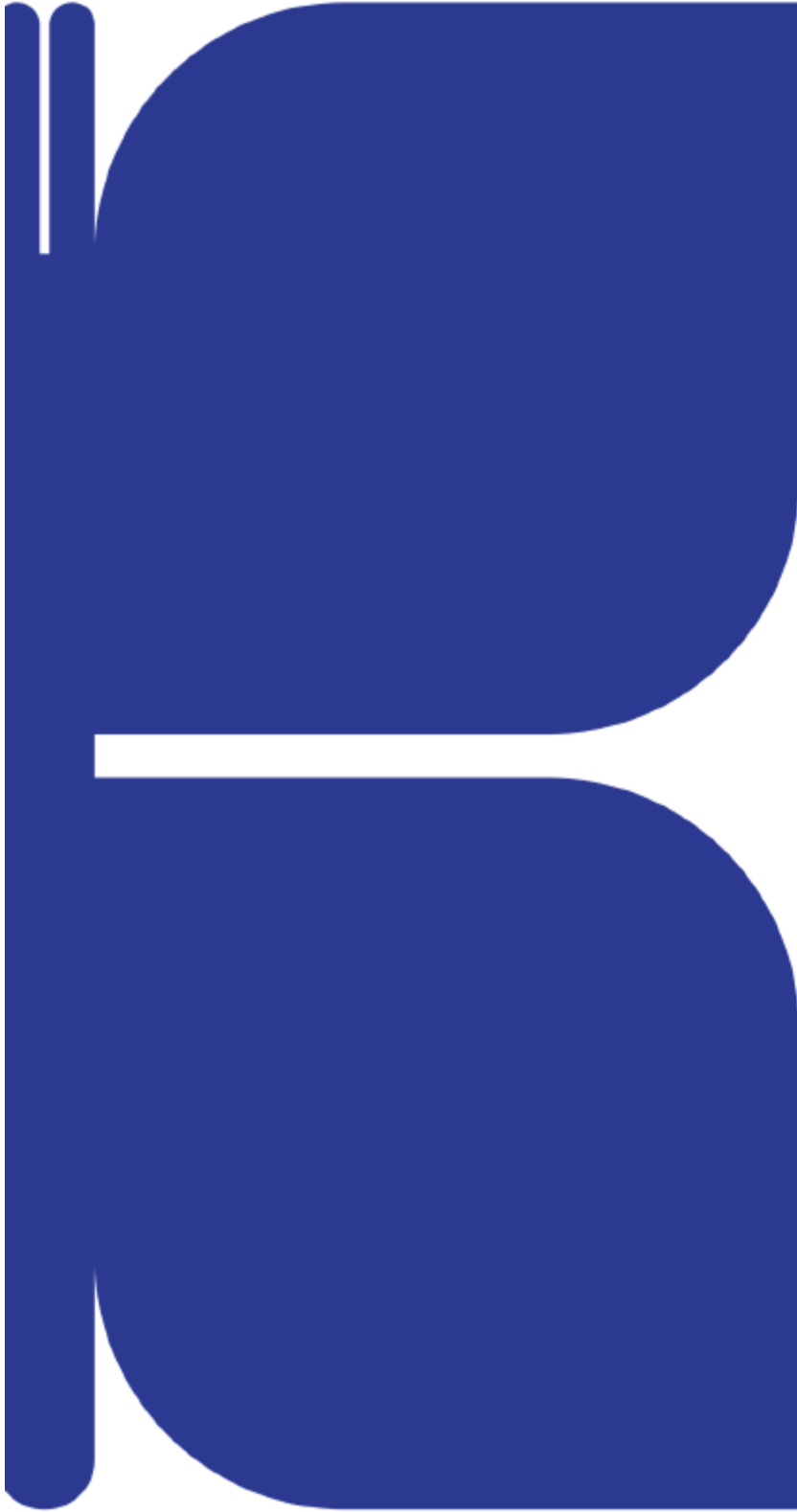
How to be there for your child.

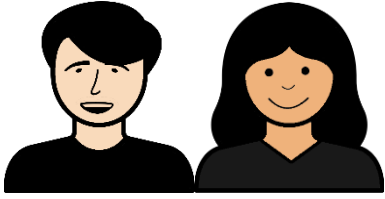


We talk to lots of parents. They ask us things.

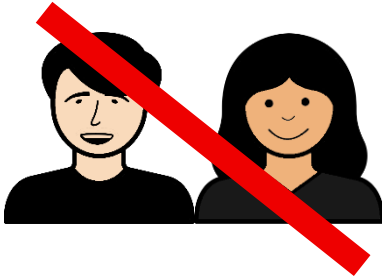
These are things all parents want to know.

This book is about these things.



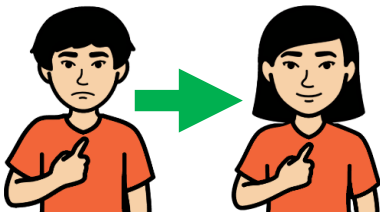


Why is your child trans?



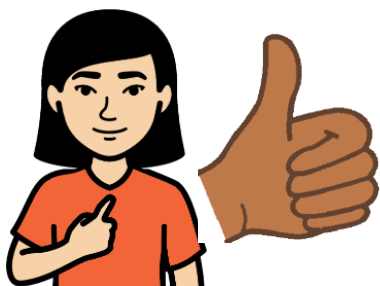
You did **not** make your child trans.

No person made them trans.



Children grow. They change.

Your child is finding out who they are.



It is ok to be trans.



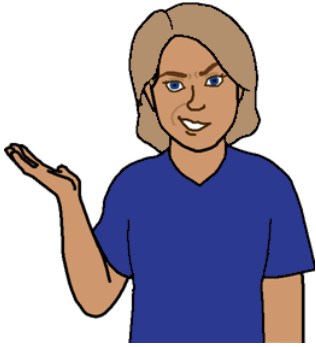
They were **not** made trans by

- people they know
- books they read
- movies they see.



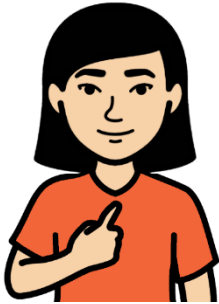
They were **not** made trans by

- games they play
- things on the internet
- social media. Like Tiktok.



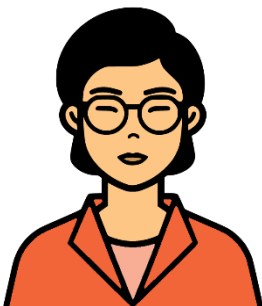
**Is your child really trans?**

**Will they change their mind?**



Your child may be young. Like 12 years old.

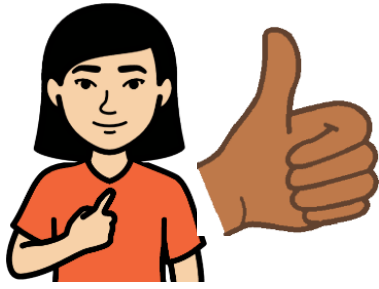
They say they are trans.



You think about when they grow up.

Like when your child is 30 years old.

Will they still be trans?



Some children know.

Like they are 12. They say they are trans.



They grow up. They may be

- 20
- 40
- 60 years old.

They still say they are trans.



They may not have the right word yet.  
Like they are 12. They say they are trans.

**But**



They grow up. They are 30 now.  
They learn more. They have a new word.  
They say it is a better word for them.  
Like they say they are non binary.



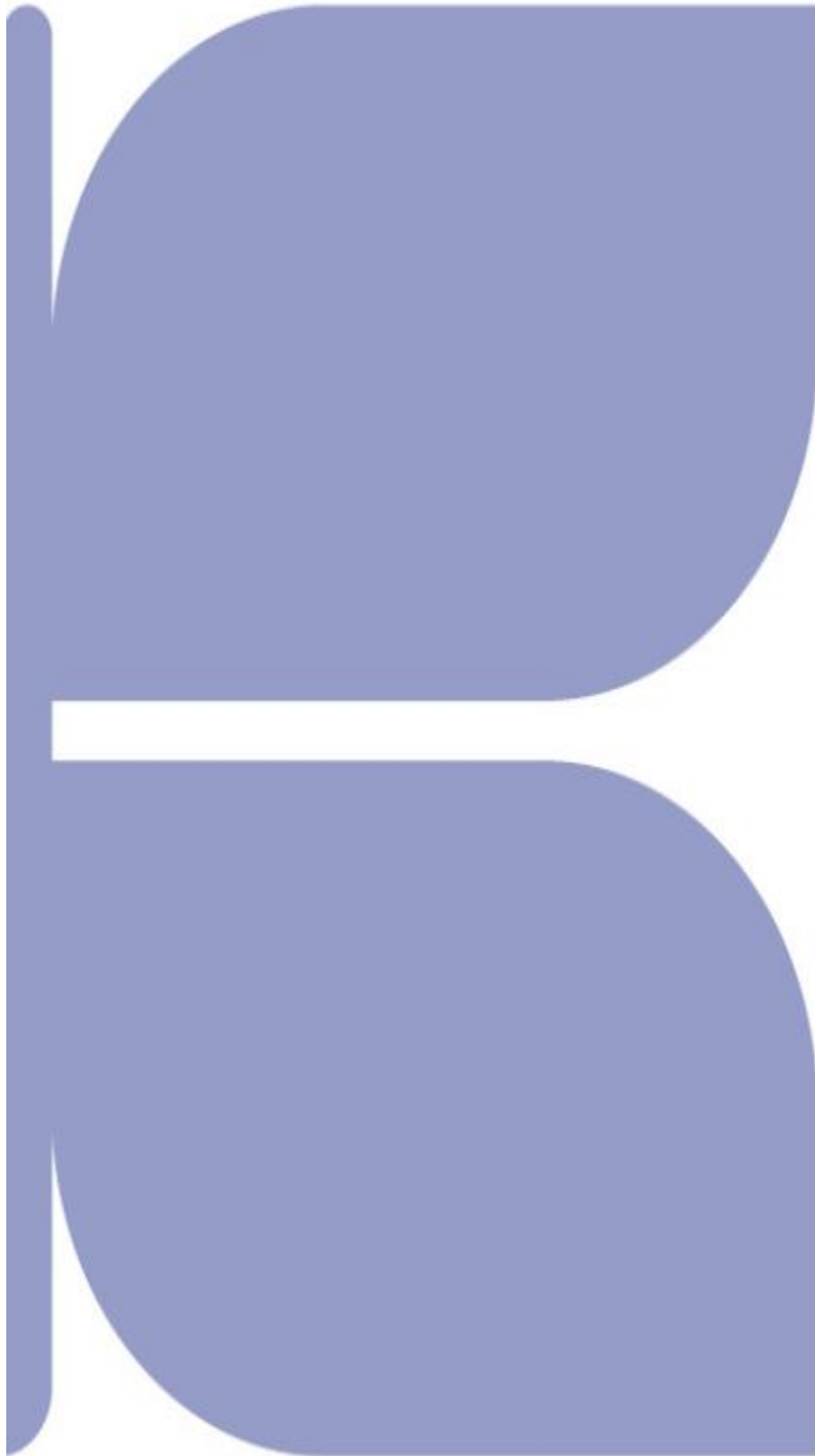
They feel they are

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

They did **not** know there was a word for this.

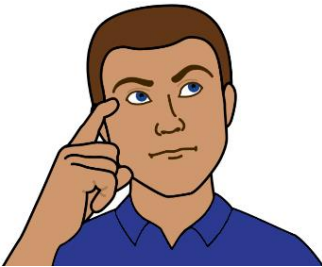
Now they have the right word.

It makes them happy.





Your child is trans. You did not know.  
It is a surprise to you.



You know a lot about your child.

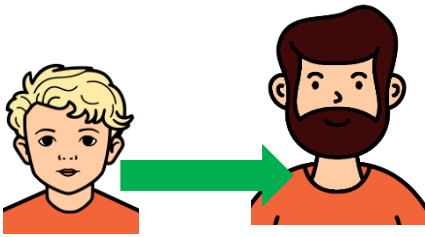
**But**



You can **not** know all about them.



Some things are a surprise.

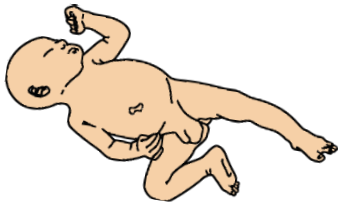


They are a baby. They have light hair.

They grow up. They have dark hair now.

It is a surprise.

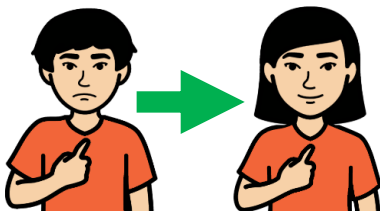
**Or**



They were a baby.

They had a penis. They looked like a boy.

**But**



They want to

- have different hair
- play with different toys.

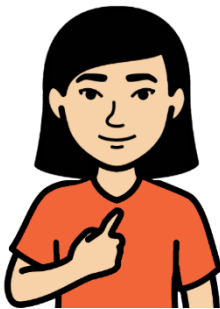
Some people think they are a girl.

They tell you this made them happy.



You did **not** know this. This is a surprise for you.

This is OK.



Your child grows. They find out who they are.

It is different for each child.

They may **not** have been ready to tell you.

Or



They did not know how to tell you. It may be

- they did **not** understand
- they did **not** have the words
- they were scared.





Your child wants to

- wear different clothes
- cut their hair.

Why?



Each person makes choices.

It is about how they look.

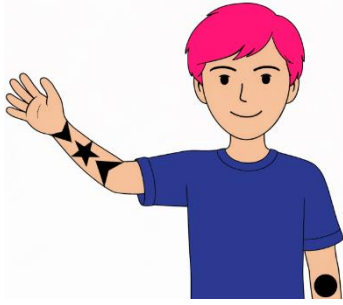
It makes them feel good.

It helps other people see who they are.



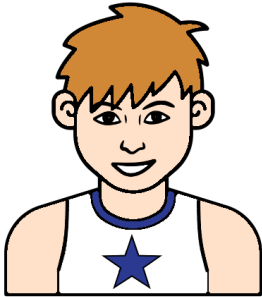
Like your clothes may tell people

- where you come from
- your job
- what music you like
- what footy team you like.



You can choose more things. Like a

- hair cut
- hair colour
- tattoo.



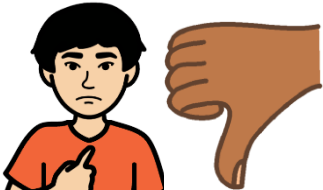
It may be things you do. Like you

- join a sports club
- wave a flag
- put a sticker on your car.



You worry you will make a mistake.

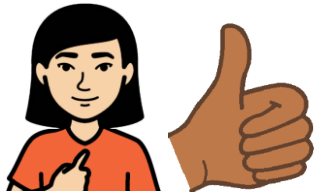
You worry it may hurt your child.



Your child may want you to use new words.

It is when you talk about them.

Like you say **he**.



Your child wants you to say **she**.

Your child may want to use a new name.

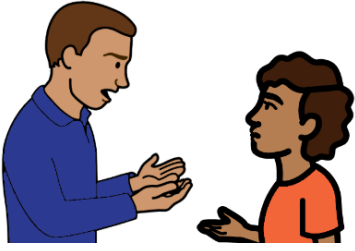


You may forget.

You use the old words some times.

You know it makes your child sad.

**But** it is hard to remember.



That is okay. You made a mistake.

Say sorry. Try again.

Do **not** give up.



You may need to learn a lot of new things.

It may be hard.

You can do it. It is for your child.

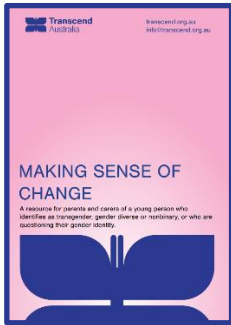


Lots of families do this.

You are **not** alone.



## About this fact sheet



This is based on Making sense of change.

Transcend Australia 2026.

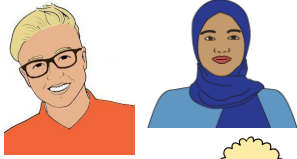


**Access**  
Easy English

Access Easy English wrote the Easy English.

May 2026.

## Images



We can use these images. They are from



- CHANGE [www.changepeople.org](http://www.changepeople.org)

- Inspired Services

- The Noun Project



- Pixabay



- Servier Medical Art

- Tobii-Dynavox.

We used AI to help make some images for this project.

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