Give them the information that you think is critically important without overwhelming them but make sure you provide them with what they will need to support their unique child’s developmental process.

Gender dysphoria is defined as “a condition where a person experiences discomfort or distress because there's a mismatch between their biological sex and gender identity.” (National Health Service)

For someone who is diagnosed with gender dysphoria, can be very overwhelming for one person. Thus, it is important to let the child know they have a source of support from either their parents, siblings, or their friends. It might be brought up as a question if gender dysphoria is a phase, however, it must be emphasized to the parents that “gender dysphoria is a serious and persistent condition.”

1. It also has to be reassured to the parents, that they did not do something to “cause” the way their child currently is. It might be brought up as a question if gender dysphoria is a phase, however, it must be emphasized to the parents that “gender dysphoria is a serious and persistent condition.” \*\*The development of gender dysphoria can because caused biologically, psychologically, or socially. So it can never be distinguished which factors contribute to the development of gender dysphoria. basically don’t be too different compared to how they were in the past \*\*IT COULD BE BIOLOGICALLY THOUGH BECAUSE THERE ARE DISORDERS WHERE NOT ENOUGH HORMONES ARE BEING RELEASED INTO THE BODY
   * To understand more on the role of hormones, many scientists believe it can affect gender identity development. Since it is unethical to really find the extent of how hormones can affect an individual, scientists rely on studies where individuals have a hormonal disorder to see its effects.
2. one on one talk with the child. what they need, how you can understand more on your child, what things you can change to make the transition easier for your child. \*\*important, depending on the child, it is important to take things slowly, because it can be very overwhelming for the child. At the same time, it can be also overwhelming for the parents, since all of this is new information for them.
3. Talk about sources that could help process this new living for the parents and child. (Psychotherapy (mention how it’s not brainwashing), Transitioning, Hormone therapy) mention some sources for the parents also

* If the child is female, GnRH would slowly decrease the production of estrogen in their body, as for the male, their testosterone level would decrease. Though hormone therapy is not a permanent treatment, it could be easily reversed.

Extra Statements:

, for gender dysphoria, it is a condition when a person is conflicted or feel “mismatched” with her gender identity and their biological sex

According to Mayo Clinic, it is reported that most children begin to “…categorize their own gender by age 3 years.”

According to a textbook, “Human Sexuality: Self, Society, and Culture,” written by Herdt, “gender identity responds to development, much like our brain, skeleton, and our ability to learn behaviors that allow for adaptation.” As the child grow in development, the sense of feeling male or female correlates to change in hormones. Between the male and female, they individually have different hormones, testosterone and estrogen.

When one is dissatisfied, restless, or have a feeling of anxiety describe a sort of dysphoria. As defined in the “Diagnostic and Statistical Manual,” gender dysphoria is characterized as “strong, persistent feelings of identification with another gender and discomfort with one’s own assigned gender and sex.” In today’s term, gender dysphoria is often correlated with transsexualism or transgender (WebMD, 2019). According to a survey conducted by the Equality and Human Rights Commission, 1% of the population in 2012 identified as gender variant, a condition where the person dresses in a way that does not conform to cultural sexuality. It was also reported that though the percent is small, “due to growing public awareness,” the number of people who report to experience gender dysphoria is increasing. Due to this growing awareness, it is important for parents to be given information that could help support their unique child’s developmental process. Information such that gender dysphoria is developed from biopsychosocial factors, communication is key between the parent and child, and there are resources out there that could help the parents and child through this transition.

As mentioned before, adolescents are known to experiment with sexuality. When they are young the first sort of sexuality they will experience is with sensuality. When adolescents journey through, they will begin to differentiate what is pleasurable and what is not. It was even reported that as young as 5 years old, children can already experience orgasms. Growing up, this sort of experience can expand to all sorts of things, such as the child will find it pleasurable to be with males more or females more.

Coined as sexual socialization, sexual socialization is “the process of learning values and norms of sexual behavior.”

they begin to learn more about sexuality so it is important for the parent to communicate well with them in regards to what is normal and okay in society.

For the parents, it is important to talk to their child to understand more of what they could do on their end.

It is even common for young infants to have a penile erection.

In addition, Kinsey, a well-known sexologist, reported that “by age 5, 10% of all boys and 13% of all girls had experienced childhood sexual exploration and play.” As how toddlers are raised, it is typical for them to spend most of their time with the same or opposite gender, where sex play can occur.

Looking at Sexuality is also influenced by media, institutions, and even our friends.

Especially on social media now adays, many are shaped on how people should think and talk, thus shaping the individual’s identity.

Socialization in regards to sexuality is becoming more common than before.

Hence, the parents should understand they are not to be blamed for their child to display gender dysphoria.

As reported in “Human Sexuality: Self, Society, and Culture,” written by G. Herdt and N. Petit, infants will recognize what feels good and will continue with this behavior.

s important when infants are learning about sexuality (Piotrowski 2015, Para. 1). If the infants fail to correct these behaviors as they mature, they will mentally

Though the infants are still growing and learning, psychologists reported that these behaviors are not related to their sexual orientation, however, as the infants continue with this sort of behavior, there is the possibility that it will.

If the child continues to suppress their emotions, it can lead to social isolation.

, the rod can last for up to a year and the shot can last up to four months.

For a child to express GD, it is vital for the parents to be as supportive as they can be.

Signs of gender dysphoria can come in a wide range of feelings and behaviors, but a common behavior for children with gender dysphoria, is rejecting to wear clothes conforming to their biological sex. They can also express the same rejection towards activities associated with their sex (NHS, 2019).

on gender dysphoria, it can be overwhelming first, but journeying this through with their child can create an indescribable bond that not many other parents can experience.

Though it can be overwhelming and cause the parents to basically isolate their child from others, that is not the answer.

<https://www.webmd.com/sex/gender-dysphoria#1>

^ “often correlated with “transsexualism”

<https://www.psychologytoday.com/us/conditions/gender-dysphoria>

^ (feelings of distress and stigma”

<https://www.plannedparenthood.org/learn/teens/puberty/what-are-puberty-blockers>

<https://www.mayoclinic.org/diseases-conditions/male-hypogonadism/symptoms-causes/syc-20354881>

^male hypogonadism

<http://www.childrenshospital.org/conditions-and-treatments/conditions/c/congenital-adrenal-hyperplasia-cah/symptoms-and-causes>

^CAH

<https://www.betterhelp.com/advice/general/understanding-imprinting-psychology/>

^imprinting

<https://www.hrc.org/resources/resources-for-people-with-transgender-family-members>

# ^ Resources for People with Transgender Family Members

<https://www.hrc.org/resources/transgender-children-and-youth-understanding-the-basics>

^ transgender children and youth: understanding the basics