Parenting Program for Parents of Transgender and Gender Diverse Children and Teenagers

Program Summary

Week 1 *Exploring the unique challenges and opportunities that parents of transgender and gender diverse children face*

Welcome and introductions

Group guidelines (safety and confidentiality)

Participant introductions

Group discussions – what is gender

Definitions and the Genderbread person

Reflections and discussions about the messages that we have received about gender

Exploring our own attitudes, ideas, judgements and assumptions about gender

Video Clip (from About a Girl) regarding parent’s experiences and group discussion

Exploring parents own experiences/reactions to having a gender variant child

Closing activities (video clip - self-care, looking forward and hope)

Week 2 *Understanding your child’s experience and how stress and stigma impacts on your child*

Welcome back and reflections on last week

Guest speakers– A parent and their child (now a young person) tell the story of their journey and experiences (and time for questions)

Discussion and reflections about guest speaker’s presentations

Introduction to today’s topic

Brainstorm and group discussion about common experiences of gender diverse kids and teens

Activity - Small group reflection/discussion activity regarding parent’s own experiences of having to conform

From Blues to Rainbows (present data from the research)and group discussion about participants reaction to this information.

In My Shoes – Film Clip and Discussion

Children/Teen’s experience of gender by developmental age

Film Clip (from About a Girl). Group discussion about resilience and experiences of hope.

Closing activities

Week 3 *Supporting children on their gender journey*

Welcome back and reflections on last week

Warm –up activity (self-care)

Guest Speaker – Story from a parent who now has travelled this journey and time for questions

Discussion and reflections about guest speaker’s presentations

Introduction to today’s topic

Discussion about the idea of a “gender journey” and what that means for parenting

Family Practices that support children on their gender journey

Introduction to transition journey (child’s pace, parent’s pace)

Introduction to communicating with your child about gender and their emotions

Closing activities and discussion about self-care

Week 4 *Supporting your child and nurturing resilience. Supporting siblings and other family members.*

Welcome back and reflections on previous weeks

Introduction to the Emotion Coaching model

Emotion Coaching video

Emotion Coaching examples and practice

Tackling tricky conversations

Shame and shame resilience

Child safety and well-being (issues of disclosure, bullying and harassment)

Supporting siblings and other family members

Film Clip (about siblings) and discussion

Practice Emotion Coaching with Siblings (scenarios from group)

Conflict within families

Closing activities

Week 5 *Moving Forward*

Welcome back and reflections on previous weeks (acknowledge that it is our last week together)

Emotion Coaching discussion and practice (what worked, what didn’t from home practice, discussing barriers to communication)

Medical considerations/steps (possible guest speaker – Ange Davidson about medical process)

Referral pathways (for support, counselling or medical intervention etc.)

Time to expand on any topics already discussed or possible invite guest speakers back to answer further questions

Closing Activities (ceremony? And discussion about what they are taking from the group, what new understandings, ideas, practices are they taking forward with them