

WHAT IS GENDER EUPHORIA?

AND WHY IT'S IMPORTANT!



GENDER EUPHORIA IS WHEN A PERSON FEELS AFFIRMED AND IN ALIGNMENT WITH THEIR INTERNAL EXPERIENCE OF THEIR GENDER.

IT'S LIKE.... WHEN YOU'RE REALLY FEELING YOURSELF!

Gender euphoria is a protective strategy against gender dysphoria, or sense of disturbance caused by the mismatch experience of one's authentic gender and the gender they were assigned at birth.



PROMOTE YOUR KIDDO'S GENDER EUPHORIA BY CELEBRATING SELF-CARE AND SELF-EXPRESSION SUCH AS FASHION OR GROOMING!



5 Ways to Support Your LGBTQIA+ kiddo!

VALIDATE WHO THEY SAY THEY ARE

Gender and sexuality are complex and unique journeys for every individual. It's important to recognize that these parts of our identity are not fixed and they develop over the course of our lifetime. Being queer or transgender doesn't necessarily mean you were "born this way" or have known that one was LGBTQ+ since birth. It make take some time for your kid to learn about who they are, but it doesn't mean that their identity is negotiable or can be changed by external means.

STAY HUMBLE AND CURIOUS

Celebrate the awkwardness that is learning who we are as human beings! Expressing curiosity with humility is a great way to show your kiddo that you care about them and are interested in who they are becoming as a person.

OOPS! I SAID SOMETHING INSENSITIVE OR HARMFUL

Our world is changing rapidly, and it's imperative that we respect our children as the future of our society by being advocates and staying up to date with inclusive language. The language we use changes every day, so it's perfectly normal to make mistakes! Thank your kiddo for expanding your vocabulary and keeping your biases in check. Quickly correct yourself, and move on! No big deal!

EXPRESS UNCONDITIONAL LOVE

To truly accept your baby for who they are is to love them unconditionally. It's okay if they did not grow up to do all the things you had planned for them. Their uniqueness is a strength, and supporting their whole self will empower them to live their very best life!

QUEER SEX EDUCATION

IT SAVES LIVES!

THINGS TO KNOW

CONSENT

1. Understanding that consent is fluid and ongoing! Consent requires clear and direct communication of your boundaries. No means no, and you don't need a reason to disengage or say no.



HEALTH DISPARITIES

LGBTQIA+ people are at higher risk for sexually transmitted infections (STIs), self-harm, suicidality, eating disorders, intimate partner violence, and avoidance of care often associated with experiences of discrimination.

PLEASURE IS IMPORTANT TOO!

What would it be like to include pleasure as a pillar of sex education? Encouraging your kiddo to learn about their body's pleasure will lessen the shame and stigma associated with sex and avoidance of sexual healthcare that comes with fear-based sex education.



EVERYONE HAS PRONOUNS!

What are they and why they are important?

Gender is complicated. Sometimes a person's gender identity (the way the person identifies internally in terms of their gender) doesn't align with their gender expression (the way they look). In addition, not everyone identifies strictly as male or female. So when a person includes their gender pronouns on their email signature line (or on a nametag, when introducing themselves, etc.), they are simply taking the guesswork away for you! It's their way of saying "when you refer to me using pronouns (opposed to by my name), these are the pronouns I'd like for you to use."



How do I know which pronouns to use for someone else?

If you don't know someone's pronouns, try introducing yourself with your own pronouns first! If you are still unsure about their pronouns, use "they" or the person's name until they feel comfortable to share. If you want to show off your support for the LGBTQIA+ community, include your own pronouns in your email signature, business cards, or name tag.



What if I get someone's pronouns wrong?

Quickly correct yourself, and move on! No big deal! Don't feel like you need to explain yourself or why you made a mistake. Quickly correcting yourself and returning to the conversation minimizes any discomfort caused by the slip-up. Mistakes can happen, but if you find yourself getting someone's pronouns wrong frequently, consider practicing using their correct name and pronouns when they are not around.



LGBTQIA+ AND THEIR MEANINGS

THE INITIALISM CONTINUES TO EVOLVE SO MORE IDENTITIES ARE INCLUDED!



LESBIAN

A FEMALE WHO IS ROMANTICALLY OR SEXUALLY ATTRACTED TO ANOTHER FEMALE

GAY

A MALE WHO IS ROMANTICALLY OR SEXUALLY ATTRACTED TO ANOTHER MALE



BI (SEXUAL)

A PERSON WHO IS ROMANTICALLY OR SEXUALLY ATTRACTED TO TWO OR MORE GENDERS

TRANS (GENDER)

A PERSON WHOSE GENDER IDENTITY DIFFERS FROM THEIR ASSIGNED GENDER AT BIRTH



QUEER OR QUESTIONING

A PERSON WHO IS EXPLORING THEIR GENDER, SEXUAL IDENTITY, AND SEXUAL ORIENTATION

INTERSEX

A PERSON WHOSE SEXUAL ANATOMY DIFFERS FROM THE TRADITIONAL DEFINITIONS OF MALE AND FEMALE



ASEXUAL OR AROMANTIC

A PERSON WHO ISN'T ROMANTICALLY OR SEXUALLY ATTRACTED TO OTHER PEOPLE

PLUS SIGN (+)

A REPRESENTATION OF OTHER GENDER AND SEXUAL IDENTITIES THAT AREN'T INCLUDED IN THE INITIALISM



LGBTQIA+ RESOURCES



Trans Lifeline

(877) 565-8860 *Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.



Crisis Text Line

Free, 24/7 support for those in crisis. Text from anywhere in the USA to text with a trained crisis counselor by sending START to 741-741. ~



LGBT National youth hotline (ages 23 and under)

- Free and confidential peer support for the LGBTQ and questioning community ages 25 and younger.
- Number: 800-246-7743

