The First Conversation

RAISING COMPLEX KIDS CANADA
A companion to the video
"My Child Came Out as Trans at Five. Here's What I Said."

Your child has just told you who they are, and they are waiting — harder than they have ever waited for anything — to find out if that's allowed in this house. They can hear whatever you say next. **They might be five. They might be fifteen. The words that come out of them will be different. The sixty seconds are the same.**

THE TWO SENTENCES

"I would never be upset about who you are."
"I love you, no matter what."

And then you stop talking. No questions. Not one. Not "since when". Not "are you sure". You have all of those in your head. Every parent does. They all wait.

OPTIONAL THIRD — IF YOU HAVE THE WORDS ***"Sometimes people's bodies don't fit who they feel and know they are. That's a real thing. It happens."***

! The five things not to say — *from good parents reaching for the wrong sentence*

IF YOU SAY	THEY HEAR	SAY THIS INSTEAD
"Are you sure?"	*I don't believe you.*	**"I would never be upset about who you are."**
"Is this because of the internet?"	*You think someone put this in me.*	**"Thank you for telling me. I love you, no matter what."**
"You're too young to know."	*You don't count yet.*	**"That's a real thing. It happens. You're not broken."**
"Let's not tell anyone yet."	*You're ashamed of me.*	**"Who you tell, and when, is yours to decide."**
"But you were such a happy little girl." Or boy.	*You loved a version of me that wasn't real.*	**"You're still you. I love you, no matter what."**

None of those is cruel. Every one is a parent's fear, dressed as a question. **The job isn't to have no fear. It's to keep it off for this conversation, and deal with it somewhere else** — a partner who's steadier than you are today, a friend, a counsellor, other parents who've done this. Your child does not carry it. Ever.

IF YOUR FIRST SIXTY SECONDS WEREN'T GOOD — IF FEAR GOT YOUR VOICE — THAT'S REPAIRABLE. TONIGHT.

"I didn't handle that well. I was scared, and it came out wrong. I love you. Can we start again?"

Children forgive a bad first sixty seconds. What they don't forgive is a parent who never comes back.

Nothing happens next. There is no medical step for a child before puberty. Just words, and clothes, and a haircut — all of it reversible. If your child is a teenager, there may eventually be a conversation with a doctor, through a referral, with waits that run to months. Every step is a decision, made slowly. You don't have to understand it tonight. You have to stay in the room.

CANADIAN PARENT RESOURCES

PFLAG Canada pflagcanada.ca — chapters across the country; parents who've done this.
Gender Creative Kids gendercreativekids.com — family support, Quebec-based, national reach.
Trans Care BC transcarebc.ca — family resources and a line for parents.
Rainbow Health Ontario rainbowhealthontario.ca — trans-positive clinician directory.

IF TONIGHT IS HEAVIER THAN A HARD CONVERSATION

Kids Help Phone 1-800-668-6868 — 24/7
9-8-8 — call or text, 24/7, free, national
Trans Lifeline 1-877-330-6366 — peer support, weekdays 10–6 Pacific / 1–9 Eastern

Keep this for the next conversation — because there will be one. Their secret is theirs. Their pace is theirs. Your support is the protection.

For information only — not a substitute for care from your own physician. You already knew that.