

Siblings



What siblings want to ask their trans sibling

1. What do you want me to say/not say?

It's important to have open and honest conversations with your trans and non-binary sibling of what you should or shouldn't say. You are probably curious and may even have some questions for them about their identity, your sibling may want to answer your question or ask a trusted adult to explain it to you.

2. What if I get it wrong?

When people in our life first come out, we rarely know how to navigate our relationship with them out of fear of doing something wrong. It may take some getting used to fully understanding how to support them but it's natural to make mistakes. Just ensure you aren't getting it wrong on purpose to hurt them.

3. Are you 'really trans?'

It's okay to be unsure or confused whether this is 'really' happening or not. You are allowed to ask your sibling or your family questions so you can develop a deeper understanding.

4. How do I tell my friends?

It's important to ask your sibling if you can tell your friends but there is a likelihood that they are aware you have a sibling and may get confused when there's a change in names and pronouns. Respect your siblings' boundaries and have an honest conversation with your friends and share your newfound understanding with them. You are allowed to seek support over your siblings' transitions and friends, and family should be there to allow you to share these changes.

5. Why are you trans?

There is no known "cause" for being transgender. Although there are theories nothing is confirmed. Below are quotes from trans individuals:

"God blessed me by making me trans for the same reason God made wheat but not bread and fruit but not wine, so that humanity might share in the act of creation." – Julian K Jarboe, first quoted in Daniel Lavery's *Something That May Shock and Discredit You*
"Your sexuality or gender is as natural as your eye colour, and you should never be ashamed of it." - Juno Dawson

"As I pondered a pronoun change, I began to think of gender less as a scale and more as a landscape. Some people are born in the mountains, while others are born by the sea. Some people are happy to live in the place they were born, while others must make a journey to reach the climate in which they can flourish and grow. Between the ocean and the mountains is a wild forest. That is where I want to make my home." – Maia Kobabe

"There's a gender in your brain and a gender in your body. For 99 percent of people, those things are in alignment. For transgender people, they're mismatched. That's all it is. It's not complicated, it's not a neurosis. It's a mix-up. It's a birth defect, like a cleft palate." - Chaz Bono

6. How did you figure out you were transgender?

There are many ways people figure out their gender identity. Many individuals recognise they have gender dysphoria, a feeling of discomfort or distress that might occur in people whose gender identity differs from their sex assigned at birth or sex-related physical characteristics.

Another way people might identify they are trans is through feelings of gender euphoria, which is defined as satisfaction or joy caused when one gendered experience aligns with their gender identity, rather than with the gender they were assigned at birth.

7. Are you going to change?

Maybe. People change all the time and is a large part of life, just because someone is transgender it doesn't mean they will be a completely different person. Often, it is the exact same person as before, just with a different name and pronouns.

What siblings want to ask parents/guardians/carers

1. How do I react to transphobia?

It can be difficult to navigate transphobia as it indirectly affects you. Sometimes staying silent is the easiest option but some siblings worry their silence is considered agreement. You don't have to confront transphobia if you don't feel like you can, it doesn't make you unsupportive. We recommend checking out these resources to help you understand how to navigate transphobia from a sibling perspective:

- [Challenging Transphobia: A Guide for Families and Allies](#)

2. What if I have questions around anatomy and the medical side of transition?

We recommend checking out these resources to help you navigate discussing anatomy with your children:

- [NHS Gender Dysphoria](#)
- [Transgender: An Easy-Read Guide](#)
- Books
 - *Youology: A Puberty Guide for EVERY Body* by Trish Hutchinson
 - *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health* by Robie Harris
 - *The Every Body Book: The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies, and Families* by Rachel E Simon

3. Is this normal?

Absolutely. The term 'transgender' wasn't coined until the 1960s but transgender people have existed throughout history.

4. What is going on in the news with trans people?

Sadly, transphobia exists and is a current focus in the news. This rhetoric is not a true reflection of the public's opinion as most accept transgender individuals.

5. Is it a sin?

We recommend checking out these resources to help you understand how LGBT+ identities and religions combine:

- [What Does the Bible Say About Transgender People?](#)

What siblings want to ask SYP?

1. Can you help me too?

Of course! You can access sibling support at our Space Family Days or if you identify as LGBT+ then you are welcome along too!

2. Why does my sibling need a group?

The group provides a safe and confidential space that allows your sibling to explore their gender identity and meet others going through similar experiences. It also provides them with the opportunities to learn more about the community and the support offered to them.

3. Is my sibling going to be safe?

Transphobia and discrimination exists but that doesn't automatically make your sibling unsafe. We recommend having this conversation with your sibling to further understand how they feel.