



A Guide for telling your family

Registered Charity No. 1116321

Q. *Do I have to tell my family that I am Transsexual?*

A. Now that the time has arrived for you to live your life in your true gender, the need to tell your family has become something that you can no longer avoid.

Q. *Who do I tell first?*

A. When and who to tell is a big problem. Firstly, you must be sure that you are ready to tell someone about the real you. If you are, then who do you trust? It is sometimes easier to confide in a close friend of long standing, so look for someone you trust.

Q. *How do I tell my parents?*

A. When telling parents you will need to have the facts. In most cases they will not have, nor even thought about, the possibility that you are Transgendered. Keep it simple; give them something in writing if you can. Information from different sources will show that you are not taking this lightly. Try not to argue with them.

Q. *What if they don't believe me?*

A. Encourage them to remember incidents when you have tried to 'make them guess' who the real you is. Prompt them about the clues you have left for them to find. You are the 'Adult' in this situation. You have the facts whereas your parent's knowledge is probably very limited. Your parents will be finding this a very frightening experience.

Q. *How can I help them understand?*

A. If you can, tell them how you feel, how you have always felt. Write it down; let them have an insight into what it has been like growing up as you. They may be very upset to realise that you have spent most of your life wishing that they would recognise the real you and help you to escape from the turmoil you have been in. At this point they are probably thinking that you will be spending the rest of your life as someone who does not fit into society. Give them examples of transsexuals who have transitioned and lead successful lives.

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