

## *Help! My Son says he is a girl*

- Q. I thought my son might be gay, so I confronted him. He says he is not gay, he says he is a girl! How can I get him to stop being so silly?
- A. Your son has probably been living with this all his life. He does not feel that he is being silly. This is not a whim for him, this is a reality. You can start by talking to him about how he feels about himself.
- Q. Will he grow out of this 'phase'?
- A. Listen to what your child is saying to you. You know him and have loved him all of his life. Give him time to tell you how he feels. Think about his Birthdays and Christmases as he has been growing up. Did he ever ask for things that were more suitable for a girl?
- Q. How can he think he is a girl?
- A. If your child is a transsexual. This is not a life choice; this is something he has always been. As your child was developing in the womb, the hypothalamus gland which produces the hormones that tell a person what gender they are, developed as female whilst the body developed as male.
- Q. So is it my fault?
- A. No it is nothing that you could have prevented. The sad thing is that this happens to more people than you think.
- Q. Does this mean that he has been struggling with these feelings all of his life?
- A. He will have first become aware that he is different when he was about four or five. As a child he would have been able to adjust quite well. The problems for him really started when he reached puberty. Until then there was always the hope that this would 'fix' itself and he would become the whole person that he always dreamed he would be.
- Q. How can I help?
- A. Listen to your child; refer to her in the correct gender. Talk to a Counsellor or a Gender Advisor who have experience in transsexual issues.
- Q. Where can I find help?
- A. Chrysalis has a Support Groups for both your child and their loved ones are struggling with their gender identity.

**For more information**  
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