Dear (Parent(s)),

This letter is difficult for me to write, but I have done a lot of reflection and introspection and I feel it is important for me to express myself authentically to you. This is something I have been carrying as a part of who I am for quite some time now, and I feel ready to write you this letter and tell you how I feel.

I am (transgender/ non-binary). I identify specifically as (insert specific gender identity here), and to me, this means that the sex I was assigned at birth doesn’t match the gender I feel I am. I have also started to use (insert pronouns here) pronouns and (insert name) as a new name because I feel they better represent who I am.

I realize this may be somewhat difficult for you to understand at first, and it also may be very new to you, but it is something I have known for some time and it is a fundamental part of my identity. I hope that you will come on this journey with me.

I plan to (insert aspects of social and/or medical transition you plan to pursue, such as changes to your appearances, hormone replacement therapy and/or surgery). I am doing these things to help me feel good about myself and how I present to the world. I could really use your support in (insert your specific needs like attending appointments with me, or finding resources).

I am still your child, with the same likes and dislikes, hopes and dreams, past and personality – but now I will be living more authentically as the true me. I know this is a big change and will be a journey for the entire family and not just me. I understand that it may take some time to adjust, and that is okay. I just need to know you are trying your best to learn, understand and support me. If you make a mistake, I just ask that you don’t make a big deal about it and correct yourself next time.

If you have any questions, I will be happy to talk about them to help you to understand who I am but sometimes I may not be able to answer them. I also understand if you want to talk with other people in the trans and gender diverse community, including other parents to learn more. There are a lot of good resources out there to read or connect with. Skipping Stone Foundation is an organization in Calgary that provides support in lots of ways for parents.

Thank you for your understanding and support.

With Love,

(Your name)