

Questions to Assess Your Care Provider

Q: Have you worked with gender-expansive or transgender youth before?

Many people do not have experience working with gender-expansive young people, but that doesn't mean they won't be open to learning more. Try to judge if they are genuinely open-minded and willing to learn. If so, Gender Spectrum can help connect them to people with experience in their field.

Q: What if I feel like my gender isn't right for me?

Listen to see if your provider really wants to help you or if they are making suggestions that you conform to more "traditional" gender roles. If you're starting to feel like their message is negative, don't feel like you have to start arguing back. You have a couple of options: (a) You can simply say that you disagree; (b) You can offer to connect them with more resources (if you feel comfortable doing so!); (c) You can find a different provider and not return to their office.

You want to find professionals who recognize that gender diversity is natural, meaning that there is nothing wrong with being different! You want to look for a professional whose goals are to support you on your authentic path to your gender. Your gender is how you want to define it.

Q: At what age does a person know their gender identity?

This is a bit of a trick question. You're trying to see if the professional understands that children can know their gender identity at a very young age. Do you feel like the service provider is following your lead or are they telling you what path you should take?

Try to find doctors who will work with you based on your unique situation and circumstance. Your service provider should not try to force you to follow some superficial timeline (there's no magic age for when a person "knows" their gender).