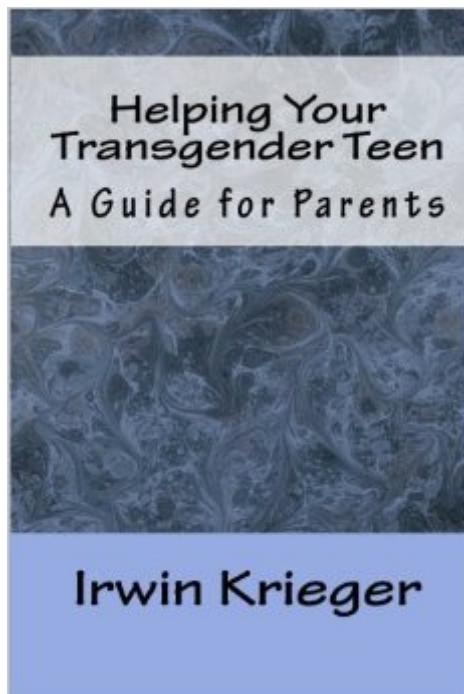


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# Helping Your Transgender Teen: A Guide For Parents



## **Synopsis**

If you are the parent of a transgender teen, this book will help you understand what your child is feeling and experiencing. Irwin Krieger is a clinical social worker with many years of experience helping transgender teens. This book brings you the insights gained from his work with these teenagers and their families. According to the author, "Today's teens have access to a wealth of information on the internet. Teenagers who are wondering about gender identity soon find out what it means to be transgender or transsexual. Parents, on the other hand, know little about this topic. When a teenager declares he or she is transgender, parents fear that their child is confused and is choosing a life fraught with danger. I wrote this book to help parents of transgender teens gain an understanding of this complex subject." "Helping Your Transgender Teen" begins with the basic information you and your family need. The central chapters of the book address the fears and concerns most parents of transgender teens share. The final chapters guide you through the steps you can take to discover what is best for your child. Although written for parents, this book is also useful for pediatricians, therapists, educators and others who work with teenagers and young adults. "Helping Your Transgender Teen" provides answers to many of your questions about adolescent gender identity.

## **Book Information**

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## **Customer Reviews**

As an Endocrinologist who treats transgender youth, I am both delighted by the insight Irwin Krieger brings to this topic as well as thankful for the availability of this publication which I use as a tool in managing patients on a day to day basis.. I highly recommend Krieger's book as a resource for parents to demystify the transition their child or any other significant family member is going

through. Krieger writes with incredible accessibility in a warm and friendly tone. Chapters are divided logically into easy to digest pieces that explain terms like "gender identity", "gender dysphoria", and "gender expression" to the reader who may have any level of prior understanding of this topic, or none at all. Never one to alienate, Krieger describes not only what to expect from a social and medical point of view during transition, but also addresses common concerns from the transgender teenage perspective. The period of transition can be a challenging experience for parents but a remarkably healing and relieving one for their trans-children, and this book will aid everyone involved to a better understanding and acceptance of this condition.

This guide for parents of transgender teens is a well-written, easy reading, basic presentation of how to deal intelligently with your transgender or questioning teenager. Irwin Krieger is a clinical social worker with more than 25 years experience working with the LGBT community. There are a number of books about understanding our transgender children of all ages. Many of them are more psychological treatises that are not necessarily the best introduction for "new" parents. Others relate best to adult transgender awareness, while others are directed toward helping parents accept the reality of gender variance themselves rather than dealing with their child. More and more teens are self-identifying as transgender. They need the love and support of their families. *Helping Your Transgender Teen* is an excellent choice for their parents.

I work as a therapist with children and families and this book was short enough so that I can pass it along to families and it doesn't seem like too much "work" to read through it. It gets to the point in easy to understand language and brings up many of the key issues that will face a family and their teen who is going through this very difficult situation. It also helps remind us that compassion is needed-not over reaction or a crisis minded attitude. Parents can find they aren't the only ones who may feel a certain way or have a specific worry and this helps when they may be feeling alone and isolated in this kind of situation. I had some teens read it as well and they approved~ great resource!

While an attempt was made to separate sexual orientation from gender identity, there are places in the text that muddy that separation. Concluding that transgender female teenagers are all sexually attracted to men is absurd. The book, towards the end, contained a lot of "cut and paste" from previously presented portions. A waste of time and money.

The honest and informative writing in this book should prove a boon to both parents and professionals dealing with a transgender teenager. In an entirely unconditional manner, Irwin Krieger explains what to expect, where to find the resources you need, and how to accept your teen as he or she grapples with gender identity in an often unaccepting world. It is difficult enough to be the parent of a teenager without the complexity of transgender issues. Somehow Irwin Krieger, obviously a skilled professional, approaches it matter-of-factly, offering comfort and real tools that will surely help parents as they struggle to offer the right kind of support. This book can also be used by professionals who are working with either transgender teens or their parents.

I bought this for my transgendered teen to educate all of us. She says the book is very accurate in portraying her feelings and also learned a lot. I have shared it with her teachers and the school is working with the information to help her through the process of gender dysphoria. This book has been a great source of information and helping our teenager understand herself.

As a gender therapist I can attest to the wisdom & heartfelt guidance provided in Krieger's book. He provides almost individually tailored comments & suggestions to aid young persons' parents in providing a safe& supportive environment.

I have a transboy who just recently started transitioning. This book would have been a great intro to the transgender world when I first started researching it. I will definitely be passing it on to newer parents.

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