

Resources for Gender Diverse Patients & Families

The providers at Allegro Pediatrics are here to support your gender diverse child on their journey as they discover and become comfortable sharing their true self. Affirming your child's identity is an essential element to their overall health.

Gender Terminology and Definitions:

Proper use of gender terminology can assist in conversations with your child. More gender literacy: [Trans Language Primer](#)

- **AFAB:** assumed female at birth
 - **AMAB:** assumed male at birth
 - **Cisgender:** patient identifies with the same sex as assumed at birth
 - **Transgender:** patient identifies with a different sex than assumed at birth
 - **Non-binary gender:** understanding that gender is a spectrum, not simply two options
 - **Genderfluid:** person identifies with a dynamic, rather than fixed, gender
 - **Gender identity:** person's internal sense of self as related to gender
 - **Gender expression:** person's presentation of gender in public
 - **Sexual orientation** is related to but separate from gender. Gender is personal (how we each see ourselves), while sexual orientation is interpersonal (who we are physically, emotionally, and/or romantically attracted to).
-
- **Chest Binding:** when a patient AFAB wants to minimize the appearance of their breasts
 - **Packing:** when a patient AFAB wants to wear padding to create the appearance of a penis
 - **Tucking:** when a patient AMAB wants to minimize the appearance of their genitals in tight clothing
-
- **Menstrual Suppression:** when a patient AFAB wants to stop menstrual bleeding each month
 - **Puberty Blockers:** when a patient identifies as trans before puberty, they can take medicine to prevent their body from undergoing the physical changes of the sex they were assigned at birth
 - **Gender-affirming Hormones:** when a patient wants to take hormones to promote the physical characteristics of their identified gender

Resources Available at Allegro:

Allegro Pediatrics is able to support the following aspects of gender identity:

Identifying Information

- Chosen name and pronouns can be updated in our system. Limitations exist with electronic communications

Transgender Patients AFAB:

- How to safely [bind](#) and/or [pack](#)
- [Menstrual suppression](#)

Transgender Patients AMAB:

- How to safely [tuck](#)

All genders:

- Patient family education including how to support your child and the timing of specialist referral, if needed
- Sexual health care including STI prevention, screening, treatment, and birth control
- Screening for mental health concerns as rates of anxiety, depression, suicide, and disordered eating are higher for patients on the gender spectrum (*treatment limitations based on severity*)

Resources Available in the Community:

Gender-affirming medical interventions, including puberty blockers, hormones, and surgery are not available at Allegro Pediatrics. The following options are available in the community:

Seattle Children's Gender Clinic

- A multidisciplinary clinic that offers gender-affirming puberty blockers, hormones, and surgery
- Only for patients under 17 year old who have started puberty
- Not needed if patient is not interested in medical intervention

QueerDoc

- Crystal Beal (they/them) is a family medicine trained doctor in Seattle specializing in gender-affirming care
- Telemedicine-based gender affirming medical care from queer and gender-diverse providers
- They accept patients of all ages for puberty blockers and hormones. No surgical option.

Older Patients (18+ years): [Resources for Adult Gender-affirming Care Providers \(SCH Resource\)](#)

Resources for Parents and Families:

Support Groups & Services:

- [Parent Support Groups](#)
- [Trans Families](#)
- [Trans Family Support Services](#)

Educational Resources:

- [GenderSpectrum.org](#): Education and patient/family support
- [Seattle Children's Gender Clinic Website](#): Handouts and educational resources
- [Seattle Children's Gender Clinic Booklist](#): Books on gender, grouped by age
- [Sex Positive Families](#): Inclusive puberty workshops and self-paced courses for families
- [Every Body Curious](#): YouTube series about sexuality and healthy relationships for youth ages 9-12yo
- [Queer Kid Stuff](#): Book, web series, and podcasts
- [An age-by-age guide to talking to your kids about gender](#) | Today's Parent
- [Talking to Young Children About Gender](#) | Gender Spectrum

Legal Transition:

- [ID Documents Center](#) | National Center for Transgender Equality

Coming Out at School:

- [Gender Support Plan](#) | Gender Spectrum

Navigating Sports:

- [Transathlete](#)
- [Athlete Ally](#)
- [LGBT SportSafe](#)
- [World Anti-Doping Agency](#)

Thank you to Dr. Juanita Hodax (SCH Gender Clinic) Dr. Crystal Beal (QueerDoc) for creating and sharing resources for our patients and their families.