



Transgender Students and Family Acceptance

There is a significant body of research on family acceptance and improved mental health outcomes for transgender youth. For instance see:

- Durwood, L., McLaughlin, K.A., & Olson, K. R. (2017). Mental health and self-worth in Socially-Transitioned Transgender Children. *Journal of American Academy of Child and Adolescent Psychiatry*, 56(2), 116-123.
- Olson, K.R., Durwood, L., DeMeules, M., & McLaughlin, K. A. (2016). Mental health of transgender children who are supported in their identities. *Pediatrics*, 137 (3), 1-8.
- Ryan, C. (2015). "Generating a Revolution in Prevention, Wellness, and Care for LGBT Children and Youth," *Temple Political & Civil Rights Law Review*, 23(3), pp. 331-44.
- Ryan, C. et al. (2009). "Family Rejection as a Predictor of Negative Health Outcomes in White and Latino Lesbian, Gay, and Bisexual Young Adults," *Pediatrics*, 123(1), pp. 349-50.
- Colton L. Keo-Meier et al., "Results from the TransYouth Family Allies (TYFA) Research Study of Parents of Trans Youth." Paper presented at the 14th Philadelphia Trans-Health Conference, Philadelphia, June 2015.

Every major medical association in the United States has come out in favor of affirming a youth's sexual orientation and/or gender identity and against the practice of conversion therapy. This list includes:

- American Academy of Child and Adolescent Psychiatry; American Academy of Nursing; American Academy of Pediatrics; American Association for Marriage and Family Therapy; American College of Physicians; American Counseling Association; American Medical Association; American Osteopathic Association; American Psychiatric Association; American Psychoanalytic Association; American Psychological Association; National Association of Social Workers.
- It is important to note that the American College of Pediatricians is not the American Academy of Pediatrics. It is a small, fringe group that was started in opposition to marriage equality and adoption by same-sex couples, and their statements on transgender youth are at odds with the governing and licensing bodies for their own profession. This is also at odds with New Jersey law, which bans conversion therapy for minors.



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Teachers' associations have also come out in favor of supporting these young people by accepting and affirming their gender identity.

- American Federation of Teachers; American School Counselor Association; American School Health Association; National Education Association.

New Jersey has many resources for transgender youth and their families. For lists of resources see:

- "LGBTQI Resources" on this Department of Children and Families page:
<http://njyrs.org/Resources>
- LGBT Resources on this Department of Education Page:
<https://www.nj.gov/education/students/safety/sandp/transgender/Transgender%20Guidance%20Resources%202018.pdf>

What can I do if I or my child is being discriminated against on the basis of gender identity or gender expression?

- If you are facing discrimination on the basis of gender identity, gender expression, sexual orientation, or HIV status please file a discrimination report with Garden State Equality. You can find our "Report Discrimination" form here:
https://www.gardenstateequality.org/report_discrimination
A representative of Garden State Equality will reach out to you and have an initial conversation about your rights and potential remedies.
- You can also file a complaint with the New Jersey Division of Civil Rights within 180 days of the act of discrimination. After a complaint is filed, DCR investigates the allegations. If an investigation shows enough evidence to support the complaint, and the complaint cannot be settled, a hearing will be held in the Office of Administrative Law. After that hearing, the DCR Director will issue a final decision as to whether unlawful discrimination has been proven. If discrimination has been proven, the decision will order appropriate remedies.