

I'm Trans

Hey

Helping trans people come out to their world since 2024.

BROUGHT TO YOU BY TRANS LIFELINE

**So, someone you love just came out as trans.
You probably have some questions.**

Hopefully after reading this, you'll be able to answer them on your own.

Your loved one isn't alone.



In the U.S., there are

**3 million
people**

who identify as trans.

(as of 2024)¹

What does transgender mean?

Being [transgender](#)² means your gender identity (your internal sense of being a man, woman, both, or neither) differs from the sex you were assigned at birth. This is completely unrelated to sexual orientation. Gender identity is who you are. Sexual orientation is who you love.

Do people choose to be transgender?

Nobody chooses to be transgender. It might seem like that because some people don't come out until later on in life, but they are born that way.



Like you, trans people tend to develop an inherent sense of what gender they are between the ages of 18 months and 5 years. But unlike you, it doesn't match the sex they were assigned at birth. That's why many trans people feel like the way society sees them doesn't match who they know themselves to be.

Why are they telling me now?

Maybe you're wondering, *Why did they come out to me first?* Or *Why did they tell me after everyone else?* Don't go down that rabbit hole. This is not about you. You're being "invited in" to their identity at the time that was right for them.

What's okay to ask?

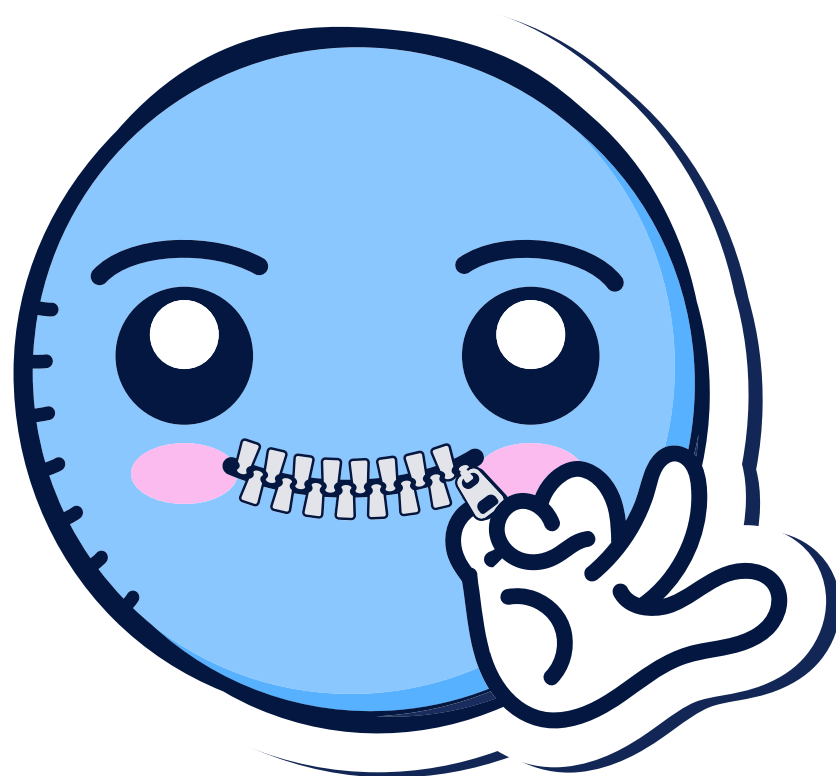
It depends on your relationship to the person. Overall, take your cues from them. Some people are more comfortable talking about it than others. If they've brought it up, it's okay to ask questions in a polite, respectful way.

Is it okay to ask about surgery?

Unless they bring it up, this topic is off-limits. Gender identity is not defined by what's inside your pants. It's defined by what's inside your brain. Asking about it gives the impression you don't believe they're the gender they affirm they are unless they have surgery. Plus, it's none of your business anyway 🙄

Can I tell other people?

This is something you should clarify. They may not be out to everyone yet, and probably have their own rollout plan. So it's important to find out who you can and can't share this information with.



How can I best support them?

We saved the most important question for last. Here are a few ideas:



Master the pronouns.

If you only do one thing, this should be it. It's critical to making the transition real for your loved one and shows you're on board. Calling them by their former pronouns (especially in front of others) can set them back emotionally for days. It's understandable that it'll take some time to get used to. If you mess up, just correct yourself and move on. They'll know you're trying, and they'll appreciate it.

Adjust your descriptors.

Son or daughter? Brother or sister? It's important you use the right terms to match their new identity. It will be hard at first because you may feel like you're losing a son/daughter/etc. But the truth is that you haven't lost them at all. They're the same person you've always known and loved, just more themselves.

Embrace their new name.

In addition to a pronoun change, you may also need to master a name change. This is just as important because for many trans people, being called by their previous name (sometimes referred to as "dead name") can feel even worse.

Edit your photos.

It can be painful for your loved one to see old pictures that don't represent who they are now and make them embarrassed or uncomfortable knowing that these photos can be viewed by other people. If you have photos of them on display (whether physically or online), ask how they feel and be prepared to take them down if they want you to.





Make yourself an expert.

Don't turn your loved one into Google for all things trans – do your own research. You can start with us! We made you a list of amazing resources for trans allies (see below).

Be proud.

Talk openly with your circle and make it clear that you want your trans loved one to feel welcomed as their affirmed gender at all gatherings.

FYI for parents

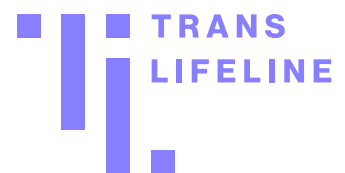
If you have a child who came out as trans, you probably have even more questions. Here are some great resources just for you:

How to process it and move forward³

Transgender family handbook⁴

1. <https://www.census.gov/programs-surveys/household-pulse-survey/data/tables.2024.html#list-tab-404305343>
2. <https://translifeline.org/resource/transgender/>
3. <https://www.mykidisgay.com/breathe-learn-act>
4. <https://www.thecut.com/article/trans-kids-parenting-tips-families.html>

HeyImTrans.com



Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

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