

Supporting the Safety & Well-Being of Transgender and Non-Binary Kids: A Preparation Checklist for Parents & Caregivers *

**A practical planning guide — not legal advice*

Every family's situation is different. This checklist is meant to help parents and caregivers think ahead so children can be supported, protected, and affirmed at school, during travel, and if relocation becomes necessary.

Important Notes

- This checklist is **about preparation, not panic**
- Laws vary widely by location and change frequently
- Consult qualified legal, medical, or educational professionals when possible
- Your love, advocacy, and presence matter deeply

School Safety & Support

- Confirm your child's **name and pronouns** are used consistently by staff
- Request written documentation of name/pronoun usage in school records
- Review school policies on:
 - Bathrooms and locker rooms
 - Sports and extracurricular participation
 - Anti-bullying and harassment response
- Identify a **safe adult** at school your child can go to if concerns arise
- Document incidents of bullying or discrimination (dates, details, responses)
- Understand your rights under state law and school district policy
- Review IEP/504 plans and ensure affirming language is included
- Ask how substitute teachers are informed of student needs
- Know how to escalate concerns if safety is compromised

Travel Safety & Preparation

- Ensure travel documents reflect your child's name and gender marker where possible
- Carry copies of:
 - Birth certificate or amended documents
 - Court orders related to name or gender changes

- Custody or guardianship paperwork
- Carry a **parental consent letter** when traveling without both parents
- Plan for bathroom and lodging safety during travel
- Research local laws and cultural considerations for destinations
- Prepare your child for airport security processes
- Identify affirming medical providers at your destination if needed
- Keep emergency contacts accessible

If Your Family Needs to Move

- Gather and securely store important documents:
 - Identification and legal paperwork
 - Medical and mental health records
 - School records and transcripts
- Research state or country laws impacting transgender youth
- Identify affirming schools, healthcare providers, and community supports
- Understand requirements for updating school records after relocation
- Prepare your child for the move and involve them in age-appropriate ways
- Identify continuity plans for mental health and community support
- Make a “go folder” with essentials (physical and digital)

Health & Medical Care

- Maintain copies of medical records and prescriptions
- Document care related to puberty blockers or gender-affirming care (if applicable)
- Know how to transfer care across state or national lines
- Identify what consent laws apply in new locations
- Keep insurance information current and accessible

Legal & Family Protections

- Confirm custody and guardianship documents are up to date
- Consider a medical power of attorney or consent authorization if applicable
- Know who can legally make decisions for your child in emergencies
- Identify legal aid organizations knowledgeable about transgender youth
- Keep copies of marriage or partnership documents if relevant

Digital & Social Safety

- Review privacy settings on social media and school platforms
- Discuss online safety and boundaries with your child
- Know school policies around digital harassment
- Help your child identify trusted adults to report concerns

Emotional, Mental & Spiritual Care

- Affirm your child's identity clearly and consistently
- Check in regularly about how they are feeling at school and beyond
- Maintain access to affirming mental health support
- Identify rituals or grounding practices during life changes
- Remind your child (and yourself): they are not the problem — systems are

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