

This Hôme Has Diversity

A GUIDE TO
PARENTING YOUR LGBTQ+ CHILD



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This Home Has Diversity : A Guide to Parenting Your LGBTIQN+ Child

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Foreword

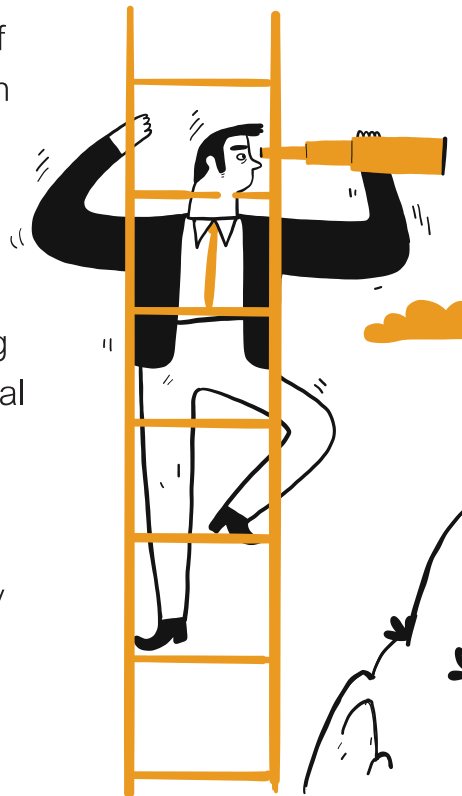


It's never an exaggeration to say that it all started “at home.” This is because “home” is the heart of the entire family, including parents, children, uncles, aunts, and grandparents. “Home” is also a source of creative energy that echoes throughout society. “Home” is a space where we can all recharge our batteries, both mentally and physically.

However, it is unfortunate that the home may not be a safe, supportive, or energizing setting for everybody, particularly for gender-diverse youth.

This is especially true when their parents or supporters are pressing them to seek or create their own safe space outside of the house, which might have serious impacts on their connection with their family as well as their way of life.

Recognizing the significance of family power, ThaiHealth's Office of Vulnerable Group Health Promotion (Office 9), therefore, collaborated with the Foundation of Thai Transgender Alliance for Human Rights to create the “This Home Has Diversity :A Guide to Parenting Your LGBTIQN+ Child” with the goal of creating a safe learning space for gender-diverse youth and their families, as well as to strengthen their distant relationship caused by any misunderstandings, as part of



ThaiHealth is committed to reduce social and health disparities among gender diverse people.



ThaiHealth and the production team hope that this guide, the result of the knowledge and experience gained from families and their gender-diverse communities, will help to return love and understanding to create a place of warmth and safety for everyone in the family, and restore the true meaning of "home".



Phoranee Phuprasert

Director of the Office of Vulnerable Group Health Promotion
Thai Health Promotion Foundation (ThaiHealth)

Testimonials



Many people often associate "family" with feelings of love, support and compassion for one another. A family is a gathering of people who have a connection with one another. However, when a family member identifies or exhibits behaviors that differ from the heteronormative, binary expectations, they then become targets of ridicule, blaming and shaming. And despite what many foreigners may perceive Thailand, it is not a "gay paradise." Those who are nonbinary, gender role nonconforming, identify as not cisgender and not heterosexual still experience stigma and discrimination in schools, workplace, other public spaces, and even in their own homes.

And so, it is not surprising that many LGBTIQN+ people often find a "chosen family," people who love, support and provide compassion for them. But for others, they may be suffering—sometimes in silence, without support and may even be targets of domestic violence and abuse.



This guidebook offers Thailand's first toolkit for parents and guardians to understand the many challenges LGBTIQN+ children experience and struggle in their everyday lives. Moreover, it offers advice and suggestions to develop healthy relationships with their children, to evaluate their own prejudices and stereotypes, and hopefully, to embrace the sexual and gender diversity of their children with courage and grace.

I'd like to thank the authors of this guidebook and invite all parents, guardians, and families to read it. This is the first guidebook of its kind in Thailand, which is an important stepping stone for a more understanding and compassionate society when it comes to sexual and gender diverse children. It is hoped that all children will feel safe to express themselves in a supportive and loving environment.



Assoc. Prof. Thomas E. Guadamuz, PhD

Head, Center of Excellence in Research on Gender,
Sexuality and Health, Mahidol University (MUGSH)



Preface



This “This Home Has Diversity :A Guide to Parenting LGBTIQN+ Child” was created by the Foundation of Thai Transgender Alliance for Human Rights in collaboration with the Thai Health Promotion Foundation's Office of Vulnerable Group Health Promotion, with the intention and commitment to devote all resources to forming a network of parents with gender diverse (LGBTIQN+) children.

It is not an easy task, but with love, knowledge, and experience, we can find acceptance together.



This guidebook is created with the love and care of parent networks for gender-diverse children, the knowledge and experience of academics and social activists, and well-wishes from partner organizations from the public and private sector.

This guidebook is intended to be a companion and a tool to help families overcome misunderstandings, open up their hearts to one another, release tension, and respond to the needs of families with gender-diverse children – ultimately creating acceptance for gender diversity.

Therefore, we would like to direct any benefits arising both directly and indirectly from this journey from now on to the parent network with gender diverse children, academics network, social activists and partnered organizations from



both the public and private sectors, who played a part in creating this guidebook to meet the needs of the families, particularly the Thai Health Promotion Foundation's

Office of Vulnerable Group Health Promotion, who saw the importance, supported, and dedicated resources to developing this guidebook.

Last but not least, the Foundation of Thai Transgender Alliance for Human Rights wishes to express its gratitude for the love, care, and well wishes of every family and all of the Foundation's staff members, who have given a portion of their lives to making this guidebook a reality.

The Foundation of
Thai Transgender
Alliance for Human
Rights (ThaiTGA)



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Will I be happy like everyone else in the future?

Did I raise my kids in the wrong way?

How should I raise them from now on?

What should I do?

Will my child be mocked or bullied? I'm really worried.

Introduction



It may be frustrating and distressing when the parents, guardians, or caretakers learn that their children or other family members are LGBTIQN+.

However, when looking deeper, it was found that those feelings of frustration and sadness were actually not driven by disgust or anger. Rather, it is the worry that their children will be rejected and mocked because of their gender identities, and that will cause them to have a more difficult life than other people whose gender identities align with their sex assigned at birth. Worse, Thai society continues to neglect the rights and welfare of gender-diverse people, and fail to recognize laws intended to attain gender equality.





Cares, love, worry, and a lack of knowledge about what to do or how to build a connection with these gender-diverse children have become a burden of feelings for family members and created even more difficult problems for them.



Fear of not knowing how to talk, communicate, or behave, as well as the perception that providing guidance to gender-diverse children would be stigmatized, has created emotional awkwardness, stress, and pressure for family members. Fear of failing to meet family expectations has

also built up physical and mental violence against them. Family institutions or "home," which are meant to give physical and mental security for everyone in the family as well as a safe space for gender-diverse children and youth, turn out to contain a hidden bomb or transform into a deadly mine, killing them.

Despite the fact that a lot of child care information is widely available in various forms in the market, such as books, social media channels, and public forums, it was found that Thai society still lacks communication materials such as guidebooks to help parents of gender-diverse children with developing skills to support their children, , answering specific questions related to gender diversity, and coping with any confusion or frustrations.

“This Home Has Diversity” : A Guide to Parenting Your LGBTIQN+ Child

acts as a "bridge" between parents and their gender-diverse children, extending knowledge and understanding in order to foster a healthy relationship between them. This will eventually improve the children's access to rights, opportunities, and support options, as well as the ability to live with happiness, sorrow, love, hatred, fulfillment, disappointment, and contentment and pride in their own body, identity, and gender.



Is this a result
from my upbringing?

Is this influenced by
the media or by
people around?

Is it a result
of nutrition?

Is it related to
genetics?

Did we unintentionally
give them an inferiority
complex?



Chapter 1

Did I raise my child wrong?



When family members are unsure if their children are gender-diverse or not, a lot of questions come up. Parents or guardians are working hard to find out the cause. Worse, some parents may start to cast blame on family genetics.





Gender incongruence is no longer regarded as a disorder in today's medical discourse.

The World Health Organization (WHO) has made a revision to the International Classification of Diseases and Related Health Problems (ICD) by moving diagnostic categories such as 'transsexualism' from the 'Mental and behavioral disorders' chapter to a new chapter on 'Conditions related to sexual health,' which appears as Chapter 17 in ICD Version 11 (ICD-11).

There are two age-based WHO ICD-11 codes as follows:

1. Gender Incongruence of Adolescence and Adulthood
2. Gender Incongruence of Childhood

However, the ICD Version 11 (ICD-11) was subject to review by the World Health Assembly in May 2019 and, if approved, is expected to come into force globally from January 1, 2022.¹

Gender diversity is beautiful. It's comparable to flowers, which come in a wide range of shapes and colors, symbolizing the diversity of life. Having gender diverse children in the family is not a problem. The source of the problem is that we have been limited to thinking that we live in a gender binary world.

Whether it is parental upbringing or sociocultural setting, there is no scientific evidence to explain the underlying origin of gender diversity.

¹<https://www.euro.who.int/en/health-topics/health-determinants/gender/gender-definitions/who-europe-brief-transgender-health-in-the-context-of-icd-11>

“Gender diversity is an essential part of human life, like any other life on the planet. It's always been and always will be...”

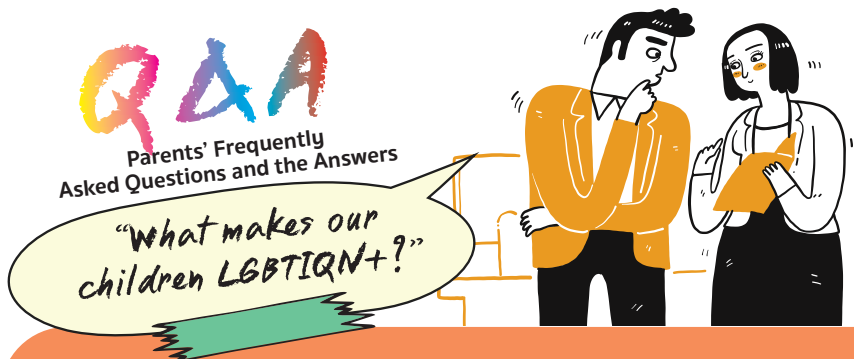
From the book "Beyond Gender Binary" :

Dedicated to the disappearing gender binary and the blooming gender flexibility.

Written by Alok Vaid-Menon

An Indian American author who advocates gender fluidity and attempts to deconstruct the gender binary concept.





Parents may try to find reasons to explain why their child is LGBTQN+. We answer some of these questions and misconceptions below.

Q : Is it because some of our wider family members are LGBTQN+?

A : Many families have no history of having gender-diverse members.

Q : Is it possible that we have surrounded our children with either too many men or too many women??

A : No. There are a lot of cis girls and boys who have grown up around people with a different gender.

Q : Could it be that they have very aggressive parents?

A : But, there are a lot of cis boys and girls that have very aggressive parents as well.

Q : Could it be that their gender-diverse friends, with whom they socialize, impacted them?

A : But, there are both cis males and women among the gender-diverse people's close friends.

Q : Do they spend too much time on their phones, viewing videos and other material that encourages imitative behavior?

A : gender-diverse people have existed long before television, radio, or the Internet.

Q : There are so many gender-diverse persons nowadays that many people want to join the trend and be like them.

A : gender-diverse people appear more in society because they are proud of themselves, happy in their own skin, and no longer feel alienated. Moreover, society is more accepting of them.

In addition to worrying that their children do not identify as a cis man or woman, parents may also be concerned that their children will be treated as a minority, rejected by society, mocked, discriminated, or be forced to dress according to their gender assigned at birth in schools. Parents may also worry about issues in the future involving laws and rights to work, marry, or enter into civil partnerships.

In some traditional and religious belief systems, there is also exclusion, discrimination, and stigmatization of gender-diverse people.



who have two sexes in their bodies, are not permitted to be ordained as monks, whereas in Christianity and Islam, prophets have interpreted teachings to say that God created only two genders, man and woman, and that any gender other than these is a violation of God's will. Therefore, in the religious context, gender-diverse persons have been pressured and treated as if their existence is sinful, deserving of God's judgment or punishment.

Nowadays, many countries around the world are beginning to understand, recognize, and accept gender-diverse persons. In certain developed countries, kids are no longer taught that the world is divided into two genders, and education



about gender diversity has been offered to children as early as kindergarten. Some countries have stopped specifying people's gender in documents that aren't required for gender identification. Some countries have reinterpreted religious teachings and beliefs in order to provide new explanations for the existence of gender-diverse persons.

Gender diversity is therefore not an uncommon matter or the result of ineffective parenting, but rather a natural part of life. Instead of focusing on their child's gender, parents should be proud that they are able to be themselves, have freedom, and grow to their full human potential to be the best version of themselves.

Speaking about gay people in 2013, Pope Francis said, "the key is for the church to welcome, not exclude, and show mercy, not condemnation."



Parents' Frequently Asked Questions and the Answers



Q : Is it because we're not doing a good job in parenting our children... Is it our fault that they have become gender-diverse rather than being a cis man or woman like the majority of society?

A : Having gender-diverse children in the family is not caused by ineffective parenting, genetics, or surroundings. There is currently no social or scientific study to explain why someone might be LGBTIQN+. Gender diversity, on the other hand, is common and may be found in almost all living things. Instead of excluding and discriminating based on gender, today's society is more open and respects each other's humanity. Just be proud of how independent and how happy they are to be themselves rather than worrying about their gender.



“

Do you recall the first time we fell in love with our child? Didn't we love our child the moment we found out we were having them? Didn't we love them since we didn't even know what gender they were? Love is already there, so why wallow in grief over the fact that they have become LGBTIQN+? We are suffering because of our own expectations.

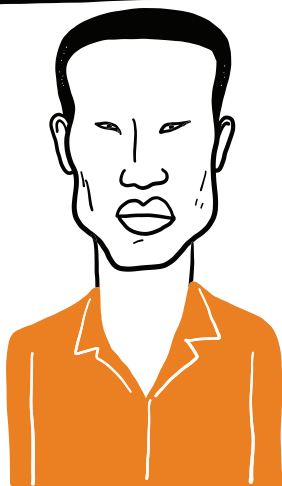
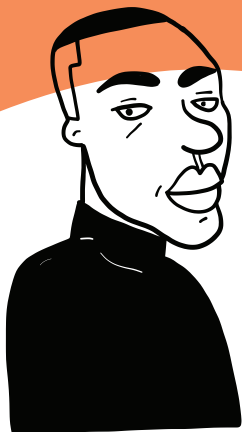
Most parents want their children to be happy. So why are we disappointed that our children are able to be themselves? Humans are sure to be happy when they are able to be themselves and be accepted for who they are...

”

Doctor O - Jiraporn Arunakul

Adolescent Medicine Specialist, Takekidswithus Facebook Page
Talk with Sirinya Winsiri or Cindy on the Standard Podcast's
“Balanced Mama” program about “What should parents do on
the day their child reveals they are LGBTQ” on June 23, 2018.





Chapter 2

What are other genders besides man and woman?



People, these days, are dominated by the old perception and misconception that our world is separated into only two genders: man and woman, as if the universe were only black and white. These ideas, on the other hand, have been re-explained, with the world encompassing more genders than man and woman. Gender is seen as a wide spectrum rather than man/woman binary. It is compared to a flower that is about to blossom into a wonderful blossom full of many shades and colors in its own unique way as the world changes, unlike other non-living things such as concrete, which only erode with time.

Terms Defined According to the Gender Unicorn



Gender Identity

A person's deeply felt internal and individual experience of their gender, whether they regard themselves as man, woman, a mix of both, or neither. Gender identity might be the same as, or different from, a person's sex assigned at birth.

Gender Expression

A person's presentation of their gender identity and expression to others as seen through their personalities, mannerism, dress, and personal references in general. Gender expression is likely to conform to a person's gender identity, regardless of the sex assigned at birth.

Sex Assigned at Birth

Sex assigned at birth is used to determine if a person is male or female, or whether they are gender diverse, based on biological characteristics such as anatomy, hormones, and chromosomes. However, the use of chromosomes to determine a person's gender is rather common.

Sexually Attracted To...

Sexual emotion or feelings towards a person or gender can be influenced by a variety of factors, which can be connected to one's own gender identity or gender expression.

Emotionally Attracted To...

Internal feeling of being emotionally connected or attracted (in a romantic way) to a person of any gender.





Gender Unicorn

How-to

Paint the black circles on each topic according to your feelings. The outcome, as seen in these charts, will disclose your level of gender fluidity.



Gender identity



Woman/Girl



Man/Boy



Others (_____)



Gender Expression



Woman/Girl



Man/Boy



Others (_____)



Sex Assigned at Birth

Female



Male



Intersex



Others (_____)



Sexually Attracted To...



Female



Male



Others (_____)



Emotionally Attracted To...



Female



Male



Others (_____)

As you can see, this Gender Unicorn test is intended to assist anyone in determining their gender. (Simply put, it's a tool that helps us understand ourselves)



Therefore, gender classification is no longer limited to “female and male” based on biological sex or sex assigned at birth. Gender identity, gender expression, sex life, sexual relationships, sexual behaviors and activities, or sexualities can also be determined by a person or based on their deeply felt internal or individual experiences, which is the basis of the term "Gender Diversity" or LGBTIQN+.

The "Gender Unicorn" offers a popular teaching resource to provide education on

"gender" to help parents, guardians, and children understand their gender better. It's important to note that Gender Unicorn isn't intended to explain how each topic must be connected. However, it



is just designed to make us aware of the multidimensional nature of gender. A person's gender identity does not necessarily have to be expressed in accordance with their sex assigned at birth.

Gender identity determination should not be limited to a person's sex assigned at birth (male, female, or intersex), since there are many additional factors to consider.

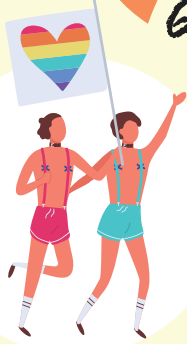
Identifying as other genders outside of the gender binary (male and female) does not mean that a person is weird.

Gender is not static; rather, it is fluid and changes with the evolution of human civilization. Gender expression isn't usually an indicator of sexuality.

After you have a proper understanding of gender and gender identity, you must understand that a person must be given a name that corresponds to their gender. As previously mentioned, gender is diverse and can flow according to a person's choices or life experiences. It is also okay if a person will choose not to identify with any gender at all. Therefore, it is important for parents/carers or guardians to get familiar with and understand a few of these terms in order to better understand their child's gender, as well as their own.



Terms You Should Know About Gender Diversity



Gender-diverse person

This term is used to describe people who do not identify as a man or a woman according to traditional ideas and socio-cultural conceptions that have been established previously.

Lesbian

A woman who is attracted to and has sexual orientation toward women.



Gay

A person who identifies themselves as a man, and is sexually and emotionally attracted to both cis and gay men.



Bisexual

Someone who is attracted to another person regardless of their sex.



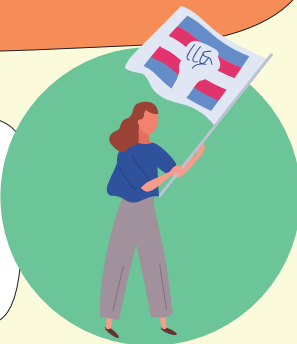


Intersex

People who were born with physical sex characteristics or chromosomes that do not conform to medical and social norms for male or female bodies.

Transgender

Someone who expresses gender identity that is different from the sex assigned to them at birth.



Transwoman

Someone who was assigned male at birth yet lives and expresses a gender identity that is different from the sex assigned at birth. They may or may not be given hormones or gender-affirming surgery.



Transman

A person who was assigned female at birth yet lives and expresses a gender identity that is different from the sex assigned at birth. They may or may not be given gender-affirming surgery or hormones.





Queer

This term refers to a new generation of gender-diverse persons. It is used to describe people's gender identities and sexuality that don't fit inside society's gender norms.

Non-binary

This term is used to show that gender identity and/or gender expression extend beyond the gender binary. It also aims to dismantle the social structure that requires gender-diverse persons to live according to social norms for man and woman.



Asexual

Someone who has no interest or desire towards sexual activity.



Aromatic

Someone who has no sexual desire or romantic attraction. Therefore, this group is more interested in other types of love, such as friendship, familial love, and so on.





These definitions, however, may change depending on social context, and there may be many more genders still to be defined, either emerging or disappearing in the future.

Parents may be concerned about how to call or describe their gender-diverse children because of these many terms or definitions.

You can ask your gender-diverse child directly how they would like to be called. This can help alleviate your anxiety. This can avoid hurting your children or making them uncomfortable. This is also a great way to demonstrate mutual respect and understanding.



It is important to use your child's preferred terms and language with them (or with other gender diverse people) as a sign of respect and acceptance.

There are different levels of language to use to express respect for gender diversity, which you must consider to prevent mistakenly pushing your child back into the “gender binary system”.

The terms you use to refer to your gender-diverse children may change over time according to their desire. With this in mind, you're assuring them that they may be any gender they choose without being forced to conform to the gender binary concept.

Wouldn't it be better...
if we unconditionally let our
children be who they want
to be and do whatever they
want without fear of having to
comply with any gender binary-
dominated rules? Let their
gender flow as they would like,
blossoming and growing with
pride and freedom.



Parents' Frequently
Asked Questions and the Answers



Q : Then, aside from male and female, what other genders do we have in the world? What is the proper or respectful way to refer to my child or individuals who are gender-diverse?

A : There are various genders to describe or define in the world. However, after taking the Gender Unicorn test, you'll discover that even you, who previously identified your gender identity, have a variety of gender traits. We don't have entirely woman or man characteristics. If you're worried about anything or don't know how to refer to your child or gender-diverse person, the best thing you can do is ask them directly how they want to be referred to, rather than allowing yourself to become worried and talking in circles.



Chapter 3

Hand in Hand, Heart to Heart



*Whether you love them or not,
whether you are happy or not,
whether you hate them or not,
are you ready to accept them
as they are?*

Parents usually experience a mix of these emotions at various stages of their lives, when raising a gender-diverse child. Some parents hope they will be able to overcome it soon, while others fear they will never be able to. They are confused, blame themselves, or worry about how they will conduct their own lives and those of their children since they still haven't figured out what causes their children to become gender-diverse and can't answer that issue properly. Everything seems to be unclear to them.



Up to this point

Let us accept that these things are common. All parents often have the same feelings towards their children, whether they are gender-diverse. Trying to find answers and explanations as to why we sometimes feel that way or why we sometimes feel steadfast or why we sometimes feel shaken might help solve or clarify those anxious feelings.

But, it is important to keep in mind that the answer you will get is neither right nor wrong; rather, it is an answer that would help you in discovering the reasons for why and how we feel the way we do.



☒ gender-diverse Acceptance Test

	Yes, I can accept	No, I cannot accept	Undecided
Children are born with a penis , but as they get older, they start acting like woman .			
Children are born with a vagina , but as they get older, they start acting like man .			
Children are born with a penis , but as they get older, they start to put on make-up and use lipstick.			
Children are born with a vagina , but as they get older, they choose to wear pants and use masculine gender markers e.g. <i>kráp</i> (a polite particle for men in Thai).			
Children are born with a penis , but they bring a boyfriend into the family when they become older.			
Children are born with a vagina , but they bring a girlfriend into the family when they become older.			
Children are born with a penis , but later in life they choose to modify their bodies to become female .			
Children are born with a vagina , but later they become attracted to both men and women .			
Children are born with either a penis or a vagina , but they dress as either man or woman later in life .			

*Remark: This test may have some significant limitations as it does not represent some complicated feelings of gender-diverse persons or completely overcome some language barriers.

gender-diverse Acceptance Test Results

If you answer
"Yes, I can accept"
to most statements,
the result is...

You are a parent who accepts your children as they are, regardless of gender, from the moment they are born. You're ready to be open, accept, and learn about their diversity as they grow up and identify a gender that doesn't match their sex assigned at birth. You're ready to bring happiness and show appreciation for their existence. You have the 'resilience' to walk beside them through all difficulties, joys and disappointments, confusion, peace, and other events that will occur in the family, and you can support them excellently.

If you answer
"No, I cannot accept"
to most statements,
the result is...

Gender diversity has existed in human history for a long time. Many parents could become upset to learn that their child is gender-diverse. It is not wrong, however, if you do not accept them as gender-diverse people; rather, it may be a new challenge for you and your extended family to understand this new thing. The most important thing to remember is that gender diversity is not an illness or disorder. If their parents are willing to learn and understand them, they will be able to have a happy and healthy life. We suggest you continue with Chapter 6, where professionals and experts offer helpful guidance and information for your journey with your gender-diverse children.

If you answer
"Undecided"
to most statements,
the result is...

If you're still worried and confused about your feelings and responses to your gender-diverse kids, you may seek help from a counselor or listeners. We urge that you check through the information in Chapter 6, as we feel it will answer any questions or concerns you may have.



But don't be alarmed!

This test is not intended to determine what is right and what's wrong. Rather, it only suggests that we might be expecting too much from our children by fitting them into the box of the gender binary out of our concern and well-wishes for them. Additionally, we are accustomed to the context of Thai society, which does not provide a lot of safe space for gender-diverse people. Therefore, we are worried and afraid that our children may face difficulties in the future.

As previously stated, this book only serves as a "bridge" in terms of passing on knowledge and understanding about raising gender-diverse children. So don't assume that you are the only one who's experiencing this issue.



Just open your heart and accept that the world encompasses more than just men and women. Find out and learn more. Various “peer groups” and “networks” are also available to help, support, listen, and exchange with you resources on how to care for gender-diverse children. More information may be found in Chapter 6 of this book.

However, be aware of and remind yourself not to exercise a sort of "dominant power" in the name of well-wishes that may deliberately or subconsciously control or manipulate your child's life.

It's not uncommon or embarrassing to feel angry or resentful toward your child at times. On the other hand, you should be proud of your efforts to understand your children's gender, which might have

a significant impact in the future. These challenges that parents, caregivers, and guardians face may serve as a motivator and reminder that it is time for us to work together to establish a society that embraces and promotes gender equality for all people.

*Hold their hands and
let's support one another.*

*Can gender-diverse
young people have a happy life?*



As soon as we let people openly express their gender and freely discuss it, our society will become more inventive and progressive economically, socially, and culturally. This is because gender freedom is also creative freedom.

Duangrit Bunnag

An architect, designer, and activist from the “CARE คัด เคลื่อน ไทย” Facebook page

An excerpt from the article “Gender freedom is creative freedom,” which was published on the “The101.world” Facebook page on August 30, 2017.

Why can't we just be ordinary people? Why do we have to work a lot harder than everyone else to be accepted? I'd like to use the example of someone who says, 'It's okay to be the other gender as long as you're a good person. Personally, I disagree with this statement. Everyone should have the same opportunity to be a good person. But why do some people believe that being gender-diverse is dependent on being a good person? This phrase makes it sound as if being gender-diverse is so shameful that being a good person is required in order to raise more values to be equal with others.

Angsumalin Argasnoum

A mom owner of the “LGBTQ+’s Mother” Facebook page





Chapter 4

Words from the body and soul of a person whose gender is going to flow and blossom...



At this point, we have learned that the world is made up of more genders than just woman and man, and that gender diversity should be appreciated. Attempting to fit gender-diverse children into the box of gender binary, even out of good-wishes and worries for their safety, can also create distress, stress, and pressure in their lives, as well as problems in family relationships

as a consequence. Other parents or guardians cannot help but feel trapped with questions about why their fate plays such a sad joke on them and why they have to deal with these issues alone.

We'd like you to remember that there are still many families in this world, this community, and this society that have gone through what you've gone through. Somebody has said that...

“Having a gender-diverse child is as natural as the rain: it falls on every family, whether they are rich or poor. It is all about point of view. If you believe the rain is a problem, it will only be a problem. But, if you see it as something that gives life and energy, it will totally change your perspective.”



Therefore, in this chapter, we will share with you the stories² of those who live in the rain, both gender-diverse children and their parents/carers, in order to emphasize to you that you are not the only one who has to deal with the rain.

“Family” is the most fundamental institution that has an impact on gender-diverse people's lives. Accepting or rejecting them has an unavoidable impact on their lives and thoughts.

Families who accept, understand, and have a positive relationship with their gender-diverse children are more likely to encourage them to live a happy life, to be physically and mentally healthy, and to have better access to wellbeing in their lives than families who reject or close their minds to their children's gender diversity and identity.

²This is data from interviews conducted by the Foundation of the Thai Transgender Alliance for Human Rights during 2019-2021. The Foundation, however, maintains the right to keep the interviewee's first and last name private until that person's and their family's wishes are known.



*Will you pick a flower
that is about to bloom
or will you just appreciate
it when you see it?*





The Story from Home

"Sky" (pseudonym)

19 years old, Transwoman, Chiang Mai

"If you were to ask me what gender I was, I would say katoey, and I would have to tell you that my world is limited to only my home, a school, and the neighborhood where I live. If you ask me where I feel most like myself, it's definitely at school or university, because at home and in my neighborhood, I still have to hide my identity and can't express myself as freely as my mother wishes. At home, everyone knows I'm a katoey. Personally, I've known since I was a child that I am a katoey. When I was in 10th grade, I began to use makeup to show my actual gender identity. Teachers at the school, especially the executive teachers, called me to meet with them and told me not to use Kâ (woman politeness particles in Thai) in my speaking because I was regarded as a man. So I had no choice but to use the Kráp (man politeness particles in Thai). Although I didn't understand, I chose to follow school rules and cut my fingernails and hair short. The teacher will scold me if I use Kâ in my speech.

Even though my family knew (that I am katoey), they acted on the principle of "Don't Ask, Don't Tell." My grandpa is quite conservative and frequently forbids and tells me not to do certain things because they are wrong. He could punish me if I don't obey him. He never hit me though. (laughing) He just forbade me from expressing myself excessively and asked that I refrain from doing so. My mother also asked that I refrain from wearing make-up or exposing too much of my identity.

When I get home, I have to keep my behaviors. If you ask if I'm uncomfortable, I'll tell you that I'm not since my entire family doesn't place much pressure on me. They just do not discuss it. Fortunately for me, I have a katoey aunt. She has a boyfriend and dresses as a lady. She gives me advice on how to act and where I should or shouldn't express my sexuality. My neighbors often accuse her of persuading me to become a katoey. But, to be honest, I don't believe it has anything to do with her. I normally don't spend much time with her.

My neighborhood is the part of life that makes me feel most excluded or under pressure. I'd want to volunteer to help with anything they need when

they have a temple fair or other important events. They do, however, prefer to divide volunteer work by gender. That is to say, ladies should assist with floral arrangements. Men should assist with woodworking and other physically demanding tasks. They usually put me in the category of doing men's work, which I hated. I'd rather do women's work, but they wouldn't let me. They'll look at me from head to toe and treat me as if I were an alien. They told me that I should undertake heavy work as a man, rather than arrange flowers or make a present for Buddha. So, they prohibited me from doing anything, despite my strong desire to assist them...

My life has gotten better since I left my neighborhood and went to university, where I have friends and a social life, and no one forces me to do anything. I became a cheerleader and was able to participate in various events. My friends were more accepting of me. My English and traditional Thai dance teachers were kind to me, encouraged me, and allowed me to dress up as a lady, which made me feel a lot better. They asked about my plans once I graduate from high school. I mentioned that I used to want to be a teacher, but now that I am a katoey, I believe it will be difficult. So now I want to work in the entertainment industry because I believe it is a welcoming environment for other genders. Personally, all I wish for is to be able to work, earn money, be able to support my family and myself. And in that way, I believe I would have survived and been accepted”.

“My neighborhood and religious settings do not allow me to be myself”



The Story from Home

**“Jeab” or Matcha Phorn in
‘Two-mom family and their daughter’**

*The other mom is “Jum” or Veerawan Wanna and their daughter,
“Siri” or Siriwan Pornin*

“We cannot recall exactly what we were doing at the time when such a dialogue happened. Our family is normally open to talking about sex, and our children are usually the ones who bring it up. And, as far as I remember, she was in the 8th grade at the time, and the two of us were standing in front of her on that particular day. ‘Mom, I think I could love both sexes,’ she told us. I recall both

of us smiling warmly with delight when we learned that our daughter had discovered her own sexuality and gender identity, and we were grateful that she had brought us to see her discovery. So we said to her that...

'I'm glad you found yourself, and I appreciate you allowing us to witness it. But, as you can see, being gender-diverse in Thai society is not easy, but whether society accepts us or not, our family will always embrace and support you. We'll fight side by side.'

This dialogue may appear formal for other people, but our work with gender-diverse youth and gender-diverse communities has often presented us with opportunities to observe children's gender and identity discovery. The most common thing we should do is recognize that gender diversity is a beautiful thing, and that when people discover themselves, we should be happy for them and assure them that we will always support and stand by their side".

When your child reveals that they are gender-diverse, the first thing we do is express gladness



The Story from Home

"Tuk" or Angsumalin Argasnoum

A mom owner of the "LGBTQ+'s Mother" Facebook page

"Someone asked me

'...How did you teach your child to be like this?'

I told them that I teach my children to be happy people and let them be who they want to be. Nothing means more to me as a mother of a gender-diverse child than seeing them grow up content with whatever choices they make.

While society is beginning to embrace gender diversity, many families continue to misunderstand and fear for their safety. Having an open conversation with them is a good place to begin in order to provide a secure space for children to exchange ideas and learn so that they may grow up in their own unique way

and be really happy. Many parents are concerned about what to do when they have doubts or suspect that their child is soon to become LGBTQN+. First and foremost, relax and gather yourself since being gender-diverse is neither illegal nor deadly. Gender-diverse people are just like the rest of us. They are not suffering from mental illness. It's possible that we don't understand it or haven't learned enough about gender diversity, which is fluid and includes more than ladyboys and tomboys. If you want to know what gender they are, find more information, which is nowadays widely available on social media.

Let's start with 'opening your heart'. Because you were taught in a different way, you may have an old traditional belief about this matter. We may have been raised to believe that being gender diverse is deviant, psychopathic, mentally sick, or anything due to our religion, beliefs, and traditions. Let's put that aside for a moment and consider this: do you love your child? What is more important to you: expecting them to be what you want or letting them be themselves and make their own decisions?

Our grandparents, too, couldn't understand this at first. We asked them the same question: do you love and want your grandkids to be happy? Then they simply walked away from the conversation, which is an example of how family members could respond when they refuse to accept their gender-diverse child. We understand their concern for their grandchildren's safety and how they could live their lives if society rejects or discriminates against them. But, in the end, they were able to accept it since the happiness of their grandkids was the most important thing to them.

Families with gender-diverse members may be less common than other families. If you have gender-diverse people in your family, it's a good idea to teach your family members how to respect them. Some children may be bullied by their friends and have never been taught how to respond. Bullying is an issue, so teach your kid to treat others with respect, just as they treat themselves, and to avoid treating others in ways that they don't like".

**“Someone asked me
‘...How did you teach your child
to be like this?’
I told them that I teach my children
to be happy people and let them
be who they want to be”**



The story from Home

“Jom” (pseudonym)

22 years old, Transman, Ubon Ratchathani

When I was a child around the 1st-2nd grades, I enjoyed playing with my brother. I was extremely young at the time, and I had no idea or cared about what I was. I had no idea what a tomboy was. When I was in the 4th grade, I discovered that I disliked playing with girls. With older men, I enjoy playing sepak takraw. I knew I didn't like being a girl at the moment.

At first, my mother didn't like it when I had short hair, acted like a boy, and brought my girlfriend home. My mom was upset and warned me not to do it again. She was quite disappointed in me. She forbade me from cutting my hair short or bringing a woman friend home. For a while, she felt bad about me, but I was fortunate to have a sister who understands and connects with my mom to explain and console me. It didn't take long for my mom to realize what I was going through and try to open her heart to me.

My dad and other relatives thought of me as a boy rather than a girl. He would assign manly responsibilities to me and play with me like a boy when he wanted me to do something. He dearly loves me. He told me that I could be anything I wanted to be and that everyone in my family would support me.

I consider myself fortunate to have a family who understands me, and I believe that this is a really happy moment for a human being whose parents can wholeheartedly love their children instead of feeling terrible or unhappy about them, since no child wants to make their parents sad.

I told everyone that, although I am like this, I would not harm anyone. Even though my mom was at first unhappy that I was a tomboy, I promised her that I would never let her down and that I would continue to improve myself in order to become a better person. It's simply a matter of turning an insult into a motivation for myself to be better.

My friends at school love me and do not treat me differently because of my gender. I've never been rejected by my friends because I'm a tomboy. My friends, even those in my area, accept me for who I am. They only called me "lad" as a joke. I don't believe my gender identification has any negative effects on me in

general. I might just have a problem with my mother at first. At school, there are no issues. Overall, I believe I am happy with myself. My parents, friends, teachers, and members of my community have all accepted me. No one blames my parents for me becoming a tomboy. I believe Katoey should be more inspired than a tomboy like me.

Now I have a lot of motivation. Like everyone else, I have a lot of things on my mind, both happy and sad. But I believe I'll be capable of handling it. I want to have a good job and enough money to support myself and my family in the future”.

“I consider myself fortunate to have a family who understands me, and I believe that this is a really happy moment for a human being whose parents can wholeheartedly accept their children’s identities, which are different from most people.”



The Story from Home

“Grandma Nulek”

Grandma of gender-diverse grandchildren (Transwoman and transman), Bangkok

“Maybe it’s just our luck that we live in a (lower-class) neighborhood. I am the breadwinner of the family. So all that is on my mind is figuring out how to live, make money, and make a living. So being gender-diverse is not something to be afraid of. Those who are considered a burden are those who go to the bad, such as drug addicts. Although I don’t have much education and understanding about gender, I’ve seen that my grandkid’s gender nonconforming behaviors have grown more apparent at the age of three. Katoeys are more inclined to act like

girls, and tomboys are more likely to act like boys. I don't forbid them from doing whatever makes them happy. I just sat back and let them handle it.

As I said before, living in a slum community might be our luck. There are many various sorts of people here, as well as a large number of gender-diverse persons of all ages. When there are major events or activities in the community, these people usually come to volunteer. It's almost as though they're areas for them to display their identity. No one will look down on them. On the contrary, without them, communal activities could have been less enjoyable.

But, if you ask if having gender-diverse grandchildren makes our life so smooth and without any problems, the answer is no. In the upcountry provinces, we have a large family and relatives. When they meet us, they will ask, 'Why am I raising my grandchildren this way?' and 'Why did I allow them to become LGBTIQN+?' Other relatives commented on how unfortunate it is for such attractive children to become LGBTIQN+.

I didn't feel upset or angry when I listened to what they said. I just believed that my grandchildren were as good as other children, that they were not addicted to drugs, and that they had never done anything wrong for me. They may dress in a way that did not match with their sex at birth. And so what? (laughing) Others simply spoke out and then left. However, I have spent my entire life with my grandkids. Why should I make kids feel uncomfortable about themselves? It makes me very happy to see them happy. The words of others are meaningless, and they are no more significant than the life of my grandkids.

I am worried about my grandkids in the same way that other grandparents are concerned about their grandchildren. I'm worried about what they'll study and whether or not they'll be able to find work. As for their health, I am also worried. The elder one, who is now transgender, has not yet transitioned or taken hormones. I'm more concerned about the younger, who is a tomboy. He bought a binder to bind his own chest. I am concerned that this will have a bad impact on his health. From what I've heard, it can cause cancer. So I attempted to warn him about it.

They might not talk about everything with me concerning their sexuality. They have friends they can talk to about it; people in our community who are tomboys, katoeys, gays, and a lot of other things. They don't dislike one another, but they

do become mentors to one another, to the point that they refer to these people as 'moms.' I'm not sure what they're talking about, but I'm sure they'll keep offering each other advice and listening to one another, which will make them happy and improve their mental health. So I've let go of a lot of my worries about them. (smiling)."

“They might not talk about everything with me concerning their sexuality. They have friends they can talk to about it; people in our community who are tomboys, katoeys, gays, and a lot of other things. They don't dislike one another.”



The Story from Home

“Wawa” (pseudonym)

18 years old, Transwoman, Bangkok

“I started becoming pubescent when I was in the 7th or 8th grade, which caused me a lot of stress. I was afraid that my voice would become deeper and lower, that my shoulders would widen, and that I would become too tall. That was the most difficult period of my life. So I looked up hormones and other remedies on the internet to help me cope with the changes. My mother also tried to address me as “my son.” I believe she called me that because she began to see changes in my character, or perhaps she found hormone pills I had purchased and placed in my room by accident. That was most likely the most difficult period of my transsexual life. So I talked to my aunt about my frustrations. Actually, being the family's only child, I was born into a good family. My parents were understanding and never put me under any pressure. Again, I'm not a stubborn child who spends all of the time studying and never does anything that annoys her parents, and I consider myself lucky that my parents are willing to understand and accept me unconditionally. Not only did my aunt help me in speaking with my mother at the time, but the teachers at my all-boys school also spoke with my

father about it. Actually, I believe your parents already knew my identity since I am a soft, sweet person who has never liked to play with boys since childhood. I rarely have to hide my identity, and I prefer to express myself as I have always been, but puberty has proven to be a significant turning point in my life.

I believe I am one of a million trans people who got lucky. Some of my friends are under stress because their families do not accept them. When I see some of my friends, they appear to be happy, but when they think of their families, they get depressed. Some of their friends have bad luck because they meet teachers who do not recognize their gender and alert their parents. Worse, their mother trashed their room, removing any feminine cosmetics and clothing and forbidding them from bringing those items back into the house, making them unhappy. They said that their parents are more concerned with their image and society than with them. I listened to what they had to say and felt sad for them. So, I asked them to speak with teachers who are aware of their needs.

My parents do not only understand but actually encourage me to be myself. They also sent me to a clinic for a consultation with a doctor after noticing that I was seeking hormone therapy on my own. The doctor advised me on hormone medication and gender-affirming procedures. I'm lucky in that my family has some funds to help me in this situation. If our family does not have enough money, it would most likely be a bad situation, since the cost of drugs and hormones is pretty high. Hormones are currently priced at around 9,700 baht per time. Every three months, I must receive hormones. Simply put, my family must spend around 10,000 baht each time for me, which is a significant sum of money. I've heard that governments in developed countries recognize these rights and benefits for trans people. If the Thai government didn't have a specific budget or wasn't prepared to spend money on these matters, I believe they could have been supported in terms of legal basic rights, such as the right to use their preferred title and the right to get married, and enter a civil partnership. These issues are necessary or will help in recognizing gender diversity in people and, more importantly, will relieve the concerns of families who are often worried about our civil relationship and future”.

“I believe I am one of a million trans people who are lucky enough to have parents that understand and accept me unconditionally”



The story from Home

Parkers or Paravee Argasnoum
Transman & Asexual

I think that the difficulty of transgender people in Thai society is that Thai society still lacks knowledge and understanding of gender diversity, making it difficult for these people to live their lives. For example, they still have problems with their friends at school or they are exposed to humiliating comments from society that make them feel uncomfortable. Some people think that gender diversity is only made up of gays, katoey, tomboys and lesbians. Many others don't even know trans men since they know only trans women. Many people don't know the difference between gender and sexual orientation because they believe that gender, sexual preference, and gender expression are all interrelated. Moreover, there are no specific laws for gender-diverse people regarding gender recognition and titles. Many people may be confused as to why these people have a different appearance than what is shown on their identification cards. There are still a lot of problems I have observed, e.g., gender-based student uniforms that make them feel uncomfortable, school policies that are framed by gender binary, as well as issues with the use of public restrooms and hospital admissions because of inconsistent use of titles on official papers in relation to real appearance.

On the bright side, Thai society still allows people to express their gender identity to a certain level without violating the law. On the bright side, Thai society still allows people to express their gender identity to a certain level without violating the law. Personally, I've been lucky to meet a group of people that are really understanding and open-minded regarding gender issues, particularly family members and university professors. So I don't have too many problems. Personally, I believe that the most essential thing is love and understanding from family or others in their lives since it will boost their self-confidence and physical and mental energy in living, overcoming, and coping with many problems that may arise.

*The most important thing
is to have love and
understanding from family
and those around them.*





Chapter 5

Learn to live together with diversity



“Expectations, Well-Wishes, and Concerns”

are all common feelings that parents have towards their children, whether or not they are LGBTIQN+. These positive feelings, on the other hand, might produce problems because when parents have expectations, they normally want their children to meet those expectations.

This chapter is not intended to suggest that parents should abandon their expectations of their children, but rather that they should not press such expectations on their children.



On the other hand, we all know that expectation is a common and positive feeling shared by humans; nevertheless, we must manage our expectations so that they do not become a source of pressure for our children.

You should make an effort to improve these by cultivating a positive relationship with your children .Little things that you may overlook in your daily life, such as how you act and use words that do not unintentionally hurt or cause violence to your child, as well as care for their rights, welfare, and well-being in order to prepare them for the convenience and safety of their lives.

As if we were in a field of colorful flowers, we should consider how we can avoid accidentally destroying the beauty of the flower field and instead appreciate the beauty of those flowers.

How to Live in Harmony With Diversity



Expectations

How to Resolve

Having a gender-binary child.

DON'T

- Gender diversity is not an illness, and parents can still love and care for their gender-diverse children in the same way they do for their other children.
- Parents should ask about their gender-diverse children's needs in order to aid them in living their life as they choose.
- Conversion therapy, which is an effort to change a child's sexual orientation, gender identity, or gender expression, is conducted in certain countries, and it is illegal.
- More information on receiving support and counseling can be found in Chapter 6.
- Refrain from doing as follows;
 - ✗ Take your children to obtain hormone injections to change their gender to that assigned at birth.
 - ✗ Send them to be territorial defense students.
 - ✗ Force them to only mingle with cis boys or cis girls.
 - ✗ Force them to marry or have a relationship with someone who is the gender you presume

Expecting your child to achieve the same success in their careers as others.

- Do not compare your children to others because this will only undermine their self-esteem.
- Everyone has a different perspective on success.
- Success and happiness in life are defined differently, depending on the person.

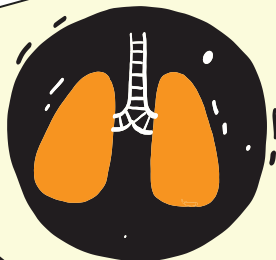
Expectations	How to Resolve
<p>Expecting your child to be ordained as Buddhist monks to bring merit and get you to heaven.</p>	<ul style="list-style-type: none"> • Ordination is one way for children in Buddhist tradition to express gratitude towards their parents. • Doing good can be done in a variety of ways.
<p>Expecting your child to marry and have their own children who can take care of them.</p>	<ul style="list-style-type: none"> • Many people have families and children, yet are unhappy. • In addition to creating a family, living alone can bring comfort, and society can provide happiness and stability in their lives. • There are many elderly care services available nowadays and in the future that provide care for the elderly who are alone at affordable prices.
<p>Worried about how to talk to your child about their gender.</p>	<ul style="list-style-type: none"> • Assess your ability to communicate with them, talk to them, and ask them questions without expecting them to answer. • Find a safe space to start the conversation and keep it a secret until they are ready and willing to tell it. • Trust your children's information and feelings more than outsiders.
<p>Worried about how to treat or refer to your child's partners or close friends.</p>	<ul style="list-style-type: none"> • Be open to talking or directly asking your child how they would like you to treat or refer to their special someone when the opportunity arises in a relaxed setting. If you don't feel comfortable asking or talking about it with them, you should behave normally and respect one another.

Expectations	How to Resolve
<p>Concerned about your child's physical and mental health</p>	<ul style="list-style-type: none"> • See Chapter 6 for support and counseling.
<p>Concerned that your child may be bullied, ridiculed, harassed, or physically assaulted?</p>	<ul style="list-style-type: none"> • Inform people close to you or caregivers, such as parents, teachers, or the police when faced with incidents of bullying, harassment, and violence, • Report the events to the police or a legal expert if they become too serious for you to manage. • You should not remain silent if you face harassment or violence, whether it is done to yourself or others.
<p>Concerned that society would reject your gender-diverse child and that they will have no legal recognition.</p>	<ul style="list-style-type: none"> • In Thailand, there is a law to protect and prevent discrimination against gender-diverse people, which is the Gender Equality Act, B.E. 2558 (2015). • There is currently an advocacy of legislation that regulates civil partnerships in order to safeguard the advantage of inheritance as well as gender-diverse rights to life insurance and equal marriage. • There is now an advocacy for transgender recognition laws to protect the benefits of trans persons.



Consult to improve
your confidence.

Consulting and
health check-up services



Blood
test
services



Chapter 6

Partners, Groups, and Organizations to Support You and Your Gender-Diverse Child



1 Trans and LGBTQIYN+-inclusive healthcare partners



Name of Organization : Tangerine Clinic or Tangerine Community Health Clinic

Expertise : This healthcare provider provides gender-affirming hormones, blood tests for hormone levels, laboratory monitoring while on gender-affirming hormones, and other trans-specific healthcare services such as gender-affirming surgeries, vaginal care for a transgender woman with a neovagina, STI/HIV testing, screening, and treatment, and PrEP and PEP guidelines. This facility also offers a wide range of healthcare services, such as linkages to services for trans children and youth.

Service areas : This clinic is located in Bangkok and also offers online and postal services.

Address : Chamchuri Square Building 11th Floor, Unit 1109-1116, 319 Phayathai Road, Pathumwan, Bangkok 10330, Thailand.

You may get here by taking the MRT train, taking Exit 2, and then walking to the Chamchuri Square building.

Opening hours : Open from 10:00 a.m. to 7:00 p.m., Monday through Saturday. Registration closes at 5:00 p.m.

For inquiries :

 02-160-5372 Ext. 205, 061-979-0866, 099-452-5411

 Tangerine Clinic

 @tangerineclinic



Name of Organization : Gender Health Clinic as part of the The King Chulalongkorn Memorial Hospital

Expertise : This healthcare provider provides gender-affirming hormones, treatments for hormone-related endocrine diseases and symptoms, gender-affirming surgeries for both transmen and transwomen, treatment of age-related hormonal changes, and counseling for couples that are having difficulties with their sexuality. Their youth health-specific clinic, which has been renamed “CU Buddy Clinic,” provides comprehensive youth healthcare services, including consultation from child and adolescent psychiatrists.

Service areas : Bangkok

Address : Gender Health Clinic, Phor Por Ror Building 5th Floor (previously 7th Floor), the King Chulalongkorn Memorial Hospital.

Opening hours : Open from 1:00 p.m. to 3:30 p.m. only on Monday.

For inquiries :

☎ 02-256-5286, 02-256-5298

(Inquire/make an appointment in advance)

📘 KCMHCMG



Name of Organization : GenV Clinic as part of the Ramathibodi Hospital

Expertise : The clinic has a proficient team of doctors with expertise in gender transitions to provide physical and mental care, as well as gender-affirming hormone therapy and surgeries to trans and gender-diverse persons. They also have a team of child and adolescent psychiatrists for consultation. This facility is, therefore, regarded as Asia's first to provide healthcare services specifically for gender-diverse adolescents.

Service areas : Bangkok

สถานที่ตั้ง : GenV Clinic (Children and Adolescents Clinic), 2nd Floor of Building 1, Ramathibodi Hospital.

Opening hours : Open from 1:00 p.m. to 4:00 p.m. only on Friday.

For inquiries :

☎ 02-201-2799, 02-201-1244 กด 1, 087-053-5500

(Appointments can be made from 8:00 a.m. to 4:00 p.m.)

☎ 02-201-1234 (OPD for Children and Adolescents).

Appointments can be made from 2:30 p.m. to 4:00 p.m.

📘 GenV Clinic



Name of Organization : Sexual Health Clinic, Thammasat University Hospital

Expertise : With the slogan "Harmless Sex, Sexual Satisfaction, and Fullfillment in Sexual Orientation" in the context of "sex positive," "gender neutral," and "non-judgmental," this clinic is designed to understand gender diversity, with doctors, nurses, sex therapists, and clinical sexologists working together to provide holistic and multidisciplinary services.

Service channels : Pathum Thani province.

Address : -

Opening hours :

The service schedule is subject to change from month to month.

● **Monday :** Open from 1:00 p.m. until 4:00 p.m. Lalit Leelathipkul, M.D., provides services at the Adolescent Sexuality Clinic during weeks 1 and 3; and Atiwut Kamudhamas, M.D., provides services at the Anal Pap Smear and STDs Clinic during weeks 2 and 4.

● **Tuesday :** Open from 1:00 p.m. until 4:00 p.m. Siwapol Thitayarasa, M.D., provides services at the ED Clinic *every week*.

● **Wednesday :** Open from 1:00 p.m. until 4:00 p.m. Atiwut Kamudhamas, M.D., provides services at the Gender Health Clinic during weeks 1 and 3.

● **Thursday :** Open from 1:00 p.m. until 4:00 p.m. Atiwut

Kamudhamas, M.D., provides services at the All Sex Health Clinic during weeks 1 and 3; and Lt. Col. Potosawee Kwanchuay, M.D., at the Sexual Rehabilitation Clinic during week 2 and 4.

● **Friday :** Open from 1:00 p.m. until 4:00 p.m. Muthita Phanasathit, M.D., provides services at the Meet Psychiatrist during week 1, and at the New Case Screening And Permission-Giving Nurse Case Management during weeks 2 and 3; and Nopwaree Chantawong, M.D., provides services at the Female Sexual Dysfunction Clinic during week 4.

For inquiries :

☎ 02-926-9515, 02-926-9866



Name of Organization : Trans Wellness Clinic, Srinagarind Hospital as part of the Faculty of Medicine, Khon Kaen University


Expertise : Comprehensive trans-specific health center with medical professionals that understand persons of all ages providing consultation services.

Service areas : Khon Kaen province


Address : Special Medical Center (SMC), Sor Wor.1 Building 1st Floor, Srinagarind Hospital, Faculty of Medicine, Khon Kaen University

Opening hours : Open from 4:30 p.m. to 8:00 p.m. only on Thursday.

For inquiries :

 043-366-444

 SMC KKU

 @smckku



Name of Organization : OPD No. 5, Reproductive Medicine Examination Room, Maharaj Nakorn Chiang Mai Hospital (Suan Dok Hospital) as part of the Faculty of Medicine of Chiang Mai University


Expertise : This clinic offers trans-specific healthcare services, including gender-affirming hormone prescription and monitoring, surgeries such as hysterectomy/oophorectomy, and mental health counseling and assessment.

Service areas : Chiang Mai province

Address : OPD No. 5, Reproductive Medicine Examination Room, Maharaj Nakorn Chiang Mai Hospital (Suan Dok Hospital) as part of the Faculty of Medicine of Chiang Mai University

Opening hours : Open from 1:00 p.m. to 4:00 p.m. every Thursday, and from 9:00 a.m. to 12:00 p.m. every Friday.

For inquiries :

 053-935-743

Appointments are not required. Patients are welcome to walk in and receive services. All state welfare cards for people of all ages are accepted. Make an appointment with a doctor between the hours of 8:00 a.m. and 4:00 p.m.

2 Partners in relation to service for children, youth and families



Name of Organization : Family Network Foundation


Expertise : This partner is devoted to creating awareness about the importance of family structures of many sorts, including single-parent families and skipped-generation families at the individual, communal, and societal levels.

Service areas : Bangkok. The Foundation also has their allied partners across the country.

Address : 192 Soi Tessaban Nimit Nuea 8, Prachaniwet 1, Chatuchak, Bangkok. 10900

Opening hours : Monday through Friday.

For inquiries :

 02-954-2346-7, Fax 02-954-2348

 www.familynetwork.or.th

 famnet@familynetwork.or.th



Name of Organization : Urban Light Foundation (Thailand)


Expertise : The Foundation works on child exploitation protection, research, networking, and partnership, as well as support, counseling, and linkages to care and healthcare services.

Service areas : Chiang Mai province

Address : 16 Soi Charoen Prathet 1, Chang Khlan Subdistrict, Mueang District, Chiang Mai Province.

Opening hours : Open from 10:00 a.m. to 4:30 p.m, Monday through Friday

For inquiries :

 053-271-179

 Urban Light Hotline

 www.Urban-light.org



Name of Organization : Department of Women's Affairs and Family Development

Expertise : The entity is in charge of social welfare, including the protection of women, people whose gender is not aligned with their sex at birth, and other family members, as well as the strengthening of family institutions and the protection of family members' welfare.

Service areas : Nationwide


Address s:

- 255 Ratchawithi Rd, Thung Phaya Thai, Ratchathewi, Bangkok. 10400
- For more information about this entity in your area, please contact the Office of Social Development and Human Security in your province.

Opening hours : Monday through Friday

For inquiries :

Rajvithi Home for Girls

 02-306-8746, Fax 02-306-8781

 www.dwf.go.th

Or contact the hotline number, 1300, which is available 24 hours a day.



Name of Organization : Department of Children and Youth

Expertise : -


Service areas : Nationwide

Address :

- 618/1 Nikhom Makkasan Road, Makkasan, Ratchathewi, Bangkok. 10400
- For more information about this entity in your area, please contact Children, Youth and Family Counseling Center in your province.

Opening hours : Monday through Friday

For inquiries :

 02-255-5850-7, 02-253-9116-7 (automatic)

Or contact the hotline number, 1300, which is available 24 hours a day.

 central@dcy.go.th



Name of Organization : Save The Children Thailand


Expertise : The organization is in charge of protecting children's rights, as well as promoting and protecting children and working with gender-diverse youth.

Service areas : Bangkok. They also have a provincial-level working network.


Address : Maneeya Centre (south building) 14th Floor, 518/5 Phloen Chit Road, Pathum Wan District, Bangkok 10330


Opening hours : Monday through Friday

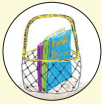
For inquiries :

 02-2684-1286/87/88

 Save The Children Thailand

 www.thailand.savethechildren.net

 info.thailand@savethechildren.org



Name of Organization : Phiang Phodee Group (Public Benefit Organization - PBO)


Expertise : This group has a staff of moderators that help manage the group and the network.

Service areas : Chiang Mai province

Address : 173/1 Moo 10, Don Kaeo Sub-district, Mae Rim District, Chiang Mai Province.

Opening hours : Open from 10:00 a.m. onwards, Monday through Sunday

For inquiries :

 089-921-1069, 085-934-6372




Name of Organization : Sangsan Anakot Yawachon Development Project

Expertise : This project focuses on the rights of children, women, gender-diverse people, and ethnic minorities.

Service areas : Chiang Mai Province. They also provide online consultation.

For inquiries :

 Sangsan Anakot Yawachon Development Project

3 Partners working for gender diversity



Name of Organization : The Foundation of Thai Transgender Alliance for Human Rights (ThaiTGA)


Expertise : This foundation is dedicated to promoting trans rights and gender equality as well as improving the quality of trans people's lives by focusing on policy change, such as advocating for a gender recognition law. In practice, the group works to urge the media to present news and material with gender awareness and respect for gender diversity, as well as to educate and empower families with LGBTQIQN+ children.


Service areas : Bangkok. The Foundation also has a strong network of partners across four regions of Thailand.


Address : 126/61 Petchkasem Road, Pak Khlong Phasi Charoen Sub-district, Phasi Charoen District, Bangkok. 10160


Opening hours : Monday through Friday


For inquiries :

 095-361-5796

 Thai Transgender Alliance-ThaiTGA

 @thaitga

 www.thaitga.org

 thaitga@gmail.com



Name of Organization : The Foundation for SOGI Rights and Justice


Expertise : This foundation is in promoting and protecting human rights regarding gender justice.

Service areas : Bangkok


Address : 4 Soi Petchkasem 24, Pak Khlong Phasi Charoen Sub-district, Phasi Charoen District, Bangkok. 10160

Opening hours : Monday through Friday

For inquiries :

 02-868-4344

 thaisogi

 forsogi.thai@gmail.com



Name of Organization : Swing Thailand

Expertise :


- Promoting rights to health for sex workers and working with trans communities
- Providing consultations, blood testing for HIV/Syphilis/Hormone, as well as PrEP guidelines for sex workers and gender-diverse people who are hearing impaired

Service areas : Bangkok

Address : Building No. 3, 5th Floor, Soi Patpong 1, Surawong Road, Suriyawong Sub-district, Bangrak District, Bangkok. 10500

Opening hours : Open from 11:00 a.m. to 6:00 p.m. Monday through Friday

For inquiries :

 063-295-012

 Swing Thailand



Name of Organization : Sisters Foundation Pattaya /

Sisters Foundation Rayong

Expertise : Sisters Foundation provides consulting services, blood testing for HIV/Syphilis/Hormone, and PrEP to their target populations.

Service areas : Pattaya, Chonburi and Rayong provinces.

Address : 417/64-65 Moo 9, Soi Arunothai, Central Pattaya Road, Nong Prue Sub-district, Bang Lamung District, Chonburi province. 20150

Opening hours : Open from 10:00 a.m. to 7:00 p.m. Monday through Friday

For inquiries :

Sisters Foundation Pattaya

 033-035-367, 085-699-3233

 Sisters Foundation

 www.sistersthailand.org



Name of Organization : MPLUS Foundation Chiang Mai

Expertise :

- Offering consultations, blood testing for HIV/Syphilis/Hormone, and PrEP for their target communities
- Providing training about HIV/AIDS, basic human rights, as well as stigma and discrimination.
- Organizing on-site trainings for community leaders/youth

Service areas : Chiang Mai province and its vicinity.

Address : 142 Soi Chomchan, Chiang Mai-Hod Road,
Pa Daet Sub-district, Muang District Chiang Mai Province. 50100

Opening hours : Open from 10:00 a.m. to 8:00 p.m. Monday through Friday

For inquiries :

☎ 053-283-108



Name of Organization : MPLUS Foundation Chiang Rai

Expertise : The foundation offers consultations, blood testing for HIV/Syphilis/Hormone, and PrEP for their target groups.

Service areas : Chiang Rai province

Address : 997/5 Sathanphayaban Road, Rob Wiang Sub-district, Mueang Chiang Rai District, Chiang Rai province. 57000

Opening hours : Open from 10:00 a.m. to 8:00 p.m. Monday through Friday

For inquiries :

☎ 052-026-357



Name of Organization : MPLUS Foundation Phitsanulok

Expertise : The foundation offers consultations, blood testing for HIV/Syphilis/Hormone, and PrEP for their target groups.

Service areas : Phitsanulok province and its vicinity.

Address : 262/19-22 Rat Uthit Road, Nai Muang Sub-district, Muang District, Phitsanulok province. 65000

Opening hours : Open from 10:00 a.m. to 8:00 p.m. Monday through Friday

For inquiries :

☎ 055-002-309



Name of Organization : V Power - Volunteer for Community Development and Rights Protection

Expertise :

- HIV/STDs and reproductive health
- Managing undesirable behaviors in children and adolescents
- Adjusting individuals' health behaviors


Services :


- Provide sexual health information
- Giving consultations
- Offering linkage to healthcare facilities like San Pa Tong Hospital (STDs)
- Distributing condoms and lubricant gels
- Providing access to free blood testing for everyone, twice a year for each person

Address : The “Ran-Kha Ruamjai” Building at San Pa Tong District Office
428 Moo 10, Yu Wa Sub-district, San Pa Tong District, Chiang Mai province.
50120

Opening hours : -

For inquiries :

 098-153-6146

 patra1227@gmail.com



Name of Organization : CAREMAT Health Center


Expertise : This facility focuses on providing gay men and trans women with greater access to healthcare services related to HIV/AIDS and hormone treatment, as well as helping HIV-positive individuals in getting connected to effective treatment process.

Service areas : Chiang Mai province

Address : 257/102-103 Suthep Road, Suthep Sub-district, Chiang Mai Municipality, Chiang Mai province. 50200

Opening hours : Open from 1:00 p.m. to 7:00 p.m, Tuesday through Friday / From 9:00 a.m. to 5:00 p.m. every Saturday.

For inquiries :

 052-005-4458, 086-910-2570

 CAREMAT



Name of Organization : VCAP Healthcare Center

Expertise : This healthcare facility provides consultations about reproductive health, teen pregnancy prevention, HIV/AIDS, STDs, gender-diverse rights protection, HIV testing for MSM/TG, and linkage to other services.

Service areas : Lamphun province and its vicinity.

Address : 343/522 Baan Ua-Athon Mueang Nga, Moo 6, Soi Chamthewi 23, Muang Nga Sub-district, Muang District, Lamphun province.

Opening hours : Open everyday from 10:00 a.m. to 6:00 p.m. / Blood testing services for HIV/STDs are available from 10:00 a.m. to 6:00 p.m.

For inquiries :

052-034-237, 065-383-1798

(Appointments need to be made in advance)

Vcaplamphun

@วิญญู vcap



Name of Organization : Consumer Rights Protection Center, Lamphun province

Expertise : This center provides consumer rights protection, receives complaints from consumers, and provides consultations in 7 areas, including finance & banking, housing, public services, product health & general goods, communication & telecommunication, food & drugs, and health products.

Service areas : Lamphun province and its vicinity.

Address : 9 Rakkaew Road, Nai Mueang Sub-district, Mueang District, Lamphun province. 51000

Opening hours : Open from 8:00 a.m. to 5:00 p.m. Monday through Friday

For inquiries :

082-870-3454

consumerslamphun



Name of Organization : Piman Clinic


Expertise : This clinic offers HIV testing for MSM and trans communities.

Service areas : Chiang Mai province

Address: -

Opening hours : Open from 10:00 a.m. to 6:00 p.m, Monday through Friday.

For inquiries :

 053-211-363, 085-520-1179

 www.familynetwork.or.th

 Piman Clinic



Name of Organization : Volunteer Peer Support Group in Ban Thi District, Lamphun province

Expertise : This group provides advice and linkage to healthcare services, as well as protects consumer rights.

Service areas : Lamphun province

Address : Ban Thi District, Lamphun province

Opening hours : -

For inquiries :

 065-852-6202 (Contact Khun Chayatri)



Name of Organization : “M Li Rak Sukkhaphab” Group

Expertise : The group offers consultations and linkage to healthcare services related to HIV/AIDS and sexual health.

Service areas : Lamphun province and its vicinity.

Address : Ban Thi District, Lamphun province

Opening hours : -

For inquiries : -

International Organization (Based in USA)



Name of Organization : International PFLAG/Family Organizations

Expertise : PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer

Service areas : (LGBTQ+) people, their parents and families, and allies.

Address : USA <https://pflag.org/>

For inquiries :

 <https://pflag.org/>




Name of Organization : Children of Lesbian and Gays Everywhere (COLAGE)

Expertise : COLAGE is a national movement of children, youth, and adults with one or more lesbian, gay, bisexual, transgender, and/or queer (LGBTQ) parents.

Service areas : -

Address : 3815 S. Othello Street Suite 100 #310 Seattle, Washington 98118

For inquiries :

 (828) 782-1938

 colage@colage.org

 <https://www.colage.org/>



Name of Organization : Family Equality Council


Expertise : Family Equality Council connects, supports, and represents the three million parents who are LGBTQ in this country and their six million children.

Address : 475 Park Avenue S. Suite 2100 New York, New York 10016

For inquiries :

 (646) 880-3005 Fax: (646) 880-3011

 <https://www.familyequality.org/>

 <https://www.familyequality.org/about-us/contact-us/>



Name of Organization : Family Acceptance Project (FAP)

Expertise : FAP provides research-based educational materials and interventions to strengthen families and their support of their LGBT youth. Related goals include improving the health, mental health, and wellbeing of LGBT youth; helping create an environment in which LGBT youth can stay in their homes; and informing public policy.

Service areas : In collaboration with the Institute for Innovation and Implementation, FAP also launched a national searchable mapexternal link of community support services that affirm LGBTQ young people, along with multilingual and multicultural evidence-based resources to increase family support for LGBTQ children and youth.

Address : San Francisco State University California

For inquiries :

 fap@sfsu.edu

 <https://familyproject.sfsu.edu/external>




Name of Organization : Trans Youth Family Allies (TYFA)


Expertise : TYFA empowers children and families by partnering with educators, service providers, and communities to develop supportive environments in which gender may be expressed and respected.


Service areas : -

Address : P.O. Box 1471 Holland, Michigan 49422-1471

 Toll-Free: (888) 462-8932

For inquiries :

 info@imatyfa.org

 <http://www.imatyfa.org/external>

 <http://www.imatyfa.org/contact.htmlexternal>

References

GLAAD. (2016). GLAAD MEDIA REFERENCE GUIDE 10th EDITION. Accessed at <http://www.glaad.org/sites/default/files/GLAAD-Media-Reference-Guide-Tenth-Edition.pdf>

WHO/Europe brief – transgender health in the context of ICD-11. World Health Organization. Accessed at <https://www.euro.who.int/en/health-topics/health-determinants/gender/gender-definitions/whoeurope-brief-transgender-health-in-the-context-of-icd-11>

Speaking about gay people in 2013, Pope Francis said, “the key is for the church to welcome, not exclude, and show mercy, not condemnation”.

Duangrit Bunnag. (August 30, 2018). “อิสระทางเพศคืออิสระแห่งการสร้างสรรค์”. Accessed at The 101.World : <https://www.the101.world/freedom-of-expression/>

Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender (LGBT) Children
BY CAITLIN RYAN, Ph.D., A.C.S.W. (2014). Accessed at <https://familyproject.sfsu.edu/sites/default/files/FamilySupportForLGBTChildrenGuidance.pdf>

Notes from the public discussion concerning the experiences of the family network in raising their gender-diverse children. The meeting was convened to hear any difficulties or concerns that such a family network might have about gender diversity and health in the central region. Bangkok, August 18, 2019 at Ebina House Hotel.

Notes from the public discussion concerning the experiences of the family network in raising their gender-diverse children. The meeting was convened to hear any difficulties or concerns that such a family network might have about gender diversity and health in the northern region. Chiang Mai, September 7, 2019 at Lanna Oriental Hotel.

Notes from the meeting on the establishment of a network partners' working group on the care of gender-diverse children and the development of an action plan, scope of responsibility, and monitoring and evaluation plan, as well as the conduction of workshops in the central region. Bangkok, January 27, 2020 at Narai Hotel.

Notes from the meeting on the establishment of a network partners' working group on the care of gender-diverse children and the development of an action plan, scope of responsibility, and monitoring and evaluation plan, as well as the conduction of workshops in the northern region. Chiang Mai, February 27, 2020 at the Wintree City Resort Hotel.

Notes from the public forum on exchanging knowledge and learning across family and empowering networks, held as part of Activity No. 3.2. The objective of the forum was for the family network and the empowering network to collaborate on action plans to be conducted in the central region. Bangkok, October 29–31, 2020 at The Twin Towers Hotel.

Notes from the public forum on exchanging knowledge and learning across family and empowering networks, held as part of Activity No. 3.2. The objective of the forum was for the family network and the empowering network to collaborate on action plans to be conducted in the northern region. Chiang Mai, November 14-16, 2020 at SYN Boutique Hotel.

Notes from the public discussion about the lessons learned from parenting gender-diverse children and youth, as well as the cooperation of the family network, have gender-diverse children, to raise gender-diverse children in the northern region. Chiang Mai, March 9-10, 2021 at SYN Boutique Hotel.

Notes from the public discussion about the lessons learned from parenting gender-diverse children and youth, as well as the cooperation of the family network, have gender-diverse children, to raise gender-diverse children in the central region. Bangkok, March 17-18, 2021 at The Mandarin Hotel.

Notes from in-depth interviews with the parent network of gender-diverse children across four regions of Thailand, conducted between November 2020 and March 2021.

Data from interviews conducted as part of the research project "Childhood Experiences of Gender-Diverse Persons in Thailand," a collaboration between the Foundation of Transgender Alliance for Human Rights and the CPC Learning Network at Columbia University in the United States. The interview took place in 2018. (with gender-diverse people aged between 19 and 25 years old).

Appendix 1

**Details of “The Project to Develop a Family Network With Gender-Diverse Children”
Supported by**

**Office of Vulnerable Group Health Promotion (Office 9)
Thai Health Promotion Foundation (ThaiHealth)**



Principle and Rationale

The human rights principle promotes human equality and recognizes that all human beings should have the basic rights that they have from birth. That means there should be no discrimination based on race, religion, skin color, language, culture, IQ, or ability, economic status, political views, or gender.

Individuals should be able to live in dignity, freedom, and equality and should be entitled to the equal right to seek a means of living. They must also be recognized by society and treated fairly by the government. In this regard, Thailand is committed to implementing these human rights standards.

Therefore, this principle plays a key role in protecting all people in the state, including children, women, the elderly, people with disabilities, underprivileged people, and gender-diverse people. The development of strategies and policies is also ensured to be in accordance with human rights principles. For example, Thailand has the 12th National Economic and Social Development Plan

(B.E. 2017–2021) in place to create fairness and reduce disparities in society by offering quality and comprehensive state welfare in accordance with the 17 Sustainable Development Goals set by the United Nations (SDGs).

One of these development goals is to achieve gender equality and empower all women and girls, as well as end all forms of discrimination against women and girls everywhere.

The goal is also intended to abolish all forms of violence against women and girls, both in public and private settings, including human trafficking, sexual abuse, and all forms of exploitation.

In addition, it includes the elimination of all harmful practices, such as forcing children to marry prematurely and destroying female genitalia. This also helps to ensure universal access to sexual and reproductive health and reproductive rights, as agreed and outlined in the International Conference on Population

and Development's action plans and the Beijing Declaration and Platform for Action, as well as other documents resulting from those review meetings.

The goal of achieving gender equality does not involve just men and women, but also gender-diverse persons, who are entitled to the same rights as others, have value and human dignity, and deserve to live in a society free of discrimination.

Therefore, efforts are being made to design infrastructures, operations, or social systems, as well as service provisions that are appropriate for various target groups, including children, youth, women, the disabled, the elderly, the underprivileged, and other vulnerable populations, in order to help provide them with equal access to state welfare and other social opportunities, as outlined in the 20-year national strategy (2017–2036). This National Strategy is considered to be a national agenda for distributing social opportunities and developments as well as creating social equality and reducing socio-economic disparities, with a focus on strengthening various social institutions and networks and creating a strong basis of cultural capital. In terms of the human rights movement, it has been driven by the Thailand 4.0 concept for sustainable development to ensure that the underprivileged and those who are vulnerable to exploitation of their human rights are taken

care of and treated equally. And whether or not they were raised in a family that values and respects their human dignity, they are always entitled to be treated and respected as human beings who are not subjected to gender-based discrimination. They must also be protected from all forms of violence in order to live happily and grow up to be good and quality citizens.

At present, gender-diverse youth in Thai society continue to face vulnerabilities, social misconceptions, and negative stereotypes about gender diversity, which has resulted in their being marginalized. Gender-diverse children are still physically, verbally, and mentally abused by society and even their own families due to the fear of gender diversity. (Transgender Europe - TGEU, 2015)

These problems continue to have a physical and mental impact on gender-diverse adolescents. Physically, they've been assaulted to the point of injury or death. Mentally, they suffer from stress, depression, thoughts of self-harm, or suicide. (Mahidol University, Plan International Thailand, and UNESCO Bangkok Office, 2014) According to the study project "Being gender-diverse in Asia," which reported on the gender-diverse situation in Thailand, gender-diverse populations continue to experience physical, verbal, and physical assault, as well as sexual abuse and a lack of support from their own family members.

Because of these issues, they were sexually harassed, oppressed, and bullied in different ways. Many trans feminine children were physically abused and punished by their fathers for their delicate and girl-like mannerisms. Young lesbians are also at risk of being raped by members of their own families as a way of converting their sexual orientation from favoring women to favoring males.

The rejection and lack of support from their families causes their gender-diverse children to lose their confidence and mental strength. When they grow up and are confronted with the outside world, they are more likely to struggle with their own identity and fail to make other life decisions. As a consequence, many of them delay disclosing their gender identity until they are older and have reached adulthood because they are afraid of being rejected and facing negative public reactions as a result of doing so. Consistent with the findings obtained from the Family Acceptance Project (FAP) (2009), it shows that gender-diverse kids' decisions to disclose their gender identity are influenced by their family. Families that do not express fear about their kids' gender identity and gender orientation will help their gender-diverse kids feel more welcomed or positively reacted to by their family or others. Families, therefore, play a critical role in assisting and empowering gender-diverse children in accessing appropriate resources and maintaining good health.

Various studies reveal that in the context of Thai culture, family institutions still lack understanding and knowledge in terms of gender diversity. On the other hand, families remain the most important social institution for nurturing and developing the ability of children and young people to grow up healthy. It also shows that families who accept and support their children's gender identity play an important role in boosting their confidence in thinking and making decisions in various aspects of their lives, which is consistent with findings from the guidelines for families of gender-diverse children. (The Foundation of Thai Transgender Alliance, n.d.)

Since the majority of families and parents lack information and understanding of gender diversity, many believe that caring for gender-diverse children does not necessitate any education. When gender-diverse children and young people have a need for acceptance and a desire to modify their bodies, such as taking oral contraceptive pills to increase their female hormones and turning to gender-affirming surgeries, they are not receiving accurate information and advice that is appropriate for their health. Children must sometimes learn on their own, learn from their gender-diverse senior friends, or learn for themselves through the internet. (The Foundation of Thai Transgender Alliance, 2017). This corresponds to the findings of the research project "Childhood Experiences of Gender-Diverse Persons in Thailand," which was conducted in 2018

with gender-diverse people aged 19 to 25 years old and was a collaboration between the Foundation of Transgender Alliance for Human Rights and the CPC Learning Network at Columbia University School of Public Health in the United States (The Foundation of Thai Transgender Alliance, 2018). According to the study, it shows that most gender-diverse children and youth learn how to take care of themselves from second-hand information and experiences shared within groups of gender-diverse people, such as well-known gender-diverse people in society, as well as by searching for information on social media on their own. This information can be right or wrong, and thus puts them at risk of receiving inaccurate information about gender-affirming healthcare, which can have short-and long-term effects on their bodies.

Additionally, according to previous research conducted by the Foundation of Transgender Alliance, many families or parents of gender-diverse children are afraid to disclose their children's gender identity for fear of being bullied or abused by their friends or teachers in schools and society. They are also concerned that any form of body modification, such as taking gender-affirming hormones, might put their children's health in danger, affecting their IQ and other learning capacities. Other issues they are concerned about are gender-based discrimination in aspects such as education, military conscription, and work life. Therefore, this project to develop the family network of

gender-diverse children aims to promote knowledge and understanding of gender diversity among parents/caretakers and guardians by producing health-focused guidelines and media to react to the problems faced by gender-diverse youths and youths as indicated above. Furthermore, the project focuses on developing guidelines for preventing and reducing the severity of current violent situations by equipping parents and family networks of gender-diverse children with knowledge and understanding of gender diversity based on humanity, which is constructed from socio-cultural elements and human rights, including the right to health, leads to unconditional acceptance of their children's gender identity, and share their knowledge with others. Several Empowering Partners, including individuals, organizations from both the public and private sectors, gender-diverse youth interested in working on gender diversity, teachers and students, as well as entities affiliated with the Ministry of Social Development and Human Security, such as the Department of Women's Affairs and Family Development, the Department of Children and Youth, the Children and Youth Council, and other local organizations working on gender-diverse rights, gender diversity, and family issues, also help to develop a strong local empowerment for this project by sharing their policy and goal knowledge. In this regard, they are also working to develop a mechanism for gender-diverse children's family networks to promote gender equality.

Objectives

1. To build knowledge and understanding of gender diversity and to strengthen the family network of gender-diverse children.
2. To develop mechanisms for increasing understanding and Empowering Partners in the care of gender-diverse children.
3. To create the participation of an empowering network (Empowering Partners) in empowering the gender-diverse children's family network by equipping them with knowledge and skills to address their concerns about the health of gender-diverse children.

Target Groups Based on Related Regions

Key Targets

- Family network of gender-diverse children
- For the northern region: Parents/carers or guardians of gender-diverse children in Chiang Mai province.
- For the central region: Parents/carers or guardians of gender-diverse children in Bangkok.

The project has set the following criteria for selecting target groups to participate in the project: (1) Must be families of gender-diverse children; (2) Participation in the sharing of information and the formation of

a family network of gender-diverse children on a voluntary basis. The target group selection process has also been conducted on the basis of non-discrimination of religion, race, ethnicity, socioeconomic status, education, or other factors in order to provide opportunities to learn about different aspects of gender diversity.

Empowering Partners

- Family network of gender-diverse children
- For the northern region: Parents/carers or guardians of gender-diverse children in Chiang Mai province.
- For the central region: Parents/carers or guardians of gender-diverse children in Bangkok.

Strategies/Measures for Conducting the Project

Objective 1

To build knowledge and understanding of gender diversity and to strengthen the family network of gender-diverse children.

- Strategy 1.1 - Organize a forum to obtain insight into the experience of raising gender-diverse children, one time in each province.
- Strategy 1.2 - Hold a forum to hear and respond to concerns from the family network of gender-diverse children about gender diversity related to health, once in each province.

Objective 2

To develop mechanisms for increasing understanding and Empowering Partners in the care of gender-diverse kids.

- Strategy 2.1 - Develop action plans, outline the scope of responsibility, as well as create monitoring and evaluation plans.
- Strategy 2.2 - Establish an Empowering Partners' working group on the care of gender-diverse children.

Objective 3

To create the participation of an empowering network (Empowering Partners) in empowering the gender-diverse children's family network by equipping them with knowledge and skills to address their concerns about the health of gender-diverse children.

- Strategy 3.1 - Organize a public forum to

exchange knowledge between the family network and the empowering network.

- Strategy 3.2 - Cooperation between the family network and the empowering network to develop action plans.
- Strategy 3.3 - Monitor the family network's gender-diverse children's health promotion activities.
- Strategy 3.4 - Discuss the family network's lessons in raising gender-diverse children, as well as the empowerment network's cooperation in raising gender-diverse children.
- Strategy 3.5 - Create a health care guideline for gender-diverse children for the family network and the empowering network.
- Strategy 3.6 - Produce resources for public communication about the health of gender-diverse children.

Appendix 2

The Foundation of Thai Transgender Alliance for Human Rights (Thai TGA)



The Foundation of the Thai Transgender Alliance for Human Rights is a trans-led organization with a strong commitment to improving the quality of life of trans people in Thailand under human rights principles through policy advocacy to reduce stigma, as well as any forms of harassment, discrimination, violence, and harassment based on gender, with objectives as follows:

- To promote social awareness and acceptance of trans people's gender identities.
- To work together with public agencies and other organizations to advocate for policies that promote gender equality and acceptance of trans people's roles in society.
- To encourage people in society to

understand, accept, and recognize the potential of trans people.

- To create a partnership with charitable organizations and non-governmental organizations (NGOs) for the benefit of the general public, both locally and globally.

Key Activities

- Providing academic services through collaborative study and research projects with the trans community, as well as contributing to the advancement of academic knowledge
- To create knowledge and understanding for communities, students, press & media, and academics who have an interest in the human rights issues of trans persons.
- Campaign and communicate with the general public, as well as organize various activities to raise awareness and recognize the importance of trans people's human rights during key events such as International Women's Day, International Day for the Elimination of Violence Against Gender Diversity, International Day Against Homophobia, Transphobia, and Biphobia, Transgender Day of Remembrance (TDOR), International Day of Action for Trans Depathologisation, Human Rights Day, and others.
- To build and develop the capacity of trans leaders and activists working on human rights through the provision of workshops for them in four regions across the country, with a focus on human rights, sexual rights, and media consumer rights.


Providing advice, support, and linkages to support agencies or associated state authorities to trans persons who are victims of gender-based violence through hotlines and social media platforms.


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 Thai Transgender Alliance-ThaiTGA

It's never an exaggeration to say
that it all started at **“home”**
This is because **“home” is**
the heart of the entire family

