



INCLUSIVITY AND GENDER POSITIVITY

The language we use around our children has a profound impact on their understanding of inclusivity and gender positivity. During Pride Month, let's reflect on how our words and actions can support our children's growth in a diverse and accepting world.

Use this checklist to assess and improve how inclusive your language and actions are around your children.

- I avoid making assumptions about my child's interests based on their gender.**
Example: Instead of assuming your son wants a toy truck and your daughter wants a doll, you ask, "What kind of toys are you interested in?"
- I discuss and explain the concept of gender and inclusivity with my child in age-appropriate ways.**
Example: You use simple explanations like, "Some people feel different inside than what their bodies show, and that's okay."
- I respect and validate my child's experiences and feelings about their gender identity.**
Example: If your child expresses confusion about their gender, you listen without judgment and say, "It's okay to feel this way. I'm here to support you."
- I use gender-neutral language whenever possible.**
Example: When addressing a group of children, you say, "Hello, friends!" instead of "Hello, boys and girls!"
- I support my child's friends and peers, regardless of their gender or sexual orientation.**
Example: When your child's friend comes out as non-binary, you use their chosen name and pronouns and ensure they feel welcome in your home.
- I provide my child with books, toys, and media that represent diverse genders and identities.**
Example: You ensure your child's bookshelf includes stories with diverse characters, such as "Julian is a Mermaid" or "Red: A Crayon's Story."

Take a moment to reflect on your responses. If you checked most of these boxes, you already foster an inclusive and supportive environment for your child. If you didn't check a box, consider focusing on those aspects to improve your language and actions. Trust Mental Health also offers professional support to navigate gender identity for families and children.