



Trans Teen and Family

Video One: Family is a Feeling



Please take some time to reflect on your own after watching these videos before talking with others. Taking the time to sit with information that is new and/or linked with strong emotions can make it easier to express your feelings and ideas when talking with others.

Emotions

What were your feelings as the narrator's *mom* expressed vulnerability?

Relating to the Video

The narrator describes the process of finding safety in a family different from their family of origin.

Does safety feel like something to you? How do you know when you are safe? How do you feel in situations that are safe?

Safety and Security

Hamburger to mean, "I love you".

What role did codewords play in constructing safety and security?

Sociocultural

This narrator is also navigating the world as someone who uses a wheelchair. How might this affect their experiences with family? With safety?

Which other identities or characteristics that affect...

- ...how you navigate the world?
- ...how you interact with your family?