

## Trans Teen and Family Video Eight

*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**

- How might this trans teen have felt when family expressed expectations for her to be more “like a man”?
  - [for cisgender family members] Gender expectations can be difficult even for cisgender people. Are there any expectations people have had for you based on your gender that you didn’t feel good about?

### **Relating to the Video**

This teen mentions her mother and brother’s roles in reinforcing gendered expectations: where do you see this happening in our world?

### **Safety and Security**

How does her height provide or facilitate safety and security?

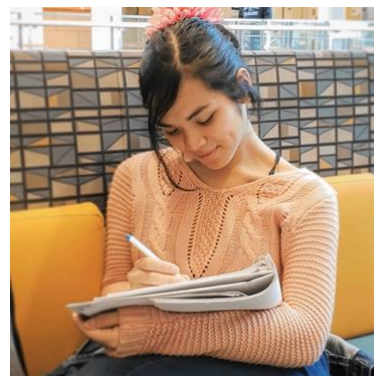
Are there any traits of ours that make us feel safe and secure?

Could these traits provide safety in one context but be unsafe in another?

### **Gender Roles**

What significance did her height hold for the trans teen? Her family?

Are there pieces of gender expression that hold similar significance in our family?



### **Transitioning**

- This trans teen explained that she didn't want to grow tall. How did expressing this change the family's expectations for her?