



PREVENT RESIST SUPPORT

Episode 8: Supporting a Trans Loved One

with Alexander Reid



University
of Windsor

Sexual Misconduct Response
and Prevention Office

Prevent Resist Support Podcast

Episode 8: Supporting a Trans Loved One with Alexander Reid

Anne Rudzinski: Hi everyone, this is Prevent Resist Support. And we're back with part two of our chat with Alexander Reid.

Transition music: So keep your head up, keep your hand out when your breath is feeling short. Prevent Resist Support.

Anne: So in case you missed the first half of our chat with Alexander Reid, I mean, go back and listen to that because it's a great episode. Alex is amazing. But Alexander Reid is joining us from Trans Wellness Ontario, which is a local organization in Windsor, Ontario, recently renamed. They were formerly known as We Trans Support. I always like to make sure that folks have lots of support resources before we get into our chats. And so if you would like to reach out to our office at the University of Windsor, and you're a member of our U Windsor campus community, you can reach us at svsupport@uwindsor.ca. Or you can check out our comprehensive list of resources both on and off campus in Windsor, Ontario. By checking out our website, you [windsor.ca slash sexual dash assault](http://windsor.ca/slash-sexual-dash-assault). And if you're not in Windsor, but you do live in Ontario, you could check out the Ontario coalition of rape crisis centers, their website is sexualassaultsupport.ca. Let's jump into our second chat with Alex. All right, so this is part two of our chat with Alex Reid.

Welcome again, Alex.

Alex Reid: Thanks, Anne.

Anne: So let's talk about how to support a trans loved one. I think this is such an important topic because it is Trans Day of Visibility. And I think that folks who have a trans loved one in their lives, have a lot of questions about how to be the most supportive that they can be? And what are some of the things that they can do to be affirming and all of that wonderful stuff. So let's talk about that. First question, how can you be a good ally or support someone who's in the process of questioning their gender?

Alex: Okay, so questioning your gender, this person doesn't know whether or not they're trans yet, but they're thinking about it, or they're experimenting. The best thing you can do in this situation, is thank that person, for being vulnerable with you for sharing that they're questioning their gender. And then basically just listening. It's a super simple way to respond as like a cisgender person, as an ally, or as a fellow trans person, to just be like, what is it that you need from me? I think that's a really simple answer to a lot of questions, honestly, is, how can I support you at this time, and they'll tell you what they need. So whether they're changing their name, and they want to brainstorm with you, whether they want to look through baby books, and be like picking a new name, whether they want you to practice using new pronouns with them, or you know, whether they want to help, you want to help them, like pick out new clothes, you go shopping together, maybe they're not comfortable going into like, specifically gendered store or specifically gendered section of the store and you go help them. There's so many things, right, maybe you can teach them how to do some makeup looks. Or maybe they can borrow one of your scarves. There's so many things, right. And, like, like we mentioned in our episode, last time, it's it's really important to note that gender questioning looks different for everyone. So whether it's like physical, bodily changes, whether it's demeanor, changes, whether it's language, all of those things can be validated by external sources. And that external validation helps with internal validation. And so it's really important to validate and realize that the things that that person is going through my difficult, they might need more support, they might need space, they might need help finding a good therapist, they might need someone to accompany their appointments with them to go see that therapist, or to buy them a book about gender expression, or you

know, depending on their age too right, like if, if this is like a younger person, and they don't really have a lot of experience with like positive representation of trans folks. Maybe you can buy them a book with like a queer character or trans character in it. Like there's the possibilities are endless, Anne!

Anne: I love it. I love all the ideas that you just gave. So maybe like somebody could say, here's a menu of wonderful ideas, which of these things feels good to you and then go from there.

Alex: Exactly, yeah, and like that person might not know what they want, either. Right? So like if you're listening to this podcast and you have someone in your family or your your friend group or your partner is questioning their gender, maybe write down some things and be like, "hey, look at all these things I learned. I really care about you. I love the process you're going through. I'd love to support you. Here are some suggestions that I heard? Are you interested in doing any of those? It could be so fun, you know?"

Anne: Yeah, or like listen to the podcast episode together.

Alex: Yeah, take notes, and then like, experiment with things.

Anne: Love that. So then how can folks support somebody that they love who has come out as trans, so somebody sharing with you that they have, you know, decided that they would like to change their name or their pronouns, or is just sharing their identity with you? How can you be just like, excellently supportive?

Alex: Okay, so pretend that this person has gone through their process of questioning their gender, and they shared that with you. And now, you have now been bestowed upon the honor of them telling you that they are trans. And so another thing you know, like validation, validation, validation, support, support, support, making sure that we listen, and we do what they asked us to do. But also, once that person has come out, an important step, you know, after we're validating the questioning, and the the changes and things like that is, you can ask if they need help coming out to others. So I think that it's really important as an ally,

or as a trusted person, that you offer your support, and allyship, to them coming out to family members, or friends or their partner, or, you know, coming out at school or at work, like they might need help, or they might need support in in doing those type of bigger steps as well. They might want someone to go with them to access services at Trans Wellness Ontario. They might want you to do some learning of your own so that you can be better, you know, like, supportive of the language changes, or maybe they want you to learn about their responses to hormone replacement therapy, and things like that. But like I mentioned, like, since transition looks so different for everyone, supporting that person looks really different for everyone as well. But the main, you know, kind of takeaway for supporting a trans person is asking them how you can help and you know, taking on as many of the burdens when it comes to educating folks, when it comes to correcting someone who is misgendered or is being called their dead name. Those are some of the things you can always do to support someone who's trans is, you know, taking taking the burden of some of those things that can be really emotionally laborious and emotionally draining for trans folks.

Anne: Amazing. Let's talk a little bit about using the right pronouns. And I know that in my work, we've been trying to move away from the language of preferred pronouns because they're not preferred. They're just somebody's pronouns. Um, so let's talk about using the right pronouns. Why is using the right pronouns important?

Alex: Okay, so the first thing is, yes, we don't want to say preferred pronouns anymore. And the reason why is because preferred implies that it's like a choice. So if my preferred toppings for pizza are like mushrooms and pepperoni, it doesn't mean that's the only pizza I'll ever eat, it just means like, that's my favorite. But so pronouns are not the same, right? Like, if my pronouns are he/him, it's not that I prefer he/him. But you could also call me she/her, it's like, no dead stop, like, I want you to call me he/him. So that's important to know. And I'm glad you mentioned that. But using the right pronouns is important, because when we're talking about someone's gender identity, if we are invalidating them, by using the wrong pronouns, or if we just like don't care enough to use the correct pronouns, we're basically saying to them, "I don't care how

you think about yourself, I think that I know you better than you know yourself. So the way that I see you is as this gender, so I'm going to call you these pronouns. The way you see yourself is as a different gender. But that doesn't matter to me." That's obviously not how we want to be supporting the people in our lives. So the importance of pronouns in this situation is acknowledging and unlearning gender stereotypes. Because what we're looking at here is, you know, when people look at me, and they hear my voice, and they see my facial hair, and my body shape, and whatever it may be, they categorize me as a man and they call me he/him So that works for me, because those are the pronouns that I like. But say, for example, I wanted to use they/them pronouns. If someone was looking at me, they would still categorize me as a man. And they would typically refer to me as he/him pronouns, because those are the stereotypes of what men are gendered as. So when we're looking at people's pronouns we need to associate their feelings and their identities with their pronouns. So gender does not equal pronouns. And pronouns do not equal gender. So what this looks like, especially for non binary people, or people who are not cis passing, so cis passing, for anyone who doesn't know, passing culture is like super problematic. So "passing" means that you are a queer person being perceived as heterosexual, or you are a trans person being perceived as the lived gender that you're striving towards. So whether it's, you're a binary trans person, like a man or a woman, or whether you're a non binary, and you're being perceived as non binary, which would like be ideal. But so if you're not passing, for example, if I was actually a trans woman, but this is what I looked like, then I would not be considered passing as a trans woman. So what that would mean for me is having a difficult time getting people to perceive me as the correct gender and call me the correct pronouns, because people always assumed your external appearance, with your gender, with your pronouns. So when we're talking about using the right pronouns, and I kind of got off track here, but it was a very important rant. Is, is that when people are using the correct pronouns for someone, it gives them that validation that they are being heard, and they are being perceived as the person they truly are, instead of you, projecting your gender stereotypes onto that person. And so, like long story short, when we're talking about pronouns, for trans individuals, it's a way of showing that person that

you love them, and that you hear them and that you see them for who they really are.

Anne: Amazing. And then I think one of the things that folks talk about is the idea that like, you know, if you've known somebody for a long time, it might be hard to make that mental shift and to, you know, use somebody's pronouns accurately. So do you have any tips for how to make sure that you're getting somebody's pronoun, right? And how to make that, that mental shift around the words that you use to talk about them?

Alex: Yes, so when it comes to using the correct pronouns, it's something that you have to practice. So something that I like to do when you get someone's pronouns wrong, you want to get it right three times. So if I accidentally called Anne he/him, then I want to follow up with three times where I call Anne she/her. So for example, I'm like, Oh, yeah, I saw Anne yesterday and he, I mean, she was petting her cat. Her cat is really cute. And she loves him. Is your cat a boy or girl?

Anne: I have two boy cats.

Alex: Okay, great. Glad I didn't misgender your cats. So there's I made a mistake I called Anne he/him. And then I rationalized, I normalized it by calling her she/her three times after that. So that's a good way to practice. Another way is you can practice with your friends. So when that person is not around, you can practice referring to that person using the correct pronouns when they're not around. So that if you do make mistakes, that person doesn't get upset or hurt in the process. And then the last thing is, I can't remember the name of the app, so we'll have to look it up before this airs. But there's an app that you can use where you can practice using, particularly gender neutral pronouns and neo pronouns. But you can practice using pronouns in written text. So there's a lot of different ways that you can use to practice. But the most important thing is like trans people know that you're going to make mistakes. Like if I just told you yesterday, that my pronouns are he/him. And previously, they weren't, like I understand if you're gonna make mistakes. It's it's not to say that trans people are going to be upset when you make mistakes, because you never know what that

person's gone through. Like, that could be the 100th time they've been misgendered that day, right? Maybe they're having a bad day, and now everyone's calling them the wrong pronouns. And they get upset. But it's important to know that like, you're trying we don't make mis mis we mis, we make mistakes, but we don't make excuses for ourselves. So if I make a mistake, I'm like, I call you he/him on accident. You correct me, I want to thank you for correcting me. I think that's a really important really small way to to show that you're trying and don't make it about you either. So like if I make a mistake, and then I'm like, Oh, no, I'm so sorry. I didn't I really didn't mean to like I'm trying my best, right. Now it feels like that trans person needs to, like make you feel better for making a mistake. So, so yeah, it's important to practice. And then it's also important to thank that person for correcting you if they use, like their emotional labor to do so. And to give a brief apology for for making a mistake if you do.

Anne: I love that. And then so I think there was something really interesting that you touched on in there, which was the idea that folks might need to especially practice gender neutral pronouns, because that might be new to them. So can we talk a little bit about they/them pronouns, I know that some folks really struggle with the gender neutral pronouns, especially they/them because we use they/them in other ways. And I know we also use they/them as a singular pronoun all the time in our regular English vocabulary. Um, but yeah, can we talk about that a little bit? They/them pronouns? Why are they important? How can folks work on that piece?

Alex: Yeah, so when we talk about they/them pronouns, as a singular pronoun, what we're referring to is, like, erasing gender stereotypes and gender biases, from the pronouns when you're referring to a person. So as we know, like, they/them pronouns have been used as a singular pronoun since the 1300s. It's in Shakespeare, we use it in our everyday language, right? Like, if I show up to a meeting, and someone forgot their computer there, and I don't know who they are, right? Like I just called them, they/them twice. I'll be like, oh, someone left their computer here. Let's look and see whose it is, right. But I didn't know who that person was. I didn't know their gender. And so I called them they/them, instead of saying, someone left his or her computer here. Let's call him or her to

see who it is, right? That sounds clunky. It's gross. Nobody wants to say that. So it's just better off to use a singular they/them pronouns when we're referring to people that we don't know. Or when we're referring to people who we haven't asked what their pronouns are, it's a safe way to make sure that you don't misgender people. And I know that it might be difficult for people who have never met someone who uses they/them pronouns, but I promise that it's something that with time, you'll be able to do it, it did take me, I think it probably took me like a year or to use they them pronouns for any single person who didn't give me their pronouns, or whose pronouns I didn't ask yet. So I, it does take time, and even as executive director of a trans organization, I still make mistakes. But it's important to note that we're trying. And it's important to note that, like I mentioned, gender does not equal pronouns. So that person could be a man or a woman, a non binary person, agender, gender queer, gender fluid, they might use they/them pronouns, and that's totally fine. And it's totally valid. And I promise you that when someone in your life starts to use they/them pronouns. If you love that person, you'll figure it out. And, and you'll try and and you'll get better.

Anne: Amazing and then can we talk about just super quick Neo pronouns, sometimes that's a struggle for folks. Um, why do you folks choose Neo pronouns? Why are they important to work on? What are your thoughts about Neo pronouns that you would like our listeners to know about?

Alex: So it's very important that I acknowledge as a binary trans person that, you know, like, my opinions on on Neo pronouns, or, or my education on Neo pronouns comes from that perspective. But I do, I do know an individual who uses Neo pronouns. And so basically, Neo pronouns are what someone would use when they've experimented with the conventional pronouns he/him, she/her, they/them, and they don't feel like any of them really validate their gender identity. So in the experience of the individual that I know who uses Neo pronouns, what they use, ney use the pronouns ney/nem. So it's like they/them but with an N, so ney use the pronouns ney/nem, and basically, what ney did was ney were, I think it was an app that ney found, and or no, no, it was a a, what is the word that I am looking for? Anne, what's it called when you are reading? Oh, fanfiction? Got it?

Anne: Oh, my God. I love that so much that it came from fanfiction. That's amazing.

Alex: Yes, so, ney were reading fanfiction about Alice in Wonderland. And so what this person did was the author wrote Alice in Wonderland using various Neo pronouns. And so this person that I know ney were reading Alice in Wonderland using ney/nem pronouns, and ney just felt this like sense of gender euphoria, and so ney/nem like the N stands for neutral. So it's like neutral pronouns, gender neutral. So what that looks like is every person has a different experience. And if they don't experience gender euphoria with the conventional pronouns that we already have that exist, experiment with Neo pronouns and see if it's cool. The only the only difficulty with Neo pronouns is that so many people struggle to use them. And that is not an excuse, right? Like, we should always be trying and doing better. But it is, it is a situation where you might experience more misgendering than if you used a conventional pronoun. So that is something to keep in mind. But it's important to know that like, when you're experimenting with pronouns, or when you're trying new pronouns, you take into consideration the way that you feel, and it doesn't matter if other people are going to be accepting or if other people are going to get it right all the time. It's it's important how you feel about yourself, and and the way that your pronouns make you feel. So Neo pronouns are any combination of non conventional or any pronouns that are he/him, she/her, or they/them. So there's ze/zir, there is ney/nem, like I mentioned. So there, there's a whole bunch of them. And basically, when we're talking about Neo pronouns, what's important to remember is that we're validating these people's gender identities, it's not a joke. It's not for fun, it's not silly, it's not made up words, these are 100% valid, and we need to respect and love the people in our lives who use Neo pronouns, because it's not easy to be the kind of person who comes out and says, "I would like to use these words that are not commonly used. Because it means a lot to me." So I really respect and I really love the people who are proud enough to come out and say, I want to use Neo pronouns instead of they/them pronouns. Because it's difficult to do that. I've experienced someone who gets misgendered because they use Neo pronouns all the time. And the

amount of pride and the amount of confidence it takes to use Neo pronouns is really impressive.

Anne: I also just think, like, as a cis person, you know, like, I have so much privilege in being cis that one of the things that I think is reasonable is for me to just shoulder the discomfort that comes with learning new pronouns or changing pronouns for somebody that I know, like, that's just reasonable to me, but that is something that I have to deal with. So I think, you know, if you have that discomfort, it's okay. But I think that, um, you know, making that effort is really important. So one of the, we have a couple more questions here, and then we'll be wrapping up. So what is something that you would say to somebody who disagrees, quote, unquote, with somebody pronoun or name changes?

Alex: That's a tough question. So this, this comes from, my response to this question comes from Jordan, Dr. Jordan v. Peterson, from the University of Toronto. So he's a very well known professor who I do not love, who speaks out against gender neutral pronouns, and says that they're not valid and says that, like they/them pronouns are only meant for groups of people. And it's frustrating. For people who disagree, quote, unquote, with pronouns or name changes, it's just transphobia. Like, there's no reason for you to disagree with how someone identifies themselves, like how dare you take upon yourself to invalidate someone else's identity. So it's frustrating, particularly for a trans activist, to hear that some people disagree or don't respect others' pronouns and name changes. I know that those people are out there. We come into contact with them, we hear from our clients, their parents, their families, their friends, their partners, who don't want to use the correct name and pronouns for them. But what we need to see here is compassion, and empathy. And I think that if you don't know what it's like, or you can't imagine what it's like to be someone who's misgendered, or dead named, or called the wrong pronouns, you won't understand how much it hurts. And when, when someone comes to you with their name and pronouns that they want to use, they're trusting you, they're opening themselves up, they're being vulnerable, to tell you, you know, what you've been calling me makes me feel sad, makes me feel discomfort makes me feel uncomfortable. And this is what would make me feel better. And if you can't see that as that person trying to connect

with you, and that person trying to foster a relationship where they feel comfortable being vulnerable with you with something that is so challenging to share with others until you can have gained that confidence. If you can't see that, then I think it's a problem with empathy and compassion in this sense. And I think that once you really understand and once you've heard the stories and experiences of, of trans folks and of non binary folks who have shared their name and pronouns and have been rejected, or, or hopefully have shared their name and pronouns, and have been wholly accepted and loved in their communities, it will really give you that opportunity to reflect and hopefully learn and grow and just be like, hey, it's not my choice to label someone or give someone the name and pronouns that I think they should have. It's 100%, not your choice. And once you learn that, and you understand that, like, there's no one who knows themselves better than that person, so I know myself better than anyone else does. And we just have to learn to respect that. And even when change is difficult, and even when it requires you to learn and grow. It's still important that we respect that person's vulnerability, and we respect that person's self identification.

Anne: Amazing. Thank you so much for sharing that. So another thing I would love to talk about is how can you be an ally, when the trans person who has shared and come out to you is not around? So let's say, you know, this person has disclosed to you that they're trans and I shared that with the family, but the uncle in the family is still using the dead name or the wrong pronouns? How can you be a pro social bystander for that person in your life?

Alex: Yes, okay. Pro social bystander, being an ally for trans people, is always giving up your social capital, to correct people when they make mistakes. So social capital is a term that we use to describe the basically the inclusion that you have in a certain space or in a certain group of individuals. So for example, like barbershop culture, or like, like white solidarity, or being in a group of folks who all kind of share the same social inclusion. So if you're losing your social capital, or you're correcting someone, on making a mistake on someone's gender identity, or someone's pronouns, or someone's name, basically, you're saying, I do not accept you being disrespectful or you being hateful

towards someone. And so, being a pro social bystander in that case, is basically just saying, is a quick correction of, you know, someone calls someone the wrong name, or the wrong pronouns, and you quickly correct them. If there's then like an argument that ensues or some sort of disagreement about, like, "ugh well, you know, their pronouns don't make sense", or "that's not their name", or whatever it is, taking that emotional burden off of the trans individual, who probably experiences that all the time, right, who probably has to correct other people on their own behalf all the time, that's a great way to be an ally, is to take on some of that emotional burden of educating them, of telling them the correct thing to say or the correct thing to do, and not backing down when it's uncomfortable. A lot of being an ally for communities that you're not a part of, is allowing yourself to be uncomfortable when social situations happen, that don't necessarily affect you. But make you feel that like icky feeling in your heart that someone else is being hateful or discriminatory or abusive. So a lot of that comes with defending communities that you're not a part of, because of the privilege that you have. So using your privilege, as a pro social bystander is essential.

Anne: Amazing, I think also like a piece of it to being an ally, when trans people are not around. And it's not about a specific person, it's also stuff like using gender inclusive language...

Alex: Absolutely

Anne: And acknowledging you know, pronoun use and, and all of those things. And so for example, not using language that ties biology to gender.

Alex: Yeah, even using things like instead of feminine hygiene products, saying menstrual products, or reproductive health instead of women's health. Or talking about the body parts that you mean, instead of saying like women's reproductive system, or like male genitalia, you know, describing the things that you actually mean using biologically correct language when we're discussing when we're discussing bodies, and then using like gendered non gendered language when we're not talking about biology. So If you're talking about women, make sure that

everyone knows you include trans women as well. Like it doesn't, it needs to be outspoken. It needs to be explicit that if you're talking about women that trans women are included in that really goes as far as even small things like when we're talking about gender neutral language, saying things like, Hey, folks, or Hey, everyone, instead of Hey, guys, or like, not calling everyone dude, even though you think that's like, you're right, you know what I mean? Some people don't like to be called that. It's super small things that disrupt the social norms of gendered language, and disrupt the social norms of like, cis normativity.

Anne: Yes, I love folks. I also love friends saying, Hey, friends.

Alex: Yes

Anne: You're all my friends now I'm sorry, that's just what it is. But I also really love using friends in like an unfriendly way, like, when I have road rage, I'll be like, why are you driving so close to my car, friend?

Alex: Yup

Anne: Yeah, just, you know, the positive ways and the less positive ways. And then I know, we didn't plan to talk about this, but I was wondering if you wouldn't mind. Um, there is someone in my life who has recently come out, and you gave me the most lovely advice about processing my feelings around their transition. And I was wondering if you would speak to that a little bit around, you know, the idea that if somebody that you love comes out, you might have feelings about that. And processing that is really important. And you know what that looks like?

Alex: Yeah, of course. So folks often come up to me and talk about how their partner or their family member or their friend has recently come out as trans. And not that their reaction was negative, but that they have feelings about it, right? Like, of course, this is something new, this is something unexpected, maybe, that you're experiencing with a loved one. And there's a couple different things that you need to know. So the first thing is that it's okay, to have feelings, to feel doubt, to feel scared, to feel worried about your partner, or your family member or your friend or whatever it may be, coming out as trans. It's a unique experience. It's

something that you as a cisgender person, presumably, have never experienced. And it's also like, this world is not the kindest to trans people. So it's okay to feel scared for them, it's okay to feel worried that their life might be more challenging now that they have come out as trans. And you know, that was kind of my parent's reaction to me coming out was like, oh, my goodness, this is going to be so difficult for you. But the second thing that I think is almost as important, if not more important, is not expressing those fears and that worry and that doubt, to the trans person in your life. And let me tell you why. So as someone who has dated individuals, since the beginning of my transition, I was with someone for four years. And she did have fears, and she did have concerns. And she did have doubt, but she never expressed them to me. And she would talk to them, talk about them to her friends or her family, or therapist or whatever. But she never made me feel like my transition was a burden on her. Or like my transition, made her worried or scared or apprehensive, she never expressed doubt in our relationship, or her love for me or her attraction for me. And that was extremely important for me in the early years of my transition, was that I felt as though I had her unwavering support, her unconditional love, and that no matter what I did, she was going to stand by my side. And even if that wasn't how she was really feeling, or even if she did have moments of doubt, or worries about physical changes in my body, or whatever it may be, she never made me aware of that. And that was so important for my confidence. And it was so important for me in my early years of transition, building my self esteem and knowing that I was lovable, and that I was loved. And that is such a crucial part of being the loved one of a trans person is letting them know that they are loved, even in their trans body or even in their trans identity, because society does not normalize that. So it's okay to have your feelings and it's okay to be scared. It's okay to be like, what if this person's body changes in a certain way and I'm not attracted to them anymore? Or what if I'm not comfortable being perceived as you know, this type of sexuality or whatever I'm concerned about? You know, maybe before I identified as a lesbian, and now my partner's transitioning and I don't know whether I'm going to be comfortable with with like dating a man and like, all those things are normal. It's okay to feel those feelings and it's okay to have those. Those confusing thoughts, but don't share them with your trans loved one. Keep those

to yourself, talk to them, talk to other people about I talk to other partners of other trans people, you know, reach out to us at Trans Wellness Ontario, we have support groups, for family members and friends, we have a parent, a peer mentor talks to parents of trans kids. It's really important to share and express those opinions, but we don't want to cause that emotional burden and that that feeling of doubt and insecurity. We don't want to project that onto our partner.

Anne: Yeah, thank you so much for sharing that. I know, that was really helpful for me specifically to just think about, like, the validation, that it was okay that I was having really messy feelings about it. But that also that there were other folks to process it with. And I think that piece was really useful in my process of thinking about it. So thank you.

Alex: Yeah, cuz, cuz a lot of people will, like, their partner or their loved one in question is like the person they talked to about everything. And so it feels really unnatural to not talk to them about those feelings of doubt, or those feelings of fear. But it really does do harm to that individual to know that you're afraid or to know that you're questioning your feelings, or that you don't know whether your relationship is going to last or whatever it may be, maybe you're afraid for their safety. They already feel those things, right. So they don't, they don't need to experience that from your perspective as well. And I think it's really important to note that and to normalize in all relationships, that like, there are some things that you don't share with your partner, or you don't share with your parent or you don't share...

Anne: Yes

Alex: ...With your loved one, because we think that this, like, complete transparency is usually like a really healthy relationship, right. But there are certain things that you don't need to share if it's hurtful to that person, especially when it's about their identity, or especially when it's about their their social position, whether they're a person of color, whether they're trans or you know, whether they have a disability, sometimes our our fears or our negative feelings about their interactions with the society or even just like the way that they are

treated by others. They already know those things. And we don't want to like, affirm that for them. Because it can be really harmful.

Anne: Yeah, absolutely. Thank you so much for chatting with me about this. I think this is going to be such a wonderful episode for our listeners. And hopefully, it's just a resource that folks can return to and think about, and, you know, and reflect on so thank you so much for sharing your thoughts and your expertise with us and the new name of your organization. So exciting.

Alex: Woohoo!

Anne: I'm really pumped.

Alex: Yes, thank you so much. Those are such great questions. And I think it really led to like some meaningful discussion that hopefully will be able to, you know, help trans people, allies, family members, friends, even just random listeners who are like, "Hey, I don't have a trans loved one in my life. But this is really cool. And now I know I know how to support them if I do."

Transition music.

Anne: So folks, that is it for our chat with Alexander Reid from Trans Wellness Ontario, formerly known as We Trans Support. You can find them on their website, transwellness.ca, or on Instagram at Trans Wellness dot Ontario or on Facebook as Trans Wellness Ontario. Remember that you can also find all of our support resources in the description of the episode. And remember to like and subscribe because we really appreciate that thank you so much for listening and join us next week for our next episode.