

CASE STUDY

Supporting trans and gender diverse children and their families

Jeremy is eight years old, an only child to his mother Nicole (35) and father Michael (37).

Jeremy was assigned male at birth but recently told his mum Nicole that he wants to dress in girl's clothes. He has started talking about how he is in the wrong body and that he feels like he is a girl. Jeremy says he is worried about how his body is changing and told his mum that he wants to change his name to a girl's name.

Nicole lets Jeremy dress in more feminine clothes at home, and she has noticed how much happier he seems when he does this.

Jeremy has been getting bullied at school for being 'too girlie' and not playing the 'boy's games'. Jeremy has told his mum that sometimes he feels very sad and wants to hurt himself.

Nicole is surprised at what he is saying because she just thought he was a sensitive and creative child. She does, however, want what is best for her child. Jeremy's dad Michael is not coping well with the idea that his son wants to change his name.

Nicole decides to go to the family General Practitioner (GP) who has known them (Jeremy) all of his life. In fact his GP was present at Jeremy's birth.

Nicole wants to know how to best support her child because she is worried about his mental health and what the future holds for her child.