

Youth and families

[youth and families](#)

Whether a child needs support exploring their gender identity or a parent wants to be listed under their correct gender on their child's birth certificate, trans people often find themselves in systems not built for them.

What challenges do trans youth face?

More trans people feel confident [coming out at younger ages](#). While this is a good sign, because it signals that people are more comfortable exploring and expressing their identity, there are still many issues.

Navigating legal gender recognition or accessing trans-specific healthcare can be particularly hard for trans youth. This is even more true for trans children who are still minors.

Trans children and youth need systems and procedures that are available for them, and support them in receiving care that is appropriate for their age and desires. This starts with ensuring they have a safe and supportive space to explore their identity, but carries over into making sure that trans youth and children are considered and included in laws and policies.

What challenges do trans parents face?

Trans parents are an often overlooked group. However, already [nearly a quarter of trans people in Europe are parents](#). Many other trans people look forward to becoming parents one day. However, some legal gender recognition procedures still have sterilisation requirements.

On top of that, there are still many instances where LGBTI families can be subject to discrimination. This can be from treatment at their children's school or beyond and leads many trans parents to not open up about their trans identities. This is compounded by the fact that [legal gender recognition may not extend to kinship documents](#). This means that on documents, like a child's birth certificate, trans parents will still be listed as the gender they were assigned at birth. These documents can forcibly out trans parents and put them at risk of discrimination.

What does TGEU do?

We work to ensure laws and procedures protect and support trans youth, trans parents, and their family lives.

We work to make sure that legal gender recognition is available, regardless of age. We also work to help define and promote guidelines to access trans-specific healthcare that supports trans children and youth and ensures they receive care that is appropriate for their age.

We support the right of all trans people to become parents. To this end, we advocate for ending sterilisation requirements or other discriminatory practices, like divorce requirements. For trans people who are already parents, we work to ensure they have full rights and protections. These rights and protections cover a broad range, from legal gender recognition that means a parent will be listed on their child's documents under their correct

gender to anti-discrimination legislation that can help protect trans parents.

MAIN INFORMATION

PRESS

[see more articles](#)

RESEARCH

[see more articles](#)

publication

May 31, 2022

TGEU Releases Its Second Report on Trans Parenthood

[read more](#)

publication

March 22, 2021

New Report on Trans Parents and Freedom of Movement in the EU

[read more](#)

publication

October 16, 2016

Rights of Trans Children under the UN Convention on the Rights of the Child

[read more](#)

LEGAL ACTIONS

[see more articles](#)

statement & call to action

April 4, 2023

European Court of Human Rights Disappoints Trans Families: TGEU & BVT Joint Statement

[read more](#)

statement & call to action

July 6, 2021

European Court Rules in Favour of Trans Parental Rights in Russia

[read more](#)

statement & call to action

November 27, 2020

Hungary's Constitutional Amendments Will Hurt Children

[read more](#)



WE'RE HERE TO HELP

Search

Search

EXPLORE NEXT



Legal gender recognition

Learn about legal gender recognition for trans and non-binary people in Europe & Central Asia. Find out how we're advocating for self-determination.

[read more](#)



Protection from violence and hate

Learn how we protect the transgender community from anti-trans violence and hate crimes.

[read more](#)



Non-discrimination

Explore our work to end anti-trans discrimination and advocate for legal protection for the transgender community in Europe and Central Asia.

[read more](#)



Sports and physical activity

Discover how we promote inclusivity in sports and physical activity for trans people.

[read more](#)



Socio-economic rights

Learn how we're promoting socio-economic rights for the trans community.

[read more](#)

-

Resilience against the anti-gender movement

Find out more about how the anti-gender movement is affecting trans rights in Europe & Central Asia, and get resources to better advocate for trans rights.

[read more](#)

-



Intersectionality

Explore the intersection of trans rights with issues of race, ability, asylum, and more. We advocate for a more inclusive world for all trans people.

[read more](#)

-



Health and depathologisation

Learn how we're promoting access to trans-specific healthcare and depathologisation for the transgender community.

[read more](#)



Asylum

Find out about the issues trans and LGBTI asylum seekers and refugees in Europe & Central Asia face.

[read more](#)

