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### LGBTQIA+ Reflection

For most of my life I have been taught that gender was simply assigned at birth that would also dictate sexuality among other things. Until now, I am still quite unacquainted with the LGBTQIA+ community for I have only had a few interactions with its members. Within these videos I have discovered a new perspective and a glimpse into the lives of trans people and I have put into thought what this newfound knowledge may influence the way I care for each patient as an individual.

I knew about hormone therapy before and how some people may utilize it to make a transition but I had only ever heard of it being for adult use. Having learned that these medications are now also available for children, I began to ask the same questions from the "Growing Up Trans" documentary. How can a child be expected to make a life changing so early? From this question I have learned that children may actually form their gender identities early and it is unfair for others to dictate what they feel deeply about. Even in the realm of pediatrics and the medical field in general, healthcare providers must accept that what a patient feels about themselves is reality. Knowing this and putting it to practice will allow nurses to adequately care for each patient with fairness. I also questioned the fact that there is limited research about the use of hormone therapy in children and their effects, intended or unintended. Although it would be quite worrisome to undergo therapy supported by ongoing research, I commend these children that pioneer the treatment so that other children may have similar opportunities in the future with a much safer treatment.

Trans patients are people too and I am glad to learn that medical forms are being updated to accommodate each individual. A thorough understanding of patient background and history is important in formulating their plan of care and may open opportunities for various resources specific to each patient's needs.