

LGBTQ+ Reflection

The video that taught me the most was the "Growing Up Trans" video. I know many people in my life as well as very close friends that are part of the LGBTQ+ community but I do not know any younger kids that are. This video gave me an insight into their life and a portion of what they deal with, as well as their parents. One thing that I had never heard about was the puberty blockers. I think this is something incredible for young transgender kids. This helps cut back on some of the body image issues that young kids experience while growing through their transition. Anything that helps them feel more like their true self is incredible. Another thing that surprised me was how well educated these young children were as well as how in tune with their body they are, especially when it comes to the puberty blockers. Seeing the struggles that some of the parents went through was difficult. As a parent they generally want what is best for their child and they may not always know for sure what is best. I think it is important to always keep the parents in mind when treating a patient that is part of the LGBTQ+ community because they may be having a difficult time too.

The biggest take away that I learned is how big of an impact my words can have on someone. I have always respected people's pronouns, but these videos made me realize how important they are. After seeing how much these children go through physically and emotionally, I always want to provide a safe place for them as a nurse. That also includes children who are gay or lesbian or anything else, not just transgender. I want to listen to them and respect them so that they feel comfortable as I am providing care for them. With so much hate that they may receive in the world, I will always provide an environment full of love and encouragement. These videos also reminded me that it is never my place to judge a child or a parent during this journey. Even if I can't always understand or see things from their perspective, I will always try and will always be willing to learn new things.