



Worksheet

Sydney's Story: Detransitioning

<https://vimeo.com/575146572>

Discussion Questions

1. What does Sydney suggest may have contributed to her gender confusion? How could childhood trauma contribute to gender confusion later in life? What role might the divorce of Sydney's parents have played in the development of her gender dysphoria?
2. Why do you think Sydney's doctor didn't warn her about all (or even some) of the potentially dangerous side effects of taking testosterone? Do you think it would have made a difference in her choice to "transition" if she had been aware of them? What do you know about the negative physical and psychological consequences of cross-sex hormone therapy?
3. What connection is there between Sydney's sexual orientation (lesbian) and her gender confusion?
4. Why do you think Sydney agreed to stop her "transition" process when her grandfather asked her to, even though she didn't want to admit "transitioning" was a mistake? What can we learn about the power of strong, loving relationships from Sydney's story? What influence might you have in the life of someone who is experiencing gender confusion and knows you care deeply about them? Why do you think it would be important for you to speak up and say something in a loving way?
5. What are some of the negative effects that Sydney is still experiencing from taking cross-sex hormones? What difficulties might this cause her for the rest of her life?
6. What is Sydney's advice for others considering gender "transition?"

Role Play #1

Imagine you have a really close friend who has just left an unhealthy, abusive relationship with a partner. Your friend has just come out to you as identifying as the opposite gender and declared on social media that he/she will be socially "transitioning" to the opposite sex and going on cross-sex hormones shortly. Would you speak up? How could you bring up what you know now? How could you sensitively and in a loving way share Sydney's story with this friend who wants to transition?

Consider the following in your conversation:

- What you would say/do if this friend was willing to listen to your opinion?
- What you would say/do if this friend had declared they don't want anyone's opinions on it and they were going to transition no matter what?

- What you would say/do if this friend said they were sure of their decision, but wanted you to support them?
- How can you still show love for an individual even if you disagree with choices they are making?