



Gender Confusion:

What you need to know
to protect your children





There can be no keener revelation of a society's soul than the way in which it treats its children.

— Nelson Mandela

In the last few years, gender confusion and transgender ideology have inundated our society and infiltrated our education system. This transgender push is invading every facet of our lives from our children's schools and classrooms to entertainment media, sports, music, and even video games.

Radical activists are seeking to confuse young children and push for invasive and irreversible interventions at younger and younger ages, all without parental knowledge or consent.

The sudden uprise in the transgender movement is one of the most dangerous threats our children are facing today. This booklet will demonstrate how gender ideology has changed in recent years to an aggressive campaign to indoctrinate young children. This movement's aim is to separate children from their parents.

In this booklet we will address:

- Gender confusion and how it is reaching our kids
- The implications of transgender policies sweeping through our cities, schools, athletics, and media
- A message of hope. There are action steps you can take today to protect your child and work to bring safety and sanity back to our public spaces

We hope you find this booklet an informative and helpful resource in understanding this radical agenda and how you can protect your children.



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The Sudden Rise of Gender Confusion

The gender confusion we are seeing today is not simply a normal adolescent questioning and growing into adulthood. Gender dysphoria—once a rare concept—has morphed into a political agenda being forced into the public square. Contrary to what the media and government agencies would have us believe, gender confusion is not something that was always there and just now being exposed. It is on the rise because it is being manufactured.

Gender confusion is introduced through school curriculum, promoted in entertainment media, and celebrated on social media platforms, causing real harm to children and teenagers (especially girls). It has become so pervasive it has infiltrated our schools, girls'/women's sports, even youth camps. Men in prison are identifying as women so they can be transferred to the women's prisons, and girls and women are being forced to share bathrooms and locker rooms with boys and men. Anyone with even a modicum of common sense would recognize the absolute absurdity of this political agenda and the danger it poses to women and children.

Targeting Our Kids



To understand how gender confusion is affecting youth today, we can look to the personal stories of families who have lived through it. There are already many instances of children targeted by teachers or lesbian, gay, bisexual, and transgender (LGBT) groups at school and pushed to transition. Outside of school, the constant availability of social media means that peers and social media influencers can have a powerful effect on how young teens see themselves.

Parents are increasingly speaking out and warning other parents about what can happen when their role is usurped by political activists.

January Littlejohn, a Florida mother and licensed mental health therapist who worked with youth, has shared her family's terrifying story of her daughter being pushed to transition at just 13. Littlejohn has explained in interviews that she and her husband were surprised when their young daughter suddenly expressed confusion about her gender and a desire to change her name and pronouns. They saw how several of her friends had recently expressed confusion and they recognized that their daughter, who has special



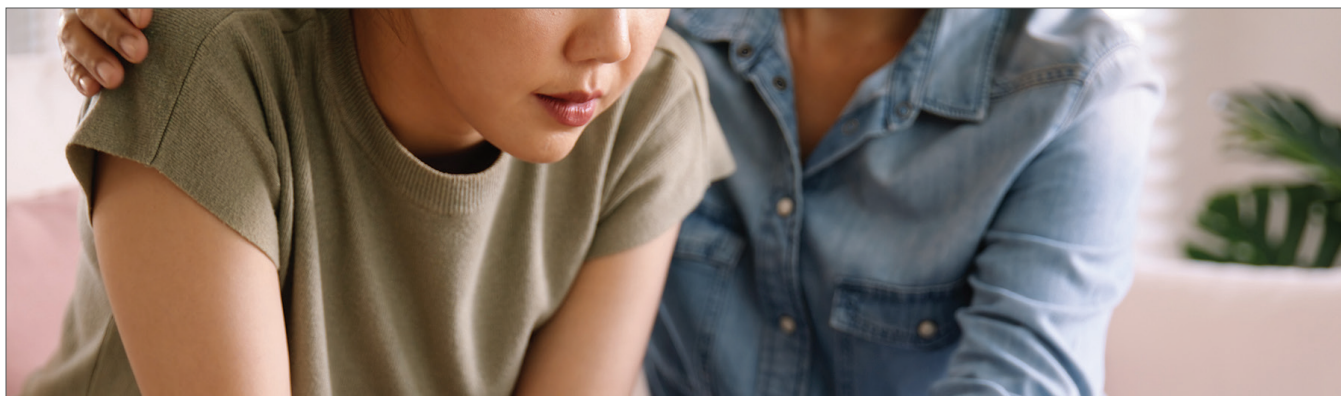
needs and highly impressionable, did not have the emotional maturity to understand what was happening.

January sat down with media outlet The Epoch Times to share her story. This interview is very powerful and extremely informative because January is a mental health professional. She addresses the issue both as a mother and a professional in the mental health industry. January shares her story, explains the negligence of the mental health profession, and offers tangible solutions to protect our children. We highly recommend viewing this [60-minute interview](#).



How does the transitioning of children begin?

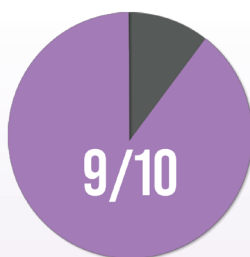
In the radical ideology taking over much of our educational system, a child who expresses mild confusion about his or her gender is invited to choose different pronouns and come up with a new name. From there, “counselors” and administrators—most often without even informing the parents—will begin referring to a child by a different name and start pushing powerful drugs with lifelong effects to delay puberty and begin the process of “transitioning” to the opposite gender.



When parents do become aware of the situation, they are made to feel as if *they* are wrong if they don't accept it. Medical and mental health professionals, and even school counselors will tell parents if they don't conform to the child's perceived "preference" of how they "feel", their child is high risk to commit suicide. Parents are asked, "Do you want a dead daughter or a live son?"

The exact opposite is true. Children who transition are most often already struggling with underlying issues the mental health industry ignores. They sweep it all under the transgender rug compounding the problem instead of addressing it.

Another important fact is that 9 out of 10 children, teens, and adults that "transitioned" had been diagnosed with mental illnesses such as *depression, anxiety disorders, PTSD, OCD, anorexia, gender dysphoria, and autism*. Adolescents with autism are overrepresented in the youth transgender population, and some medical professionals attribute this to autism spectrum traits such as obsessive thinking, vulnerability to body image issues, and a sense of social rejection and isolation during adolescence.



The rise of children and teens wanting to change their identity from girl to boy or boy to girl, once a very rare occurrence, is now on an exponential rise. The sad reality is the current climate is *creating* confusion in children who were *not* confused about their gender until the concept was introduced to them.

Gender Transformation: The Untold Realities

The Epoch Times has produced a powerful film exposing this transitioning craze from those that have experienced it. The film is an eye-opener into the underbelly of this world, who is behind it, the children it has harmed, and the families ripped apart. Every parent needs to see this film to know what our children are being exposed to and distinguish the truth from the lies.

See Trailer Here: <https://youtu.be/OCCrzilgsqs>

See the film. A subscription to The Epoch Times is required to view the film. It includes access to all content from this independent nonprofit organization and can be canceled at any time.

[GenderTransformation.com](https://www.GenderTransformation.com)

THE
EPOCH
TIMES

Who Is Behind This & Why Is It Happening



It seems like this has all happened overnight, like someone flipped a switch and suddenly everyone is talking about transgenderism. The reality is, this has been slowly developing over decades until just the right moment to launch.

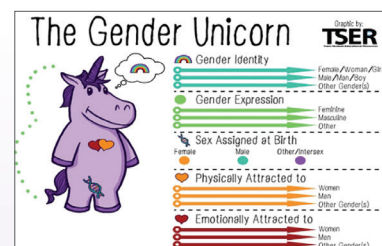
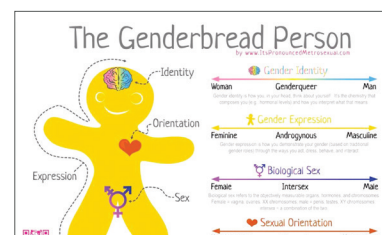
Radical lesbian, gay, bisexual, transgender “LGBT” groups and gender theorists argue that white, European men invented the “gender binary,” or division between man and woman to oppress racial and sexual minorities. They believe that this system of “heteronormativity” must be exposed, critiqued, and deconstructed in order to usher in a world beyond the norms of heterosexual, middle-class society.

A transgender future is not the right side of history, yet activists have convinced the most powerful sectors of our society to comply with their demands. While the claims they make are clearly false, it will take real work to prevent the spread of these harmful ideas. If we are going to fight this radical agenda harming our children, we need to understand where it is coming from, how it is being advanced, and why.

Education Influence

The public school system has been a convenient conduit to promote this political movement, but it

isn’t just public schools that have been infiltrated. Many private and parochial schools have succumbed to this fanatical agenda as well. One of the ways school staff and administrators introduce children to gender confusion is through beloved characters like unicorns and the gingerbread man. In 2014, schools across the country began distributing the Genderbread Person in elementary classrooms across the country billing it a “classical way to teach children about gender identity.” They later introduced the Genderbread Unicorn determining



the Genderbread Person was too masculine. Who are “they”? They are adult activists and political operatives leading the teachers’ unions who work in coordination with organizations like Planned Parenthood, Gay, Lesbian and Straight Education Network (GLSEN), National Organization for Women (NOW) and over 100 other politically motivated organizations.



Children as young as 5 years old are encouraged to disregard their anatomy and choose their gender based on feelings. There are elementary schools where young students are forced to participate in classroom “coming out” parties where “Janie” walks into the “magic closet” turns around three times and comes out “Johnny.” Many schools have adopted open bathroom and locker room policies where students have to share the same facilities, even bunking up together on field trips. They are intimidated, bullied, and even punished by adults when they don’t use the school-assigned pronouns for fellow students. This is occurring in all grade levels, kindergarten through high school. In some cases, students are even forced to endure watching their teacher transition into the opposite sex throughout the school year. And, it is all happening without the consent or even knowledge of parents.



Medical & Mental Health Influence

Gender dysphoria, the psychiatric condition of feeling out of place in your own body and sometimes identifying with the opposite sex, begins in early childhood, is persistent, and requires specialized and compassionate care. The gender confusion sweeping the younger generations today does not remotely resemble gender dysphoria as it was previously known.

The medical and mental health industries have fully adopted the transgender agenda as protocol, completely disregarding medical science and ignoring any contributing mental health factors. Both industries are completely ignoring their medical oath to “do no harm” and have become complicit in harming our children and fearmongering or threatening their parents to accept their call for transitioning children.

There is an actual medical condition known as intersex. It is an extremely rare condition where children are born with genetic abnormalities or sex characteristics of both male and female. That is a totally separate medical issue that should not be confused with the gender mania coming after our kids.

The Origins of Puberty Blockers



Around 1990, some doctors in the Netherlands began to use drugs designed to delay the onset of puberty in teenagers who were confused about their gender.

Puberty-blocking therapies, such as gonadotropin-releasing hormone analogs, were meant to prevent children entering puberty from developing the secondary sex characteristics, such as facial hair for men or breasts for women, if those features did not align with the gender with which they identified. Puberty blockers would be followed by the use of sex hormones, such as testosterone, for girls who identify as male, and estrogen for boys who identify as female, so that they could develop secondary sex characteristics that were associated with the sex that they identified with.

This treatment protocol of puberty blockers followed by cross-sex hormones among adolescents did not exist in the United States prior to 2007 and was extremely rare before 2010. Cross-sex hormones were available as a medical intervention for adolescents before 2010, but their use was extremely limited. Starting in 2010, however, the use of both puberty blockers and cross-sex hormones for adolescents who identified as transgender rose dramatically and was widely available by 2015.

The Dutch are very clear on their protocol. In order for a child to qualify for the label (transgender), they can NOT have ANY other co-occurring (diagnosed) mental health issues. If a child has been diagnosed with ADHD/ADD, autism, anxiety, depression, PTSD, OCD, anorexia, body dysmorphic disorder, or any other mental/emotional/psychological disorder, they can NOT get labeled as transgender. PERIOD. The Dutch acknowledge there are other underlying pieces that need to be addressed, and root causes to be investigated. Unfortunately, the United States does not follow this protocol.

Transitioning children has become a billion-dollar business, from breast binders to drugs, to gender mutilation. Schools, insurance companies, and medical and mental health professionals are being given money from the federal government and a myriad of nongovernment organizations to harm our children under the guise of “helping them.”





Corporate Influence

It is hard to understand why a company, corporation, or sports franchise would buy into the transgender agenda and try and force it on their customers, even at a financial loss. The answer comes from the DEI and ESG scores forced on them.

DEI stands for Diversity, Equity, and Inclusion.

Every Fortune 100 company has now adopted “diversity, equity, and inclusion” programming. Many companies adopt DEI policies out of pressure to conform. Bank of America is teaching employees that the United States is a system of “white supremacy”; Walmart is telling workers they are guilty of “internalized racial superiority”; Lockheed Martin is forcing executives to deconstruct their “white male privilege”; and Disney is promising to abolish the words “boys” and “girls” in its theme parks and inject “queerness” into its children’s programming.

These companies’ legal departments claim to implement these trainings and policies as a step in preventing discrimination in the workplace and by its customers in an attempt to avoid frivolous lawsuits.

ESG, which stands for Environmental, Social and Governance, is another way political activists convince businesses to conform. ESG is a made-up

score by a bunch of people with an anti-business, pro-socialist agenda. It is a measurement or evaluation a company uses to prove how compliant they are to environmental fanatics and the social justice mafia. Public companies are being increasingly required (by stock markets and government bodies) to provide ESG disclosure with their quarterly and annual reporting. ESG policies are being driven by investment firms such as BlackRock, Vanguard, and State Street. Ironically, companies often turn to the very entities forcing these policies when hiring consultants to assess their score. The whole thing is a massive scheme to compel businesses to accept, adopt, and embrace their radical ideologies and anti-American agendas.



ESG is a scam. It has been weaponized by phony social justice warriors.

— **Elon Musk**



A majority of the time, these corporate DEI and ESG policies do not respect their employees or reflect the values of their customers. When Anheuser-Busch decided to launch a commercial with a biological man who “identified” as a woman to promote Bud Light, their most popular beer, the company lost over \$27 billion in just three months. At some point, companies are going to have to return to sound business practices and appeal to their customer base instead of the minority mob bullying them into submission.

Government Influence & Parental Rights



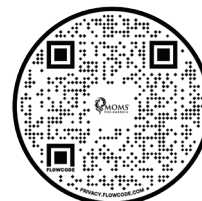
The attempt to normalize transgenderism is being promoted, advanced, and even *enforced* by government institutions. It is being championed by elected representatives at all levels of government. State legislators in several states are passing laws to blatantly ignore parental rights or refuse to support laws that protect parental rights. Child Protective Services (CPS) has been weaponized against parents who refuse to transition their children.

Many schools are calling CPS on parents if a child complains at a school or to a medical professional that a parent has not completely embraced their child's new identity. Parents could then find themselves accused of abuse or neglect by state child protection officials, sometimes resulting in the loss of custody of their child.

The idea that parents have a fundamental right to direct the education and upbringing of their children in line with their values is widely shared across the political spectrum and has deep roots in our nation's history and tradition. Common law has long recognized that parental rights and obligations are natural and pre-political and that respecting the integrity of the family and the decision-making authority of parents is an essential feature of limited government.

The Declaration of Mothers, a document created by **Moms for America**, was introduced into the Congressional Record in 2018.

A copy of the document can be found on our website. The document clearly states the role of parents:

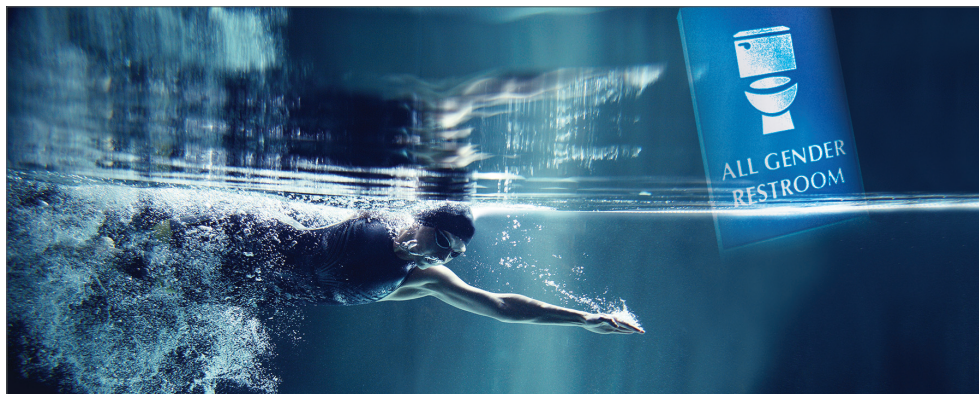


“ The liberty of each individual begins in the home and parents are, first and foremost, the primary teachers and protectors of their children in a free society. Properly constructed social, religious, and governmental institutions are designed to support and strengthen the family unit, not replace it or regulate it. No association or government organization can replace the family, no matter how well-intentioned or well-designed it may be.

Parental rights are fundamental and supreme which means government must acknowledge the authority of the parent first before the child, except in cases of abuse or neglect. Refusing to medically harm our children to appease agenda activists is *not* abuse. For more information on the laws that protect parents' rights, see our **Parental Rights Guide** available on the Moms for America website.



Female Sports & Open-Sex Bathrooms



Putting Our Girls at Risk

What happens when gender norms are thrown out in favor of a self-identifying free-for-all? Women and girls are put in danger. We have seen it most egregiously in athletics. Girls are being outperformed by biological males who choose to identify as female and gain a massive competitive advantage in the process.

Twelve-time NCAA All-American swimmer **Riley Gaines Barker** had her first-place win overshadowed by a six-foot-four-inch tall man who decided to compete in the women's field. Gaines Barker told *Moms for America*, "It felt like we were being mocked. What we had dedicated our lives to, it was being mocked by a mediocre male. We had to validate his identity, his perception of himself at the expense of our own, our own fairness, our own safety, our own privacy, our own mental health."



Allowing biological males into athletics unfairly disadvantages women and puts them at increased risk of injury.

View Riley's Interview on the Moms for America [Podcast](#).



Unsafe Shared Bathrooms and Locker Rooms: What Every Parent Should Know

As Riley explains, female athletes are expected to sacrifice their own safety in order to affirm the identity of biological males. Nowhere is this more concerning than in all-female spaces like restrooms, changing rooms, and locker rooms. When NCAA officials were not sure how to make the locker rooms accessible to a biological male, they simply designated the space unisex, meaning that any man could have walked into the women's locker room and female athletes would have no recourse.

When young teens are encouraged to make up their own identity, they are making decisions about which bathrooms to use, which sex to room with on overnight field trips, and which locker room to change in. These are decisions that affect the health and safety of all students—including our sons.

As we have already seen, confused young teens are not the only people who will begin using bathrooms and changing spaces where they do not belong. Criminals and ill-intentioned men will, and already have taken advantage of such rules to corner unsuspecting women and girls. This is evident by the influx of men in prison claiming to be women so they can be moved to a women's prison.

Misusing Title IX

TITLE IX

All of our youth need a strong response to the gender confusion sweeping our nation. Our girls especially are relying on us to protect them.

Title IX is often used to coerce schools, businesses, public facilities, even churches to require open-sex bathrooms and locker rooms. At a time when there were a lot of barriers for women, Title IX, passed in 1972, banned sex discrimination in federally funded education programs.

Title IX requires all educational institutions in the U.S. to reward male and female athletes equally. Along with that, it also ensures the prevention of discrimination when it comes to accessing sports facilities, training centers, equipment, and other support provided to sports programs.

The U.S. Education Department announced a proposed change to Title IX, which prohibits sex-based discrimination in federally funded education programs. The proposal would make it illegal for schools to broadly ban transgender students from sports teams that align with their gender identity, rather than their assigned sex at birth.

Male athletes have significantly higher levels of testosterone than women. They have double the lung capacity, and 99% of the time are larger in body size and mass, larger in height and weight, and are much greater in strength. It's a denial of science and shows a complete disregard for fairness to say that a male athlete who identifies as female is just the same as the biological females. Girls and women are becoming injured and often losing scholarships and competitions that many spent the majority of their lives training for.

Twenty states have laws banning biological males from playing female sports. Many other states are doing the same.



Children look to us to show them what's right and wrong. They watch how we behave and hear what we say. What they learn from us will determine the future of our nation for they are the citizens of tomorrow.

— **Kimberly Fletcher**
Founder & President
Moms for America[®]



Action Steps for Parents



Manage media and technology:

- 1) Be aware and intentional about what your children are being exposed to (*on screens, at school, etc.*).
- 2) Learn what your children are watching, reading, and listening to. Better yet, watch, listen, and read with them! Or consider pre-screening and giving them a list of appropriate options.
- 3) Be aware that online games are a pathway to our children. There are several free games available to children and teens on various apps. These games often lead to additional games that encourage transgender and homosexual lifestyles using games to make it fun and “normal.”
- 4) Consider if your young child really needs a smartphone, tablet, or computer.
- 5) Ask yourself if your child needs a headset or earbuds. They can hinder you or a trusted adult from being able to hear content or interact with our kids.
- 6) Monitor your children’s social media. Understand how powerful YouTube, TikTok, and social media influences are. TikTok is flooded with “trans” influencers and testimonials from trans glorifying the transition and encouraging young people to become part of their families. Misery loves company.

Take an active role in your children’s education:

- 1) Ask your child what they’re learning about transgenderism in school. Make sure they have actual accurate scientific information and explain to them they cannot change their sex.
- 2) Make sure they recognize transitioning is a lie.

- 3) Find out what the school policies are regarding gender studies. Get the information in writing. You have a right as a parent to opt out your child from these programs. Parents may not know that there are groups/clubs meeting during the school day. They meet most often at lunch so children can attend a gender confusion group/club meeting without parents being aware.
- 4) Read Moms for America’s, “A Mom’s Guide to Parental Rights”. See page 10 for website link.

Build a strong family culture:

- 1) Be present in your children’s daily life. Have regular family conversations and activities that everyone enjoys. It can be as simple as a Friday pizza movie night, but it can make a difference in how you communicate.
- 2) Regularly check in with your children. Ask what they did in school. Be aware of which clubs and activities they are joining. Share part of your day. When we talk about the highs and lows of our life, we can encourage our teens to open up about theirs.
- 3) Ask your children what they are learning about gender in school. Ask them what they think about terms that they may just be learning. What are their thoughts about gender?
- 4) Listen patiently and calmly. Share your perspective only after letting your child speak. Make sure they are getting accurate and complete information on challenging topics. By demonstrating calm listening, you are showing that they can come to you in distress and find a calm source of reassurance.

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5) Discuss sex and gender with your children at appropriate ages. Be prepared to answer their questions when they ask. There are great books available to help you with these discussions for children of all ages. We have provided a list of those we recommend in the resource section.

6) Read good books to your children that teach sound principles and promote freedom, truth, and good character. *Brave Books* and the *Tuttle Twins* series are great options. We have provided a list of recommended reading in the resource section. Reading Hans Christian Anderson's *The Emperors New Clothes* instills courage and discernment in young minds and hearts so they will recognize when "the emperor is naked."

What to do if your child is confused:

- 1) Remember that children do not have the cognitive maturity of an adult to understand what they are asking for or consenting to when it comes to gender reassignment surgery. You need to be the calm decision maker.
- 2) If your child is confused, consider shared control plus firm boundaries. Maybe you can allow your child to wear his or her hair differently and experiment with aspects of appearance. When it comes to decisions that cause permanent changes or bodily harm, you must be a strong and firm "no."
- 3) If your child is confused, affirm your child. Someone expressing gender confusion is in pain and distress. You can affirm your child's experience *without* affirming a new gender identity, which is not a path to healing and wholeness.
- 4) Adopt an approach of "watchful waiting." Drastic, life-altering decisions are not necessary, and helping your child understand this can prevent years of pain.
- 5) Recognize the importance of your role. If you do not have the tough conversations with your child, you know that there are countless activists on the internet ready to take over for you. It is up to you to guide your child, with the help of safe and trusted adults.

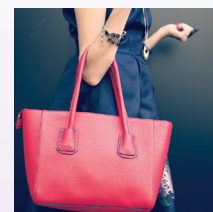
6) Educate them regarding the truths and myths about puberty blockers and cross-sex hormones. They do not just put a pause on puberty and are NOT reversible. Chemical conversion therapy is not FDA-approved and has had no study of long-term and life-threatening effects.

Advocate for your child:

- 1) Be aware of your school's policies. Talk to teachers and school administrators and attend school board meetings to understand your child's school's policies for gender confusion, use of different names and pronouns, shared locker rooms and restrooms.
- 2) Speak up. Whether in one-on-one conversations or in public meetings, let other parents and school administrators know that gender confusion is a complex mental health challenge that requires sensitive, personal care within the family. Youth who have transitioned are suffering and sex reassignment surgery is not a solution.
- 3) Have conversations with medical professionals. Discuss these issues with medical professionals you know and encourage them to take a stance for common sense and sanity.
- 4) Build relationships with all the adults in your children's life: teachers, coaches, mentors, Sunday school teachers. Get to know them and be a strong advocate for your parental rights and your child's right to innocence.

Use the Power of the Purse

Your money should follow your values. Avoid businesses, corporations, and organizations that embrace DEI and ESG. There are many shopping alternatives such as Publicsq.com, a network of patriotic businesses owned by "we the people". Research before you shop! Most companies have a website and will list their social responsibilities and stances.



Gender confusion is engulfing a generation of young people. Our children deserve truly compassionate care that treats them as a whole person with a lifetime of opportunity ahead of them. We cannot allow political activists to normalize the sexualization of children and the pressure to address adolescent distress with life-altering interventions.

It is up to us as parents to stand up for our parental rights and protect our children from this dangerous ideology. You can find additional resources on our website momsforamerica.us.



RESOURCES

FILMS & PODCASTS

- **Gender Transformation** (Docudrama)
- **No Way Back** (Documentary)
- **January Littlejohn** (interview on EPOCH Times)
- **January Littlejohn: School Keeps Gender Secret from Parents** (Moms for America Podcast)
- **Riley Gaines Barker: Ending Discrimination Against Women in Sports** (Moms for America Podcast)
- **Abby Johnson: Reveals Planned Parenthood's Dark Mission** (Moms for America Podcast)
- **Dr. Miriam Grossman: Transgender Ideology** (Moms for America Podcast)
- **Erin Lee: Teacher Tries to Trans Young Girl** (Moms for America Podcast)
- **How Gender Cult Lies Crush the Future for Too Many American Kids** (Moms for America Blog Post)

Scan the code for all the resources available.



BOOKS

- *Lost in Trans Nation* by Miriam Grossman
- *Parents with Inconvenient Truths about Trans: Tales from the Home Front in the Fight to Save Our Kids* Edited by Josie A. and Dina S.
- *Johnny the Walrus* by Matt Walsh
- *Jesus and My Gender* by Dale Partridge
- *Who Are You?: A Children's Book on Identity in Christ* by Amy Cravey and Andrea Brasier
- *God Make All of Me: A Book to Help Children Protect their Bodies* by Justin & Lindsey Holcomb
- *Relationships: 11 Lessons to Give Kids a Greater Understanding of Biblical Sexuality* by Luke Gilkerson
- *Changes: 7 Biblical Lessons to Make Sense of Purity* by Luke Gilkerson
- *How and When to Tell Your Kids About Sex: A Lifelong Approach to Shaping Your Child's Sexual Character* by Stan Jones
- *When You Became You* by Brooke Stanton and Christine West
- *God Made Boys and Girls: Helping Children Understand the Gift of Gender* by Marty Machowski



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