

10-28-2021

## Parental Guide for Supporting Non-Binary Children

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### ScholarWorks Citation

Schefke, Shelby, "Parental Guide for Supporting Non-Binary Children" (2021). *Honors Projects*. 853.  
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Shelby Schefke

Frederik Meijer's Honors Program

## **Senior Project Proposal: Parental Guide for Supporting Non-Binary Children**

### **Central Focus**

For my senior project, I hope to inform parents about non-binary individuals by defining what it means to identify as non-binary as well as distinguish the common terminology that is used for these individuals and others in the LGBTQ+ community. I also hope to discuss how to support an individual who does identify as nonbinary and how to also care for yourself, as a parent, through this coming out process. My aim is to increase awareness of non-binary individuals for parents who either are curious to learn more about the LGBTQ+ community or have a child who identifies as an LGBTQ+ individual. I also hope to encourage acceptance and support for these children.

### **Rationale for Project**

This is a necessary project because of the lack of awareness surrounding non-binary individuals which often leads to mistreatment of these individuals within society (Hafford-Letchfield, T et al. 2018). There are plenty of guides for parents out there that highlight the entire LGBTQ+ community or the transgender sector of the community. However, I did not find a specific guide for parents who are navigating their child coming out as non-binary. Thus, this is what I aim to create.

### **Methodology**

For this study, I plan to use 8-10 scholarly sources from the GVSU electronic library to inform and guide parents through their child coming out as non-binary. This type of research will not require extra permission from GVSU, as it is based on studies that are already completed.

There will be no additional interaction with individuals beyond what has already been done by the previous studies (listed below).

### **Evaluation Plan**

I plan to submit a collection of info-graphics (3-5), each covering a different area of knowledge that parents may find helpful when it comes to supporting their child through discovering their gender identity as non-binary. As of the present, I hope to discuss what it means to be a non-binary individual, the terminology that is used, how to support a non-binary individual through the coming out process, and how to support oneself as the parent navigates their child's gender identity.

### **Schedule for Completion**

***1/10/2022***

Continue Research

Create Outline

***1/28/2022-*** Meet with Prof Leon

Begin drafting short paragraphs for the infographic

***2/18/2022-*** Meet with Prof Leon

Finish short paragraphs for infographic

Begin graphic design for infographics using Canva

***3/11/2022-*** Meet with Prof Leon

Finish graphic design for infographic

Combine graphic design and infographic

***4/1/2022-*** Meet with Prof Leon

Look anything found wanting in my project

Fine-tune graphic design of infographics

***4/15/2022-*** Meet with Prof Leon

Submit Senior Project for Grading by 4/30/2022

### Preliminary Bibliography

*\*All sources found using GVSU's electronic library*

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