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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.

With a foreword by Stella O'Malley

"This book questions society's willingness to abandon a generation of children to the dictates of a global political movement. It challenges what it means to be 'kind' and blows apart the activist ideology you're supposed to believe. Essential reading for every parent, lawmaker, and teacher, and for everyone who cares about the welfare of children and the importance of truth."

Stephanie Davies-Arai BEM, Founder and Director, Transgender Trend

A medical scandal is currently unfolding across Western liberal societies. The primary victims are vulnerable, socially awkward kids with normally developing bodies who fall for the Internet-fueled promise that they can solve their emotional, psychological, or physical discomfort by adopting an opposite-sex identity, taking off-label hormone injections, and undergoing a schedule of surgeries that involve removal of healthy tissue and organs. The primary witnesses to this scandal are the ones whose voices are least considered and most quickly dismissed in discussions about the sudden rise of trans-identified kids: their

parents, who often find themselves standing alone against educational and medical systems that are intent on affirming and medicalizing their children without question or delay—and a media and cultural environment that insists on the same.

Having directly experienced the shock, anguish, loneliness, and helplessness that so many parents feel today when their child suddenly comes out as trans and demands puberty blockers, hormones, and even surgery to the cheers of teachers, therapists, doctors, and well-meaning family and friends, two mothers—Josie A. and Dina S.—found comfort in the only source of support they could rely upon—other concerned parents of trans-identified kids. To help create a voice for this growing network, they created a Substack newsletter through which parents could share their concerns about gender ideology and the pediatric gender industry that it has spawned and offer advice to other parents based on their own experiences. Having received and published hundreds of essays from parents across the globe since its inception in 2021, they decided to curate an anthology of many of the most popular essays to help further amplify these parent voices and put them in all-important context. The result is *Parents with Inconvenient Truths about Trans* (August 2023), which borrows the name of the editors' Substack and features seventy-five essays from parents across the political, religious, and geographical spectrum with a variety of professional and educational backgrounds, from accomplished doctors and lawyers to blue-collar workers and stay-at-home parents.

When asked why it was important for them to curate a book, Josie responds, “We love our kids more than anything and want the best for them, and we have legitimate concerns about the gender ideology and medicalization being pushed on them. But the reality is that, as individuals, our concerns are too easily dismissed and discounted. We’re

ignored and called transphobes or bigots. But when you have a book in which liberal and conservative parents, gay and straight parents, secular and religious parents, American and English and Australian parents are all seeing and reporting on the same troubling things and expressing the same general concerns and questions, you can no longer call us one-offs.” Dina hones in on this point, “That’s right. The prevailing story being pushed everywhere is that if a boy says he’s a girl, then he’s a girl and must be socially and medically affirmed—and vice versa. That is the only valid response to such an announcement, the only possible path forward, we are told, and there is nothing else to consider. End of story. But, of course, nothing is ever that simple, especially with kids—especially given the stakes involved.”

The essays, many of which are intensely personal and have their own unique elements, collectively tell a story that diverges significantly from this popularly presented open-and-shut narrative. As the stories of these parents qualitatively demonstrate, the dramatic rise in trans-identified youth is not organic or due simply to increasing acceptance of trans individuals across much of Western society, despite what media headlines and gender clinic pamphlets regularly proclaim. “In some communities, up to 10 percent of kids identify as trans or nonbinary,” notes Josie. “And in some schools,” adds Dina, “it can be an entire class of kids or a group of friends coming out as trans one after the next, or even all at the same time. The contagion is stunning.” As might be expected with such a phenomenon, the parent essays reveal a clear pattern of rapid-onset gender dysphoria that demonstrates other factors are at play and must be accounted for when considering any medical or therapeutic intervention. As a whole, the parent accounts of how, when, and why their children came to identify as trans reveal the following:

- The majority of trans-identified kids are intelligent, if not intellectually gifted.
- The majority of trans-identified youth suffered from other mental health issues before identifying as trans, such as depression, anxiety, and eating disorders.
- A significant number of trans-identified youth are neurodivergent, having been diagnosed with autism, attention-deficit/hyperactivity disorder, or obsessive-compulsive disorder.
- A number of trans-identified youth identify as trans only after experiencing some kind of trauma, such as a loss of some kind.
- Most kids who come out as trans shortly before or after puberty did not exhibit gender dysphoria or any gender confusion at a younger age.
- Most kids who come out as trans shortly before or after puberty reveal to their parents out of the blue that they were born in the wrong body and that they have a new name and pronouns.
- Many trans-identified kids identified as gay, bisexual, or pansexual before identifying as trans and often confuse sexuality for gender identity.
- Many trans-identified kids follow the lead of a friend who has transitioned or is undergoing transition.
- Many trans-identified kids are introduced to trans ideology and reach the conclusion that they are really the opposite sex while having discussions on sites related to gaming or anime and on Reddit or Discord servers.
- Many trans-identified kids are coached and groomed by trans adults online and are encouraged to cut off contact with their families if their families do not fully support their social and medical transition.
- Many trans-identified kids socially transition with the help and encouragement of teachers, therapists, and others in their community, including so-called glitter parents.
- Most trans-identified kids spend a lot of time on their computers and smartphones where they follow trans influencers on TikTok and other social media.

- Many trans-identified kids, especially the boys, were addicted to a subgenre of pornography that involves cross-dressing and humiliation before identifying as trans.
- Many trans-identified kids think they are trans for reasons that have little if anything to do with gender dysphoria (e.g., one boy said he was trans because he likes rom-coms; one girl said she was trans because she didn't want to be anyone's "arm candy," etc.).
- Many trans-identified kids desist over a period of months or years as their bodies and minds mature, especially when online sources of influence are removed or limited, with some desisting suddenly.

The parents also expose many of the pernicious ideas and myths that show up in many mainstream discussions about trans-identified kids. As many of them demonstrate or argue in their essays, the following claims not only are not true but are also, in some cases, dangerous:

- *"Trans kids just know who they are!"* Many kids who thought they were trans, passionately and vocally, have since changed their minds.
- *"No teen would ever receive 'wrong-sex' hormones on their first visit without exhaustive exploration!"* Wrong-sex hormones are regularly prescribed to teens on a first visit.
- *"No one would ever take away your child just because you disagree about ideology!"* In many locations, schools, government bureaucrats, and courts currently exercise free rein to usurp parental prerogative and safeguarding when it comes to kids who identify as trans.
- *"You can have either a live daughter or a dead son!"* This is a false choice that, when regularly communicated, may itself fuel suicidal behavior and ideation in a youth population that has already shown it is susceptible to suggestion and contagion. The goal should be to treat the whole child, including all other underlying mental health

issues or psychiatric comorbidities, especially those that may independently elevate the risk of suicide.

- *“No one would ever be censored for writing about their experiences in a country like the United States—free speech is alive and well, and reports to the contrary must be hoaxes!”* A number of parents have been censored on various platforms simply for questioning trans ideology and medicalization.

This last point extends well beyond the simple freezing of accounts or the removal of posts on social media. This is evidenced in the anthology itself. Josie A. and Dina S. are pseudonyms, because the editors have a strong desire to protect themselves from the inevitable backlash they know they will face in their communities and at work should their true identities ever be revealed—and, more importantly, they want to protect their families from unwanted scrutiny and maintain all-important privacy for their children. “Many of us have already lost friends and been estranged by family over this,” reveals Josie. Although Josie and Dina vet the contributions and know the identities of the parent contributors, the parent contributors themselves are also anonymous for the same reason. Even though Josie and Dina seek to maintain their own privacy and the privacy of the contributors, they have begun to speak with media off-camera, because they know how important it is that their voices and message be heard.

This need for secrecy hasn’t stopped the parents from organizing—or being active in what they refer to as the “parent underground,” which has literally been a lifesaver, or at least a lifeline, for many. “The mental strain of watching your teenager destroy her fertility or his sexual function and seriously endanger their physical health—all with the full support of the establishment—can be overwhelming, even to the point of some parents

contemplating self-harm or suicide,” says Dina. “Knowing others are out there going through and seeing the same thing as you are is invaluable,” adds Josie. “It provides validation. It provides a sense of sanity.”

Yet, their collective mission extends far beyond themselves and their families. What began as a small group of parents who quietly discussed ways to save their own kids from harm has since grown into an engaged and active network of parents dedicated to exposing and ending this scandal before it can do any further harm. In revealing inconvenient truths that have been ignored for too long, these parents seek to empower and encourage others—parents, educators, medical professionals, and all concerned citizens—to combat and end the worst effects of gender ideology at home, in schools, in clinics, and beyond.

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About the Editors

Josie A. is a mother and co-founder of Parents with Inconvenient Truths about Trans. She lives on the West Coast of the United States. Dina S. is a mother and co-founder of Parents with Inconvenient Truths about Trans. She lives on the East Coast of the United States.

Stella O’Malley is a psychotherapist, author, and founder of Genspect, an international alliance of professionals, parent groups, trans people, detransitioners, and others promoting a healthy approach to sex and gender.

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