



## ***Youth Gender Services***

Caring for children and teenagers up to 19 years of age, UMass Memorial Children's Medical Center Youth Gender Services offers resources and support to transgender and gender non-conforming youth. Our team of caregivers assists patients with gender transition, if desired, or exploration of their gender identity. We also provide families with assistance in understanding their child's unique needs, including the effects of gender dysphoria on youth. Our goal is to help our patients comfortably integrate their gender identity into their everyday lives.

Our program's pediatric endocrinologist, Penny Feldman, MD, and adolescent medicine specialist, Diane Blake, MD, take a collaborative approach in assessing each person's individual situation and creating a medical care plan, customized to the individual's particular needs. Treatment options include hormone therapy and puberty blocking treatments, along with coordinating access to critical resources, such as support groups and referral to a gender therapist.

Patients we care for include:

- Parents of young children whose gender identity differs from their birth gender
- Pre-teens just approaching puberty and considering delaying puberty with medication, known as a pubertal blocker
- Adolescents nearing the end of puberty or having completed puberty with an interest in gender-affirming hormone treatment

To make an appointment, call 855-UMASS-MD.



***UMass Memorial  
Children's Medical Center***

**Youth Gender Services**

55 Lake Avenue North, Worcester, MA 01655

## *Commonly Used Terms*

**Gender Dysphoria** – The emotional distress that results from one’s gender identity differing from the sex assigned at birth.

**Gender Expression** – The way a person expresses gender through behavior, dress, mannerisms and other characteristics.

**Gender Identity** – An individual’s inner sense of being male, female, or another gender (e.g., nonbinary or gender fluid). Gender identity is not necessarily the same as sex assigned at birth. Every person has a gender identity.

**Gender Incongruence** – Sex assigned at birth differs from one’s internal sense of being male, female, or another gender.

**Gender Nonconforming** – A term used to refer to people who do not follow other people’s ideas or stereotypes about how they should look or act based on the sex assigned at birth.

**Transgender** – A term used to describe a person who identifies with or expresses a gender identity different from the sex assigned at birth.

## *Resources*

Local programs are available free of charge and offer additional support to lesbian, gay, bisexual, transgender and questioning youth, and their friends and families. These programs provide a safe, welcoming environment in which visitors can socialize and access resources. Visit their web pages to learn more about the services they offer.

**GLSEN** – Dedicated to creating a safe, inclusive school environment.

<http://www.glsen.org/educate/resources>

**Parents, Families, Friends, and Allies United with LGBTQ People (PFLAG)**

[www.worcesterpflag.org](http://www.worcesterpflag.org)

**Safe Homes**

[www.safehomesma.org](http://www.safehomesma.org)

**Supporters of Worcester Area GLBTQ Youth (SWAGLY)**

[www.aidsprojectworchester.org/swagly-supporters-of-worcester-area-gay-lesbian-youth](http://www.aidsprojectworchester.org/swagly-supporters-of-worcester-area-gay-lesbian-youth)