

LIVING with CHANGE

LIVING WITH CHANGE MAGAZINE
Giving Tuesday Edition

IN THIS ISSUE

LWC Gala 2021 Recap

Terms You Should Know

Suggested Resources

Parent Group Update

Donor Feature

Giving Tuesday Feature



Chris & Jessica Cicchinelli



Welcome to a special edition of *Living With Change Magazine!*

During the holidays, we're blessed to be surrounded by supportive friends and family. This is a time when we like to focus on what we're thankful for and the list keeps growing. Over the past few years, we've seen just how truly lucky we are. Since we started LWC in 2018, people across the globe have heard our story, supported the LWC Center for Gender Health at Cincinnati Children's, attended our support groups, and given donations to our scholarships.

We want our child to live a full life as their authentic self. We hope that through this organization, we can inspire openness and love to other families going through the same journey and help them provide the same, authentic life to other transgender youth.

As you gather with your families this holiday season, we invite you to be open to conversations surrounding this subject. Read the educational resources in this edition so you can familiarize yourself with terms and know where to go if you have future questions. Open your heart and your mind. The first step to being more inclusive is education. We are able to educate and provide comfort thanks to many donations, many of which are given during this time of the year. We are thankful for the faith you have put into this organization and hope you see the difference you make with your donations.

As we fight for the future of our child and the many children throughout the world, we aim to be a resource for you. Share what you learn, follow us on social media, and keep advocating for trans rights.

CC *Jessica Cicchinelli*

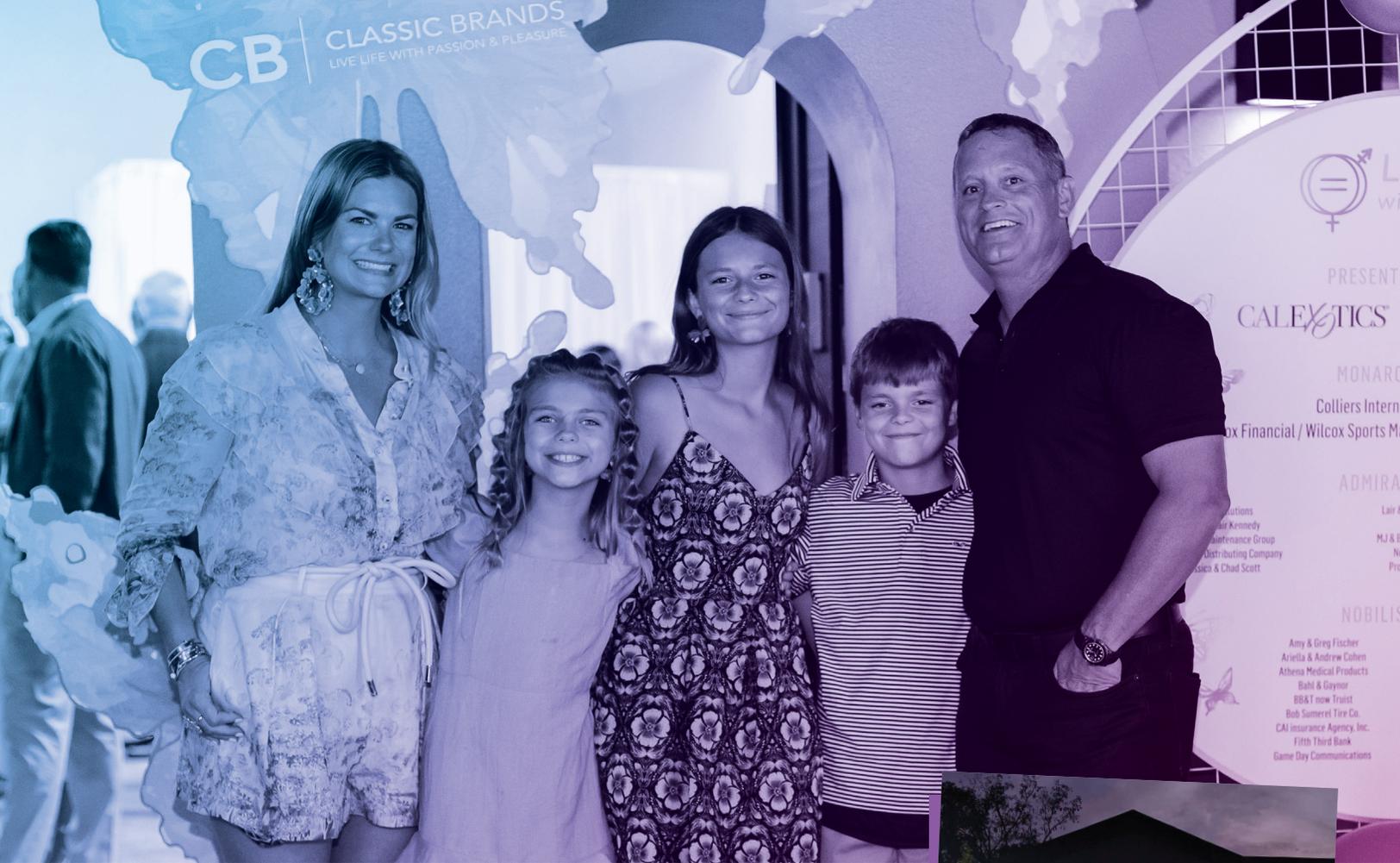
What is Living With Change?

Living With Change is a 501(c)3 nonprofit organization dedicated to supporting transgender youth and their families by providing education, resources, advocacy, and support while fostering confidence and acceptance through change.

Through our donations, the transgender clinic at Cincinnati Children's Hospital became a center, The LWC Center for Gender Health. Now, physicians, social workers, a care navigator, nurses, and an Adolescent Medicine Clinical Fellow provides trans youth and their families with the care and information they need.

We also aim to support trans youth and their families outside of Cincinnati Children's. That's why we just launched a virtual support group for parents after seeing the success of our support groups for trans teens. Learn more about our support groups and scholarship programs on pages 8-9.

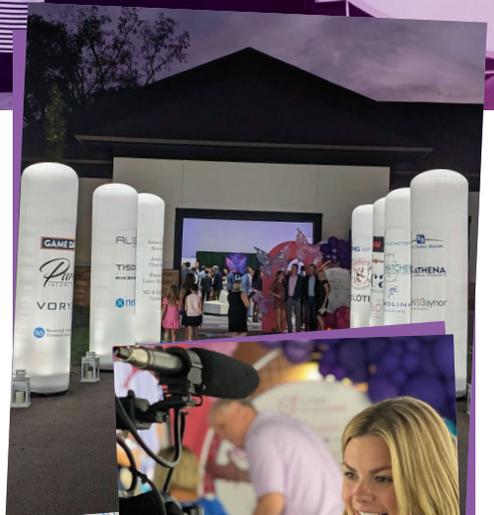




2021 Every Journey Matters Living With Change Gala

The success of the 2021 Living With Change: Every Journey Matters Gala wouldn't be possible without our sponsors, donors, and supporters. We are happy to announce that you made it possible for us to raise \$301,000. Thank you for all you do to support us!

We aim to increase transgender visibility, which is possible through the LWC Center for Gender Health at Children's Hospital and our scholarship programs. As we grow, so does the need to increase our reach. We're working to extend our message to those beyond the Cincinnati area and show those who are struggling, there is a light at the end of the tunnel and a community on the other side with answers, love, and support.





\$301,000 RAISED



200 ATTENDEES



74 ITEMS AUCTIONED

Countless children and families helped!

PRESENTING SPONSORS



CLASSIC BRANDS
LIVE LIFE WITH PASSION & PLEASURE

MONARCH SPONSORS

Colliers International
Wilcox Financial / Wilcox Sports Management

ADMIRAL SPONSORS

Align 1 Solutions
Chad & Jessica Scott Family
Divisions Maintenance Group
Heidelberg Distributing Company

KMK Law
Lair & Anna Kennedy
Loth, Inc.
Nexio Pay LLC
ProLink Staffing

Tisdell Distributing
Thatcher Technology Group
Touchstone Merchandise Group
Wyler Family Foundation

NOBILIS SPONSORS

Andrew & Lauren Hueber
Ariella & Andrew Cohen
Athena Medical Products
Bahl & Gaynor
Bob Sumerel Tire Co.
Bolger & Associates
CAI insurance Agency, Inc.

Fifth Third Bank
Game Day Communications
Greg & Amy Fischer
Lanham / Wulfeck Families
Levine Properties
Randy T. Slovin /
Slovin & Assoc. Co.

LPA Titlebaum Sales
Vorys, Sater, Seymour
and Pease, LLP
Western & Southern
Financial Group

Keep an eye out for news of the 2022 LWC Gala. Date and location TBD.

Terms You Should Know

Assigned Gender

A decision made at birth (or before birth) about the gender of an infant based on visible genitalia.

FTM

A term for a transgender individual who was assigned female at birth and currently identifies as a man (“female to male”).

Gender

A socially constructed system of classification that ascribes qualities of masculinity and femininity to people. Gender characteristics can change over time and are different between cultures.

Gender Identity

An individual’s internal sense of being male, female, both, neither, or something else. Since gender identity is internal, one’s gender identity is not necessarily visible to others.

MTF

A term for a transgender individual who was assigned male at birth and currently identifies as a woman (“male to female”).

Non-Binary

A person who does not identify exclusively as a man or a woman. Non-binary people may identify as being both a male and a female, somewhere in between, or as falling completely outside of these categories.

Transgender

A term for people whose gender identity is different from their assigned sex at birth.



Suggested Resources

We have assembled a helpful list of resources for you. Scan the QR codes below to learn more!

GLSEN

For more information on transgender students in our schools:



HRC

For resources on transgender youth and the issues they face, including expert advice:



The Trevor Project

If you—or your children—need someone to talk to, visit The Trevor Project, 24/7.



TransOhio

Legal questions and documentation FAQ support:



Equality Ohio

Get to know your state and federal rights in Ohio:



Equitas Health

Your health guide to gender affirming care:



61%

of trans youth are battling depression symptoms (4/10 report attempting suicide before age 25)

According to the Human Rights Campaign

Parent Groups

This brand-new, monthly virtual support group will offer an opportunity for participants to connect with other families, share experiences, and spend time with a like-minded community. Each meeting will be moderated by a professional licensed mental health therapist and a Living With Change staff member.



SCAN HERE
TO SIGN UP

Participants are asked to comply with the following guidelines:

1. Respect everyone's privacy. Being part of this group requires mutual trust. What's shared in the group should stay in the group.
2. Be kind to others. No bullying or hate speech of any kind. This includes racism, homophobia, transphobia, and the like.
3. Refrain from discussing things that may trigger others. This includes discussion of self-harm, suicide, etc.

Why is family acceptance so important?

- 1 Research shows that trans youth with supportive families experience a **52% decrease** in recent suicidal thoughts and a **46% decrease** in suicide attempts.
- 2 Significant increases in self-esteem and general health.
- 3 **Only 27%** of trans youth say their families are very supportive. Meanwhile, fewer than half (43%) say they have an adult in their family they could turn to if they felt sad or worried.



Programs

While living with the restrictions of the pandemic, we searched for a way to connect people, without them having to meet in person. We created a Discord server where trans teens can connect at any time. We also hold virtual support groups on the second and third Wednesdays of each month. For more information on both groups, please visit livingwithchange.org

We want everyone in the trans community to be their true, authentic self. That's why we began scholarships to help with the name change process on Ohio documents and gender markers on Ohio birth certificates. We partner with Equality Ohio, Equitas Health, OCTOPUS LLC, and TransOhio to hold statewide virtual Name & Gender Marker Change Legal Clinics on the second Wednesday of every month.

To access financial assistance for court filing and publication fees, you must be working with the free Equality Ohio Legal Clinic. Get assistance by calling 855-LGBT-LAW or visit their website, equalityohio.org

35

LGBTQIA+
youth supported
by scholarships
in 2021



In Memory of Tamsin (Regent) Faires

Thanks to the friends of Tamsin, Living With Change will be able to pay court fees for four trans youth to change their names or birth certificate markers. Those who knew her describe her as **"one of the kindest, sweetest people while having a fantastically vicious sense of humor!"** They say she would spend hours on the phone with transgender people around the world, giving them the resources they needed.

Tamsin inspired so many during her lifetime, that her friends wish to continue that legacy. **Thank you!**



Giving Tuesday & Holiday Gifts

Giving Tuesday is a day of generosity celebrated worldwide every Tuesday following Thanksgiving. Originally founded in New York in 2012, this global nonprofit aims to unite people through random acts of kindness, whether you are helping a friend or stranger. Giving Tuesday has inspired millions of people around the world to come together for the greater good of humanity.

Why is it important to us?

You, the donor, are key to LWC's success. Your support allows us to meet the growing needs of transgender, gender diverse, and non-binary youth. We're able to provide expert clinical care, scholarships, and education because of your generosity. Your donation will ensure that anyone in the LGBTQIA+ family is well cared for when catering to all their medical needs.

As we come together for the holidays, you may be asking family and friends what they would like as a gift. The best gift to give is one of love and acceptance. When you think of spending time with family this year, think of those in transgender community who cannot go home to celebrate with family. The number one priority on our wish list is to support this community with crucial healthcare and imperative inclusion initiatives. Every dollar you gift makes a difference.

Living With Change is a registered 501(c)3 charitable organization and relies on the donations of our supporters to help us maintain our programs. All donations made to LWC are tax deductible. Living With Change is forever appreciative of the gifts made by our generous donors.

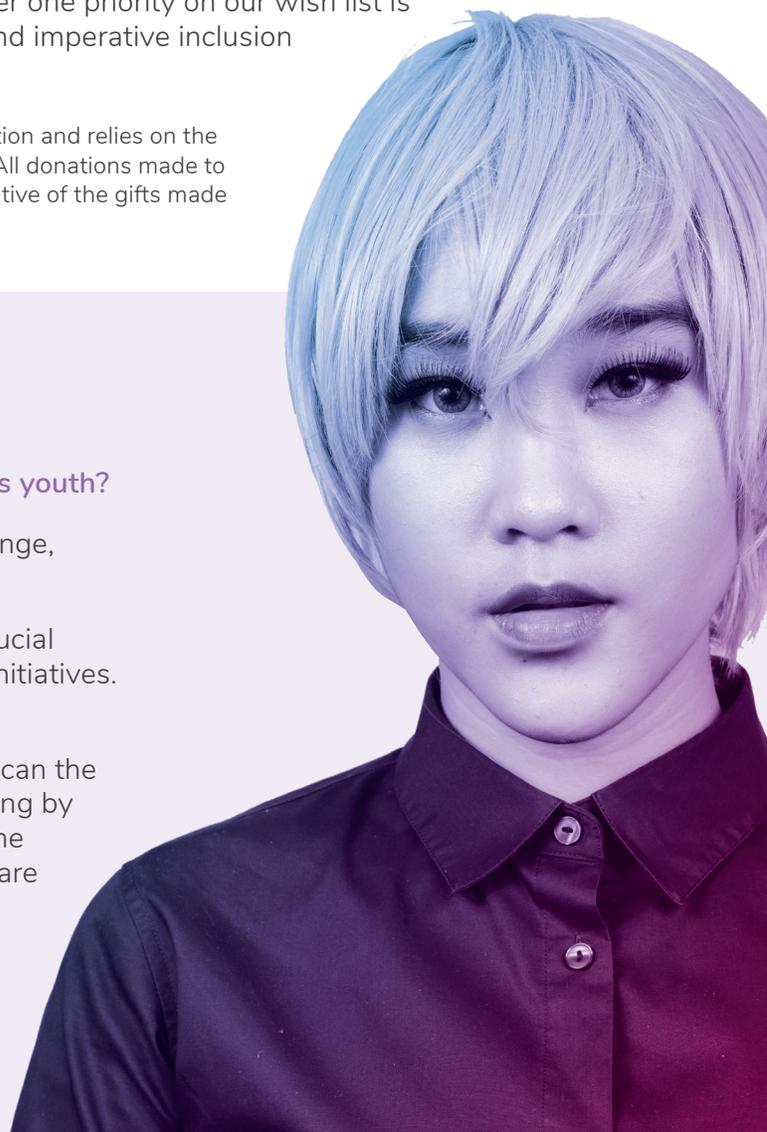
Why Donate?

How can you make a difference in the lives of trans youth?

When you make a monetary gift to Living With Change, your support will make a lasting impact.

Any gift, large or small, will allow us to champion crucial healthcare, critical support, and essential inclusion initiatives. Make a difference in the lives of trans youth today.

To give online, please visit livingwithchange.org or scan the QR code on the back cover of this publication. If giving by check, please send your gift using the envelope at the center of this magazine. Sponsorship opportunities are also available. For more information, please contact admin@livingwithchange.org.

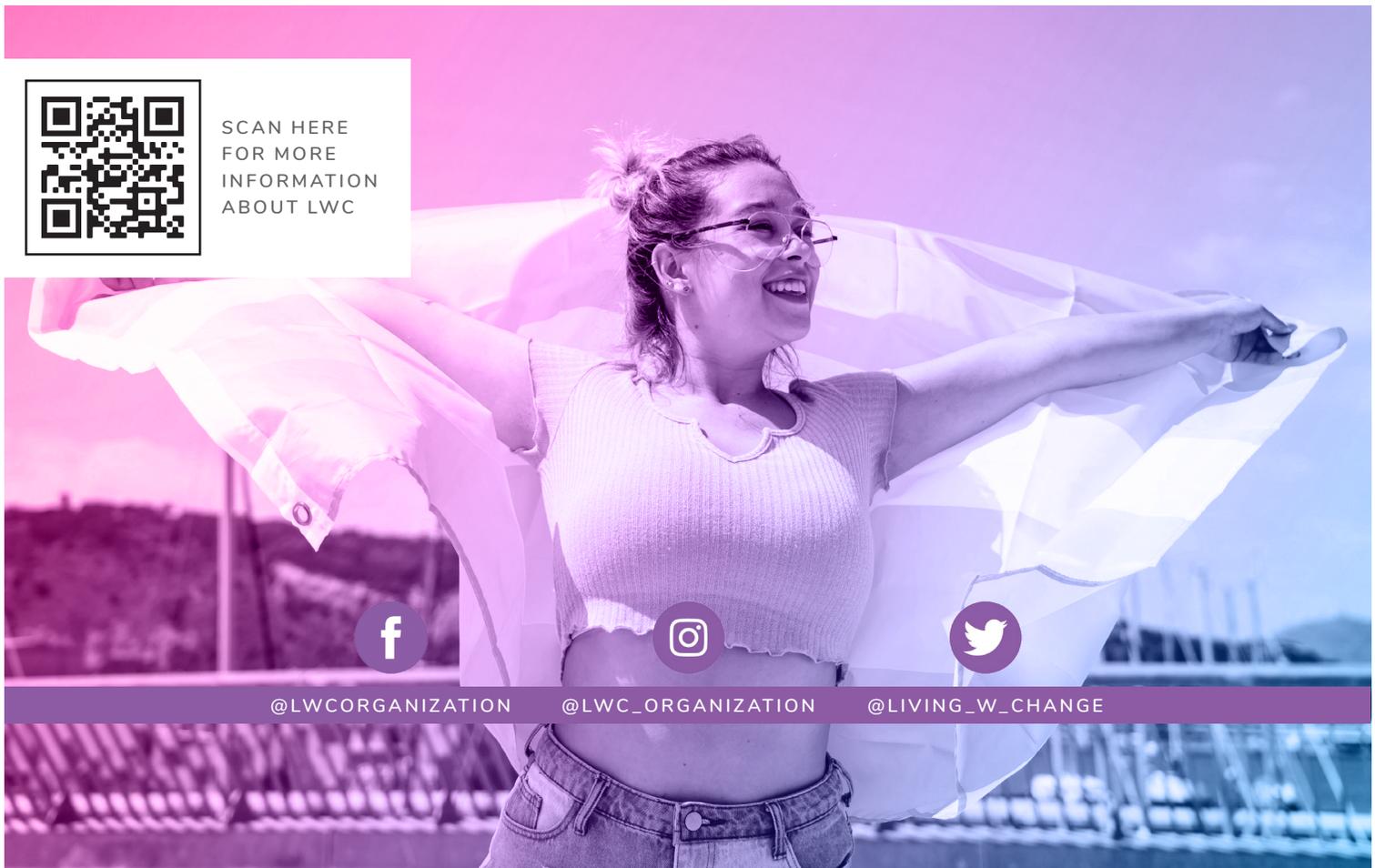




LIVING WITH CHANGE MAGAZINE
Giving Tuesday Edition
655 Cincinnati Pride Way
Cincinnati, OH 45202



SCAN HERE
FOR MORE
INFORMATION
ABOUT LWC



@LWCORGANIZATION



@LWC_ORGANIZATION



@LIVING_W_CHANGE