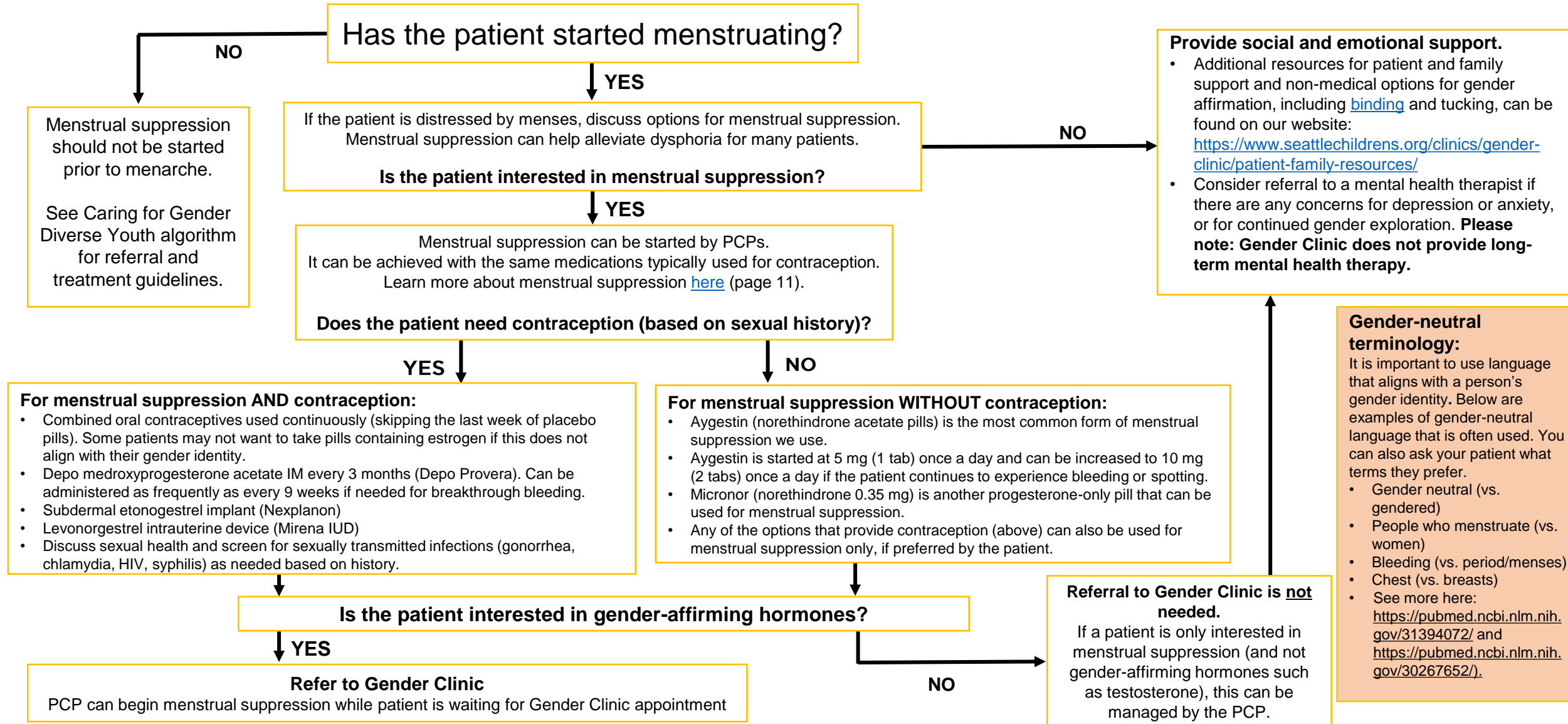


# Algorithm: Menstrual Suppression for Gender Diverse Youth



**Gender-neutral terminology:**  
 It is important to use language that aligns with a person's gender identity. Below are examples of gender-neutral language that is often used. You can also ask your patient what terms they prefer.

- Gender neutral (vs. gendered)
- People who menstruate (vs. women)
- Bleeding (vs. period/menses)
- Chest (vs. breasts)
- See more here: <https://pubmed.ncbi.nlm.nih.gov/31394072/> and <https://pubmed.ncbi.nlm.nih.gov/30267652/>.

**Provide social and emotional support.**

- Additional resources for patient and family support and non-medical options for gender affirmation, including [binding](#) and tucking, can be found on our website: <https://www.seattlechildrens.org/clinics/gender-clinic/patient-family-resources/>
- Consider referral to a mental health therapist if there are any concerns for depression or anxiety, or for continued gender exploration. **Please note: Gender Clinic does not provide long-term mental health therapy.**