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As a parent and a teacher, children do best in life when their first relationships, those with their parents or legal guardians, are supported. Even in families struggling with problems, such as addiction, violence, or mental illness, addressing these issues first and foremost within the family whenever possible will lead to better outcomes.

As a woman who suffered from body and gender dysmorphia as a young teen, at a time when the only option was watchful waiting and therapy, I can say without a doubt that myself and my family are grateful that schools, teachers and therapists did not pit us against each other. It was not always easy, but I am a happy healthy mother and grandmother