



My Top Resources

1.

Gender Spectrum Website

<https://www.genderspectrum.org>

This site is a must have resource for parents family and friends with a transgender or non-binary child / teen in their life. I can't say enough about this website. The amount of support you will find here is truly incredible. There is information and education to answer all your questions, and the questions of family and friends.

They have practical tools to help you through difficult situations when you are feeling stuck and unsure of how to take the next step. Just two examples are:

Offering a few sample letters to help spark ideas if you are writing your own email/letters to tell friends and family about your child / relative's gender identity for the first time. https://www.dropbox.com/s/pq7qjjw93h3352o/Resources-Family_and_Friends_Sample_Letters.docx?dl=0

They have an "Initial School Meeting" PDF to organize your first meeting with the staff at your child's school. <https://www.dropbox.com/s/hnbh3bpu6pfitt7/Initial%20School%20meeting.pdf?dl=0> A Student Gender Support Plan to help you clarify exactly what role you each will play to ensure your child's experience is a safe and positive one. https://www.dropbox.com/s/77o8wjynji8psdn/Student_Gender_Support_Plan.pdf?dl=0 and a video explaining how to use this plan. https://www.dropbox.com/s/77o8wjynji8psdn/Student_Gender_Support_Plan.pdf?dl=0

They have an incredible array of resources. They offer research, education, and advice in the following areas: parenting and family, teen support, education, medical, mental health, legal, social services, and faith. They have an online community called "The Lounge" that is a global chat space that is private and connects parents, gender expansive teens, and support professionals. They have three on-line group calls once a month, a National Parent Support group, a Dad's group, and a Spanish Speaking Parents group. They offer on-line workshops. Every year they hold a conference in Northern California - "The Conference is a place where Transgender, Non-binary, and otherwise Gender-expansive young people and their families can come together to learn, be supported, and connect with others in a safe and reassuring environment." <https://www.genderspectrum.org/quick-links/events/gender-spectrum-conference/>

The site is continually expanding and evolving. I hope you will dive in to the copious resources it has to offer. You will be so happy you did.

2.

Health Across The Gender Spectrum Created by Stanford University

<https://www.coursera.org/learn/health-gender-spectrum>

This free on line course offers an intimate, story-based introduction to the experiences of six transgender children and their families. Through illustrated stories and short teaching videos, learners will gain a better understanding of gender identity and the gender spectrum. Stanford physicians, K-12 educators, and transgender faculty members offer practical tips for parents, teachers, healthcare providers and anyone who wants to help create a more gender-expansive environment - one in which all people can live authentically.

A fantastic and free on line course offered by Coursera, that touches on a wide range of topics, concerns and questions faced by transgender families. It effectively provides information while also keeping it personal and relatable with videos and recordings made by transgender children, families, physicians and educators. Very powerful and thoughtfully constructed, it is extremely effective in educating family and friends so they can move forward in understanding and acceptance.

3.

What Does it Mean to Identify as Transgender or Gender Non-Conforming - University of Minnesota

<https://www.coursera.org/learn/tgnc-gender-identity-social-change>

In the last decade transgender and gender nonconforming (TGNC) individuals have become increasingly visible in our families, culture, and public discourse. This course explores the concept of gender identity for people who are curious about the nature of gender, the process of gender affirmation, or changing social dynamics. Participants will learn the unique challenges faced by the TGNC population as well as develop the skills to build inclusive spaces in all spheres of their life. This course was developed under the Joycelyn Elders Chair in Sexual Health Education at the University of Minnesota.

A free on line course from Coursera that covers a wide range of important topics. It is the A to Z of transgender and gender non-conforming education. Topics include: Gender 101, Gender and Sexuality, Pronouns and the Importance of Language, Digital stories, Dating and Relationships, Dysphoria, Media and the Impact of Culture, Transgender Rights, Incarceration, and Healthcare Disparities just to name a few. They dive deep into each subject with an exhaustive selection of “additional resources” offered on top of the readings and videos included in each lesson.

Before I present my three favorite books, I would like to introduce the background of these three outstanding authors.

Stephanie Brill : A leading expert on gender diversity, founder and board chairman of Gender Spectrum

Rachel Pepper: Licensed Marriage and Family therapist, Gender Specialist

Lisa Kenney: Executive director of Gender Spectrum, speaker and consultant on Gender issues, co-producer of the film “Gender Inclusive Schools” She conducts workshops for parents and caregivers on gender.



4.

The Transgender Child Handbook for Families and Professionals by Stephanie Brill and Rachel Pepper

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This book is a comprehensive guide that will answer all your questions and more. It covers everything from childbirth thru college. The information provided will help you create a base of understanding and knowledge to mitigate the fear and personal struggle that many parents face. I believe it is an essential book for the libraries of all families with a transgender or non-binary child.



5.

The Transgender Teen: A Handbook for Parents, Professionals Supporting Transgender and Non-Binary Teens by Stephanie Brill and Lisa Kenney

This book explores thoroughly the transgender/non-binary teen experience. Many children express their true gender for the first time in adolescence. This handbook delivers general education on gender, teen development, transitioning and parenting, along with practical actions and strategies to effectively support your teen and yourself through the journey.



6.

Transitions of the Heart by Rachel Pepper

A collection of stories by mothers of transgender and gender variant children. There is a wide range of experiences represented in this book. Mothers of diverse backgrounds and beliefs with “children” of all ages from toddler to 50 years old, share their stories and bear their most vulnerable moments. These honest, soul bearing stories offer an opportunity to share and learn from woman who have walked this path.

One recommendation from “The Transgender Child” is to keep a journal of your family’s experience. It is useful in many ways - to note your progress and to be able to look back on how far you have all come - as a self-reflective tool along your transition journey -a practical place to note the markers of your child’s transition. I hope this book may serve as inspiration for you to write your own story.



The Gender Revolution

Produced by Katie Couric, National Geographic and World of Wonder

A two-hour documentary released in conjunction with National Geographic magazine's January 2017 issue of the same name.

Katie Couric sets out to increase our understanding of gender, how it is determined, and how the spectrum of gender identity is expanding and challenging our cultural "norms". She interviews doctors, scientists and researchers. She talks with gender variant people and their families. By sharing the stories of intersex, transgender, and gender non-conforming people of all ages and backgrounds, the documentary allows the audience to connect with these people and understand their experiences in a truly powerful way. I especially recommend this for family members and friends. It is a great first exposure, and introduction for opening discussion

"We've often viewed gender non-conforming people in a way that sees them as such anomalies that we've other-ized them," Couric says. "We all know that when you know someone that may not conform to whatever the norm is, it's much easier to accept them as just people with the same hopes and dreams that all of us have."

The documentary is available through different sources, depending on where you live. Amazon, Hulu, Nat Geo channel. These sources may change with time so I recommend that you run a search online to find what is currently available. You can watch many video clips from the documentary, for free, online. Couric also hosted a live after-show on National Geographic's Facebook page that is available online as well.