

Appendix B: Selected Print and Online Resources

Youth

Cho, Stephanie, Carolyn Laub, Sean Saifa M. Wall, Chris Daley, and Courtney Joslin. *Beyond the Binary: A Tool Kit for Gender Identity Activism in Schools*. Oakland, CA: Gay-Straight Alliance Network, Transgender Law Center, and National Center for Lesbian Rights, 2004. Available online at <https://www.gsanetwork.org/files/getinvolved/BeyondtheBinary-Manual.pdf> (5 May 2016).

This resource is designed for student leaders, activists, and gender diverse youth who want to challenge the gender binary system in schools by ensuring gender-inclusive policies exist in schools and by raising awareness about gender diversity and transgender issues through education of students and staff.

GSA Network. *About Us*. <https://gsanetwork.org/about-us/> (5 May 2016).

GSA Network is an LGBTQ racial and gender justice organization that seeks to “empower and train queer, trans, [gender diverse], and allied youth leaders to advocate, organize, and mobilize an intersectional movement for safer schools and healthier communities.”

Kuklin, Susan. *Beyond Magenta: Transgender Teens Speak Out*. Somerville, MA: Candlewick Press, 2014.

This book is based on Susan Kuklin’s meetings and interviews with six trans or gender diverse young adults. The author and photographer represents the teens and their stories thoughtfully and respectfully before, during, and after their personal acknowledgement of gender preference. The book includes portraits, family photographs, and candid images providing insights and expanding the emotional and physical journey each person took. The six individuals each present a unique story that reflects their own family dynamics, living situations, gender, and the transition they made in recognition of their authentic selves.

Transgender Law Center. “TRUTH—Share Your Story.” *Truth*. <http://transgenderlawcenter.org/programs/truth/truth-share-your-story> (25 May 2016).

An initiative of the Transgender Law Center, TRUTH—Share Your Story is a trans and gender diverse “storytelling campaign that aims to build empathy, understanding, and a movement for youth to share their stories in their own words and in their own way.” The website provides a toolkit to help youth prepare for and have the supports they need in place to think through the benefits and risks of sharing their story, and, if they choose, craft their story for a wide audience. The website also features several video stories of trans and gender diverse youth and their families.



Parents/Guardians

Barz, Erica, and Loz Owen. *Our Trans Loved Ones: Questions and Answers for Parents, Families, and Friends of People Who Are Transgender and Gender Expansive*. Washington, DC: Parents, Families, and Friends of Lesbians and Gays, Inc., 2008, 2015. Available online at <http://community.pflag.org/document.doc?id=921> (25 May 2016).

This resource is intended to be a starting place for parents/guardians, family members, friends, and allies of people who are affirming their trans or gender diverse identity. The PFLAG publication, updated in 2015, contains a wealth of information, including first-person stories, expert input, and much more.

Brill, Stephanie, and Rachel Pepper. *Transgender Child: A Handbook for Families and Professionals*. San Francisco, CA: Cleis Press Inc., 2008.

This comprehensive, informative guidebook explores the unique challenges families face in raising their trans and gender diverse children. It focuses on gender diversity in children and youth from birth through college, addressing parenting practices, developmental stages, disclosure to others, working with the school, legal and medical issues, and much more.

Canadian Broadcasting Corporation (CBC). "Inspiring Parents of Transgender Children—CBC Video Resources." 24 Aug. 2015. *DOC ZONE*. www.cbc.ca/doczone/features/transgender-children-inspiring-parents (24 May 2016).

Available from CBC's *DOC ZONE*, this resource on transgender children and their families features videos that share the stories and experiences of various families. The website shares stories of what it is like to be in conflict with the gender assigned at birth. That conflict is often especially pronounced in the life journeys of young trans and gender diverse children. The CBC videos feature some inspiring parents who love and fully support and accept their trans and gender creative children for who they are. Collectively, the stories show that by embracing diversity parents pave the way for wider acceptance.

Ehrensaft, Diane. *Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children*. New York, NY: Experiment, 2011.

This is a guidebook for parents, guardians, and therapists of children who do not identify with their biological sex and who are gender diverse or gender creative. The author encourages caregivers to support gender diverse and creative children as they explore their gender identities.



Green, Fiona Joy, and May Friedman, eds. *Chasing Rainbows: Exploring Gender Fluid Parenting Practices*. Toronto, ON: Demeter Press, 2013.

This resource provides insights into the gender aware and gender fluid ways that feminist parents approach parenting their children. The book brings together the perspectives and experiences of scholars, activists, and community members to open a dialogue about the challenges of exploring and maintaining a gender aware parenting approach while living in a highly gender normative world.

Gromko, Linda. *Where's My Book? A Guide for Transgender and Gender Non-Conforming Youth, Their Parents, and Everyone Else*. Philadelphia, PA: Bainbridge Books, 2015.

Linda Gromko is a family physician who has worked with the trans and gender diverse community for almost two decades. In this book, she outlines the fundamentals of gender identity and expression, sexual orientation, puberty, puberty blockers, hormone treatments, and gender affirming surgeries. She shares her patients' experiences, knowledge, and practical information on surviving and flourishing in an often hostile environment. Topics range from publicly affirming gender identity, to parents, to school issues, to coping with depression, to love and sexuality. This book is intended to give gender diverse and creative children and youth some of the information they need to grow to be happy, productive, loving, and loved. As well, it provides essential information needed by parents, educators, and health care providers.

Human Rights Campaign (HRC). *Explore: Transgender Children and Youth*. <http://hrc.org/trans-youth> (25 May 2016).

The HRC website, based in the United States, provides a variety of resources for parents and families of trans and gender diverse children and youth. The resources are intended to help parents understand and support their children's gender identity and expression. The website also offers suggestions on how parents can talk to their children's medical providers, as well as responses from experts to parents' questions about whether their child is transgender and about the transition process in schools. A map of clinical care programs available across the US is also available.



Educators

American Psychological Association. *Supporting Transgender and Gender Diverse Students in Schools: Key Recommendations for School Administrators*. Washington, DC: American Psychological Association, 2015. Available online at www.apa.org/pi/lgbt/programs/safe-supportive/lgbt/school-administrators.pdf (25 May 2016).

This resource is part of a series of informational guides on Promoting Resiliency for Gender Diverse and Sexual Minority Students in Schools, produced by American Psychological Association, Div. 16 (School Psychology), and Div. 44 (Society for the Psychological Study of Lesbian, Gay, Bisexual and Transgender Issues). The series describes best practices for educators, school counsellors, administrators, and personnel, based on the latest research on the needs of lesbian, gay, bisexual, transgender, queer, gender diverse, questioning, and intersex students. This resource provides key recommendations for building a safe, gender diverse environment, including strong anti-bullying and anti-discrimination policies that are enforced.

The following guides are also part of the series:

- *How Educators Can Support Families with Gender Diverse and Sexual Minority Youth: Promoting Resiliency for Gender Diverse and Sexual Minority Students in Schools*
- *Key Terms and Concepts in Understanding Gender Diversity and Sexual Orientation among Students*
- *School-Based Risk and Protective Factors for Gender Diverse and Sexual Minority Children and Youth: Improving School Climate*
- *Supporting Transgender and Gender Diverse Students in Schools: Key Recommendations for School Health Personnel*

The Media Education Foundation. Home Page. www.mediaed.org/ (25 May 2016).

The Media Education Foundation is a producer and distributor of documentary films and other educational resources. The organization aims “to inspire critical thinking about the social, political, and cultural impact of American mass media, including videos on media and gender.” The site offers information on videos and films that deal with a variety of issues related to gender, gender identity, and gender expression.

Orr, Asaf, National Center for Lesbian Rights (NCLR), and Joel Baum, Gender Spectrum, with National Education Association (NEA), American Civil Liberties Union (ACLU), and Human Rights Campaign (HRC) Foundation. *Schools in Transition: A Guide for Supporting Transgender Students in K–12 Schools*. 3 Aug. 2015. www.nclrights.org/wp-content/uploads/2015/08/Schools-in-Transition-2015.pdf (4 May 2016).

This American resource provides a guide for building safe, supportive, and inclusive school environments for trans and gender diverse youth. Written for administrators, teachers, parents, and other adults who work with youth, the guide addresses topics ranging from basic concepts of gender and the importance of affirming gender identity, to best practices for washroom access, and working with unsupportive parents. NCLR and Gender Spectrum led the effort to produce the guide, joined by NEA, ACLU, and HRC Foundation.



Welcoming Schools. Home Page. www.welcomingschools.org/ (25 May 2016).

This website, sponsored by the Human Rights Campaign, offers a comprehensive approach to creating respectful and affirming Early Years (elementary) schools with resources and professional learning. The resources provided are intended to promote the embracing of family diversity, support the creation of LGBTQ-inclusive schools, prevent bullying and gender stereotyping, and support trans and gender diverse students.

General

Ehrensaft, Diane. *Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children*. New York, NY: Experiment, 2011.

This guide for parents, clinicians, and educators addresses both the philosophical dilemmas and the practical, daily concerns of working with children who do not fit a “typical” gender mould.

Gender Spectrum. *About Us*. <https://www.genderspectrum.org/quick-links/about-us/> (25 May 2016).

Gender Spectrum is dedicated to providing resources, consultation, training, and events that help families, educators, professionals, and organizations understand and address the concepts of gender identity and expression. The organization seeks to offer an accessible, practical approach based on research and experience, and strives to enable its clients to gain a deeper understanding of gender all along the spectrum. Gender Spectrum presents an overview of how contemporary society defines gender and how these restrictive definitions can harm and limit those who do not fit neatly into these categories or norms. The organization helps identify and remove obstacles so that all can be free to affirm their true selves.

Meyer, Elizabeth J., and Annie Pullen Sansfaçon, eds. *Supporting Transgender and Gender Creative Youth: Schools, Families, and Communities in Action*. New York, NY: Peter Lang, 2014.

This resource combines research, social action methods, and theory on the topic of transgender youth and gender diverse or creative children and youth. The book is divided into three sections, addressing theoretical and clinical, educational, and community perspectives. The specific issues and challenges addressed relate to education, social work, medicine, and counselling. The recommendations will be of interest to parents, families, medical/clinical practitioners, and educators. This well-researched and accessible book will be of interest to a broad range of individuals committed to improving the lives of gender diverse and creative children and youth.



Public Health Agency of Canada. *Questions and Answers: Gender Identity in Schools*. Ottawa, ON: Public Health Agency of Canada, 2010. Available online at www.sieccan.org/pdf/phac_genderidentity_qa-eng.pdf (25 May 2016).

This document provides answers to some of the most common questions that educators, parents/guardians, school administrators, and health professionals may have about gender identity in the Canadian school context.

Trans Youth Family Allies (TYFA). Home Page. www.imatyfa.org/ (25 May 2016).

TYFA emerged from a parental discussion group related to the needs of trans and gender diverse youth and their families. The organization aspires to empower children and families by partnering with educators, service providers, and communities to develop supportive environments in which gender may be expressed and respected. The website offers resources for parents/guardians, health care practitioners, and educators.

