

# RESOURCES

If you want to do more research on the transgender experience, or are struggling with your own gender identity, there is a gold mine of websites, organizations, and support networks out there. Unfortunately, there's also a lot of misinformation, so here are just a few resources that my family, our friends, and I have all found incredibly useful. (Plus all the websites listed here have their *own* resources sections, which makes it easy to find more information on something very specific, like different types of surgery or hormone replacement therapy options.) I also added some places that will help with depression and suicidal thoughts, along with a list of great books, movies, and TV shows to check out.

## WEBSITES

### **Camp Aranutiq**

My favorite camp! As mentioned in the book, it's a safe space for trans and gender nonconforming kids to experience all the joys of the summer camp experience in a totally safe environment. [camparanutiq.org](http://camparanutiq.org)

### **Gender Spectrum**

A fantastic support site with online forums for both teens and parents. The organization hosts a few different conferences about trans youth throughout the year. [genderspectrum.org](http://genderspectrum.org)

## **GLAAD**

Using the power of all forms of media, GLAAD (Gay & Lesbian Alliance Against Defamation) helps spread the message of LGBTQ support and acceptance on a massive scale. They're the ones that help lead many of the national conversations that happen about LGBTQ rights. [glaad.org](http://glaad.org)

## **GLSEN Harsh Realities Report**

This is an incredibly important in-depth look into the transgender youth experience in American schools. The report was put together by the Gay, Lesbian & Straight Education Network and shows just how rampant transphobia is in our school systems. [glsen.org](http://glsen.org)

[glsen.org/sites/default/files/Harsh%20Realities.pdf](http://glsen.org/sites/default/files/Harsh%20Realities.pdf)

## **Lambda Legal**

This is our country's oldest and largest legal organization devoted to civil rights for LGBTQ people. They advocate for public policy and select cases to represent that they think will have the biggest impact on our community. [lambdalegal.org](http://lambdalegal.org)

## **National Center for Lesbian Rights**

NCLR is the awesome group that was so instrumental in helping us with our fight for my right to play soccer. They're dedicated to advancing equality for all LGBTQ people and their families through advocacy and collaboration with other organizations. [nclrights.org](http://nclrights.org)

## **National Center for Transgender Equality**

They're a national legal organization dedicated to advancing civil rights for all LGBTQ people and their families.

[transequality.org](http://transequality.org)

### **Parents of Transgender Children Facebook Group**

My mom is the moderator of this closed group for parents of trans kids. You have to send a request to join because it helps keep out the creeps, but once you're in it's a very loving and safe space. [facebook.com/groups/108151199217727](https://www.facebook.com/groups/108151199217727)

### **PFLAG**

Parents, Families and Friends of Lesbians and Gays has a comprehensive online guide for parents of transgender kids, and they do an excellent job of breaking down their resources into very specific needs, like finding support groups for trans women of color. [pflag.org](http://pflag.org)

### **Philadelphia Trans-Health Conference**

Hopefully you're pretty familiar with this by now! Visit their site to learn more about their mission statement, conference dates, and how to register. [mazzonicenter.org](http://mazzonicenter.org)

### **TransActive Gender Center**

They're a drop-in center located in Portland, Oregon, but they offer fantastic advocacy assistance nationwide. One of their coolest programs is their In a Bind service, which provides binders for trans-masculine youth free of charge. [transactiveonline.org](http://transactiveonline.org)

### **Trans\*Athlete**

A fantastic resource for transgender athletes that includes a state-by-state guide to existing inclusion policies, plus instructions on how to get the ball rolling if you live somewhere without one. [transathlete.com](http://transathlete.com)

### **TransBucket**

If you have questions about surgery and hormone options, this is the place to go. Not only are there detailed descriptions of

everything available out there, but there is also a photo-sharing community so people can see the actual results from different doctors. (Be warned—there is a lot of nudity, so make sure you're in a safe space when you register and log on.) TransBucket's own resources section is a wealth of information on almost every topic imaginable that relates to anyone who is trans or gender nonconforming. [transbucket.com](http://transbucket.com)

### **TransFamily**

This is a support group based in Cleveland. It was the very first LISTSERV that my mom reached out to for help, and the discussion threads she joined were her original lifeline when it came to figuring out what was best for me as a child. [beta.transfamily.org](http://beta.transfamily.org)

### **Transgender Law and Policy Institute**

This advocacy group works on law and policy initiatives to advance transgender equality. It's a good site to reach out to if you're trying to find out how certain laws affect the area you live in. [transgenderlaw.org](http://transgenderlaw.org)

### **TransKids Purple Rainbow Foundation**

You've already read a lot in this book about the foundation my family started, but check it out for yourself! You can see many of my interviews, including links to the Barbara Walters specials, as well as read stories about other trans youth and find a pretty extensive list of resources. There is also information about ways you can make a donation to the different programs we support. [transkidspurplerainbow.org](http://transkidspurplerainbow.org)

### **Trans-Parenting**

If you're a parent raising a transgender youth (or even a doctor or therapist working with one), this group provides great educational materials. [trans-parenting.com](http://trans-parenting.com)

### **Trans Youth Equality Foundation**

Their mission statement says it best: “The Trans Youth Equality Foundation provides education, advocacy, and support for transgender and gender nonconforming children and youth and their families. Our mission is to share information about the unique needs of this community, partnering with families, educators, and service providers to help foster a healthy, caring, and safe environment for all transgender children.” [transyouthequality.org](http://transyouthequality.org)

### **TransYouth Family Allies**

TYFA partners with communities and schools to create supportive environments, and their site has really popular support forums. [imatyfa.org](http://imatyfa.org)

## **DEPRESSION OUTREACH SERVICES**

### **GLBT National Help Center**

A great hotline where you can talk to peers about everything from relationship problems to bullying. [glbthotline.org](http://glbthotline.org)

### **Trans Lifeline**

A relatively new suicide hotline for and run by transgender people of all ages. In their first year alone they answered over 8,000 calls and trained 300 volunteer operators. [translifeline.org](http://translifeline.org)

### **The Trevor Project**

This is the number one organization for LGBTQ youth suicide prevention. If you are ever having dark thoughts and need someone to talk to, you can call, chat live, or even text with one of their expertly trained staff members. It’s such an incredibly important resource, and I’m so grateful that it exists. [thetrevorproject.org](http://thetrevorproject.org)

**NOTE:**

If you are worried about a suicidal friend or family member, visit the Warning Signs page on the Trevor Project website: [thetrevorproject.org/pages/the-warning-signs](http://thetrevorproject.org/pages/the-warning-signs)

## **BOOKS FOR KIDS**

***10,000 Dresses* by Marcus Ewert,  
published by Triangle Square, 2008**

A kid named Bailey dreams about different beautiful dresses every night, and finally finds an older friend who helps make them a reality.

***Be Who You Are!* by Jennifer Carr,  
published by AuthorHouse, 2010**

Like my picture book, this one is based on a real kid's experience of transitioning at a young age.

***George* by Alex Gino, published by Scholastic, 2015**

A very sweet novel about a fourth-grade girl stuck in a boy's body—she *really* wants to play Charlotte in the school production of *Charlotte's Web*.

***Gracefully Grayson* by Ami Polonsky,  
published by Disney-Hyperion, 2014**

Another book that uses a school play as an important plot device—a sixth grader named Grayson is becoming more and more aware that she is transgender and decides to audition for the role of Persephone.

***I Am Jazz* by Jessica Herthel and Jazz Jennings,  
with pictures by Shelagh McNicholas,  
published by Dial Books for Young Readers, 2014**  
C'mon, you know I had to include it!

***It's Okay to Be Different* by Todd Parr,  
published by Little, Brown Books for Young Readers, 2009**  
An adorable, brightly colored picture book about all the reasons  
why it's—you guessed it!—okay to be different.

***Jacob's New Dress* by Sarah and Ian Hoffman,  
published by Albert Whitman & Company, 2014**  
This picture book about a kid who prefers to dress like a prin-  
cess when playing dress-up features not just a supportive family,  
but an understanding teacher who helps other children get that  
there's nothing wrong with wearing what you want.

***My Princess Boy* by Cheryl Kilodavis, published by Aladdin, 2010**  
The author's child inspired this picture book about a kid who  
follows his own path instead of any of the gender roles set by  
society. Who says a boy can't wear a sparkly dress while climbing  
trees?

***When Kayla Was Kyle* by Amy Fabrikant,  
published by Avid Readers Publishing Group, 2013**  
One more great picture book about a transgender child, with an  
emphasis on how much bullying can hurt.

## BOOKS FOR TEENS AND ADULTS

***Allies & Angels: A Memoir of Our Family's Transition***

by Terri and Vince Cook,

published by Hallowed Birch Publishing, 2013

This beautiful and moving memoir is about parents who help their teenage son transition to his authentic self after a suicide attempt.

***Becoming Nicole: The Transformation of an American Family***

by Amy Ellis Nutt, published by Random House, 2015

The fascinating true story of identical twins, one of whom transitions from male to female. I can really relate to how strong, loving, and supportive their family is.

***Beyond Magenta: Transgender Teens Speak Out*** by Susan Kuklin,

published by Candlewick Press, 2014

Six different trans and gender nonconforming teens tell their true stories. I think it's so important to hear as many different stories as possible to get a real sense of the range of experiences out there.

***The Gender Quest Workbook: A Guide for Teens and***

***Young Adults Exploring Gender Identity*** by Rylan Jay Testa,

published by Instant Help, 2015

An actual workbook (but a fun one!) that helps guide teens through all the struggles that come along with exploring gender identity.

***Hello, Cruel World: 101 Alternatives to Suicide for Teens, Freaks,***

***and Other Outlaws*** by Kate Bornstein,

published by Seven Stories Press, 2006

A wild book filled with so much incredible philosophy about gender identity as well as depression. I know this statement is totally contradictory, but it's required reading for rebels everywhere.

***Luna* by Julie Anne Peters,  
published by Little, Brown Books for Young Readers, 2004**

Late at night, hidden in the basement, teenage Liam transforms into her authentic self using dresses and makeup. It's a really touching novel about a girl building the courage to reveal her true self to the world. It was a finalist for the National Book Award in 2004!

***Mom, I Need to Be a Girl* by Just Evelyn,  
published by Walter Trook Publishing, 1998**

Trailblazer alert! This memoir by a single mom of a transgender teenage girl is a beautiful story of how they navigated the transition together in a pre-Internet world. Some information may be outdated, but the personal experiences recounted in this book are invaluable.

***Raising Ryland: Our Story of Parenting a Transgender Child with No Strings Attached* by Hillary Whittington,  
published by William Morrow, 2015**

A really powerful memoir about a family who spent four years teaching their child to speak, because of hearing loss. Once Ryland finally learned to talk, he was able to let his parents know that he was a boy trapped in a girl's body!

***Redefining Realness: My Path to Womanhood, Identity, Love & So Much More* by Janet Mock, published by Atria, 2014**

Janet Mock is a trans activist, journalist, and role model. Her memoir tells about growing up as a child into the incredibly inspiring woman she is today.

*Rethinking Normal: A Memoir in Transition* by Katie Rain Hill, and *Some Assembly Required: The Not-So-Secret Life of a Transgender Teen* by Arin Andrews, both published by Simon & Schuster Books for Young Readers, 2014

These two memoirs come from a male-to-female and female-to-male teenage transgender former couple. Each book details their early lives and transitions, as well as the story of their dating experience and eventual breakup. They provide different perspectives and explain a lot of the issues that can come up with sex and dating as a transgender teenager.

## **EDUCATIONAL BOOKS FOR PARENTS OF A TRANSGENDER CHILD**

*Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children* by Diane Ehrensaft, published by The Experiment, 2011

This guidebook for raising healthy gender nonconforming kids is great because it shows just how wide the spectrum of gender identity really is.

*Helping Your Transgender Teen: A Guide for Parents* by Irwin Krieger, published by Genderwise Press, 2011

Written by a clinical social worker, this guide helps parents understand a lot of the thoughts and feelings transgender teens experience.

*The Transgender Child: A Handbook for Families and Professionals* by Stephanie Brill and Rachel Pepper, published by Cleis Press, 2008

This is a comprehensive guide for parents that would have really helped mine a lot if it had been around when I was little.

If you want more book suggestions, search [goodreads.com/list](http://goodreads.com/list) for “booklist for trans teens.” There are over 200 reader-recommended novels and memoirs about transgender youth, and it’s easy to scroll through and find the perfect one for you or your transgender kid.

## MOVIES/TV

One of my biggest hopes for the future is that we’ll start seeing more transgender actors portraying transgender characters in films and on television. Right now, they’re pretty rare.

### ***About Ray* (2015)**

As of the printing of this book, the movie hasn’t been released yet, but it played on the festival circuit in 2015, and I was even hired by *Entertainment Tonight* as a special correspondent to interview the cast on the red carpet at the Toronto Film Festival! It stars Elle Fanning as a female-to-male transgender teen navigating his transition, and his family’s response.

### ***Boy Meets Girl* (2014)**

Yay, a movie with a transgender actress playing a young transgender woman! Michelle Hendley stars in this romantic comedy about relationships in a small town in Kentucky.

### ***Boys Don’t Cry* (1999)**

Anyone who doesn’t cry while watching this fictionalized true story of female-to-male Brandon Teena, who was brutally murdered in 1993, is made of stronger stuff than me.

***A Girl Like Me: The Gwen Araujo Story (2006)***

Lifetime aired this biopic about the devastating murder of Gwen Araujo, who was beaten and strangled by four men after they found out she was trans.

***Ma Vie en Rose (1997)***

When I was little, I adored this French-language (subtitled, of course) Belgian movie about a very young transgender child struggling to become her authentic self.

***Orange Is the New Black***

Transgender actress Laverne Cox is brilliant as Sophia on this Netflix comedy/drama about women in prison. It makes for excellent binge watching, but is definitely for older viewers.

***Tomboy (2011)***

Another French-language (subtitled) film about a transgender child, only this one is about a ten-year-old kid's female-to-male experience.

***Trans (2012)***

An incredible documentary about the lives of several inspiring people. What I love about this movie is that it shows the transgender experience among several different age groups, from children to people who transitioned much later in life

***Transparent***

This Amazon show (again, for older kids out there) is titled after a male-to-female transgender parent, but it's really about her entire hysterically dysfunctional family. I appreciate that they cast several trans actors as supporting characters—now let's just make one of them a lead!