

Resources

TRANSGENDER/GENDER VARIANCE ORGANIZATIONS

Gender Diversity (genderdiversity.org): Increases the awareness and understanding of the wide range of gender variations in children, adolescents, and adults by providing family support, building community, increasing societal awareness and improving the well-being for people of all gender identities and expressions.

Gender Spectrum (genderspectrum.org): Provides education, training and support to help create a gender-sensitive and gender-inclusive environment for all children and teens.

GLAAD (glaad.org/transgender/resources): GLAAD rewrites the script for LGBT acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change. GLAAD protects all that has been accomplished and creates a world where everyone can live the life they love.

PFLAG (community.pflag.org): Parents, Families, Friends and Allies United with LGBTQ People to Move Equality Forward was founded in 1972 with the simple act of a mother publicly supporting her gay son. PFLAG is the nation's largest family and ally organization. Uniting people who are lesbian, gay, bisexual, transgender and queer (LGBTQ) with families, friends

and allies, it is committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education and advocacy.

Trans Lifeline (translifeline.org): A hotline staffed by transgender people for transgender people.

Trans Youth and Family Allies (imatyfa.org): TYFA empowers young people and their families through support, education and outreach about gender identity and expression.

The Trevor Project (thetrevorproject.org): The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning youth.

World Professional Association for Transgender Health (wpath.org): As an international multidisciplinary professional association, the mission of the World Professional Association for Transgender Health (WPATH) is to promote evidence-based care, education, research, advocacy, public policy and respect in transgender health.

VIDEOS, BOOKS AND OTHER MATERIALS

Beyond Magenta—Transgender Teens Speak Out, written and photographed by Susan Kuklin, Candlewick Press, 2014.

The Cooperative Children's Book Center School of Education University of Wisconsin–Madison (ccbc.education.wisc.edu/books/detailListBooks.asp?idBookLists=446) lists suggested books for children and teens that provide information about or

reflect the lives of gay, lesbian, bisexual, transgender and questioning (GLBTQ) youth and gay- or lesbian-parented families.

I Am a Girl! (lunafest.org/the-films/details/i-am-a-girl): A documentary about a transgender girl, written and directed by Susan Koenen.

Professor Jennifer Finney Boylan (jenniferboylan.net) serves as the national cochair of the Board of Directors of GLAAD, the media advocacy group for LGBT people worldwide. She has written memoirs about her life in two genders and writes about transgender and other issues on her blog.

For a list of books inclusive of LGBT family members and characters, visit welcomingschools.org/pages/books-inclusive-of-gay-family-members-and-characters.

ADDITIONAL TRANSGENDER RESOURCES

neutrois.me/resources: An intimate exploration of identity and finding life wisdom beyond the gender binary.

Trans (transthemovie.com): A feature film documentary about transgender individuals.

Trans Bodies, Trans Selves—A Resource for the Transgender Community edited by Laura Erickson-Schroth, introduction by Jennifer Finney Boylan, Oxford University Press, 2014.

A video in which a mother stands up for her child and all transgender children:

youtube.com/watch?v=mkHx_2dpEbw&feature=youtu.be.

MENTAL HEALTH

Facing Bipolar: The Young Adult's Guide to Dealing with Bipolar Disorder by Russ Federman, PhD, and J. Anderson Thomson, MD, New Harbinger Publications, Inc., 2010.

National Alliance on Mental Illness (nami.org): Support, education and advocacy.

Voices (voicesdocumentary.com): A documentary about the human and untold stories of psychosis.

Welcome to the Jungle: Everything You Wanted to Know About Bipolar, But Were Too Freaked Out to Ask by Hilary T. Smith, Conari Press, 2010.

FOREST CONSERVATION/TREE PLANTING

The Arbor Day Foundation (arborday.org/trees/index.cfm): Information about how to plant a tree and which trees to plant where you live.

The Legacy of Luna: The Story of a Tree, a Woman and the Struggle to Save the Redwoods by Julia Butterfly Hill. HarperOne, 2001.

Plant a Billion effort through the Nature Conservancy (plantabillion.org): They have a goal of planting a billion trees by 2025.

“Up a Tree Without a Paddle” (huffingtonpost.com/david-horton/up-a-tree-without-a-paddl_b_23099.html): An essay by David Horton about the need to not plant single trees, but to save the existing biodiversity in forests.

Discussion Questions

Lily and Dunkin is a powerful, timely story with tremendous potential for meaningful discussion. Below are some questions to consider as you read:

1. A transgender person is someone who does not identify with the biological gender assigned to him or her at birth. Lily, born Tim, associates as a female and wants to start the hormone therapy that will allow her to begin the physical transition to becoming a girl. When did Lily begin to think of herself as a girl? Why is it best that she begin the hormone therapy now? Her mother and sister are very supportive, but her father is not. Discuss why her father is resistant. How is Lily's father finally convinced to support her decision?
2. Throughout the book, members of Lily's family and her close friend tells her how brave she is. How does Lily exhibit this bravery when she stands up to the city in an attempt to save the tree she has named Bob? Why is the tree especially important to her as she takes bigger steps in becoming Lily? What is her ultimate act of bravery?
3. Norbert suffers from bipolar disorder, a mood disorder that causes extreme lows and extreme highs. The proper medication can control his mood swings. Why does he think stopping the medication will help him on the basketball court? Why does his mother suspect that he isn't taking his medication?

Who is Phin? Why is Norbert's mother so concerned when he talks to Phin?

4. Lily is one of the first people Norbert meets when he moves to Florida. Why does Lily nickname Norbert "Dunkin"? Why is Lily so disappointed when Dunkin wants to sit with the basketball team at lunch? Cite evidence that Dunkin is uncomfortable when the basketball players call Lily names like "fag" or bully her in the hallways.
5. Both characters are bullied because they don't fit in with their classmates. Why are they hesitant to report the bullying to school officials? How might schools intervene to help students like Lily and Dunkin?
6. Discuss the enormous courage it takes for Lily and Dunkin to share their secrets. How does their acceptance of one another affect the way they act throughout the rest of the novel? It won't be an easy road for either of them. What are some of the obstacles they are likely to face in the future?
7. How is this book about tolerance and understanding?

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