A comprehensive collection of research, resources, and stories to help any parent, family member, or guardian learn more about gender diversity.

Understanding Gender

- Understanding Gender
- The Language of Gender
- Becoming Me

Research Related to Parenting and Family

- Supporting Our Gender Expansive Youth
- Impacts of Strong Parental Support for Trans Youth
- Mental Health of Transgender Children Who Are Supported in Their Identities

General Parenting Resources

- The Transgender Child: A Handbook for Families and Professionals
- The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens
- The Gender Creative Child: Pathways to Nurturing and Supporting Children Who Live Outside Gender Boxes
- Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children
- Affirming vs. Non-affirming Parenting Behaviors
- Talking with Young Children about Gender
- Early Childhood Development – Your Options – How Do I Know if My Child is Transgender?
- Supporting Gender Independent Children and Their Families

Raising Kids Outside the Gender Binary

- Understanding Gender
- Parenting Non-Binary Youth
- Beyond Male, Female and Transgender: A Discussion of Non-binary Gender Identities (Gender Spectrum Youtube Channel)
- A Place in the Middle
- MTV True Live: I’m Genderqueer
- I Don’t Identify as a Boy or a Girl: This is My Story
• *Why does my kid want to change their name and pronouns?*
• *So Your Child is Nonbinary: A Guide for Parents*

**Non-English Resources**

• *Comprender las cuestiones de género*
• *Nuestros servicios: La crianza de los hijos y las familias*
• *Conversando sobre la Diversidad de Género con Niños*
• *Cómo comunicar un cambio de condición de género en la escuela: Consideraciones fundamentales*
• *Niños saludables con el apoyo familiar*
• *Chinese Family Acceptance Project Booklet*
• *Hora del cuento de Gender Spectrum: Único como yo*

**Sharing the Experience of Raising Gender-Expansive or Transgender Children**

• *Communicating with Family and Friends (Sample Letters)*
• The Mother Co. Blog series (*Part 1, Part 2*)
• *What's So Bad About a Boy Who Wants to Wear a Dress? NY Times article*
• *Raising Ryland*
• *Raising My Rainbow*
• *Transitions of the Heart*
• *Mother of Transgender Child Gives Speech*

**Books**

• Gender Spectrum Story Time: *One of a Kind Like Me/Único como yo*
• Gender Spectrum Story Time: *Who Are You?*
• Gender Spectrum Story Time: *The Boy & the Bindi*
• Gender Spectrum Story Time: *Hello, My Name is Octicorn*
• Gender Spectrum Story Time: *Stacey’s Not a Girl*
• Gender Spectrum Story Time: *The Prince and the Dressmaker*

**Privacy & Safety**

• *Privacy Considerations*
• *Safety Considerations*
Schools

- Choosing a School
- Initial School Meeting
- Gender Support Plan and Using the Gender Support Plan (video)
- Gender Communication Plan and Key Considerations: Using the Gender Communication Plan
- Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools
- Bathrooms and Transgender Students: Frequently Asked Questions
- Helpful Hints for Parents: Working with Your Child’s School (audio)
- A Tale of Two Preschools: One Mom’s Story (audio)
- California Safe Schools Coalition – Research Brief
- Gender, Safety, and Schools: Taking the Road Less Traveled
- also visit our Resources: Education page for more materials to share with your school

Education Beyond High School

- Choosing a College
- You’ve applied to college, now what? College professionals share their expertise on pursuing education beyond high school
- Choosing the right college: Advice from young adults

Camps, Sports Leagues & Other Activities

- Framework for Gender Inclusive Camps
- FAQ for Summer Camps and Activities
- Gender Support Plan for Camp
- Planning for Gender Changes at Camp
- Gender Inclusive Camps: A Webinar for Camp Professionals (Gender Spectrum Youtube Channel)
- Creating Gender Inclusive Spaces at Camps and Other Summer Program (Gender Spectrum Youtube Channel)
- Supporting Transgender and Gender Nonconforming Youth at Summer Camps
- Transgender Youth – The Role Camps Might Play
- Transathlete.com
- Model Policy for Transgender Athletes in High School
- NCLR Sports Project

Medical

- Choosing Professionals to Work with Your Family
- The Child and Adolescent Gender Center
- Changing Bodies to Match Gender Identity
- **Video**: Johanna Olson, MD Medical Director, Center For Transyouth Health and Development, Children’s Hospital Los Angeles, shares advice for parents of transgendered youth.

Legal

- [A Guide to Changing California & Federal Identity Documents to Match Your Gender Identity](#)
- [Changing Birth Certificates State-by-State guide](#)