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 to 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

Sharing the Experience of Raising Gender-Expansive or Transgender Children

- Communicating with Family and Friends (Sample Letters)
- Preparing for the Holidays
- 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

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**