

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](#)
- [Helping Families Support Their Lesbian, Gay, Bisexual, and Transgender \(LGBT\) Children - The Family Acceptance Project](#)
- [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: Unico 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 for Children and Teens

- [Annotated Bibliography of Children's Books about Gender Diversity](#)
- [Annotated Bibliography of Teen Books about Gender Diversity](#)
- Gender Spectrum Story Time: [One of a Kind Like Me/Unico 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](#)

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](#)