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](#)