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: 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**

Gender Spectrum
• **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](#)