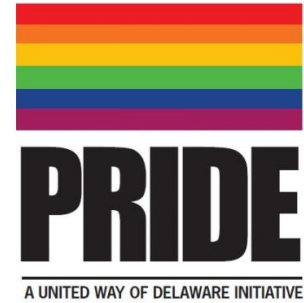


Resources for Transgender Issues

8/10/16



PTK Delaware – Is a parents of trans KIDS support group that meets the 3rd Thursday of each month starting at 6:30PM at Nemours/Alfred I. duPont Hospital for Children and is co-sponsored by PFLAG and United Way of Delaware PRIDE Council. Stop at the Welcome Desk in the Fusco Atrium for directions to our meeting room. If you plan to attend a meeting please email PTKDelaware@gmail.com and include the age of your child.

Social Media

Parents of Transgender Kids – Facebook Group
Parents of Transgender Kids – PTK – Facebook Group
The Rainbow Room – Facebook Group
TransKids Family – Yahoo Group
<http://groups.yahoo.com/group/TransKidsFamily/>

Picture Books

Baldacchino, Christine. *Morris Micklewhite and the Tangerine Dress*. Toronto: Groundwood Books, 2014

Bone, Jeffrey and Bone, Lisa. *Not Every Princess*. Washington, DC: Magination Press, 2014.

Carr, Jennifer. *Be Who You Are*. Published: Author

Ewert, Marcus. *10,000 Dresses*. New York: Seven Stories Press, 2008.

Fabrikant, Amy. *When Kayla was Kyle*. Avid Readers Publishing Group, 2013.

Hall, Michael. *Red: A Crayon's Story*. New York: Greenwillow Books, 2015.

Herthel, Jessica and Jennings, Jazz. *I Am Jazz*. New York: Dial Books for Young Readers, 2014

Hoffman, Sarah. *Jacob's New Dress*. Illinois: Albert Whitman and Company, 2014.

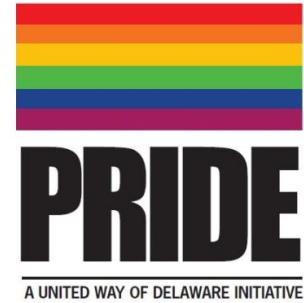
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Resources for Transgender Issues

8/10/16



Kieman-Johnson, Eileen. *Roland Humphrey is Wearing a WHAT?* Huntley Rahara Press, 2013.

Kilodavis, Cheryl. *My Princess Boy*. New York: Aladdin, 2010.

Wong, Wallace. *When Kathy is Keith*. Xilibris Corporation, 2011.

Young Adult Literature

Andrews, Arin. *Some Assembly Required: The Not-So-Secret Life of a Transgender Teen*. New York: Simon and Schuster, 2015.

Hennessey, M. G. *The Other Boy*. New York: Harper Collins, 2016.

Hill, Katie Rain. *Rethinking Normal: A Memoir in Transition*. New York: Simon and Schuster, 2014.

Polonsky, Ami. *Gracefully Grayson*. Los Angeles: Hyperion, 2014.

For Parents

Nutt, Amy Ellis. *Becoming Nichole: The Transformation of an American Family*. New York: Random House Trade Paperbacks, 2016.

Tando, Darlene. *The Conscious Parent's Guide to Gender Identity. A Mindful Approach to Embracing Your Child's Authentic Self*. Adams Media, 2016.

Whittington, Hilary. *Raising Ryland: Our Story of Parenting a Transgender Child with No Strings*. New York: William Morrow Paperbacks, 2016

Websites

Trans Youth Family Allies

<http://www.imatyfa.org/>

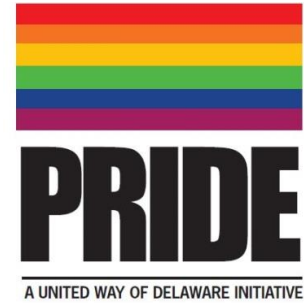
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Facebook Group - UWDPride

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Resources for Transgender Issues

8/10/16



Transgender Resources (NY Times)

http://www.nytimes.com/2015/05/06/opinion/transgender-resources.html?_r=0

AIDS Delaware: 302-652-6776 <http://aidsdelaware.org/>

AIDS Delaware is a non-profit that offers a variety of programs to the Delaware community with a focus on HIV and AIDS education and prevention. They offer free rapid HIV testing weekly at a variety of locations. A listing of their programs, testing sites and more information can be found on their website.

Brandywine Counseling and Community Services: 302-656-2348

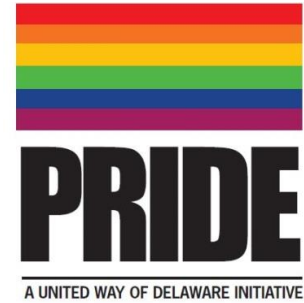
<http://www.brandywinecounseling.org/> Brandywine Counseling and Community Services, Inc. is a Delaware based non-profit organization dedicated to serving Delawareans through a variety of services offered at their five facilities statewide.

Delaware Guidance Services: <http://www.delawareguidance.org/>

Delaware Guidance Services for Children & Youth, Inc. exists to provide quality behavioral health services for children, youth, and their families. We believe that all children have a right to good behavioral health and should have access to quality therapeutic care, regardless of their ability to pay.

Resources for Transgender Issues

8/10/16



Delaware Renaissance: <http://www.delren.org/>

This transgender support group for adults holds meetings every second Saturday at the First Unitarian Church 730 Halstead Road, Talleyville, Delaware. Doors open at 7:30 pm and meetings begin at 8:30. Meetings are informal, and usually feature a guest speaker. Members also volunteer at regional conferences, churches, and events to educate the community on transgender issues. All are welcome regardless of sex, sexual orientation, gender, or gender identity, with the expectation that attendees are respectful of the group.

Gender Spectrum: <https://www.genderspectrum.org/>

Gender Spectrum provides education, training and support to help create a gender sensitive and inclusive environment for all children and teens by providing consultation, training and events designed to help families, educators, professionals, and organizations understand and address the concepts of gender identity and expression. Their accessible, practical approach is based on research and experience, enabling their clients to gain a deeper understanding of gender all along the spectrum.

Maryland TransEquality: <http://mdtransequality.org/>

The Maryland Coalition for Trans Equality (MCTE) is a coalition of organizations and individuals working to advance equal rights for transgender, transsexual, and gender non-conforming people in Maryland.

Mazzoni Center: 215-563-0652 <http://www.mazzonicenter.org>

A health center located in Philadelphia, PA, the Mazzoni Center offers a full array of primary health care services, mental and behavioral health services, and LGBT legal services, as well as HIV and STD testing, food bank and housing subsidies for families and individuals affected by HIV, support groups, outreach and education programs. These services include medical, psychological, and hormone services for transgender adults and youth. The Mazzoni Center also sponsors the annual Philadelphia Trans Health Conference each year.

National Center for Transgender Equality: <http://www.transequality.org>

A social justice organization located in Washington, D.C., dedicated to advancing the rights of transgender individuals through advocacy, empowerment, and education. The NCTE website has a good deal of resources for the transgender community.

I Am Transgender: <http://www.iamtransgendered.com/>

This website provides a wide variety of resources both domestically and internationally for transgender individuals of all ages.

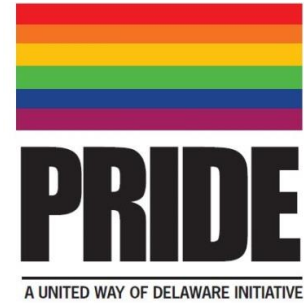
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Resources for Transgender Issues

8/10/16



Philadelphia Trans Health Conference: <http://www.trans-health.org/>

Since its inception in 2002, the Philadelphia Trans Health Conference has offered a space for trans*people and their allies, families, and providers opportunities to educate themselves and others on transgender issues including but not limited to health, safety, education, employment, housing, and social support. The three day conference is held each June at the Pennsylvania Convention Center.

Safe Schools Coalition: <http://www.safeschoolscoalition.org>

An online resource with links and pages on a variety of topics ranging from general information on the LGBTQ community to history to LGBTQ youth of color to transgender and gender variant youth. The website also has resources geared towards specific people, such as educators, advocates, supporters, and youth themselves.

TransCentral PA: <http://www.transcentralpa.org>

TransCentralPA is committed to providing advocacy and caring support for transgender individuals, their significant others, families, friends and allies. TransCentralPA also provides gender education and information to businesses, organizations, educational institutions and governmental agencies.

Transgender Law Center: <http://transgenderlawcenter.org>

Transgender Law Center works to change law, policy, and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression. Trans Student Equality Resource: www.transstudent.org/

Trans Student Equality Resources is a youth-led organization dedicated to improving the educational environment for trans* and gender nonconforming students, affirming that one's gender identity is a valuable form of human diversity. A core belief of the organization is that trans* and gender nonconforming youth should be allowed the same opportunities and respect enjoyed by their peers and that an equal education is a matter of civil rights.

Trans Youth Equality Foundation: www.transyouthequality.org/index.html

The Trans Youth Equality Foundation provides education, advocacy and support for transgender and gender non-conforming children and youth and their families. Their mission is to share information about the unique needs of this community, partnering with families, educators and service providers to help foster a healthy, caring, and safe environment for all transgender children.

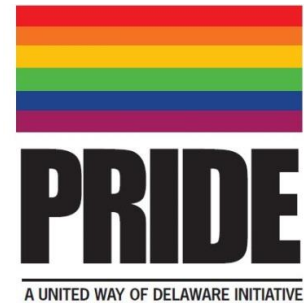
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Facebook Group - UWDPRIDE

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Resources for Transgender Issues

8/10/16



Trans Youth Family Allies (TYFA): <http://www.imatyfa.org/>

TYFA empowers children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected. We work to create a society free of suicide and violence in which all children are respected and celebrated.

The World Professional Association for Transgender Health (WPATH): www.wpath.org

The World Professional Association for Transgender Health (WPATH) is an international multidisciplinary professional association whose mission is to promote evidence based care, education, research, advocacy, public policy and respect in transgender health through furthering the understanding and treatment of gender identity disorders by professionals in medicine, psychology, law, social work, counseling, psychotherapy, family studies, sociology, anthropology, sexology, speech and voice therapy, and other related fields. WPATH publishes the Standards of Care and Ethical Guidelines, which articulate a professional consensus about the psychiatric, psychological, medical, and surgical management of gender identity disorders, and help professionals understand the parameters within which they may offer assistance to those with these conditions.

Books

Beyond Magenta: Transgender Teens Speak Out by Susan Kuklin (ISBN-13: 9780763656119)

Author and photographer Susan Kuklin met and interviewed six transgender or gender-neutral young adults and used her considerable skills to represent them thoughtfully and respectfully before, during, and after their personal acknowledgment of gender preference. Portraits, family photographs, and candid images grace the pages, augmenting the emotional and physical journey each youth has taken. Each honest discussion and disclosure, whether joyful or heartbreaking, is completely different from the other because of family dynamics, living situations, gender, and the transition these teens make in recognition of their true selves.

Creating Safe and Supportive Learning Environments: A Guide for Working with Lesbian, Gay, Bisexual, Transgender, and Questioning Youth and Families by Emily S. Fischer and Karen Komosa- Hawkins (ISBN-13: 978-0415819176)

The importance of creating safe spaces for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) students in the school environment cannot be overstated. It is one of the most prominent issues facing school professionals today, and its success has lasting, positive effects on the entire student body. Drawing on the expertise of researchers and practitioners, Creating Safe and Supportive Learning Environments provides a comprehensive examination of the topics most relevant for school professionals. The first section lays out the theoretical foundation and

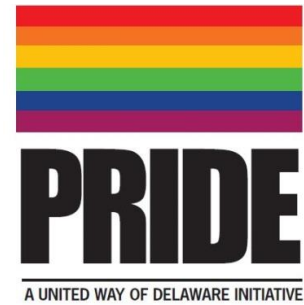
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<http://uwde.org/affinity-groups/pride-council>

Resources for Transgender Issues

8/10/16



background school professionals need to understand the social and political trends that impact LGBTQ individuals, the development of sexual orientation and gender identity, risk and resilience factors, and the intersection of LGBTQ identity with other aspects of diversity. The second section explores topics critical for the development of safe, supportive school environments, including understanding legal and ethical mandates, training school personnel, addressing bullying and harassment, and developing inclusive classrooms. Special topics related to counseling LGBTQ students, supporting families of LGBTQ students, becoming an ally and advocate in the schools, and connecting with community resources are also covered.

Free Your Mind: The Book for Gay, Lesbian, and Bisexual Youth and Their Allies by Ellen Bass and Kate Kaufman (ISBN-13: 9780060951047)

Free Your Mind is the definitive practical guide for gay, lesbian, and bisexual youth — and their families, teachers, counselors and friends. For too long, gay youth have wanted to be themselves and to feel good about it, but most have been isolated, afraid, harassed, or worse. Their very existence has been ignored, whispered about, or swept under the rug. But each day more and more lesbian, gay, and bisexual youth are standing up, speaking out, breaking down stereotypes, demanding rights and recognition — shining. In this book, young people share their joy and their pain, their hopes and fears, the formidable obstacles they have faced and overcome, and the exciting opportunities they have discovered. Free Your Mind speaks to the basic aspects of the lives of gay, lesbian and bisexual youth: Self-Discovery; Friends and Lovers; Family; School; Spirituality; Community. Alive with the voices of more than fifty young people, rich in accurate information and positive practical advice, Free Your Mind talks about how to come out, deal with problems, make healthy choices about relationships and sex, connect with other gay youth and supportive adults, and take pride and participate in the gay and lesbian community. Free Your Mind also presents detailed guidance for adults who want to make the world safer for lesbian, gay and bisexual youth.

The Gender Book: <http://www.thegenderbook.com/#>

The Gender Book Project was started in order to educate people of every age about the LGBTQ community through the easy to understand style of an illustrated children’s educational book. “The Gender Book,” a 70 page book about the LGBTQ community, and “The Gender Booklet,” a 6 page booklet which covers the basics of the topics covered in “The Gender Book,” are both available for free e-book or PDF download.

Gender Outlaws: The New Generation by Kate Bornstein and S. Bear Bergman (ISBN-13: 9781580053082)

In Gender Outlaws, Bornstein, together with writer, raconteur, and theater artist S. Bear Bergman, collects and contextualizes the work of this generation’s trans and genderqueer forward

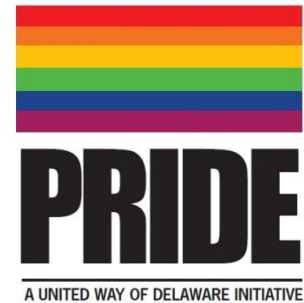
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Resources for Transgender Issues

8/10/16



thinkers — new voices from the stage, on the streets, in the workplace, in the bedroom, and on the pages and websites of the world's most respected mainstream news sources. Gender Outlaws includes essays, commentary, comic art, and conversations from a diverse group of trans-spectrum people who live and believe in barrier-breaking lives.

Hello, Cruel World: 101 Alternatives to Suicide for Teens, Freaks, and Other Outlaws by Kate Bornstein (ISBN-13: 9781583227206)

Celebrated transsexual trailblazer Kate Bornstein has, with more humor and spunk than any other, ushered us into a world of limitless possibility through a daring re-envisionment of the gender system as we know it. Here, Bornstein bravely and wittily shares personal and unorthodox methods of survival in an often cruel world. A one-of-a-kind guide to staying alive outside the box, Hello, Cruel World is a much-needed unconventional approach to life for those who want to stay on the edge, but alive. Hello, Cruel World features a catalog of 101 alternatives to suicide that range from the playful (moisturize!), to the irreverent (shatter some family values), to the highly controversial. Designed to encourage readers to give themselves permission to unleash their hearts' harmless desires, the book has only one directive: "Don't be mean." It is this guiding principle that brings its reader on a self-validating journey, which forges wholly new paths toward a resounding decision to choose life. Tenderly intimate and unapologetically edgy, Kate Bornstein is the radical role model, the affectionate best friend, and the guiding mentor all in one.

My New Gender Workbook by Kate Bornstein (ISBN-13: 9780415538657)

Bornstein starts from the premise that there are not just two genders performed in today's world, but countless genders lumped under the two-gender framework. Using a unique, deceptively simple and always entertaining workbook format, complete with quizzes, exercises, and puzzles, Bornstein gently but firmly guides readers toward discovering their own unique gender identity. Since its first publication in 1997, My Gender Workbook has been challenging, encouraging, questioning, and helping those trying to figure out how to become a "real man," a "real woman," or "something else entirely." In this exciting new edition of her classic text, Bornstein re-examines gender in light of issues like race, class, sexuality, and language. With new quizzes, new puzzles, new exercises, and plenty of Kate's playful and provocative style, My New Gender Workbook promises to help a new generation create their own unique place on the gender spectrum.

The Nearest Exit is Behind You by S. Bear Bergman (ISBN-13: 9781551522647)

Alternately unsettling and affirming, devastating and delicious, The Nearest Exit May Be Behind You is a new collection of essays on gender and identity by S. Bear Bergman that is irrevocably honest and endlessly illuminating. With humor and grace, these essays deal with issues from

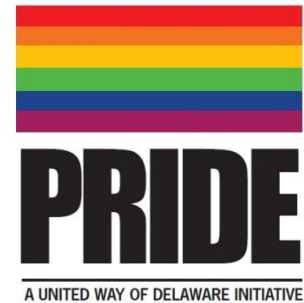
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Facebook Group - UWDPRIDE

<http://uwde.org/affinity-groups/pride-council>

Resources for Transgender Issues

8/10/16



women's spaces to the old boys' network, from gay male bathhouses to lesbian potlucks, from being a child to preparing to have one. Throughout, S. Bear Bergman shows us there are things you learn when you're visibly different from those around you—whether it's being transgressively gendered or readably queer. As a transmasculine person, Bergman keeps readers breathless and rapt in the freakshow tent long after the midway has gone dark, when the good hooch gets passed around and the best stories get told. Ze offers unique perspectives on issues that challenge, complicate, and confound the "official stories" about how gender and sexuality work.

Nina Here Nor There: My Journey Beyond Gender by Nick Krieger (ISBN-13: 9780807000922)

The next-generation Stone Butch Blues—a contemporary memoir of gender awakening and a classic tale of first love and self-discovery. Ambitious, sporty, feminine “capital-L lesbians” had been Nina Krieger’s type, for friends that is. She hadn’t dated in seven years, a period of non-stop traveling—searching for what, or avoiding what, she didn’t know. When she lands in San Francisco’s Castro neighborhood, her roommates introduce her to a whole new world, full of people who identify as queer, who modify their bodies and blur the line between woman and man, who defy everything Nina thought she knew about gender and identity. Despite herself, Nina is drawn to the people she once considered freaks, and before long, she is forging a path that is neither man nor woman, here nor there. This candid and humorous memoir of gender awakening brings readers into the world of the next generation of transgender warriors and tells a classic tale of first love and self-discovery.

The Right to Be Out: Sexual Orientation and Gender Identity in America’s Public Schools by Stuart Biegel (ISBN-13: 9780816674589)

Despite significant advances for gay and transgender persons in the United States, the public school environment remains daunting, even frightening, as evidenced by numerous high-profile incidents of discrimination, bullying, violence, and suicide. Yet efforts to protect the rights of lesbian, gay, bisexual, and transgender (LGBT) students and educators, or to enhance curricula to better reflect the experience of differing sexual orientations and gender identities, are bitterly opposed in the courtroom, at the ballot box, and especially in the schools themselves. *The Right to Be Out* begins with a cogent history and analysis of the dramatic legal developments concerning the rights of LGBT persons since 1968. Stuart Biegel then turns to what K-12 schools should do—and in many cases have already done—to implement right-to-be-out policies. He examines recent legal and public policy changes that affect LGBT students and educators in the K-12 public school system. Underlying all of these issues, he shows, is an implicit tension about the right to be out, a right that is seen as fundamental within LGBT communities today and, legally, draws on both the First Amendment right to express an identity and the Fourteenth

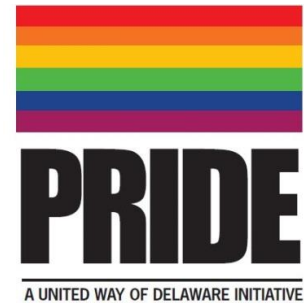
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Facebook Group - UWDPride

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Resources for Transgender Issues

8/10/16



Amendment right to be treated equally. Biegel addresses the implications of asserting and protecting this right within the hotly contested terrain of America's public schools. This book is a valuable resource for K-12 school administrators, parents, teacher organizations, mental health professionals and school counselors, LGBT advocacy groups, and the legal community. A safe and supportive educational environment for all students is possible, Biegel concludes, if built on shared values and a belief in the strength of our pluralistic society.

The Transgender Child: A Handbook for Families and Professionals by Stephanie A. Brill and Rachel Pepper (ISBN-13: 978-1573443180)

This comprehensive first of its kind guidebook explores the unique challenges that thousands of families face every day raising their children in every city and state. Through extensive research and interviews, as well as years of experience working in the field, the authors cover gender variance from birth through college. What do you do when your toddler daughter's first sentence is that she's a boy? What will happen when your preschool son insists on wearing a dress to school? Is this ever just a phase? How can you explain this to your neighbors and family? How can parents advocate for their children in elementary schools? What are the current laws on the rights of transgender children? What do doctors specializing in gender variant children recommend? What do the therapists say? What advice do other families who have trans kids have? What about hormone blockers and surgery? What issues should your college-bound trans child be thinking about when selecting a school? How can I best raise my gender variant or transgender child with love and compassion, even when I barely understand the issues ahead of us? And what is gender, anyway? These questions and more are answered in this book offering a deeper understanding of gender variant and transgender children and teens.

Transgender 101: A Simple Guide to a Complex Issue by Nicholas M. Teich

Written by a social worker, popular educator, and member of the transgender community, this well-rounded resource combines an accessible portrait of transgenderism with a rich history of transgender life and its unique experiences of discrimination. Chapters introduce transgenderism and its psychological, physical, and social processes. They describe the coming out process and its effect on family and friends, the relationship between sexual orientation, and gender and the differences between transsexualism and lesser-known types of transgenderism.

Transgender Explained For Those Who are Not by Joanne Herman (ISBN-13: 9781449029579)

Although Joanne Herman affirmed her true gender in her late 40's, before increased transgender acceptance and understanding led to gender affirmations at much younger ages, her non-complicated explanations in *Transgender Explained* remain useful in gaining understanding of a

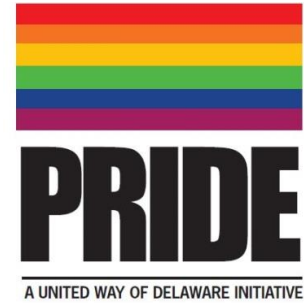
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<http://uwde.org/affinity-groups/pride-council>

Resources for Transgender Issues

8/10/16



complicated subject. Organized by topic into short, easy-to-read chapters, Joanne's book serves as a way to quickly get up to speed on what it means to be transgender.

Transparent: Love, Family, and Living the T with Transgender Teens by Cris Beam (ISBN-13: 9780151011964)

When Cris Beam first moved to Los Angeles, she thought she might put in just a few hours volunteering at a school for transgender kids while she got settled. Instead she found herself drawn deeply into the pained and powerful group of transgirls she discovered. In *Transparent* she introduces four of them—Christina, Domineque, Foxxjazell, and Ariel—and shows us their world, a dizzying mix of familiar teenage cliques and crushes with far less familiar challenges like how to morph your body on a few dollars a day. Funny, heartbreaking, defiant, and sometimes defeated, the girls form a singular community. But they struggle valiantly to resolve the gap between the way they feel inside and the way the world sees them—a struggle we can all identify with. Beam's careful reporting, sensitive writing, and intimate relationship with her characters place *Transparent* in the ranks of the best narrative nonfiction.