



## ILLINOIS ORGANIZATIONS PROVIDING SUPPORT FOR TRANSGENDER INDIVIDUALS

**Illinois Safe Schools Alliance** <http://www.illinoissafeschools.org/>

The mission of the Illinois Safe Schools Alliance (the Alliance) is to promote safety, support and healthy development for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth, in Illinois schools and communities, through advocacy, education, youth organizing and research.

**Ann & Robert H. Lurie Children's Hospital Gender Program**

<https://www.luriechildrens.org/en-us/care-services/specialties-services/gender-program/Pages/index.aspx>

Gender development services provides advocacy, training, mental health, and medical care aimed at supporting the physical, mental and social health of patients and their families as youth progress through gender identity development.

**Howard Brown Health Center** : <http://howardbrown.org/>

**Broadway Youth Center TYRA Drop In**

Resource advocacy and affirming safe space for transgender, gender non-conforming, and questioning youth, no matter the identity along the TGNC spectrum, for folks ages 24 and under at the Broadway Youth Center.

Where: Broadway Youth Center: 615 W Wellington Ave

When: 1st and 3rd Wednesdays of Every Month, 5 P.M. TO 7 P.M

Contact: Maya Jordan at 773-388-1600 ext 1201 or [mayaj@howardbrown.org](mailto:mayaj@howardbrown.org)

**Center on Halsted** <http://www.centeronhalsted.org/>

Center on Halsted is the Midwest's most comprehensive community center dedicated to advancing community and securing the health and well-being of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) people of Chicagoland.

Youth Outlook <http://www.youth-outlook.org/wordpress/>

Youth Outlook is the only agency in the DuPage, Kane, and DeKalb counties of Illinois dedicated solely to serving LGBTQ youth. They provide wellness education on a variety of topics, leadership development, education programs, and social space.

## NATIONAL ORGANIZATIONS PROVIDING SUPPORT FOR TRANSGENDER INDIVIDUALS

**GLSEN (The Gay, Lesbian, Straight Education Network)** <http://www.glsen.org/>

A prominent organization supporting GLBT youth. They have resources about creating safe and supportive environments for students.

**The Trevor Project** <http://www.thetrevorproject.org/>

The Trevor Project is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning youth.

**PFLAG National**

PFLAG National is the nation's largest family and ally organization. Uniting people who are lesbian, gay, bisexual, transgender, and queer (LGBTQ) with families, friends, and allies, PFLAG is committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education, and advocacy.

Publication: *Our Trans Loved Ones: Questions and Answers for Parents, Families, and Friends of People Who Are Transgender & Gender Expansive* (link below)

<https://community.pflag.org/document.doc?id=921>

## RESOURCES FOR TRANSGENDER STUDENTS

Trans Student Educational Resources <http://www.transstudent.org/>

Trans Student Educational Resources is a youth-led organization dedicated to transforming the educational environment for trans and gender nonconforming students through advocacy and empowerment.

Beyond the Binary: A Tool Kit for Gender Identity Activism in Schools

<https://gsanetwork.org/files/getinvolved/BeyondtheBinary-Manual.pdf>

Transgender Rights Toolkit: A Legal Guide for Trans People and Their Advocates

<http://www.lambdalegal.org/publications/trans-toolkit>

Trans Lifeline (US: 877-565-8860)

Provides culturally competent services to Trans and gender nonconforming people in crisis; works with stakeholders within and without the Trans community to end Trans suicide; Empower Trans people to help other Trans people in the darkest moments of their lives.

## RESOURCES FOR PARENTS, EDUCATORS AND ALLIES

**Gender Spectrum** [www.genderspectrum.org](http://www.genderspectrum.org)

Raising children who don't fit neatly into male or female boxes brings a wealth of questions and uncertainties. Here you will find information and support to assist you in your search for answers.

**Families in TRANSition: A Resource Guide for Parents of Trans Youth**

<http://www.ctys.org/wp-content/uploads/2013/06/familiesintransition.pdf>

Families in TRANSition: A Resource Guide for Parents of Trans Youth is the first comprehensive Canadian publication (created by Central Toronto Youth Services) to address the needs of parents and families supporting their Trans children. It summarizes the experiences, strategies, and successes of a working group of community consultants – researchers, counselors, parents, advocates as well as Trans youth themselves.

**Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools**

<http://www.hrc.org/resources/schools-in-transition-a-guide-for-supporting-transgender-students-in-k-12-s>

**Welcoming Schools** <http://www.welcomingschools.org/>

Welcoming Schools is an LGBT-inclusive approach to addressing family diversity, gender stereotyping and bullying and name-calling in K-5 learning environments. They have a useful booklist which can be found here.

**American Psychological Association** <http://www.apa.org/topics/lgbt/transgender.aspx>

This downloadable pamphlet from the APA answers questions about transgender people, gender identity and gender expression.

**A Guide For Parents:** An affirming and positive resource from Washington D.C based Children's National Medical Center.

[https://childrensnational.org/~media/cnhs-site/files/departments/gender-and-sexuality-development-program/gvparentbrochu\\_re.ashx?la=en](https://childrensnational.org/~media/cnhs-site/files/departments/gender-and-sexuality-development-program/gvparentbrochu_re.ashx?la=en)

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

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

**Lambda Legal: Working With Transgender and Gender-Nonconforming Youth**

<http://www.lambdalegal.org/know-your-rights/working-with-transgender-youth>

**Gender Creative Kids Resource Library**

<http://gendercreativekids.ca/resources/>

**LGBTQ Student Guide to Bullying and Cyberbullying:**

<http://www.onlineschools.org/lgbtq-student-guide/>

<http://www.onlineschools.org/student-bullying-guide/>

**Lurie Children's Model Policy for Student Gender Support:**

<https://www.luriechildrens.org/en-us/care-services/conditions-treatments/gender-development/Documents/model-policy-for-student-gender-support.pdf>

### **SUPPORT GROUPS (ILLINOIS)**

**Parents of Transgender Individuals (PTI) Support Group (Chicago and McHenry)**

A spin-off Chapter of PFLAG-The chapter was founded solely as a support for Parents & families of transgender individuals.

Contact: [ptichicago1@gmail.com](mailto:ptichicago1@gmail.com)(Chicago); Mary 815-519-0181; [marygenzler@hotmail.com](mailto:marygenzler@hotmail.com) (McHenry)

**Kankakee PTI**

3rd Sunday of the month, 2PM, St. John's UCC, 1045 W. River St., Kankakee, IL 60901

Contact Rev. Barbara Lohrbach [revlohrbach@gmail.com](mailto:revlohrbach@gmail.com)

**Sycamore PTI**

LAST Tues of the month, 7PM, Federated Church of Sycamore, 612 W. State St., Sycamore, IL 60178

Contact Pat and Nancy Gilmour [gilmourfamily@comcast.net](mailto:gilmourfamily@comcast.net)

**Macon County LGBTQA Youth Group**

Contact [jlscowgill@yahoo.com](mailto:jlscowgill@yahoo.com)

**Youth Outlook-Transcend West Chicago & Naperville, IL**

(Please email for the exact location of the drop in sites)

Contact: [nancy.mullen@youth-outlook.org](mailto:nancy.mullen@youth-outlook.org)

**Lurie Children's Gender Program-Group for Youth and Families**

Contact: [JLeininger@luriechildrens.org](mailto:JLeininger@luriechildrens.org)

## **Central Illinois Pride Health Center**

PO Box 441, Bloomington, IL 61702. 815-893-7459. [www.cipridehealthcenter.org](http://www.cipridehealthcenter.org)

[facebook.com/pridehealthcenter](https://facebook.com/pridehealthcenter)

We offer social support and resources to the LGBTQ community of Central Illinois. Once we have a space, we'll be offering medical and mental care along with continual social support. We currently operate a weekly youth group ages 13-19 years old for LGBTQ+ allies on Fridays. We'll offer primary care from birth to death.

## **Angles Youth Services**

What? A safe and affirming space to explore identity and meet other youth

When? Wednesdays 5:30-7:00pm October 14th-December 16th (No meeting on 11/25)

Where? Youth Services, 3080 West Lake Ave., Glenview, IL 60026

Who? Any high-schooler looking for a confidential group exploring gender, relationships, and more!

For more information, contact Ariel Groner at: [agroner@youthservices-gn.org](mailto:agroner@youthservices-gn.org) | 1-(847)-724-2620 ext. 163

## **Gendernauts**

Free monthly support group is aimed at youths between ages 14-21 who are exploring their gender identity. The first meeting is set for 5-7 p.m. Dec. 13. The group will meet on the second Sunday of each month on the second-floor offices of the Beverly Therapists at 10725 S. Western Ave. For more information or questions about Gendernauts, call Bonn Wade at 773-330-2544 or email [wadebonn@gmail.com](mailto:wadebonn@gmail.com)

## **SWAG Support Group**

Who? Trans\*/GNC high school aged youth looking for a supportive and confidential group

What? A safe and affirming space to explore identity, gender, relationships, meet other youth and eat free pizza

When? Tuesdays 5:30-7:30 January 17<sup>th</sup>-March 21<sup>st</sup>

Where? Youth Services of Glenview/Northbrook 3080 W. Lake Ave

To join or get more information, contact Ari Groner, Support Group Facilitator: [ari@angles.org](mailto:ari@angles.org) or 224-592-5556

## **The Phoenix Center | Central Illinois' LGBTQ Community Center**

### **TranSupport P**

This group is for parents or parental figures raising transgender kids. The first meeting of the group will be Monday, March 7th 6:30-8 p.m. at the Phoenix Center. (Daycare will be provided for

children ages 4-12.) This group will be facilitated by Cindy Martsch, MSW – parent of a transman and President of PFLAG Springfield

### **TranSupport Group**

The TranSupport Group is for transgender individuals, their partners or spouses, family members, and friends. This group meets the THIRD THURSDAY of each month from 6:30-8:30 p.m. at the Phoenix Center. Group is facilitated by Cindy Martsch, LCSW and Tracy McCaffrey 217-528-5253

### **Rainbow Café Safe Space** [www.rainbowcafe.org](http://www.rainbowcafe.org)

Welcome to Rainbow Cafe, a SAFE SPACE social/support group for high school age gay, lesbian, bisexual, and transgender youth in Southern Illinois. We also welcome those youth questioning their orientation and youth members' heterosexual friends.

Rainbow Cafe meets every Friday evening from 7 - 10 PM at Giant City Plaza 1320 S Giant City Road, Suite F (left side of building, look for colored lights on last door), Carbondale, IL

### **Creativa**

creativita Trans\* youth art workshop (Ages 13-18) AND NEW PARENT GROUP \*Starting in January 2017 to meet while the teens meet\*. Come out and create in a safe space.

We meet the last Tuesday of each month from 6:30pm-8:30pm at Creativita, 7502 1/2 Madison Street, Forest Park.

Youth take part in a group art project or open studio then will eat dinner (pizza complements of Mancini's in Oak Park!) This free workshop is open to all trans\*, gender questioning, youth and their allies ages 13 to 18.

While the youth meet, the adults will have a separate space at 7512 Madison to share with and support each other. There will be plenty of coloring books on hand for those who want to be creative while talking with other parents. Feel free to bring a snack to share.

### **PFLAG- Dixon, IL chapter**

Offers parent support and youth supported connected through Youth Outlook chapter. Offer scholarships for LGBTQ students attending college. Check facebook group for more info or contact 815-440-2672.

### **Serendipitydodah for Moms**

Serendipitydodah for Moms is a private Facebook group created as an extension of the Serendipitydodah blog. The group is secret so that only members can find it or see what is posted in the group. The group was started in June 2014 and presently has more than 1,300 members. The space was specifically created for open minded Christian moms who have LGBTQ kids and want to develop and maintain healthy, loving, authentic relationships with their LGBTQ kids. In addition to providing a space for members to share info and support one another, a special guest is added each month for a few days. The guests include authors, pastors, LGBTQ people, bloggers, medical professionals and public speakers. For more info email [lizdyer55@gmail.com](mailto:lizdyer55@gmail.com)

## **GET UNITED: a support group for parents of Gender Diverse Children**

We're in this together. Parenting often feels like a lonely task and that's especially true for parents of non-binary children and adolescents. I hope this group will be a place for you to tell your story, hear from others, feel supported, and connect with parents who feel similar hopes, fears and struggles. There will be parents of children with various ages and transitions, so whether your child is 5 or 25, questioning their identity or fully transitioned, you will find a welcoming atmosphere and support for your situation. Questions? 309-981-1015, 3rd Wednesday of each month 5:30-6:30 at United Counseling and Wellness

## **Parents of Transgender Persons Therapy Support Group**

This group provides education and support to parents of transgender and gender expansive people. The meetings are facilitated by Daniel Frett, MS, LCPC, NCC, a therapist at Guided Path.

Location: 201 E. Dundee Rd, Palatine, IL 60074

Meeting: 2<sup>nd</sup> Sunday of each month commencing 2/12/17

Time: 1:30-3:30 PM

Cost: \$30 per person/\$45 per couple per session. Insurance companies may provide benefits for groups. A sliding scale fee is available when needed.

Anyone interested in participating in the group is asked to contact Dan Frett at 630-915-6472 or email [danfgpps@gmail.com](mailto:danfgpps@gmail.com) for further information. It is expected that persons participating are willing to commit to attending an initial four sessions in order to promote the group identity.

## **SUPPORT GROUPS OUTSIDE OF ILLINOIS**

Pine Rest Christian Mental Health Services

616-281-6363 x 4776. Contact line for Brie Walter-Rooks, LMSW-CAADC, LGBT affirming and can see clients with most insurance providers, including clients with Medicaid

<https://www.pinterest.org/locations/grand-rapids/northeast-clinic/>

Grand Rapids PRIDE Center, runs free support groups of trans\* adolescents [www.grpride.org](http://www.grpride.org)

## **SOCIAL/SUPPORT GROUPS: CHICAGO AREA**

### **Meet Up Group- Pinwheels**

Pinwheels is a network of families embracing their children's and teens gender creativity in a kind and loving manner. Our support group focuses on providing a monthly meeting place for parents to connect with other families by sharing information and experiences.

There are two Pinwheels groups in the greater Chicago area; one group in a Northwest suburb, the other in a South suburb. Each meeting divides attendees into two groups; a parents' discussion group and a children and teens playgroup.

Visit [www.Pinwheels.US](http://www.Pinwheels.US) for more information or to join the group.

### **Youth Outlook-Transcend (Naperville)**

Transcend runs similarly to our other drop in centers but focuses more specifically on gender identity. Whether you identify as Transgender, Queer, Questioning, Ally or anything in between, we welcome you to join us (12-20 year olds).

Where: DuPage Unitarian Church- 1828 Old Naperville Rd, Naperville, IL

When: Every Wednesday from 6:30-9:00 p.m.

Email [Carolyn.wahlskog@youth-outlook.org](mailto:Carolyn.wahlskog@youth-outlook.org) for more information.

### **Transcend (Palatine)**

Where: Countryside Unitarian Church in Palatine

When: 2nd and 4th Wednesday from 6:30-9:00 p.m.

Email [kim.tilford@youth-outlook.org](mailto:kim.tilford@youth-outlook.org) for more information.

Youth Outlook 2 for LGBTQ+ individuals 21 to 25

**Where:** DuPage Unitarian Church- 1828 Old Naperville Rd, Naperville, IL

**When:** 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month from 6:30-9:00p

**Contact:** [nancy.mullen@youth-outlook.org](mailto:nancy.mullen@youth-outlook.org)

[http://www.youth-outlook.org/wordpress/?page\\_id=25](http://www.youth-outlook.org/wordpress/?page_id=25)

### **Thrive Parent/Caregiver Group- Youth Outlook**

This group supports parents and caregivers actively parenting LGBTQ teens.

Where: DuPage Unitarian Church- 1828 Old Naperville Rd, Naperville, IL

When: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month from 6:30-9:00p

**Contact:** [nancy.carolson@youth-outlook.org](mailto:nancy.carolson@youth-outlook.org)

### **Center on Halsted**

<http://www.centeronhalsted.org/youth.html>

### **PFLAG –Parents of Transgender Individuals Support Group**

“We are a spin-off Chapter of PFLAG. Our chapter was founded solely as a support for Parents & families of transgender sons and daughters. Our group is very welcoming, so if you or anyone you know would benefit from a support group for parents please pass on this info.”

**Where:** Center on Halsted, 3656 Halsted, Chicago

**When:** Second Thursday of the month 7pm – 9pm

Contact: [ptchicago1@gmail.com](mailto:ptchicago1@gmail.com) for further info.



### **McHenry PTI (PFLAG Parents of Transgender Meeting)**

First Mondays of each month, 7-9 pm Tree of Life Unitarian Church

5603 W. Bull Valley Rd.

McHenry IL 60050

**Contact:** Mary ([marygenzler@hotmail.com](mailto:marygenzler@hotmail.com) 815-519-0181)

### **PTI group in Winnetka**

Parents of Transgender Youth (North Shore)

Meetings are held the 3rd Sunday – 6 p.m.

Winnetka Presbyterian Church

1255 Winnetka Rd

Winnetka, IL 60093

### **Kankakee PTI**

3rd Sunday of the month, 2PM, St. John's UCC, 1045 W. River St., Kankakee, IL 60901

Contact Rev. Barbara Lohrbach [revlohrbach@gmail.com](mailto:revlohrbach@gmail.com)

### **Sycamore PTI**

LAST Tues of the month, 7PM, Federated Church of Sycamore, 612 W. State St., Sycamore, IL 60178

Contact Pat and Nancy Gilmour [gilmourfamily@comcast.net](mailto:gilmourfamily@comcast.net)

### **PFLAG Metro Chicago (LGBT but not gender non-conforming specific)**

Where: Center on Halsted Senior Room Location 3656 N Halsted Chicago 60613

When: Chapter meetings held the third Sunday, 2 p.m. – 4:15 p.m.

Contact: [pflagchicagometro@pflagillinois.org](mailto:pflagchicagometro@pflagillinois.org) 630-415-0622

<http://www.pflagillinois.org/chapter-meetings/pflag-metro-chicago>

### **Macon County LGBTQA Youth Group Get Together**

**What:** There are snacks and lots of socialization for youth ages 13-18 who identify as lesbian, gay, bisexual, transgender, questioning, or asexual in the Decatur and surrounding area. Allies are welcome too! This group provides a safe place for LGBTQA youth to gather and share with similar youth. There is an hour of discussion on a topic pertaining to LGBTQA youth and two hours of social time. The group meets at 1st Congregational Church of Christ on MacArthur St. in Decatur. It is the Church with the big white pillars.

**When:** The first and third Friday of each month, from 6pm-9pm

**Where:** The 1st Congressional Church of Christ, 3465 N. MacArthur Road, Decatur, IL 62526

For more info contact Jenny at 794-2521 ([jlscowgill@yahoo.com](mailto:jlscowgill@yahoo.com)) or Mark at 875-5119

### **Secret Facebook Group: Illinois Parents of Transgender and Gender Diverse Children**

This is a secret group for parents of transgender and gender non-conforming children who live in the state of Illinois. No one else on Facebook will see that you are in this group, or see your posts in this group. The group helps us connect, share resources, and support our children in Illinois. For more information or to join the group, please email Sarah Langley at [Sarah.Mell.Langley@gmail.com](mailto:Sarah.Mell.Langley@gmail.com).

### **VIDEOS**

Below are links to videos interviewing the Director of the Program (Dr. Garofalo, MD PHD) on transgender related issues.

[WTTW](#)

[Dr. Oz Video](#)

[WGN](#)

[Chicago Tonight Video](#)

### **LEGAL RESOURCES**

**Center on Halsted-** <http://www.centeronhalsted.org/programs.html>

If you or someone you know is in need of legal consultation from an attorney with an understanding of legal issues in the lives of LGBTQ people, we can help. Though Center on Halsted does not have a licensed attorney on staff, we work with a group of volunteer attorneys to host regular clinics and provide referrals to area attorneys with experience in the LGBTQ community.

#### **TransLife Center**

Owen Daniel-McCarter, Esq

1925 N. Clybourn Ave, Suite 401 Chicago, IL 60614

Phone: 773.248.5200 Ext. 414

Cell: 312-692-9196 (call or text)

Fax: 773.248.5019

[odaniel-mccarter@chicagohouse.org](mailto:odaniel-mccarter@chicagohouse.org)

[www.chicagohouse.org](http://www.chicagohouse.org)

**The Transformative Justice Law Project of Illinois**

<http://tjlp.org>,

We provide free, zealous, life-affirming, and gender-affirming holistic criminal legal services to low-income and street based transgender and gender non-conforming people targeted by the criminal legal system. TJLP takes referrals from organizations or through word of mouth. If you would like more information about our legal services or how to contact our project attorney, please email us at [info@tjlp.org](mailto:info@tjlp.org).

**Where:** 4707 N. Broadway Suite 307 Chicago, IL 60640

**Contact:** (773) 272-1822 [info@tjlp.org](mailto:info@tjlp.org)

## NAME CHANGE

### **Transformative Justice Law Project Name Change Mobilization**

During the Name Change Mobilization attorneys and trained volunteers assist transgender and gender non-conforming folks file petitions to change their names legally at the Daley Center in downtown Chicago. Volunteers provide follow-up support services by accompanying folks to their court dates and helping them navigate the subsequent name change processes at the Department of Motor Vehicles, Social Security Office, Department of Vital Records, etc.

**Where:** 12<sup>th</sup> floor of the Daley Center 50 W. Washington Chicago, IL Room 1202

**When:** Last Friday of every month 9:00AM-3:00PM

**Contact:** [namechange@tjlp.org](mailto:namechange@tjlp.org)

### **John Marshall Law School**

312-427-2737 ext 477

### **LGBT Searchable Database (legal, mental health, medical, social)**

#### **Chicago Land LGBTQ Service Directory:**

<http://chicagolgbtservices.org/>

Guide to Name and Gender Marker Changes (IL)

[https://www.iwu.edu/lgbt/name\\_change\\_in\\_illinois.pdf](https://www.iwu.edu/lgbt/name_change_in_illinois.pdf)

Thorough PDF by Equality Illinois detailing all of the steps for changing your legal name and identity documents in Illinois

## INDIANA RESOURCES

### **Affirming LGBTQ Youth and Families Group**

Sessions will be offered Every Wednesday 7:30-8:30 PM

Starting Thursday, January 8th, 2015

Every Thursday 7:30-8:30 PM

250 N. Main St., Crown Point, Indiana

Crown Counseling Offices

219-663-6353

[nataliel@crowncounseling.org](mailto:nataliel@crowncounseling.org)

### **NATIONAL RESOURCES (IN-PERSON SUPPORT GROUPS)**

[Boston Support Group](#) The Center for Special Needs (CCSN) at TUFTS in Downtown Boston group contains parents of gender-non-conforming boys and girls. Click the link to email Dr. Ellen Perrin, the group's coordinator.

[DC Area Support Group](#) The CNMC group is co-facilitated by Edgardo Menvielle, MD, a child and adolescent psychiatrist at the CNMC, and Mrs. Catherine Tuerk, MA, RN, CS.

[New York City Support Group: Stepping Stones](#) Stepping Stones is a network of families embracing their children's gender non-conformity in a kind and loving manner. Our support group focuses on providing a monthly meeting place for parents to connect with other families by sharing information.

[Oakland, CA Gender Spectrum Group](#) Gender Spectrum offers a monthly support and information group in Oakland, CA for parents of gender variant and transgender children. We meet regularly to discuss what gender variance means to our children and our families.

[Seattle Children's Support Group](#) Seattle Children's Support Group Transgender & Gender Variant Support Group: the group meets monthly on the third Sunday from 5:00 to 7:00 pm. For more information contact Aidan Key at 1-855-4 GENDER (1-855-443-6337)

[St. Louis Transparent Support Group](#) Our purpose is to provide support, information and resources to help parents confidently navigate their gender independent child's personal journey of self-discovery to authentic living. We meet on the third Thursday of every month at St. Louis Children's Hospital (1 Children's Place St. Louis, MO 63117) 6:30 pm to 8:30 pm in Room PL27

### **WEBSITES FOR PARENTS: (click on name to be linked to the site)**

[Bank Street College of Education Resource Guide for Parents of Gender Non-Conforming Kids](#)

[Transparent \(St. Louis\)](#)

[CNMC: Children's National Medical Center](#)

[Gender Spectrum](#)

[GLSEN: Gay Lesbian & Straight Education Network](#)

[Human Rights Campaign: Welcoming Schools](#)

[PFLAG: Parents, Families & Friends of Lesbians & Gays](#)

[Trans Student Equality Resources](#)

[Teaching Tolerance](#)

[Trans Active](#)

[Transfamily](#)

[TYFA: Trans Youth Family Allies](#)

[Welcoming Schools](#)

## **SUPPORTIVE PARENT BLOGS**

[Girly Boy Mama](#)

[Glamorous Army Wife](#)

[Labels Are For Jars](#)

[Sarah Hoffman](#)

[Standing in the Shadows](#)

[Transparenthood](#)

## **BOOKS**

### ***For Parents***

[The Transgender Child: A Handbook for Families and Professionals](#)

[Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children](#)

[Transgender Explained For Those Who Are Not](#)

### ***For Children***

[My Princess Boy](#)

[10,000 Dresses](#)

[Be Who You Are](#)

[All I Want To Be Is Me](#)

## **ADDITIONAL SUPPORT MATERIALS**

***If you are concerned about your child's gender behaviors: A Guide for Parents***

By Children's National Medical Center (PDF brochure)

<http://www.childrensnational.org/files/PDF/DepartmentsandPrograms/Neuroscience/Psychiatry/GenderVariantOutreachProgram/GVParentBrochure.pdf>

## Discussing Gender Issues

[https://www.genderspectrum.org/images/stories/Discussing\\_Gender.pdf](https://www.genderspectrum.org/images/stories/Discussing_Gender.pdf)



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### Strategies for Re-Thinking and Discussing Gender Issues

- Be proactive in your conversations, bring up topics of gender and gender identity; *don't* wait for your child to bring it up or for an experience or incident to talk about.
- Speak (in private, of course) of specific people in your child's environment who express gender differently. Explore with your child(ren) what they think about it and share *your* thoughts and feelings about it.
- Ask your child(ren) what they think of as "boy" things or "girl" things, and then ask why they think of those things that way. See if there are things they like which are assigned to the opposite gender and talk to them about how it feels to be told they can't wear those things or do those things.
- When someone says something gender-biased (e.g. *He is all boy! Look at all the energy he has!*), take the opportunity to mention counter examples (e.g. *One of the girls he plays with has even more energy than he does!*).
- Talk to your kids about how everyone is a little different, and while people create these labels, these boxes, to fit people into, most people don't completely fit into the boxes - and that is OK. Give examples of boys who like sparkly things, girls who like to play with trucks. Try to use yourself and other well-loved family members as examples (e.g. *When I was a little girl, people told me I shouldn't wear red and black even though they were my favorite colors because they weren't "girl" colors.*)
- Question and explore your own biases. For example, how do you feel about boys wearing long hair? Girls who "dress like boys?" Girls playing football or boys wearing earrings or fingernail polish? What messages are you giving your child(ren) about how they and others express themselves?
- Watch TV shows and ads and discuss with your child(ren): 1) How gender roles are portrayed; and 2) what messages are being sent. Is the mom always making cookies or dinner with the daughter and serving the boys? Are only boys playing with the Tonka trucks or Hot Wheels?
- Help advocate for gender-neutral bathrooms for students, parents, and staff. Note: Many public facilities have single-stall restrooms that are often gender marked; these can easily be reassigned as gender-neutral bathrooms or simply labeled "Restroom." An extension of this ally strategy is to post a sign indicating where to find a gender-neutral restroom at a school site or other public facility.
- Don't rely on or expect transgender people to take the lead on discussing gender identity. Be an ally to the transgender community by bringing up issues of gender and gender identity

# Answers to Your Questions About Transgender Individuals and Gender Identity

By the American Psychological Association

<http://www.apa.org/topics/sexuality/transgender.pdf>



## Answers to Your Questions About Transgender Individuals and Gender Identity

### What does transgender mean?

*Transgender* is an umbrella term used to describe people whose gender identity (sense of themselves as male or female) or gender expression differs from that usually associated with their birth sex. Many transgender people live part-time or full-time as members of the other gender. Broadly speaking, anyone whose identity, appearance, or behavior falls outside of conventional gender norms can be described as transgender. However, not everyone whose appearance or behavior is gender-atypical will identify as a transgender person.

### What is the difference between sex and gender?

Sex refers to biological status as male or female. It includes physical attributes such as sex chromosomes, gonads, sex hormones, internal reproductive structures, and external genitalia. *Gender* is a term that is often used to refer to ways that people act, interact, or feel about themselves, which are associated with boys/men and girls/women. While aspects of biological sex are the same across different cultures, aspects of gender may not be.

### What are some categories or types of transgender people?

Transsexuals are transgender people who live or wish to live full time as members of the gender opposite to their birth sex. Biological females who wish to live and be recognized as men are called female-to-male (FTM) transsexuals or transsexual men. Biological males who wish to live and be recognized as women are called male-to-female (MTF) transsexuals or transsexual women. Transsexuals usually seek medical interventions, such as hormones and surgery, to make their bodies as congruent as possible with their preferred gender. The process of transitioning from one gender to the other is called sex reassignment or gender reassignment.

Cross-dressers or transvestites comprise the most numerous transgender group. Cross-dressers wear the clothing of the other sex. They vary in how completely they dress (from one article of clothing to fully cross-dressing) as well as in their motives for doing so. Some cross-dress to express cross-gender feelings or identities; others cross-dress for fun, for emotional comfort, or for sexual arousal. The great majority of cross-dressers are biological males, most of whom are sexually attracted to women.

Drag queens and drag kings are, respectively, biological males and females who present part-time as members of the other sex primarily to perform or entertain. Their performances may include singing, lip-syncing, or dancing. Drag performers may or may not identify as transgender. Many drag queens and kings identify as gay, lesbian, or bisexual.

Other categories of transgender people include *androgynous*, *bigendered*, and *gender queer* people. Exact definitions of these terms vary from person to person, but often include a sense of blending or alternating genders. Some people who use these terms to describe themselves see traditional concepts of gender as restrictive.

### Have transgender people always existed?

Transgender persons have been documented in many Western and non-Western cultures and societies from antiquity until the present day. However, the meaning of gender variance may vary from culture to culture.

### Why are some people transgender?

There is no one generally accepted explanation for why some people are transgender. The diversity of transgender expression argues against any simple or unitary explanation. Many experts believe that biological factors such as genetic influences and prenatal hormone levels, early experiences in a person's family of origin, and other social influences can all contribute to the development of transgender behaviors and identities.

### How prevalent are transgender people?

It is difficult to accurately estimate the prevalence of transgender people in Western countries. As many as 2-3% of biological males engage in cross-dressing, at least occasionally. Current estimates of the prevalence of transsexualism are about 1 in 10,000 for biological males and 1 in 30,000 for biological females. The number of people in other transgender categories is unknown.

### What is the relationship between transgender and sexual orientation?

People generally experience gender identity and sexual orientation as two different things. Sexual orientation refers to one's sexual attraction to men, women, both,

## Puberty Blocker Information

<http://transformingfamily.org/pdfs/Puberty%20Blockers.pdf>



### Puberty Blockers

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#### What are they and why are they used?

Children whose gender identity differs from their assigned birth sex often suffer from body dysphoria (an intense dislike of their body). This discomfort stems from the fact that they don't feel their body matches their internal experience of themselves. In other words, the body and the brain are not congruent with each other. Puberty brings about unwanted secondary sexual characteristics like breast development and menstruation in natal females and growth of facial hair and an Adam's apple in natal males. The development of secondary sexual characteristics can be devastating to a child with gender dysphoria.

Puberty inhibitors (puberty blockers, GnRh analogues, puberty suppressors, hormone suppressors) are medications prescribed by a physician to suppress or inhibit puberty. The medications work by suppressing the production of sex hormones (testosterone and estrogen) thereby preventing the development of undesired secondary sexual characteristics. The effects of puberty inhibitors are reversible. Suppressing puberty in gender dysphoric children prior to cross gender hormone therapy has several advantages and can often be life saving. These advantages include a reduction in depression and/or anxiety, better social integration with peers, eliminating the need for future surgeries, and improved mental health for the child.

#### When are they prescribed and how do they work?

Ideally, puberty blockers are started in the second stage of sexual maturation, Tanner Stage 2, in youth who meet the criteria for prescription (psychological evaluation and various blood tests). The two main methods of administration are monthly injections or a surgical implant in the arm. The inhibitors (blockers) are used until, or if, cross gender hormone therapy begins.

If cross gender hormone therapy is to occur, the timetable varies for each individual. There are several factors that a physician considers in determining readiness. These include age, maturity, therapist recommendation, physical development including current height and weight, as well as other important factors. Once cross gender hormone therapy begins puberty inhibitors are stopped and puberty begins to occur along the correct trajectory.

#### Cost and Insurance Coverage

Many insurance plans will not pay for puberty inhibitors and they can be cost prohibitive. However, as the argument for medical necessity of treatment for youth with gender dysphoria has become more pervasive, insurance companies have recently become more likely to pay for suppression of puberty with hormone blockers. The implant is effective for approximately one year; however, may last months longer and effectiveness can be checked by blood test. The cost varies from \$4,500-\$15,000 and must be inserted by a surgeon. Monthly injections are approximately \$1,200 per month. This will not include the cost of other necessary treatment such as: blood work, x-rays, and office visits with the physician.

#### What if my child has already reached puberty?

Some families don't know about puberty inhibitors until their child has surpassed Tanner Stage 2 and some children don't disclose their gender dysphoria to their families until they have surpassed Tanner Stage 2. There is still help for these children. Natal females may be prescribed medications to stop menstruation and some children may still receive benefit from puberty inhibitors. Contact a qualified physician for an assessment of your child's situation.