

# Support for Gender Diverse Families

## How to support your transgender or gender-nonconforming youth

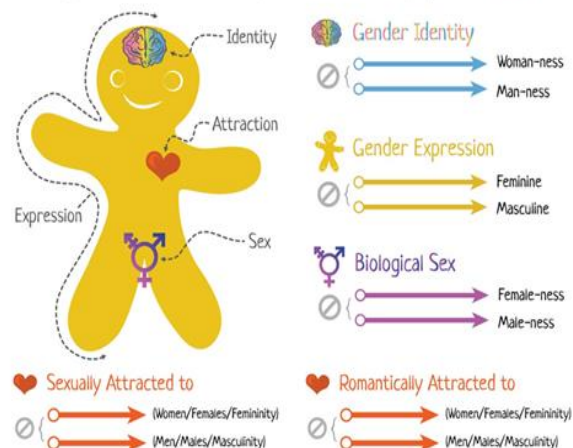
Families of children who express a gender identity that is different from their sex assigned at birth may experience a range of feelings, anywhere from excitement around having a new understanding of their child to concern and uncertainty about how best to proceed.

- Talk to your child and ask questions, try to learn, and listen without judgment.
- Respect your child's gender identity, and expression. By allowing your child to express themselves you help build a positive sense of self.
- Educate yourself about gender diversity and concerns facing the community
- Be an advocate for your child.
- Let them know they have your unconditional support. Family support will help them thrive.
- Parents and caregivers can seek resources, peer support, and professional guidance to support.

## Gender Basics

Exploring gender identity is an important part of growth and development for all children and teens. Gender identity is complex, and for some people, their internal sense of gender or their external expression of gender can be different than the sex they were assigned at birth. Children begin to form their understanding of gender between 18-24 months and gender identity can evolve throughout our lives.

## The Genderbread Person v3.3 its pronounced METRsexual



- **Biological Sex:** Sex assigned at birth based on anatomical characteristics, genitals, chromosomes. Biological sex and gender are not reciprocal terms.
- **Gender Identity:** Internal sense of being male, female, neither or both, gender identity may not match biological sex assigned at birth. A person who does not identify with the biological sex they were assigned at birth is described as transgender. Gender fluid, gender queer, agender fall under the nonbinary category.
- **Gender Expression:** External expression and presentation of yourself through actions, clothing, demeanor. Not always indicative of gender identity.
- **Sexual orientation/attraction:** Sexual or romantic attractions, preferences that include sexual identity, sexual behaviors and desires.

## MEDICAL RESOURCES LOCAL

### UCSF Child and Adolescent Gender Center Clinic (CAGC)

UCSF and community organizations offering comprehensive medical and psychological care, advocacy, and legal support to gender non-conforming youth and adolescents housed in the Division of Pediatric Endocrinology.

Web: <https://www.ucsfbenioffchildrens.org/clinics/child-and-adolescent-gender-center>

### UCSF TRANSGENDER CARE

UCSF Transgender care is a multidisciplinary program consisting of experts in transgender medicine and surgery at UCSF Medical Center providing gender affirming care in general and specialty care.

Web: <https://transcare.ucsf.edu/>  
Phone: 415-885-7770

### KAISER PERMANENTE

A multi-specialist team consisting of internal medicine, gynecology, surgery, mental health, social work providing gender affirming care.

### THE MULTI-SPECIALTY TRANSITIONS (MST) Dept Oakland

Web: <https://thrive.kaiserpermanente.org/care-near-you/northern-california/eastbay/departments/transgender-care/>

### KAISER PERMANENTE GENDER PATHWAY CLINIC - SF

Web: <https://thrive.kaiserpermanente.org/care-near-you/northern-california/sanfrancisco/departments/gender-pathways-clinic/>

### DIMENSIONS CLINIC AT CASTRO- MISSION HEALTH CENTER

Offers comprehensive medical and mental health services for LGBTQ youth (ages 12-25). Weekly transgender & gender variant support group welcoming youth 25 & under, drop-in basis.

Phone: 628-217-5700  
Web: [www.dimensionsclinic.com](http://www.dimensionsclinic.com)

## SUPPORT GROUPS ONLINE & LOCAL

### GENDER SPECTRUM

Gender Spectrum works to create gender sensitive and inclusive environments for all children and teens by providing online support groups, programs, online community and a safe space for youth. Also provides resources for caregivers, family members, educators, medical and mental health professionals.

Web: [www.genderspectrum.org](http://www.genderspectrum.org)

### PFLAG (NATIONAL/LOCAL)

PFLAG is the nation's largest family and ally organization committed to advancing equality through support, education, and advocacy. Offers monthly meetings, community activities, and resources across 400 chapters nationally.

Web: [www.pflag-eastbay.org](http://www.pflag-eastbay.org)

### STAND WITH TRANS

Provides virtual support groups for transgender tweens, parents, educational events, resources for the community.

Web: [www.standwithtrans.org](http://www.standwithtrans.org)

### OUR FAMILY COALITION

Provides support for LGBTQ families, youth, allies, community partners through workshops, support groups, outings, seasonal celebrations, meet ups, classes, play dates and referrals in SF and East bay.

Web: <https://ourfamily.org>

### Family Acceptance Project

San Francisco State University(SFSU) based project offering evidence-based family education booklets, resources to help support LGBTQ youth.

Web: <https://familyproject.sfsu.edu/publications>

## SF LGBT CENTER

Offers a safe community for LGBTQ youth(age16+) to hangout, access resources, find community. The center also provides service navigation, mental health services.

Web: <https://www.sfcenter.org/program/youth-services>

## OAKLAND LGBTQ CENTER

A safe, supportive place for LGBTQ community members of all ages with support groups & drop-in hours, group outings, activities, permanent housing solutions for LGBTQ youth, mentoring programs.

Web: [www.oaklandlgbtqcenter.org](http://www.oaklandlgbtqcenter.org)

## SOMOS FAMILIA

Provides support for Latino families with LGBTQ youth. Provide support groups for youth/families, bilingual education, support services, and social activities in East Bay.

Web: [www.somosfamiabay.org](http://www.somosfamiabay.org)

## UCSF YOUTH GENDER EXPANSIVE SUPPORT GROUPS

Local support group for Middle school and High school. Support group meetings weekly. To enroll or inquire about the program:

Contact: [misha.kaufman@ucsf.edu](mailto:misha.kaufman@ucsf.edu)

## QTY Treehouse

A queer, trans, and gender variant youth space that is intentionally pro-people of color, homeless (ages 24 & under). Learn new skills, meet new friends, get linked to resources.

Location: 1684 7th street, Oakland, CA  
Phone: 510-281-0980

Contact: [qtytreehouse@hi4youth.org](mailto:qtytreehouse@hi4youth.org)

### **Rainbow Community Center Contra Costa**

Provides youth programs supporting a positive self-identity for all LGBTQ+ youth ages 11-25. Offers mentoring, social activities, virtual drop-in spaces, mental health services, houseless transitional youth program for under 24 with houselessness, victims of violence, or in crisis.

Web: [www.rainbowcc.org](http://www.rainbowcc.org)

### **RAINBOW FAMILIES BAY AREA**

Parent-run group, working to create a community to support transgender and gender diverse kids. Peer support group for caregivers, monthly play groups for gender diverse kids, and summer camps for gender diverse kids (age 4-12), teens (ages 12-15).

Camp link:  
[www.thecampindigo.org](http://www.thecampindigo.org)  
Web: [www.rainbowfamiliesbayarea.org](http://www.rainbowfamiliesbayarea.org)

### **LEGAL & OTHER RESOURCES**

#### **TRANSGENDER LAW CENTER**

TLC is the largest national trans-led civil rights organization advocating for transgender communities. TLC connects the community to sound, culturally competent legal services.

Web: [www.transgenderlawcenter.org](http://www.transgenderlawcenter.org)

#### **HUMAN RIGHTS CAMPAIGN**

Strives to end discrimination and advocating for fairness and equality change in policies for the LGBTQ community. Provides resources for LGBTQ youth and youth serving professionals.

Web: <https://www.hrc.org/resources/lgbtq-youth>  
<https://www.welcomingschools.org/>

### **FAMILY EQUALITY**

Advancing equality for LGBTQ families. Provides platform virtual support groups, peer support for LGBTQ+ parents and partners, legal resources, networking resources, LGBTQ+ book recommendations for parents & children.

Web: [www.familyequality.org](http://www.familyequality.org)

### **GENDER AFFIRMATIVE MENTAL HEALTH RESOURCES ONLINE & LOCAL TREVOR PROJECT**

Crisis intervention and suicide prevention services to LGBTQ youth ages 13-24. Services include:

- Trevor Lifeline: 24/7 crisis phone 1-866-488-7386
- TrevorChat: online chat support
- TrevorText: text START to 678-678
- TrevorSpace: online LGBTQ community

Web: [www.thetrevorproject.org](http://www.thetrevorproject.org)

### **MIND THE GAP**

Mental health consortium of the UCSF Child and Adolescent Gender Center(CAGC) consisting of SF Bay area psychologists, psychotherapists, psychiatrists, social workers and allied professionals providing gender-affirmative services. Also provides list of gender affirmative providers, agencies, organization resources.

Web: [www.genderyouthproviders.com](http://www.genderyouthproviders.com)

### **PACIFIC CENTER FOR HUMAN GROWTH, East Bay LGBTQIA COMMUNITY CENTER**

Provides gender affirmative mental health care, safe-space drop-in program for youth, LGBTQ free youth support programs, Trans Tween Group(age 9-13), community & school-based workshops.

Web: [www.pacificcenter.org](http://www.pacificcenter.org)

### **BAY AREA OPEN MINDS**

Resources of psychotherapy providers in San Francisco Bay area providing gender affirmative care. Web: [www.bayareaopenminds.org](http://www.bayareaopenminds.org)

### **OUR SPACE**

Specializes in foster care youth. A safe space for LGBTQIA+ youth (ages 13-24) in Alameda county with a focus on disconnected youth in the foster system at high risk. Offers comprehensive services including peer support groups in schools, community-based mental health and case management, youth leadership opportunities, a community center with gender affirming clothing closet and food pantry, support for adult caregivers and families.

Web: [www.sidebysideyouth.org/programs/our-space](http://www.sidebysideyouth.org/programs/our-space)  
Contact:  
[OurSpace@sidebysideyouth.org](mailto:OurSpace@sidebysideyouth.org)

### **WEST COAST CHILDREN'S CLINIC**

Provides individual, group and family therapy. Services are clinic based, school-based, or home-based. Provides services to youth and families with full-scope Alameda County Medical insurance.

Web: [www.westcoastcc.org](http://www.westcoastcc.org)

### **A BETTER WAY**

Offers trauma-informed behavioral health services to the Bay area's most vulnerable children, youth and families. A Better Way is dedicated to serving children who are in, or at risk of entering foster care. Locations: Berkeley, Fairfield, Hayward, Oakland, San Francisco

Web: [www.abetterwayinc.net](http://www.abetterwayinc.net) Phone: 510-433-8600



# Gender Diverse Children & Family Book Recommendations

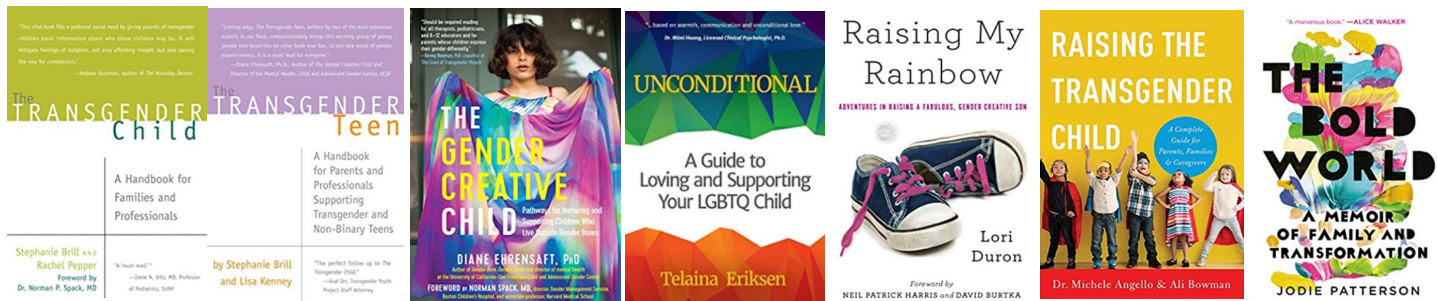


- **IT FEELS GOOD TO BE YOURSELF** by T. Thorn (Age 4-8): An illustrated book on gender identity.
- **MY PRINCESS BOY** by C. Kilodavis (Age 4-8): A heartwarming story on unconditional love and acceptance.
- **I AM JAZZ** by J. Jennings, J. Herthel (K-5): Story of a transgender child based on a real life experience.
- **INTRODUCING TEDDY** by J. Walton (Age 3-6): Teddy knows in her heart that she is a girl, not a boy. A story about being yourself and a good friend.
- **JULIAN IS A MERMAID** by J. Love (Age 4-8): A glimpse of costumed mermaids leaves a boy flooded with wonder. A story about the power of being seen and affirmed.
- **JACOB'S NEW DRESS** by S. Hoffman, I. Hoffman (Age 4-8): Jacob loves playing dress-up, when he can be anything he wants to be.
- **BE WHO YOU ARE** by T. Parr (Age 4-8): Illustrated book encouraging kids to be proud of who they are.
- **WHEN AIDAN BECAME A BROTHER** by K. Lukoff (Age 4-8): Illustrating the changes in a transgender boy's life from initial coming-out to becoming a big brother.
- **AND TANGO MAKES THREE** by J. Richardson (Age 2-5): A heartwarming true story of 2 penguins who create a non-traditional family.
- **UNCLE BOBBY'S WEDDING** by S. Brannen (Age 3-6): A story on same sex marriage and celebration of a family.
- **MY TWO MOMS AND ME** by M. Joosten (Age baby-3): Baby & toddler book illustrating same-sex parents.
- **A TALE OF TWO DADDIES** by V. Oelschlager (Age 4-8): One boy asks another girl about having 2 daddies.
- **RED** A Crayon's Story by M. Hell (Age 3-7): A blue crayon mistakenly labeled as "red" suffers an identity crisis.
- **PRIDE** by R. Sanders (Age 5-8): A true story tracing the life of the Gay Pride Flag from its beginning in 1978 with social activist Harvey Milk and designer Gilbert Baker to its spanning the globe in today's world.
- **GRACEFULLY GRAYSON** by A. Polonsky (Age 8-12): Grayson's secret on identity is crushing, but the true self itches to break free. A story about identity, self-esteem, and friendship.
- **IVY ABERDEEN'S LETTER TO THE WORLD** by AH Blake (Age 8-12): In the wake of a destructive tornado, one girl develops feelings for another.
- **GEORGE** by A. Gino (Age 8-12): George is seen by others as a boy, but she knows she's not a boy.
- **BIRDIE AND ME** by J.M.M. Nuanez (Age 10-12): An uplifting story about a girl named Jack and her gender creative little brother, Birdie, searching for the place where they can be their best true selves.
- **ZENOBIA JULY** by L. Bunker (Age 10-12): Zenobia is starting a new life and now she's able to live openly.
- **THE PANTS PROJECT** by C. Clarke (Age 9+): A touching, humorous story of Liv determined to challenge the school's terrible dress code and change his life.



## GENDER EXPANSIVE TEEN/YOUNG ADULT BOOKS

- **THE ABC'S OF LGBT+** by A. Mardell (Age 12-16): In-depth written definitions, anecdotes, infographics, links to on-line videos and more for LGBTQ+ and allies.
- **THE GENDER QUEST WORKBOOK** by RJ Testa (Teens/YA): This book helps teens explore the concept of gender, gender identity, expression, and how to navigate with your family, and friends.
- **THE ART OF BEING NORMAL** by L. Williamson (Young adult): A young adult novel about two transgender teens who figure out how to navigate life with help from each other.
- **I WISH YOU ALL THE BEST** by M. Deaver (Young adult): Heartbreaking and joyous, celebration of life, friendship and love, hope in the face of adversity
- **SISSY: A COMING OF GENDER STORY** by J. Tobia (Young adult): A heart-wrenching, eye-opening, hilarious memoir based on a personal story of healing & powerful reflection on gender and self-acceptance.
- **LUNA** by JA Peters (Young adult): A groundbreaking novel about a transgender teen



## GENDER EXPANSIVE BOOKS FOR PARENTS

- **THE TRANSGENDER CHILD** by S. Brill, R. Pepper: Offers a deep understanding of gender variant and transgender children and teens. Explores the unique challenges families face from birth through college.
- **THE TRANSGENDER TEEN** by S. Brill, L. Kenney: Explores the challenges families face raising a gender expansive teen covering physical, emotional development, social pressures and family communications.
- **THE GENDER CREATIVE CHILD** by D. Ehrensaft: Guides parents and professionals through the rapidly changing culture, medical and legal landscape of gender and identity and encourages caregivers to listen, learn, and support their child's quest for a true gender self.
- **UNCONDITIONAL** A Guide to Loving and Supporting Your LGBTQ Child by T. Eriksen: Provides a framework for helping parents with LGBTQ child navigate through a world that isn't always welcoming.
- **RAISING MY RAINBOW** by L. Duron: A frank, heartfelt account of a family's personal adventures of distress and happiness raising a gender-creative son.
- **RAISING THE TRANSGENDER CHILD** by M. Angello: A therapist answers questions from parents about raising and caring for their transgender and gender diverse children.
- **THE BOLD WORLD** A Memoir of family and transformation by J. Patterson: Inspired by her transgender son the author explores identity, gender, race, and authenticity.