

Books on Transgender Issues For Young Children

Born Ready: The True Story of a Boy Named Penelope by Jodie Patterson

Jodie Patterson, activist and Chair of the Human Rights Campaign Foundation Board, shares her transgender son's experience in this important picture book about identity and acceptance.

Penelope *knows* that he's a boy. (And a ninja.) The problem is getting everyone else to realize it.

In this book Patterson shares her son Penelope's frustrations and triumphs on his journey to share himself with the world. Penelope's experiences show children that it always makes you stronger when you are true to yourself and who you really are.

Call Me Max by Kyle Lukoff

When Max starts school, the teacher hesitates to call out the name on the attendance sheet. Something doesn't seem to fit. Max lets her know the name he wants to be called by—a boy's name. This begins Max's journey as he makes new friends and reveals his feelings about his identity to his parents. Written with warmth and sensitivity by trans writer Kyle Lukoff, this book is a sweet and age-appropriate introduction to what it means to be transgender.

Calvin by J.R. Ford

In this joyful and impactful picture book, a transgender boy prepares for the first day of school and introduces himself to his family and friends for the first time.

Calvin has always been a boy, even if the world sees him as a girl. He knows who he is in his heart and in his mind but he hasn't yet told his family. Finally, he can wait no longer: "I'm not a girl," he tells his family. "I'm a boy--a boy in my heart and in my brain." Quick to support him, his loving family takes Calvin shopping for the swim trunks he's always wanted and back-to-school clothes and a new haircut that helps him look and feel like the boy he's always known himself to be. As the first day of school approaches, he's nervous and the "what-ifs" gather up inside him. But as his friends and teachers rally around him and he tells them his name, all his "what-ifs" begin to melt away.

Inspired by the authors' own transgender child and accompanied by warm and triumphant illustrations, this authentic and personal text promotes kindness and empathy, offering a poignant and inclusive back-to-school message: all should feel safe, respected, and welcomed.

From the Stars in the Sky to the Fish in the Sea by Kai Cheng Thom

In the magical time between night and day, when both the sun and the moon are in the sky, a child is born in a little blue house on a hill. And Miu Lan is not just any child, but one who can change into any shape they can imagine. The only problem is they can't decide what to be: A boy or a girl? A bird or a fish? A flower or a shooting star? At school, though, they must endure inquisitive looks and difficult questions from the other children, and they have trouble finding friends who will accept them for who they are. But they find comfort in the loving arms of their mother, who always offers them the same loving refrain: "whatever you dream of / I believe you can be / from the stars in the sky to the fish in the sea." In this captivating, beautifully imagined picture book about gender, identity, and the acceptance of the differences between us, Miu Lan faces many questions about who they are and who they may be. But one thing's for sure: no matter what this child becomes, their mother will love them just the same.

I am Jazz by Jessica Herthel

From the time she was two years old, Jazz knew that she had a girl's brain in a boy's body. She loved pink and dressing up as a mermaid and didn't feel like herself in boys' clothing. This confused her family, until they took her to a doctor who said that Jazz was transgender and that she was born that way. Jazz's story is based on her real-life experience and she tells it in a simple, clear way that will be appreciated by picture book readers, their parents, and teachers.

Introducing Teddy by Jessica Walton

Errol and his teddy, Thomas, are best friends who do everything together. Whether it's riding a bike, playing in the tree house, having a tea party, or all of the above, every day holds something fun to do.

One sunny day, Errol finds that Thomas is sad, even when they are playing in their favorite ways. Errol can't figure out why, until Thomas finally tells Errol what the teddy has been afraid to say: "In my heart, I've always known that I'm a girl teddy, not a boy teddy. I wish my name was Tilly, not Thomas." And Errol says, "I don't care if you're a girl teddy or a boy teddy! What matters is that you are my friend."

I'm Not a Girl by Maddox Lyons and Jessica Verdi

Based on a true transgender identity journey, the picture book *I'm Not a Girl* is an empowering story from writers about a boy who is determined to be himself. Nobody seems to understand that Hannah is not a girl. His parents ask why he won't wear the cute outfits they pick out. His friend thinks he must be a tomboy. His teacher insists he should be proud to be a girl. But a birthday wish, a new word, and a stroke of courage might be just what Hannah needs to finally show the world who he really is.

It feels good to be yourself: A Book About Gender Identity by Theresa Thorn and illustrator Noah Grigni A picture book that introduces the concept of gender identity to the youngest reader. Some people are boys. Some people are girls. Some people are both, neither, or somewhere in between.

This sweet, straightforward exploration of gender identity will give children a fuller understanding of themselves and others. With child-friendly language and vibrant art, *It Feels Good to Be Yourself* provides young readers and parents alike with the vocabulary to discuss this important topic with sensitivity.

Jacob's New Dress by Sarah Hoffman

Jacob loves playing dress-up, when he can be anything he wants to be. Some kids at school say he can't wear "girl" clothes, but Jacob wants to wear a dress to school. Can he convince his parents to let him wear what he wants? This heartwarming story speaks to the unique challenges faced by children who don't identify with traditional gender roles.

Jack (Not Jackie) by Erica Silverman

In this heartwarming picture book, a big sister realizes that her little sister, Jackie, doesn't like dresses or fairies-she likes ties and bugs! Will she and her family be able to accept that Jackie identifies more as "Jack"? Susan thinks her little sister Jackie has the best giggle! She can't wait for Jackie to get older so they can do all sorts of things like play forest fairies and be explorers together. But as Jackie grows, she doesn't want to play those games. She wants to play with mud and be a super bug! Jackie also doesn't like dresses or her long hair, and she would rather be called Jack.

Juian is a Mermaid by Jessica Love

In an exuberant picture book, a glimpse of costumed mermaids leaves one boy flooded with wonder and ready to dazzle the world. While riding the subway home from the pool with his abuela one day, Julián notices three women spectacularly dressed up. Their hair billows in brilliant hues, their dresses end in fishtails, and their joy fills the train car. When Julián gets home, daydreaming of the magic he's seen, all he can think about is dressing up just like the ladies in his own fabulous mermaid costume: a butter-yellow curtain for his tail, the fronds of a potted fern for his headdress. But what will Abuela think about the mess he makes — and even more importantly, what will she think about how Julián sees himself? Mesmerizing and full of heart, Jessica Love's author-illustrator debut is a jubilant picture of self-love and a radiant celebration of individuality.

Morris Micklewhite and the Tangerine Dress by Christine Baldacchino

Morris is a little boy who loves using his imagination. But most of all, Morris loves wearing the tangerine dress in his classroom's dress-up center. The children in Morris's class don't understand. Dresses, they say, are for girls. And Morris certainly isn't welcome in the spaceship some of his classmates are building. Astronauts, they say, don't wear dresses. One day when Morris feels all alone and sick from their taunts, his mother lets him stay home from school. Morris dreams of a fantastic space adventure with his cat, Moo. Inspired by his dream, Morris paints the incredible scene he saw and brings it with him to school. He builds his own spaceship, hangs his painting on the front of it and takes two of his classmates on an outer space adventure. With warm, dreamy illustrations, Isabelle Malenfant perfectly captures Morris's vulnerability and the vibrancy of his imagination.

My Princess Boy by Cheryl Kilodavis

A heartwarming book about unconditional love and one remarkable family.

Dyson loves pink, sparkly things. Sometimes he wears dresses. Sometimes he wears jeans. He likes to wear his princess tiara, even when climbing trees. He's a Princess Boy.

Inspired by the author's son, and by her own initial struggles to understand, this heartwarming book is a call for tolerance and an end to bullying and judgments. The world is a brighter place when we accept everyone for who they are.

My Rainbow by DeShanna Neal and Trinity Neal

A dedicated mom puts love into action as she creates the perfect rainbow-colored wig for her transgender daughter, based on the real-life experience of mother-daughter advocate duo Trinity and DeShanna Neal. Warm morning sunlight and love fill the Neal home. And on one quiet day, playtime leads to an important realization: Trinity wants long hair like her dolls. She needs it to express who she truly is. So her family decides to take a trip to the beauty supply store, but none of the wigs is the perfect fit. Determined, Mom leaves with bundles of hair in hand, ready to craft a wig as colorful and vibrant as her daughter is.

One of a Kind Like Me by Laurin Mayeno

Tomorrow is the school parade, and Danny knows exactly what he will be: a princess. Mommy supports him 100%, and they race to the thrift store to find his costume. It's almost closing time - will Danny find the costume of his dreams in time? *One of a Kind, Like Me / Único como yo* is a sweet story about unconditional love and the beauty of individuality. It's a unique book that lifts up children who don't fit gender stereotypes, and reflects the power of a loving and supportive community.

Red: A Crayon's Story by Michael Hall

Funny, insightful, and colorful, *Red: A Crayon's Story* is about being true to your inner self and following your own path despite obstacles that may come your way. *Red* will appeal to fans of Lois Ehlert, Eric Carle, and *The Day the Crayons Quit*, and makes a great gift for readers of any age!

Red has a bright red label, but he is, in fact, blue. His teacher tries to help him be red (let's draw strawberries!), his mother tries to help him be red by sending him out on a play date with a yellow classmate (go draw a nice orange!), and the scissors try to help him be red by snipping his label so that he has room to breathe. But Red is miserable. He just can't be red, no matter how hard he tries!

Finally, a brand-new friend offers a brand-new perspective, and Red discovers what readers have known all along. He's blue!

Roland Humphrey is Wearing What? By Eileen Kiernan-Johnson

Roland Humphrey is Wearing a WHAT? is the story of a little boy's quest to be his authentic self, dressed in pink and festooned with sparkles, in a world that frowns upon boys who like "girly" things. Roland sees girls at his school dress in a rainbow of hues and is confused by the "rules" limiting what boys can choose; he doesn't understand why girls can like sports and ballet, but for boys there's just one way. Written in verse, Roland Humphrey is Wearing a WHAT? playfully raises important questions about gender norms, acceptance, and friendship.

Sparkle Boy by Leslea Newman

Casey loves to play with his blocks, puzzles, and dump truck, but he also loves things that sparkle, shimmer, and glitter. When his older sister, Jessie, shows off her new shimmery skirt, Casey wants to wear a shimmery skirt too. When Jessie comes home from a party with glittery nails, Casey wants glittery nails too. And when Abuelita visits wearing an armful of sparkly bracelets, Casey gets one to wear, just like Jessie. The adults in Casey's life embrace his interests, but Jessie isn't so sure. Boys aren't supposed to wear sparkly, shimmery, glittery things. Then, when older boys at the library tease Casey for wearing "girl" things, Jessie realizes that Casey has the right to be himself and wear whatever he wants. Why can't both she and Casey love all things shimmery, glittery, and sparkly? Here is a sweet, heartwarming story about acceptance, respect, and the freedom to be yourself in a world where any gender expression should be celebrated. Sparkly things are for everyone to enjoy.

Sylvia and Marsha Start a Revolution by Joy Michael Ellison

This illustrated book introduces children to the story of Sylvia Rivera and Marsha P. Johnson, the two transgender women of colour who helped kickstart the Stonewall Riots and dedicated their lives to fighting for LGBTQ+ equality. It introduces children to issues surrounding gender identity and diversity, accompanied by a reading guide and teaching materials to further the conversation. Reading age 5-9

They, She, He, Me: Free to Be by Maya Christina Gonzalez

With virtually no reflection for different gender presentations in children's books available, together they created a book to do just that. *They She He Me, Free to Be* shows many gender presentations under each pronoun and invites even more. A go-to place to help keep the conversations alive, break down assumptions of who is "she" or "he" and expand beyond the binary to include "they" and more.

The back offers a playful narrative about pronouns, inviting kids to know themselves inside and out, claim the pronouns that express the spirit of who they are and respect that in others. Also included is some discussion for grown-ups on how to hold a supportive space for kids (and for themselves).

10,000 Dresses by Marcus Ewert

Every night, Bailey dreams about magical dresses: dresses made of crystals and rainbows, dresses made of flowers, dresses made of windows. . . . Unfortunately, when Bailey's awake, no one wants to hear about these beautiful dreams. Quite the contrary. "You're a BOY!" Mother and Father tell Bailey. "You shouldn't be thinking about dresses at all." Then Bailey meets Laurel, an older girl who is touched and inspired by Bailey's imagination and courage. In friendship, the two of them begin making dresses together. And Bailey's dreams come true! This gorgeous picture book—a modern fairy tale about becoming the person you feel you are inside—will delight people of all ages.

When Aiden Becomes a Brother

When Aidan was born, everyone thought he was a girl. His parents gave him a pretty name, his room looked like a girl's room, and he wore clothes that other girls liked wearing. After he realized he was a trans boy, Aidan and his parents fixed the parts of his life that didn't fit anymore, and he settled happily into his new life. Then Mom and Dad announce that they're going to have another baby, and Aidan wants to do everything he can to make things right for his new sibling from the beginning—from choosing the perfect name to creating a beautiful room to picking out the cutest onesie. But what does "making things right" actually mean? And what happens if he messes up? With a little help, Aidan comes to understand that mistakes can be fixed with honesty and communication, and that he already knows the most important thing about being a big brother: how to love with his whole self. *When Aidan Became a Brother* is a heartwarming book that will resonate with transgender children, reassure any child concerned about becoming an older sibling, and celebrate the many transitions a family can experience.

Who Are You? The Kids Guide to Gender Identity by Brook Pessin-Whedbee

This brightly illustrated children's book provides a straightforward introduction to gender for anyone aged 5-8. It presents clear and direct language for understanding and talking about how we experience gender: our bodies, our expression and our identity. An interactive three-layered wheel included in the book is a simple, yet powerful, tool to clearly demonstrate the difference between our body, how we express ourselves through our clothes and hobbies, and our gender identity. Ideal for use in the classroom or at home, a short page-by-page guide for adults at the back of the book further explains the key concepts and identifies useful discussion points. This is a one-of-a-kind resource for understanding and celebrating the gender diversity that surrounds us

**Books on Transgender Issues
Children 10 and older**

The Gender Identity Workbook for Kids: A Guide to Exploring Who You Are by Kelly Storck

This book offers fun, age-appropriate activities to help your child explore their identity and discover unique ways to navigate gender expression at home, in school, and with friends.

Transgender and gender-nonconforming (TGNC) children need validation and support on their journey toward self-discovery. Unfortunately, due to stigma and misinformation, these kids can be especially vulnerable to bullying, discrimination, and even mental health issues such as anxiety or depression. The good news is that there are steps you can take to empower your child as they explore, understand, and affirm their gender identity. This important workbook will guide you both.

Gracefully Grayson by Ami Polonsky

Grayson Sender has been holding onto a secret for what seems like forever: "he" is a girl on the inside, stuck in the wrong gender's body. The weight of this secret is crushing, but sharing it would mean facing ridicule, scorn, rejection, or worse. Despite the risks, Grayson's true self itches to break free. Will new strength from an unexpected friendship and a caring teacher's wisdom be enough to help Grayson step into the spotlight she was born to inhabit? Debut author Ami Polonsky's moving, beautifully-written novel about identity, self-esteem, and friendship shines with the strength of a young person's spirit and the enduring power of acceptance.

Lily and Dunkin by Donna Gephart

Donna Gephart crafts a compelling story about two remarkable young people: Lily, a transgender girl, and Dunkin, a boy dealing with bipolar disorder. Their powerful journey, perfect for fans of *Wonder*, will shred your heart, then stitch it back together with kindness, humor, bravery, and love. Lily Jo McGrother, born Timothy McGrother, is a girl. But being a girl is not so easy when you look like a boy. Especially when you're in the eighth grade.

Dunkin Dorfman, birth name Norbert Dorfman, is dealing with bipolar disorder and has just moved from the New Jersey town he's called home for the past thirteen years. This would be hard enough, but the fact that he is also hiding from a painful secret makes it even worse. One summer morning, Lily Jo McGrother meets Dunkin Dorfman, and their lives forever change.

The Pants Project by Cat Clarke

Liv knows he was always meant to be a boy, but with his new school's terrible dress code, he can't even wear pants. Only skirts. Operation: Pants Project begins! The only way for Liv to get what he wants is to go after it himself. But to Liv, this isn't just a mission to change the policy—it's a mission to change his life. And that's a pretty big deal.

What are Your Words? A Book About Pronouns by Katherine Locke

Follow Ari through their neighborhood as they try to find their words in this sweet, accessible introduction to gender-inclusive pronouns that is perfect for readers of all ages.

Whenever Ari's Uncle Lior comes to visit, they ask Ari one question: "What are your words?" Some days Ari uses she/her. Other days Ari uses he/him. But on the day of the neighborhood's big summer bash, Ari doesn't know *what* words to use. On the way to the party, Ari and Lior meet lots of neighbors and learn the words each of them use to describe themselves, including pronouns like she/her, he/him, they/them, ey/em, and ze/zir. As Ari tries on different pronouns, they discover that it's okay to not know your words right away—sometimes you have to wait for your words to find you.

Filled with bright, graphic illustrations, this simple and poignant story about finding yourself is the perfect introduction to gender-inclusive pronouns for readers of all ages.

For High School Students

Before I Had the Words by Skylar Kergil

This is the story of what came before the videos and what happened behind the scenes. From early childhood memories to the changes and confusion brought by adolescence, Skylar reflects on coming of age while struggling to understand his gender. As humorous as it is heartbreaking and as informative as it is entertaining, this memoir provides an intimate look at the experience of transitioning from one gender to another. Skylar opens up about the long path to gaining his family's acceptance and to accepting himself, sharing stories along the way about smaller challenges like choosing a new name and learning to shave without eyebrow mishaps.

Growing Up Trans In Our Own Words by Lindsay Herriot and Kate Fry

What does it mean to be young and transgender today? *Growing Up Trans* shares stories, essays, art and poetry created by trans youth aged 11 to 18. In their own words, the works illustrate the trans experience through childhood, family and daily life, school, their bodies and mental health. Together the collection is a story of the challenges, big and small, of being a young trans person. At the same time, it's a toolkit for all young people, transgender or not, about what understanding, acceptance and support for the trans community looks like. In addition to the contributed works, there are questions and tips from experts in the field of transgender studies to challenge the reader on how to be a trans ally.

Gender Identity Workbook for Teens by Andrew Maxwell Triska

Supportive exercises and advice for teens exploring gender identity. Discover more about who you are and who you might want to become. Whether you've been pondering big feelings and questions about your gender, or you're just a little curious about it, the *Gender Identity Workbook for Teens* is an interactive workbook that will walk you through what gender identity actually is. You'll learn that there are endless ways to express yourself and that there's no right or wrong way to identify.

Try out writing prompts, quizzes, and activities that will help you organize and understand your thoughts about your identity, along with practical advice for talking about your gender, determining new names and pronouns, and getting involved with supportive communities both in real life and online.

- **Find the right language**—Get clear, detailed information on gender identities across all spectrums, including nonbinary, nonconforming, cisgender, transgender, genderqueer, agender, and more.
- **Real examples**—Read reassuring stories from real teens about their experiences with gender identity, plus a practical Q&A section for handling everyday scenarios you might encounter.
- **What gender really means**—Learn about the different components of gender identity, and then explore how you feel about your own brain and body, and learn why it's okay if you're still figuring out who you are.

A Quick and Easy Guide to Queer and Trans Identities by Mady G. and J.R. Zuckerberg

In this quick and easy guide to queer and trans identities, cartoonists Mady G and Jules Zuckerberg guide you through the basics of the LGBT+ world! Covering essential topics like sexuality, gender identity, coming out, and navigating relationships, this guide explains the spectrum of human experience through informative comics, interviews, worksheets, and imaginative examples. A great starting point for anyone curious about queer and trans life, and helpful for those already on their own journeys! **Grade 9 and up**

Once a Girl, Always a Boy: A Family Memoir of a Transgender Journey by Jo Ivester

Jeremy Ivester is a transgender man. Thirty years ago, his parents welcomed him into the world as what they thought was their daughter. As a child, he preferred the toys and games our society views as masculine. He kept his hair short and wore boys' clothing. They called him a tomboy. That's what he called himself. By high school, when he showed no interest in flirting, his parents thought he might be lesbian. At twenty, he wondered if he was asexual. At twenty-three, he surgically removed his breasts. A year later, he began taking the hormones that would lower his voice and give him a beard—and he announced his new name and pronouns.

Once a Girl, Always a Boy is Jeremy's journey from childhood through coming out as transgender and eventually emerging as an advocate for the transgender community. This is not only Jeremy's story but also that of his family, told from multiple perspectives—those of the siblings who struggled to understand the brother they once saw as a sister, and of the parents who ultimately joined him in the battle against discrimination. This is a story of acceptance in a world not quite ready to accept.

Sorted: Growing Up, Coming Out, and Finding my Place (A Transgender Memoir) by Jackson Bird

An unflinching and endearing memoir from LGBTQ+ advocate Jackson Bird about how he finally sorted things out and came out as a transgender man.

The Trans Self-Care Workbook by Theo Nicole Lorenz

If you're transgender, non-binary, or any other gender under the wide and wonderful trans umbrella, this book is for you. A creative journal and workbook with a difference, this book combines coloring pages celebrating trans identity, beauty and relationships, with practical advice, journaling prompts and space for reflection to promote self-affirmation and wellbeing.

Drawing on CBT and mindfulness techniques, the book covers topics including body positivity and neutrality, coming out, euphoria and dysphoria, building new friendships and navigating relationships with your friends and family, and is the go-to resource for anybody who has ever felt the pressure to conform to a singular definition or narrative. Theo Nicole Lorenz's heart-warming and empowering illustrations of trans people will provide reassurance that you are never alone, and are a reminder to always treat yourself kindly.

Books for Parents and Educators

Becoming Nicole by Amy Ellis Nutt

The inspiring true story of transgender actor and activist Nicole Maines, whose identical twin brother, Jonas, and ordinary American family join her on an extraordinary journey to understand, nurture, and celebrate the uniqueness in us all.

The Conscious Parent's Guide to Gender Identity by Darlene Tando

If your child is questioning their gender identity, you may have questions of your own—The Conscious Parent's Guide to Gender Identity helps answer those questions, providing a relationship-oriented approach to supporting your child's journey.

Conscious parenting means being present with your children and taking the time to understand their point of view, especially when it comes to supporting their exploration of gender identity. Using this mindful method, you can support and guide your children as they discover their authentic selves.

With this easy-to-navigate guide, you'll learn how to:

-Communicate openly with your child about gender identity

- Empower your child to make their own decisions
- Create a welcoming environment at home
- Guide your child through social and medical transitions
- Help your child feel comfortable with friends, at school, and in your community
- Deal with others' opinions about your parenting choices
- Plan a happy, successful future for you and your child

This mindful method of parenting will allow you and your children to strengthen your bond while allowing them to be who they truly are.

Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens by Stephanie A. Brill and Lisa Kenney

Is it just a phase, a fad, or a real issue with your teen? This comprehensive guidebook explores the unique challenges that thousands of families face every day raising a teenager who may be transgender, gender-variant or gender-fluid. Covering extensive research and with many personal interviews, as well as years of experience working in the field, the author covers pressing concerns relating to physical and emotional development, social and school pressures, medical options, and family communications. Learn how parents can advocate for their children, find acceptable colleges and career paths, and raise their gender variant or transgender adolescent with love and compassion.

Raising the Transgender Child by Dr. Michele Angello

This book offers much-needed answers to all the questions parents and other adults ask about raising and caring for transgender and gender diverse children: Is this just a phase? Did I do something to cause this? How do we protect these children? Who should I tell, and how? Will anyone love my child? *Raising the Transgender Child* helps readers champion and celebrate gender diverse children while at the same time shedding fear, anger, sadness, and embarrassment. With specific and actionable advice including coming-out letters, identity challenges, school and caregiver communications, and more, this comprehensive guide provides a wealth of science-backed information alongside friendly and practical wisdom that is sure to comfort, guide, and inspire the family and friends of transgender and gender diverse children.

Raising My Rainbow by Lori Duron

This is a frank, heartfelt, and brutally funny account of her and her family's adventures of distress and happiness raising a gender-creative son. Whereas her older son, Chase, is a Lego-loving, sports-playing boy's boy, Lori's younger son, C.J., would much rather twirl around in a pink sparkly tutu, with a Disney Princess in each hand while singing Lady Gaga's "Paparazzi."

C.J. is gender variant or gender nonconforming, whichever you prefer. Whatever the term, Lori has a boy who likes girl stuff—really likes girl stuff. He floats on the gender-variation spectrum from super-macho-masculine on the left all the way to super-girly-feminine on the right. He's not all pink and not all blue. He's a muddled mess or a rainbow creation. Lori and her family choose to see the rainbow.

Written in Lori's uniquely witty and warm voice and launched by her incredibly popular blog of the same name, *Raising My Rainbow* is the unforgettable story of her wonderful family as they navigate the often challenging but never dull privilege of raising a slightly effeminate, possibly gay, totally fabulous son.

Unconditional: A Guide to Loving and Supporting Your LGBTQ Child by Telaina Eriksen. This book provides parents of a LGBTQ (lesbian, gay, bisexual, transgender, or questioning) child with a framework for helping their LGBTQ child navigate a world that isn't always welcoming.

Tips from a mother with experience. Author Telaina Eriksen, a professor at Michigan State University and the mother of a gay daughter, explains what she and her husband have learned through experience, including how to deal with gay children coming out, tips on confronting bullying of gay children, guidance on becoming an advocate for gay children, and advice on building a support system in a gay family.

Gender dysphoria and other concerns. Eriksen also covers the science on gender and how to help a transgender child through the various stages of development. Throughout the book parents and kids who have been there, share their stories. She also directs gay family parents to various resources online for help.

Inside learn:

- How to help your child navigate locker rooms, sleepovers, proms, etc.
- When to involve the police or school administration when it comes to bullying
- How to advocate for local, state and national policies that protect your child
- Ways to educate well-meaning, but misguided extended family members
- How to help start a Gay-Straight Alliance at your child's school
- Strategies for keeping your child talking after he or she comes out
- Signs of unhealthy relationships
- When to consider therapy for your child and/or your family
- How to find an LGBTQ-friendly community (including inclusive churches)

Video Resources

Jackson Bird TED Talk

https://www.ted.com/talks/jackson_bird_how_to_talk_and_listen_to_transgender_people?language=en

Jackson Bird YouTube Coming Out

<https://www.youtube.com/watch?v=fwluyQGK3w>

Geena Rocero Ted Talk

https://www.ted.com/talks/geena_rocero_why_i_must_come_out?language=en

Norman Spock Ted Talk

https://www.ted.com/talks/norman_spock_how_i_help_transgender_teens_become_who_they_want_to_be?language=en#t-32486

