

Trans Parenting

RESOURCE LIST

TransParenting is a program of Inside Out Youth Services (insideoutys.org)

Thank you for being a part of TransParenting, a supportive group of adults who care for their trans and gender-diverse children of all ages. Below, you will find a variety of resources about trans families, trans experiences, and how to support trans and gender nonbinary children and young people. Please contact us at transparenting@insideoutys.org with questions or suggestions.

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CRISIS HOTLINES

[Colorado Crisis Services](#), 844-493-8255

[The Trevor Project](#), 866-488-7386

[Trans Lifeline](#), 877-565-8860

[National Suicide Prevention Lifeline](#), 1-800-273-8255

COLORADO SPRINGS RESOURCES

[Inside Out Youth Services](#), youth-serving LGBTQ center for ages 13-24, community training

- TransParenting monthly (3rd Thursday) support group for parents/caregivers of transgender and nonbinary children

[PFLAG Colorado Springs](#), organization for LGBTQ+ people, their parents, families and allies

- PFLAG organization has many booklets for the whole family, a guide for grandparents, Inclusive Schools materials, and membership and training opportunities

[The Place](#), support for youth experiencing homelessness



COLORADO RESOURCES

[One Colorado](#), leading advocacy organization advancing equality for LGBTQ+ Coloradans

[Transgender Center of the Rockies](#), transgender and gender expansive holistic services for individuals 18+

[Trans-Youth Education and Support of Colorado](#) (TYES-CO), support for parents/caregivers of gender-expansive youth

[Denver Health/LGBTQ Services](#), comprehensive primary care and gender affirming services

[The Center on Colfax](#), largest LGBTQ+ community center in the Rocky Mountain region serving youth and adults

[Colorado Name Change Project](#), information and forms for how to update name and gender marker

CAMPS

[Youth Seen](#), organization and summer camp empowering social and emotional well-being of LGBTQI youth and their families, Black Pride Colorado (a sponsored program)



NATIONAL RESOURCES

[Gender Spectrum](#) works to create gender sensitive and inclusive environments for all children and teens.

[StandwithTrans](#), extensive book list, Ally Parents and virtual support groups for many ages

[TransFamily Support Services](#), virtual support groups for transgender and gender nonbinary children and youth

[TransYouth Family Allies](#) empowers children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected.

[National LGBTQ Task Force](#) training and mobilization resources for LGBTQ people and allies.

[Family Acceptance Project](#), San Francisco State University, education posters to build healthy futures for LGBTQ/Two Spirit and Gender Diverse children and youth (available in many languages)

MENTAL HEALTH

[NAMI Colorado Springs](#), programs and support groups for families experiencing mental illness

[4Square Counseling](#), individual and family therapy, LGBTQ-competent

[Peak View Behavioral Health](#), acute inpatient and outpatient mental health and addiction treatment

[True Living](#), Individual and Relational Counseling and Gender Therapy

[The Bohemian Sanctuary](#), Mental Health Counseling and Gender Therapy Services for adults

SUICIDE PREVENTION

[El Paso County Youth Suicide Prevention](#)

- Teen Suicide Prevention/Protecting Youth from Suicide, a guide for parents to foster communication with their children and create family well-being (in English and Spanish)

[National Alliance on Mental Illness, NAMI](#) – Colorado Springs

[Suicide Prevention Coalition of Colorado](#) statewide prevention coalition of organizations and individuals.

[Pikes Peak Suicide Prevention Partnership](#) local organization focused on prevention and loss support.



TRANS AFFIRMING CARE

[TRUE Center for Gender Diversity](#), Children's Hospital Aurora, comprehensive transgender care

[Planned Parenthood](#), primary care and screenings for cisgender and transgender people 18+

[WPATH](#) (The World Professional Association of Transgender Health), Standards of Care Version 7 (version 8 expected Dec 2021), for health professionals

SCHOOL ADVOCACY

[Pikes Peak Safe at Schools Coalition](#), a group of parents, students, educators and advocates increasing safety for LGBTQIA2+ youth in the Pikes Peak region, a program of Inside Out.

[Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools](#) (pdf)

[Know Your Rights: A Guide for Transgender and Gender Non-Conforming Students](#) (pdf)

[Welcoming Schools](#), a program of HRC with comprehensive LGBTQ+ inclusive programs to include bullying prevention, professional development, lesson plans

[Trans Student Educational Resources](#) a youth-led organization dedicated to transforming the educational environment for trans and gender non-conforming students through advocacy and empowerment.

Mama Bears, Safer Schools Resources

LEGAL ADVOCACY

[The Transgender Law Center](#)

[LAMDA Legal](#)

[Transgender Legal Defense and Education Fund](#)

RESOURCES FOR SEXUAL ASSAULT SURVIVORS AND FAMILIES

[FORGE](#) National Sexual Violence Resource Center

[Sexual Assault and the LGBTQ Community, Human Rights Campaign](#)

[Transgender Sexual Violence Survivors: A Self-Help Guide to Healing and Understanding](#), FORGE, Transgender Sexual Violence Project

[Responding to Hate Crimes: A Community Resource Manual](#), National Center for Transgender Equality

RESOURCES FOR FAMILIES WITH TRANSGENDER PARENTS/CAREGIVERS

[Colage](#)

BOOKS & FAMILY MEMOIRS

Andrews, Arin with Joshua Lyon *SOME ASSEMBLY REQUIRED: THE NOT-SO-SECRET LIFE OF A TRANSGENDER TEEN*

Aizumi, Marsha with Aiden Aizumi *TWO SPIRITS, ONE HEART*

Barkin, Janna *HE'S ALWAYS BEEN MY SON: A MOTHER'S STORY ABOUT RAISING HER TRANSGENDER SON*

Brill, Stephanie A. *THE TRANSGENDER CHILD: A HANDBOOK FOR PARENTS AND PROFESSIONALS*

Brill, Stephanie A. with Lisa Kennedy *THE TRANSGENDER TEEN: A HANDBOOK FOR PARENTS AND PROFESSIONALS SUPPORTING TRANSGENDER AND NONBINARY TEENS*

Erickson-Schroth, Laura *TRANS BODIES, TRANS SELVES: A RESOURCE FOR THE TRANSGENDER COMMUNITY*

Hassouri, Paria *FOUND IN TRANSITION: A MOTHER'S EVOLUTION DURING HER CHILD'S GENDER CHANGE*

Frankel, Laurie *THIS IS HOW IT ALWAYS IS: A NOVEL*

Herman, Joanne *TRANSGENDER EXPLAINED FOR THOSE WHO ARE NOT*

Ivester, Jo *ONCE A GIRL, ALWAYS A BOY: A FAMILY MEMOIR OF A TRANSGENDER JOURNEY*

Jennings, Jazz *BEING JAZZ: MY LIFE AS A (TRANSGENDER) TEEN*

Knox, Amanda Jette *LOVE LIVES HERE*

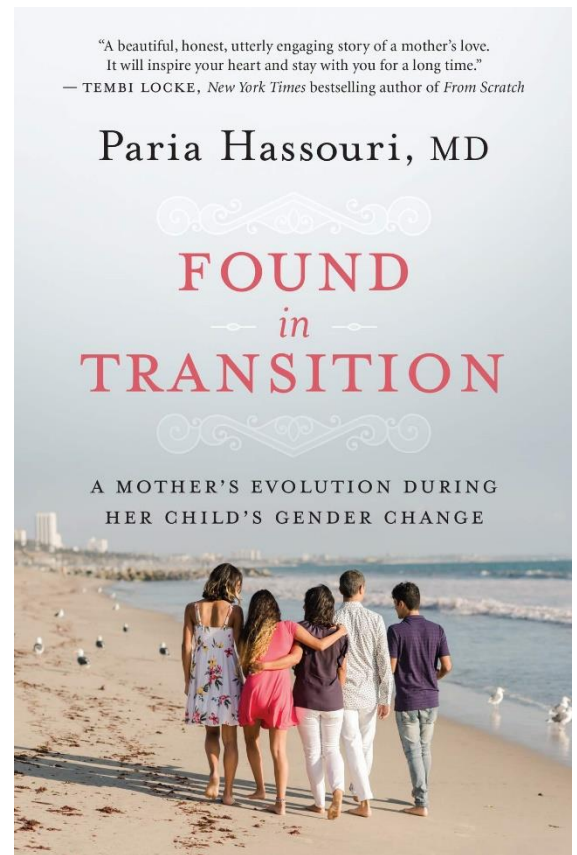
Kuklin, Susan *BEYOND MAGENTA: TRANSGENDER TEENS SPEAK OUT*

Lemay, Mimi *WHAT WE WILL BECOME: A MOTHER, A SON AND A JOURNEY OF TRANSFORMATION*

Nutt, Amy Ellis *BECOMING NICOLE: THE TRANSFORMATION OF AN AMERICAN FAMILY*

Tannehill, Brynn *EVERYTHING YOU EVER WANTED TO KNOW ABOUT TRANS (BUT WERE AFRAID TO ASK)*

Vaid-Menon, Alok *BEYOND THE GENDER BINARY*



USEFUL ARTICLES

[How to support your LGBTQ+ kid when he/she/they come out](#) by Laurie Yarnell, Good Housekeeping, Dec 2020

[Young Trans Children Know Who They Are](#) by Ed Yong, The Atlantic, Jan 2019

[A Guide to Neopronouns](#) by Ezra Marcus, The New York Times, Sept 2021

[His True Self, Elliot Page](#) by Katy Steinmetz, Time, March/April 2021

[Transgender Kids: What Does It Take to Help Them Thrive?](#) by Francine Russo, Scientific American Mind, Jan/Feb 2016 (Explains the medical transition protocols and standards of care as established by the Endocrine Society)

VIDEO RESOURCES

[The revolutionary truth about kids and gender identity](#)

[Gender Identity and Pronouns](#)

[Gender Spectrum - The Importance of the Holidays](#)

[Gender Spectrum - Holiday Tips for Grandparents](#)

[Transgender Kids | MY TRANS LIFE](#)

[#TransTuesday](#) : Jeremy Ivester

[T is for TRANS! - Transgender](#) (Queer Kids Stuff Series)



FILMS & DOCUMENTARIES

A Kid Like Jake, 2018, loving parents of a 4-year-old come to terms with their trans child

Changing the Game, 2019, Hulu, high school trans athletes across the country face challenges

Cured, 2020, campaign that led to the American Psychiatric Association's removal of homosexuality from list of mental illnesses

Gender Revolution Documentary, Netflix (from Gender Revolution - National Geographic Magazine)

Disclosure, 2020, Netflix, transgender representation in film and media

Transhood, 2020, HBO Max, four Kansas City families with trans children over 5 years

TV SERIES

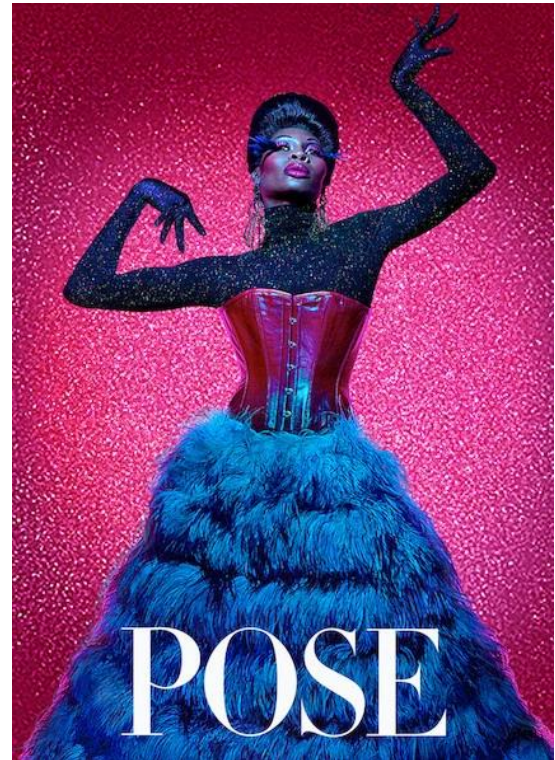
First Day, 2020, Hulu, 12-year-old trans girl starts middle school

I am Jazz, 2015, Hulu, reality television series (6 seasons) about a transgender girl

My Trans Life, 2018, 5 Irish teenagers transition after Ireland legalizes gender change based on self-identification

Pose, 2018, Netflix, adult series depicting the 1980's New York ball culture

Queer Eye, Season 6, Episode 2, Angel Gets Her Wings, a trans power lifter dominates in the gym but struggles with self confidence in public



PODCASTS

Debi Jackson Trans-Parenting Podcast, Apple

How to be Queer by Alex Vaughn and Kim Salvaggio, Spotify, Breaker, Google PC

The Gender Diaries (for parents of trans kids), Spotify, Apple

CONFERENCES

[Creating Change Conference](#), National LGBTQ Task Force, January 12-16, 2022, New Orleans LA

[Transforming Gender Conference](#), CU Boulder, March 5-6, 2022

[Trans Wellness Conference](#), July 21-23, 2022, Philadelphia PA

[Transgender Spectrum Conference](#), St. Louis MO, usually fall (Sept 25-26, 2021), different college/universities host

[PFLAG National Convention](#), Virtual Oct 2021

[Time to Thrive](#) (HRC, NEA, ACA), virtual Feb 8-10, 2022, for youth-serving professionals

[Gender Spectrum, Professionals Conference and Family Conference](#) (July and Sept, 2021)

**This resource was compiled by a volunteer of Inside Out Youth Services.
Please consider supporting the important work of building access, equity, and power with
LGBTQIA2+ young people in the Pikes Peak region.**

Visit insideoutys.org/donate

