Patient and Family Education

Gender Clinic
Booklist and Resources

Books for Family and Friends


Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children, Diane Ehrensaft and Edgardo Menvielle, 2011.


The Sexual Spectrum: Why We’re All Different, Olive Skene Johnson, 2007.


Books for Children, Teens and Young Adults

Amazing Grace, Mary Hoffman, 1991. For ages 2 to 5.

Henry Holton Takes the Ice, Sandra Bradley, 2015. For ages 2 to 5.

It’s Okay to be Different, Todd Parr, 2001. For ages 2 to 5.

Jacob’s New Dress, Sarah and Ian Hoffman, 2014. For ages 2 to 5.

My Princess Boy, Cheryl Kildavis, 2010. For ages 2 to 5.

Not Every Princess, Jeffrey and Lisa Bone, 2014. For ages 2 to 5.

Red: A Crayon’s Story, Michael Hall, 2015. For ages 2 to 5.

The Story of Ferdinand, Munro Leaf, 1936. For ages 2 to 5.

Is That for a Boy or a Girl?, S. Bear Bergman, 2015. For ages 3 to 7.

Every person and every family has different values. Not every book on this list will be a good fit for you and your family. A variety of language is used. Some of the language may be slightly out of date, but these are books that some of our patients and families have found useful in the past.

You can check out some of these books at the Seattle Children’s Family Resource Center (River zone level 7).
Books for Children, Teens and Young Adults (continued)

For ages 3 to 7.

Meet Polkadot, Talcott Broadhead, 2013.
For ages 4 to 18.

Allie’s Basketball Dream, Barbara E. Barber, 1996.
For ages 5 to 9.

I Am Jazz, Jessica Herthel and Jazz Jennings, 2014.
For ages 5 to 9.

For ages 5 to 9.

For ages 5 to 9.

The Sissy Duckling, Harvey Fierstein, 2002.
For ages 5 to 9.

10,000 Dresses, Marcus Ewert, 2008.
For ages 5 to 9.

Sex Is a Funny Word, Cory Silverberg, 2015.
For ages 8 to 10.

For ages 10 to 14.

George, Alex Gino, 2015.
For ages 10 to 14.

For ages 10 to 14.

For ages 10 to 14.

When Kayla Was Kyle, Amy Fabrikant, 2013.
For ages 10 to 14.

For ages 5 to 13.

A + E 4ever, Ilike Merey, 2011.
For young adults (may contain mature themes).

For young adults (may contain mature themes).
Books for Children, Teens and Young Adults (continued)

For young adults (may contain mature themes).

For young adults (may contain mature themes).

For young adults (may contain mature themes).

For young adults (may contain mature themes).

For young adults (may contain mature themes).

For young adults (may contain mature themes).

For young adults (may contain mature themes).

For young adults (may contain mature themes).

For young adults (may contain mature themes).

For young adults (may contain mature themes).

For young adults (may contain mature themes).

For young adults (may contain mature themes).

**Nina Here nor There**, Nick Krieger, 2011.
For adults (may contain adult themes).

**Beyond Magenta**, Susan Kuklin, 2015.
For adults (may contain adult themes).

For adults (may contain adult themes).

For adults (may contain adult themes).
Websites, Videos and Blogs

Youth Resources (Y)

Parent/Caregiver Resources (P)

Youth and Parent/Caregiver Resources (Y & P)

**Seattle**

Gender Odyssey, an annual conference (Y & P)
www.genderodyssey.org

Gay City: Seattle’s LGBTQ Center, Support for Homeless Youth (Y)
www.gaycity.org/youth/

Lambert House (Y)
www.lamberthouse.org

Parents and Friends of Lesbians and Gays (PFLAG), Seattle Chapter (P)
www.pflagseattle.org

**Washington State**

Gay City LGBT Youth Resources (Y & P)
www.gaycity.org/youth/

Gender Alliance of South Sound (Y & P)
www.southsoundgender.com

Gender Diversity Family Support Groups (Y & P)
www.genderdiversity.org

Oasis Youth Center, Tacoma, WA (Y & P)
www.oasisyouthcenter.org

Rainbow Center (Y & P)
www.rainbowcntr.org
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**National**

Family Acceptance Project (P)
familyproject.sfsu.edu

Gay, Lesbian and Straight Education Network, GLSEN (Y & P)
www.glsen.org

The Gender Book (Y & P)
www.thegenderbook.com

Gender Spectrum, Based in California (Y & P)
www.genderspectrum.org

Hormonal and Puberty Suppression Info (P)

Human Rights Campaign: Transgender Children & Youth Resources (P)
www.hrc.org/explore/topic/transgender-children-youth

Laura’s Playground (P)
www.lauras-playground.com

National LGBTQ Task Force (Y & P)
www.thetaskforce.org

National Transgender Discrimination Survey (P)
www.transequality.org/issues/national-transgender-discrimination-survey

National Youth Advocacy Coalition (Y)
www.nyacyouth.org

Parents and Friends of Lesbians and Gays, PFLAG (P)
has local chapters
www.pflag.org

Ryland’s Story (P)
www.youtube.com/watch?v=yAHClqnx2fk

Scarleteen: Inclusive, Comprehensive, Supportive Sexuality and Relationships Info for Teens and Emerging Adults (Y)
www.scarleteen.com

TransFamily (P)
www.transfamily.org

Trans LifeLine, U.S. and Canada (Y)
www.translifeline.org

The Trevor Project (Y)
www.thetrevorproject.org
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To Learn More
- Adolescent Medicine
  206-987-2028
- Ask your child’s healthcare provider
- www.seattlechildrens.org

National (continued)
Trevor Space (Y)
www.trevorspace.org

True Colors (Y & P)
www.ourtruecolors.org

Youth Guardian Services (Y)
www.youth-guard.org

Free Interpreter Services
- In the hospital, ask your child’s nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

International
United Kingdom Mermaids (Y & P)
www.mermaidsuk.org.uk

Vancouver Coastal Health (Y & P)
transhealth.vch.ca

World Professional Association for Transgender Health (Y & P)
U.S. branch called USPATH
www.wpath.org

Legal
National Center for Transgender Equality (Y & P)
www.transequality.org

Transgender Law & Policy Institute (Y & P)
www.transgenderlaw.org

Transgender Law Center (Y & P)
www.transgenderlawcenter.org

Seattle Children’s offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children’s will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children’s. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s healthcare provider.

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