Resources for prepubertal children and their families:

Seattle Children’s Gender Clinic sees patients who have begun to show signs of puberty development (if you or your pediatrician have questions about your child's puberty development, your pediatrician can reach out to our team by submitting our e-consult form). Gender-affirming medical care, such as puberty blockers, are not considered until patients have begun puberty development. For prepubertal children, caregivers can offer support around gender exploration and social transition, including learning about gender diversity, connecting with other families of gender diverse children, connecting with affirming primary care and mental health providers, and advocating for children in school and legal settings. We hope the resources below will be a helpful start.

Educational videos and books
- **AMAZE**: Age-appropriate educational videos for school-age youth about gender, sexuality and puberty
- **Queer Kid Stuff**: Offers education for kids ages 3 and up on gender, sexuality and other identity topics
- **You-ology**: A Puberty Guide for Every Body from the American Academy of Pediatrics: [https://shop.aap.org/you-ology-paperback/](https://shop.aap.org/you-ology-paperback/)

Support resources for parents of gender diverse youth
- **TransFamilies.org** has great online groups for parents
- On every 1st and 3st Wednesday of the month, Ingersoll Gender Center hosts the SOFFA (Significant Others, Family, Friends, and Allies) group: [https://ingersollgendercenter.org/what-we-do/support-group/](https://ingersollgendercenter.org/what-we-do/support-group/)
- PFLAG is also a great resource for parents: [https://pflag.org/find-a-chapter](https://pflag.org/find-a-chapter)
- **TransFamilySOS.org** provides great 1:1 support for parents via phone and Skype
- **Ally Moms** also provides great 1:1 support for parents via text and phone
- Charlie Health hosts a free weekly support groups for parents of LBGTQ+ youth on Mondays at 6:00 PST. You can register for a group here: [Charlie Health Parent Support](https://www.charliehealth.org/)

School Resources
- Legal rights for trans students: [https://transequality.org/know-your-rights/schools](https://transequality.org/know-your-rights/schools)
- Gender Spectrum has a number of resources for gender diverse students and parents: [https://genderspectrum.org/articles/parenting-resources](https://genderspectrum.org/articles/parenting-resources)
- Seattle Public Schools LGBTQ student support (this can be a good reference for the types of resources that can be available for folks outside the Seattle School District): [https://www.seattleschools.org/academics/curriculum/health_education/lgbtq_programs_curriculum_and_support](https://www.seattleschools.org/academics/curriculum/health_education/lgbtq_programs_curriculum_and_support)
- Trans student educational resources [http://transstudent.org/resources/high-school/](http://transstudent.org/resources/high-school/)
- When schools fail to respond to issues of bullying and harassment on an institutional or school district level filing a complaint with the Washington Office of Superintendent of Public Education is the highest level of escalation. This page has information about how to report concerns: [https://www.k12.wa.us/policy-funding/equity-and-civil-rights/complaints-and-concerns-about-discrimination](https://www.k12.wa.us/policy-funding/equity-and-civil-rights/complaints-and-concerns-about-discrimination)
- **Gender Diversity: Best Practices for Schools**
- **LGBTQ Programs, Curriculum and Support** (Seattle Public Schools)
- **School Action Center** (National Center for Transgender Equality)
- **Students and Gender Identity: A Toolkit for Schools** (USC Rossier)
Legal support & ID document changes

- National Center for Lesbian Rights (serves LGBTQ+ people of all identities)
- Transgender Legal Defense & Education Fund: https://transgenderlegal.org/
- National Center for Transgender Equality, ID Documents Center: https://transequality.org/documents

Faith Based Resources

- Coming Home to Faith guides (Christianity, Catholicism, Judaism, Islam, Mormonism, and more)
- Coming Out Guides for faith and culture (for African American, Latinx, and Asian Pacific communities)
- A list of books about LGBTQ+ acceptance from a Christian perspective
- Mama Dragons: https://www.mamadragons.org/

Finding a provider

- Swedish Family Medicine offers LGBTQ+ health training for all of their providers, and also offers healthcare navigation for transgender patients: 1-866-366-0926 or https://www.swedish.org/services/transgender-health
- Seattle Children's Hospital has a free online class that can help you to get started on finding a mental health provider for your child in WA state. Please use this website for more information: https://www.seattlechildrens.org/health-safety/keeping-kids-healthy/development/mental-health-resources/finding-mental-health-class
- Here are some therapy groups that have multiple providers who have experience working with transgender youth and families:

  Mindful Therapy Group
  Several locations
  (425) 640-7009
  https://www.mindfultherapygroup.com/

  Resonant Relationships
  130 Andover Park East, Tukwila, WA 98188
  (206) 854-4693
  https://www.resonant-relationships.com/

  Protea Wellness
  4219 SW Juneau St., Seattle, WA 98136
  (206) 207-5395
  https://www.proteawellness.org/

  Whole Valley Therapy
  15315 1st Ave NE, Suite 216, PO Box 816, Duvall, WA 98019
  (425) 780-6227
  https://www.wholevalleytherapy.com/

  Holistic Child and Family Therapy
  4500 9th Ave NE, Suite 300, Seattle, WA 98105
  (206) 234-6932
  https://www.holisticchildandfamily.org/