



Gender Clinic

Booklist and Resources

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 Some of the language may be slightly out of date, but these are books that some of our patients and families have found useful in the past.

Books for Family and Friends

Trans-Kin: A Guide for Family & Friends of Transgender People, Eleanor A. Hubbard and Cameron T. Whitley, 2012.

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

Helping Your Transgender Teen: A Guide for Parents, Irwin Krieger, 2011.

Transgender Child: A Handbook for Families and Professionals, Stephanie A. Brill and Rachel Pepper, 2008.

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

Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children, Rachel Pepper, 2012.

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 Kilodavis, 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.

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)

What Makes a Baby?, Cory Silverberg, 2013.

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.

Morris Micklewhite and the Tangerine Dress, Christine Baldacchino, 2014.

For ages 5 to 9.

The Paper Bag Princess, Robert Munsch, 1980.

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.

A Boy Like Me, Jennie Wood, 2014.

For ages 10 to 14.

George, Alex Gino, 2015.

For ages 10 to 14.

Gracefully Grayson, Ami Polonsky, 2014.

For ages 10 to 14.

Riding Freedom, Pam Muñoz Ryan, 1998.

For ages 10 to 14.

When Kayla Was Kyle, Amy Fabrikant, 2013.

For ages 10 to 14.

The Gender Identity Workbook for Kids, Kelly Storck, 2018.

For ages 5 to 13.

A + E 4ever, Ilike Merrey, 2011.

For young adults (may contain mature themes).

Almost Perfect, Brian Katcher, 2009.

For young adults (may contain mature themes).

Books for Children, Teens and Young Adults (continued)

Being Emily, Rachel Gold, 2012.

For young adults (may contain mature themes).

Becoming Nicole: The Transformation of an American Family, Amy Ellis Nutt, 2015.

For young adults (may contain mature themes).

Beautiful Music for Ugly Children, Kirsten Cronn-Mills, 2012.

For young adults (may contain mature themes).

I Am J, Cris Beam, 2011.

For young adults (may contain mature themes).

If You Could Be Mine, Sara Farizan, 2013.

For young adults (may contain mature themes).

Jumpstart the World, Catherine Ryan Hyde, 2010.

For young adults (may contain mature themes).

Luna, Julie Anne Peters, 2004.

For young adults (may contain mature themes).

Parrotfish, Ellen Wittlinger, 2007.

For young adults (may contain mature themes).

Some Assembly Required, The Not-So-Secret Life of a Transgender Teen, Arin Andrews, 2014.

For young adults (may contain mature themes).

The Full Spectrum, David Levithan and Billy Merrell. 2006.

For young adults (may contain mature themes).

The Lives of Merfolk, Chelsea Mason Basiliere, 2015.

For young adults (may contain mature themes).

Tomboy, Liz Prince, 2014.

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).

Whipping Girl: A Transsexual Woman on Sexism and the Scapegoating of Femininity, Julia Serano, 2007.

For adults (may contain adult themes).

She's Not There: A Life in Two Genders, Jennifer Finney Boylan, 2013.

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

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)

www.endocrine.org/news-room/current-press-releases/experts-issue-recommendations-for-gender-affirmation-treatment-for-transgender-individuals

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=yAHCqnuX2fk

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

To Learn More

- Adolescent Medicine
206-987-2028
- Ask your child's
healthcare provider
- www.seattlechildrens.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.

National (continued)

Trevor Space (Y)
www.trevorspace.org

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

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

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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