

I wish to acknowledge the traditional owners of the land I present on in Perth, the Whadjuk people. I pay my regards to their culture and elders, past, present and emerging.

As an openly queer individual, balancing the system has become about joining my peers to share ourselves and willingly educate others. Doing so, so our community will not be expected to teach to be recognised. Sure, critical reflection and inquiry, trainings, allies, specialised services and inclusive forms and spaces help. Yet, this fails to stymie a flood upon my gender diverse peers if they still have to exchange whispers about where to find competent healthcare. Have to fight waitlists just to present our best selves and risk that not being enough. Intergenerational trauma tells us there are typical trans and binary narratives to combat. Risks to our psychological and bodily autonomy if we are honest. That we are a minority that requires specialised training or interest, and if this is absent we will become forced teachers and those meant to enlighten those we seek assistance from and often pay. Just so they can begin to grasp the framework of our existences before service delivery can begin.

My names are Laura and Remus. My pronouns are she, he and they. I have always been a writer. Have over epochs become a docent, advocate and educator. I distil intrinsic satisfaction from the purpose

found in sharing my lived experiences as a transgender androgyne and non-binary individual. Pleasure my mental health has not yet stolen.

Now 31, I came out about gender almost a decade ago. In the duration, have pursued a self-determined level of social and medical transition.

Am now replete with a litany of musts. I must acknowledge my privilege and positionality as a white, educated and assigned female at birth person. Must convey that despite these leverages that I should not be taken to represent any section of the queer community. Must say that Remus is because of Harry Potter. Must explain I chose that name in a different time, and do not agree with Rowling's views or behaviours.

In discussing gender diversity, I use broad definitions. I do so to avoid holding power over others, or constricting who is allowed to fit a particular term. To not then be complicit in closing someone out from finding home in words. Yet, it is still important to define things. To acknowledge that gender identity, in terms of our psychological sense of who we are, is different from sex. The latter typically comprises biological characteristics like chromosomes, genitalia, and reproductive organs. Gender identity is not reliant upon these things. In turn, it also differs from gender expression, which refers to the ways we denote our gender or convey our sense of self through aspects like clothing, hairstyles, accessories and behaviour.

For cisgender folk, their gender identity and their sex is congruent.

What they are assigned per a glance at genitalia is then congruent with the gender identity they develop. This term enables a useful linguistic comparison to transgender people, who do not wholly identify with what they were assigned at birth, whether partially or completely.

Regarding non-binary. When used as an umbrella term, it refers to a wide range of differing gender identities within a community of people who fall on places outside of binary notion of gender as only female and male. Folk may exist within or removed from that binary, whether on singular or multiple, fluid or concrete places. Non-binary can also be used at an individual level, as a noun to refer to someone's specific gender identity and would be defined per their subjective sense of self.

I contend trans and non-binary are distinct constructs that exist alongside but are separate from each other. My reasoning is that regarding them as distinct helps construct a framework to engender clear and shared understanding. Because of a definitional overlap, I know others hold non-binary folk subsumed under the trans umbrella. I avoid such conflation as I find transgender is an adjective ill-fitting for universal application. Not all my non-binary peers use trans to describe themselves. Simply, not all trans people are non-binary, and not all non-binary people are trans. Language should be person-centred and chosen, not applied to refer to a person just because they fit common definitions.

I happen to use both words. Trans recognises where I come from. Non-binary, my more overall existence outside of binary notions of gender as only wholly male or female. I use both more as adjectives. Androgyne is the noun at heart of my gender, and refers to my being female, male and other aspects not fitting the gender binary. Such facets I experience simultaneously and concretely. I thus differ from genderfluid peers, for whom gender identity can shift in some manner.

To recognise my multifaceted sense of gender, I use two names. One more feminine and the other more masculine sounding. They are interchangeable, but should be used equally. Just not at the same time. Use one at a time when referring to me, and the next time swap to the other. Then continue to swap back and forth. My pronouns work in the same way.

While binary thinking is a neat cognitive heuristic, holding one or the other as the only options is not always optimal or rational. Sure, it reduces many possibilities to a manageable amount. Prevents overwhelm. It is also why I understand how non-binary can be confusing. Yet conjointly, why I encourage people to learn about non-binary, trans and gender diverse individuals. To unpack their assumptions and move beyond the rigidity of the gender binary, while still acknowledging binary options as available.

Direct impacts though? I am difference incarnate. A lifelong asthmatic and iced coffee lover, I have experienced periods of chronic suicidal ideation throughout my life. Have had two bilateral mastectomies, and chose to have my nipples removed. Post hysterectomy and bilateral salpingo-oophorectomy at 25, I under the supervision of an endocrinologist take a moderate dose of estrogen approximately half dose testosterone. While visibly different, I am often assumed female. Forever, I must chase balance by explaining my gender, names and pronouns, just to be treated for who I am. This guarantees only so much.

In West Australia, I do not have an accurate birth certificate. If I die by suicide, by murder, by medical complications or otherwise, I am forever consigned to history, in a legal sense, as only female. On paper, I do not want to die in that singularity. When accessing healthcare, I face forms and spaces that exclude me, forced self-advocacy and not being reflected in educational materials. When all I want is just to access, I am left to balance systems that do not know or recognise my existence.

If I go to hospital, I have to hope I'm conscious and have enough wherewithal to explain myself, my body, my medication regime. Justify who I am. Why I am who I say I am. Hope I don't face the colloquial "trans broken arm syndrome". Here, a professional would blame an unrelated medical event to stem from my gender, HRT, surgeries or a mashup thereof. And not treat this as they would a cisgender person.

I currently have long-term relationships with a queer accessible psychologist and psychiatrist. Yet, what if I have to see an unfamiliar mental health clinician? My non-binary gender identity did not germinate my mental health issues. Nor is my mental health causative of my gender. But they are intertwined. Who I am inherently impacts how I am treated, leading to ceaseless what ifs. What if someone takes my OCD, the likely depression, anxiety and disordered eating I don't concede I have because I need to appear functional to survive. Then holds these to blame for who I am, or indeed in the reverse.

Completing my honours year in a Bachelor of Psychology, I find many journal articles fail to properly define, operationalise or contextualise constructs around gender. Fail to differentiate between sex and gender identity. Look at trans folk, but only sole side of the binary identified peoples. Look at the LGBT community, but only really mean L and G. Treat gender diverse people by birth assignment when unnecessary. Non-binary people as outliers, because of inadequate numerical presence in data. I find binary thinking and inquiry, averages, norms, data and findings constructed around these. What of the scientist-practitioner model of evidence-informed healthcare then, actually applies satisfactorily, to me and my peers?

I am pansexual, grey-asexual, grey-aromantic and polyamorous. Parentified, always hustling, often working and studying. Sleep-deprived, sometimes. I don't really date. But if I did get close to someone, I would have to disclose and justify who I am. Just to be seen and known. I am a gay man, queer woman, other and all these facets in one. Always. Yet I may not always fit or be safe in some queer spaces, or when interacting generally, sexually or romantically with others.

When I go to public bathrooms or changerooms, I hope for a well-marked unisex area. The only available option is often the disabled toilet. As the child of someone with a disability, I am hyper-aware of not making someone who needs the accommodations of that space wait.

Often, everything is insubstantial, and I question if I exist. As a non-binary person, I live an improbable probability of chasing equilibrium. A balance where I am both entitled to my existence. Yet, to exist in the constructs and schemas of others I must show a face of equanimity. Be open. Be articulate. Be composed when educating. Be a willing advocate.

Must I be pleasant when doing so? No. But I have lost the privilege of being readily understood for who I am. So, I prostrate myself as an act of contrition. Not in remorse for who I am, but for all that a dominant cisgender and heterosexual society withholds from me. I make myself

prone as a gender docent, turn my face down and use my words subversively. Because if I can insert myself into the understanding of others, I might gain their compassion. I do not need this to exist, but it strengthens my survival. I do not owe my existence to others, just because it is unknown. Rather, I am owed an understanding of my existence that I do not always know.

I do not cast reflection on the past. I was a cisgender girl, until I concluded I was not. Living myself every day, I weigh up in every interaction; how much of myself do I want to put out there? How much do I tell and say to others, just to chase the lost privilege of being readily understood? To reach a juncture where they treat me as who I am and how I need to be treated? How much emotional labour need I impart to correct assumptions and withstand questions I know will come? To continue to meet the realisation of a difference between who I thought I was going to be, and who I needed to become.

I am yet to be convinced it is anything but a perpetuation of marginalisation that we do not burn down the systems that do not balance themselves. That do not critically include, consider and represent folk like me. Then expect us to shout on demand.

I educate because I want to be a part of helping to remove the onus where my non-binary peers are held responsible for founding others' knowledge of our community. Want to ensure they are afforded the



right to access services, healthcare and connections with others, without always having to self-advocate when doing so. I wish I could do these things more often. Be asked, be paid, to inhabit places, tell stories, and communicate language. My equilibrium is to find the spaces where I am not always seen or understood, and make my community heard. It is not equitable or balanced to keep shouting, just to be found whispering.

## Welcome to the Book List!

My names are Laura and Remus. Find my face below! I am a transgender androgyne. For me this means that I don't wholly identify with my sex assigned at birth and that I am simultaneously female, male and other aspects that do not fit readily into the gender binary. I use and subjectively define the word non-binary to indicate that I am aspects within and outside of that binary. I prefer both my names equally, but do not want them used at the same time. What I ask is that people use one then swap to the other when they next refer to me. I use she, he and they pronouns in the same way. I am also pansexual, grey asexual and grey aromatic.

This explanation is the least necessary for me to be treated in a way that recognises my gender identity and innate sense of self. As a queer individual, I am not required to be a docent and educate on gender or sexuality. I do so readily and willingly as practicable. In particular, I find acting in the various roles of writer, speaker, advocate, educator, and peer intrinsically satisfying.

Beyond myself, written works offer multifaceted opportunities. This could be a resource book supporting the professional development of a community or health services worker. It could be the voice of another trans or gender diverse individual showing a similar young person or adult that they are not alone. I have certainly found and assisted myself in both regards. In compiling my gender focused resource library, I want to help others have the chance to find the kinds of voices that supported me throughout a level of medical and social transition that I pursued openly as a non-binary person.



## Queries:

**1: What is this resource library you refer to?** I believe that books are a powerful tool. Several years ago, I began to combine my interest in writing and gender by buying books that focused on topics related to trans and gender diverse individuals. These include resource books, children's books and some memoirs, all of which focus on gender as a topic or revolve around trans and gender diverse individuals.

**2: Is this a lending library?** No, it is not. All the resources in the below list I own a physical copy of. I do not lend them out, but I am more than happy to bring them places and show them to people. In this way, I anticipate that others can make a more informed choice about what to buy.

**3: How do you find out about these books?** I keep tabs on what is being published. This could be through Facebook groups, blogs, publisher and book retailer websites. Particularly useful ones have been the Book Depository, Wordery, Amazon, eBay, The Rainbow Owl, as well as the Blogspot blogs Anti-Bias Children's Book Reviews and Gay-Themed Picture Books for Children. Depending upon the website, searches can be sorted by subject matter, I can make use of key words or I can see what people who have purchased particular items have also bought or looked at.

**4: Why do you not have a particular book?** For people looking for resource books, I keep ones that could be used as reference or introductory style texts on trans and gender diverse individuals. For parents, professionals or individuals looking for representative fictional characters, I keep children's books that have trans or gender diverse characters in them. I also keep a few memoirs and parenting focussed books for similar reasons.

I avoid young adult books. Their length and narrative focus makes them harder to readily use as resources for my purposes. I personally enjoy the genre and favour it when reading in my own time. I also avoid some memoirs, particularly where the information would be readily replicated across other texts or media formats. I have nothing against most of the texts that I have looked at and not bought. However, my limitations simply let me focus on what I think will be most useful and hard to find, while keeping the cost of purchasing books minimised.

**5: Have you read all of these books?** No, I have not. Despite this, I attempt to read enough reviews and access sufficient previews via Amazon or Google Books so as to be able to make an informed decision upon the quality and content of each book prior to purchase. The blurb on each entry has come from the best available online source, with some lightly edited to keep them fitting on a single page. Unlike the rest of the content of an entry, the blurbs are not formatted to American Psychological Association Standards (APA).

**6: Do you have any other resources?** While book based, in my library I have a limited number of DVDs and some notable magazines. I also have myself, I guess. I hold a Bachelor of Arts, double major in creative writing and professional writing and publishing and believe that sharing stories is a means by which to teach and learn. When asked, I am keen to my skills as a writer to prepare and deliver speeches about my lived experience as a trans and non-binary individual. If this aspect is of interest, I can be contacted at [lauraandremus@hotmail.com](mailto:lauraandremus@hotmail.com). Please note, this is not my personal email so as to maintain my privacy as this list is distributed and to enable me to filter queries to the appropriate email account. It is however checked regularly. I am happy to give my personal email as needed, but ask that this one be contacted first and that others do not supply my personal information even if they are aware of it.

# Books



## The ABC's of LGBT+

Hello and welcome to The ABC's of LGBT+. Ashley Mardell, one of the most trusted voices on YouTube presents a detailed look at all things LGBT+. Along with in-depth written definitions, personal anecdotes, helpful infographics, links to online videos, and more, Mardell aims to provide a friendly voice to a community looking for information. Beyond those searching for a label, this book is also for allies and LGBT+ people simply looking to pack in some extra knowledge! Knowledge is a critical part of acceptance, learning about new identities broadens our understanding of humanity, heightens our empathy, and allows us different, valuable perspectives. These words also provide greater precision when describing attractions and identities. There is never anything wrong with having and efficient, expansive vocabulary!

**Author/s:** Ash Hardell.

**Publisher:** Mango.

**Year Published:** 2016.

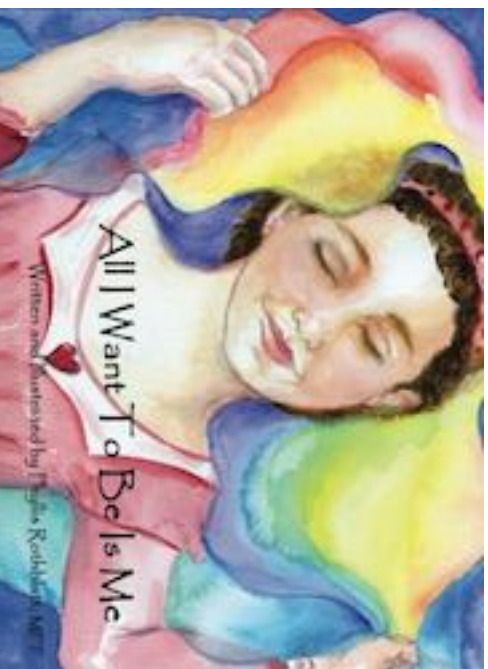
**Bought From:** Book Depository.

**Links:**

- <https://mango.bz/books/the-abcs-of-lgbt-by-ashley-mardell-113-b>
- <https://www.dailydot.com/upstream/abcs-of-lgbt-ashley-mardell/>
- <https://www.themarysue.com/ashley-mardell-abcs-of-lgbt/>
- <https://www.youtube.com/channel/UCXwXB7a3cq9AERiWF4-dK9g>
- <https://www.youtube.com/watch?v=j4qAoM9Pioe>
- <https://www.amazon.com/ABCs-LGBT-Ashley-Mardell/dp/163353409X>
- <https://books.google.com.au/books?id=R0UZDwAAQBAJ>

**Comments:** Stems from a YouTube channel series.





## All I Want to Be Is Me

“All I Want to Be Is Me” is a beautifully illustrated children’s book reflecting the diverse ways that young children experience and express their gender. The book gives voice to the feelings of children who don’t fit into narrow gender stereotypes, and who just want to be free to be themselves. This book is a celebration of all children being who they are, and is a positive reflection of children, wherever they experience themselves on the gender spectrum. “All I Want to Be Is Me” offers a wonderful way for all children to learn about gender diversity, embracing different ways to be, and being a true friend. Visit [www.alliwanttobeisme.com](http://www.alliwanttobeisme.com) to learn more about how this book can be used by parents and teachers, and to hear the original song, “All I Want to Be Is Me”, that goes along with the book.

**Author/s:** Phyllis Rothblatt.

**Publisher:** CreateSpace Independent Publishing Platform (Self-published).

**Year Published:** 2011.

**Bought From:** Amazon.

**Links:**

- <http://www.alliwanttobeisme.com>
- <https://www.facebook.com/alliwanttobeisme/>
- <https://diversekidsbooks.org/2014/11/25/a-gender-creative-childs-anthem-in-a-picture-book/#more-1455>
- <https://www.amazon.com/All-I-Want-Be-Me/dp/1452818258>
- [https://books.google.com.au/books?id=a\\_awuAAACAAJ](https://books.google.com.au/books?id=a_awuAAACAAJ)

**Comments:** None at present.



## Annie's Plaid Shirt

Annie loves her plaid shirt and wears it everywhere. But one day her mom tells Annie that she must wear a dress to her uncle's wedding. Annie protests, but her mom insists and buys her a fancy new dress anyway. Annie is miserable. She feels weird in dresses. Why can't her mom understand?

Then Annie has an idea. But will her mom agree?

Annie's Plaid Shirt will inspire readers to be themselves and will touch the hearts of those who love them.

**Author/s:** Stacy B. Davids.

**Publisher:** Upswing Press.

**Year Published:** 2015.

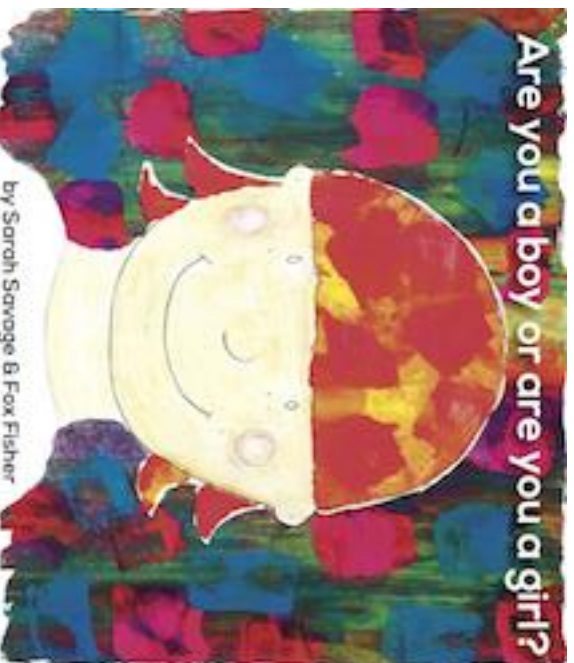
**Bought From:** Amazon.

**Links:**

- <http://www.stacybdavids.com/my-books>
- <http://www.stacybdavids.com/news/why-picture-books-are-usually-24-32-or-40-pages>
- <https://www.facebook.com/stacybdavids/>
- <http://www.upswingpress.com/our-shop>
- <http://www.upswingpress.com/sneak-peek>
- <http://www.upswingpress.com/book-trailer>
- <https://www.amazon.com/Annies-Plaid-Shirt-Stacy-Davids/dp/0692512454>

**Comments:** None at present.

## Are You a Boy or Are You a Girl? (First Edition)



After a successful Kickstarter crowd funding campaign 'Are You A Boy or Are You A Girl?' has been crafted as a tool to help children talk about gender creatively and to assist parents, family and teachers in giving them the space to express themselves fully, explore different identities and have fun at the same time.

Our main character, Tiny, prefers not to tell other children whether they are a boy or a girl; they like to play dress-up, as both a fairy and a knight in shining armour. Tiny's friends don't seem to mind but when they start a new school some other children struggle to understand. Read along as Tiny settles into a new friendship group, overcomes the problems they face, and help to teach children the world over that gender is something to be cherished, explored and enjoyed!

**Author/s:** Sarah Savage and Fox Fisher.

**Publisher:** TQUL Books.

**Year Published:** 2015.

**Bought From:** Amazon.

**Links:**

- <http://sarah-savage.com/product/book/>
- <https://www.facebook.com/areyouboyorgirl/>
- <https://www.youtube.com/watch?v=ThhGuMPDILk>
- <http://www.educateandcelebrate.org/product/are-you-a-boy-or-are-you-a-girl-2/>
- [https://www.stonewall.org/sites/default/files/abw\\_primary\\_plan.pdf](https://www.stonewall.org/sites/default/files/abw_primary_plan.pdf)
- <http://www.independent.co.uk/news/education/education-news/book-by-transgender-campaigners-lets-young-readers-decide-gender-of-the-main-character-10416100.html>
- <https://www.amazon.com/Are-You-Boy-are-Girl/dp/0993192505>

**Comments:** A very worthwhile book for a non-binary or questioning child. Tiny is a child who lives in a mostly supportive environment and prefers not to disclose their gender. They express gender as per their own preferences.



## Are You a Boy or Are You a Girl? (Second Edition)

Tiny loves costumes! Tiny likes to dress up as an animal, or a doctor, or a butterfly. Tiny also prefers not to tell other children whether they are a boy or a girl. Tiny's friends don't mind, but when Tiny starts a new school their new friends can't help asking one question:

“Tiny, are you a boy or are you a girl?”

This brightly illustrated book will open a dialogue with children aged 3+ about gender diversity in a fun and creative way. Featuring a gender-neutral protagonist, the book imparts an important message about identity and being who you want to be. Tiny's story will assist parents, family and teachers in giving children the space to express themselves fully, explore different identities and have fun at the same time.

**Author/s:** Sarah Savage and Fox Fisher.

**Publisher:** Jessica Kingsley Publishers.

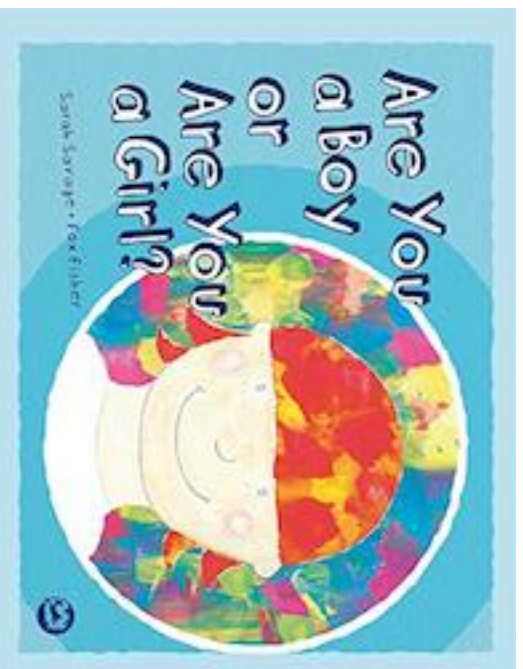
**Year Published:** 2017.

**Bought From:** eBay.

**Links:**

- <https://www.jkp.com/aus/are-you-a-boy-or-are-you-a-girl-2.html>
- <http://sarah-savage.com/product/book/>
- <https://www.facebook.com/areyouboyorgirl/>
- <https://www.youtube.com/watch?v=ThGuMPD1Lk>
- <http://www.mygenderation.com/news/are-you-a-boy-or-a-girl-new-version-out-now/>
- <http://www.educateandcelebrate.org/product/are-you-a-boy-or-are-you-a-girl-2/>
- [https://www.stonewall.org.uk/sites/default/files/abw\\_primary\\_plan.pdf](https://www.stonewall.org.uk/sites/default/files/abw_primary_plan.pdf)
- <http://www.independent.co.uk/news/education/education-news/book-by-transgender-campaigners-lets-young-readers-decide-gender-of-the-main-character-10416100.html>
- <https://www.amazon.com/Are-You-Boy-Girl/dp/178592267X>
- <https://books.google.com.au/books?id=AiWADQAAQBAJ>

**Comments:** Second edition is hardback versus softcover, has an extended plot, extra characters and new illustrations.



## Artistic Expressions of Transgender Youth



There are plenty of books in existence about transgender youth. There are a lot of good people, trying to give good information, and for the most part they are. But you might be asking yourself what makes this book different than the others. This book is different because you will be educated directly by transgender children and teens. Not by a medical professional. Not by a life coach. Not even by me. This book will illustrate how transgender children and teens feel and think about themselves, as told through their art. Each drawing is accompanied by a statement where each child describes what their art means to them.

**Author/s:** Tony Ferraiolo.

**Publisher:** Tony Ferraiolo.

**Year Published:** 2015.

**Bought From:** Amazon.

**Links:**

- <http://tonyferraiolo.com>
- <https://www.amazon.com/Artistic-Expressions-Transgender-Youth-Ferraiolo/dp/0996643001>

**Comments:** Sold through Amazon by Tony Ferraiolo. Had to be purchased second hand on Amazon however through another seller as Ferraiolo does not ship the book to Australia.

## Becoming Nicole: The Extraordinary Transformation of an Ordinary Family



When Wayne and Kelly Maines adopted identical twin boys, they thought their lives were complete. But it wasn't long before they noticed a marked difference between Jonas and his brother, Wyatt. Jonas preferred sports and trucks and many of the things little boys were "supposed" to like; but Wyatt liked princess dolls and dress-up and playing Little Mermaid. By the time the twins were toddlers, confusion over Wyatt's insistence that he was female began to tear the family apart. In the years that followed, the Maineses came to question their long-held views on gender and identity, to accept and embrace Wyatt's transition to Nicole, and to undergo an emotionally wrenching transformation of their own that would change all their lives forever.

Becoming Nicole chronicles a journey that could have destroyed a family but instead brought it closer together. It's the story of a mother whose instincts told her that her child needed love and acceptance, not ostracism and disapproval; of a Republican, Air Force veteran father who overcame his deepest fears to become a vocal advocate for trans rights; of a loving brother who bravely stuck up for his twin sister; and of a town forced to confront its prejudices, a school compelled to rewrite its rules, and a courageous community of transgender activists determined to make their voices heard. Ultimately, Becoming Nicole is the story of an extraordinary girl who fought for the right to be herself.

**Author/s:** Amy Ellis Nutt.

**Publisher:** Penguin Random House.

**Year Published:** 2016.

**Bought From:** Oxford St Books, Leederville.

**Links:**

- <https://www.amazon.com/Becoming-Nicole-Transformation-American-Family/dp/0812995430>
- <https://books.google.com.au/books?id=e5cmCgAAQBAJ>
- <https://www.penguinrandomhouse.com/books/231789/becoming-nicole-by-amy-ellis-nutt/9780812995435/>
- <https://www.nytimes.com/2015/10/22/books/review-becoming-nicole-a-young-boys-journey-into-girlhood.html>
- <https://www.npr.org/sections/health-shots/2015/10/19/449937765/becoming-nicole-recounts-one-family-s-acceptance-of-their-transgender-child>

**Comments:** Another book focussing on the life story of real person.



# Becoming an Ally to the Gender-Expansive Child: A Guide for Parents and Carers

Anna Bianchi

## BECOMING AN ALLY TO THE GENDER- EXPANSIVE CHILD

A GUIDE FOR  
PARENTS AND CARERS



When Anna Bianchi's grandchild asked, "Nanny, you do know I'm a girl, don't you?", Anna recognised this as a pivotal, and daunting, moment in their relationship. She knew that to answer her grandchild, who had been assigned male at birth, her own attitudes, assumptions and beliefs about gender would need to be examined.

With reassuring honesty and openness, Anna draws deeply on four areas: her own experience, current research, interviews with children and their families, and a discussion of power, both in society and between children and adults. She shows how the inner journey of the adult inevitably impacts on the outer journey of the child and, given the significance of this, offers a step-by-step guide to becoming an ally to the gender-expansive child.

For anyone eager to understand their child's gender experience, or to learn how best to accept, support and protect them, this book will provide knowledge, reassurance and the confidence to do so.

**Author/s:** Anna Bianchi.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <https://www.jkp.com/uk/the-gender-matrix-2.html>
- <https://www.amazon.com/Becoming-Ally-Gender-Expansive-Child-Parents/dp/1785920510>
- <https://books.google.com.au/books?id=fdopDwAAQBAJ>

**Comments:** None at present.

## Being Jazz: My Life as a (Transgender) Teen

Jazz Jennings is one of the youngest and most prominent voices in the national discussion about gender identity. At the age of five, Jazz transitioned to life as a girl, with the support of her parents. A year later, her parents allowed her to share her incredible journey in her first Barbara Walters interview, aired at a time when the public was much less knowledgeable or accepting of the transgender community. This groundbreaking interview was followed over the years by other high-profile interviews, a documentary, the launch of her YouTube channel, a picture book, and her own reality TV series—I Am Jazz—making her one of the most recognisable activists for transgender teens, children, and adults.

In her remarkable memoir, Jazz reflects on these very public experiences and how they have helped shape the mainstream attitude toward the transgender community. But it hasn't all been easy. Jazz has faced many challenges, bullying, discrimination, and rejection, yet she perseveres as she educates others about her life as a transgender teen. Through it all, her family has been beside her on this journey, standing together against those who don't understand the true meaning of tolerance and unconditional love. Now Jazz must learn to navigate the physical, social, and emotional upheavals of adolescence—particularly high school—complicated by the unique challenges of being a transgender teen. Making the journey from girl to woman is never easy—especially when you began your life in a boy's body.

**Author/s:** Jazz Jennings.

**Publisher:** Penguin Random House.

**Year Published:** 2016.

**Bought From:** eBay.

**Links:**

- <https://www.penguin.com.au/books/being-jazz-9780399554643>
- <https://www.amazon.com/Being-Jazz-Life-Transgender-Teen/dp/0399554645>
- <https://books.google.com.au/books?id=K2uUjwEACAAJ>

**Comments:** Jazz is now the focus of a documentary series “I am Jazz: A Family in Transition” which is a worthwhile watch and follows a similar growing up theme.



## Be Who You Are!

Be Who You Are strives to build a bridge of understanding in a world that is only starting to accept the differences among people. Be Who You Are lets readers experience Hope's gender awareness and expression as a child who knows herself to be a girl despite being born in a boy's body. Hope's family plays a critical role in the story as they come to terms with and accept Hope's decision to transition from being labelled as a boy to living as herself, a girl. Although Be Who You Are tells one child's story, it speaks to all children who face difficulties at school, with friends and even family who don't understand. Hope creates a language that other children and adults can relate to when discussing her expression. By talking with the people who support her such as her therapist, her parents and other kids who feel the same way, Hope gains the courage to be true to herself every day. Be Who You Are creates a dialogue where gender identity can be explored, expressed and understood. For families, Hope's story reinforces that they are not alone. Their stories are worth telling. Their successes are worth celebrating. There is an abundant network of families and resources around the world that will listen, share and help provide every child with the freedom of expression they deserve.

**Author/s:** Jennifer Carr.

**Publisher:** AuthorHouse.

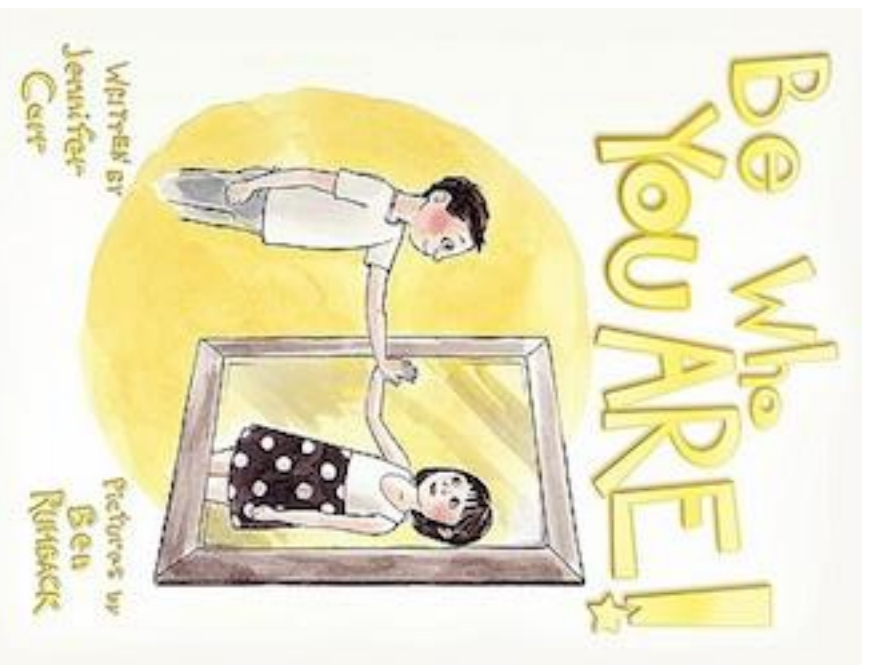
**Year Published:** 2010.

**Bought From:** eBay.

**Links:**

- <https://www.authorhouse.com/bookstore/bookdetail.aspx?bookid=SKU-000381681>
- <https://www.amazon.com/Who-You-Are-Jennifer-Carr/dp/1452087253>
- <https://books.google.com.au/books?id=AE-n4K7UT1gC>

**Comments:** None at present.





## Beyond Magenta: Transgender Teens Speak Out

A ground-breaking work of LGBT literature takes an honest look at the life, love, and struggles of transgender teens. Author and photographer Susan Kuklin met and interviewed six transgender or gender-neutral young adults and used her considerable skills to represent them thoughtfully and respectfully before, during, and after their personal acknowledgment of gender preference. Portraits, family photographs, and candid images grace the pages, augmenting the emotional and physical journey each youth has taken. Each honest discussion and disclosure, whether joyful or heartbreaking, is completely different from the other because of family dynamics, living situations, gender, and the transition these teens make in recognition of their true selves.

**Author/s:** Susan Kuklin.

**Publisher:** Candlewick Press.

**Year Published:** 2014.

**Bought From:** Oxford St Books, Leederville.

**Links:**

- <http://www.susankuklin.net/young-adult-books/beyond-magenta-transgender-teens-speak-out/>
- [http://www.susankuklin.net/wp-content/uploads/BeyondMagenta\\_DiscussionGuide.pdf](http://www.susankuklin.net/wp-content/uploads/BeyondMagenta_DiscussionGuide.pdf)
- <https://www.lambdaliterary.org/reviews/09/11/beyond-magenta-transgender-teens-speak-out-by-susan-kuklin/>
- <https://www.amazon.com/Beyond-Magenta-Transgender-Hardback-Common/dp/B001VM522U>
- [https://books.google.com.au/books?id=D\\_2GAgAAQBAJ](https://books.google.com.au/books?id=D_2GAgAAQBAJ)

**Comments:** None at present.



## Beyond Trans: Does Gender Even Matter?

The book provides strategies to help organisations design and implement gender policies that are both trans-inclusive and institutionally smart. It is a call to rethink the usefulness of dividing the world into not just male and female categories but even additional categories of transgender and gender fluid. It also explores the underlying gender-enforcing policies and customs in American life that have led to transgender bathroom bills, college admissions controversies, and more, arguing that it is necessary for our society to take steps to challenge the assumption that gender matters. He examines four areas where we need to re-think our sex-classification systems:

- Sex-marked identity documents such as birth certificates, driver's licenses and passports,
- sex-segregated public restrooms,
- single-sex colleges,
- and sex-segregated sports.

Speaking from experience and drawing upon major cases of sex discrimination in the news and in the courts, Davis presents a case for challenging how individuals are classified according to sex and offers recommendations for alleviating sex identity discrimination and sex-based disadvantage. Davis' recommendations also provide practical guidance about how to work through these complex issues.

**Author/s:** Heath Fogg Davis.

**Publisher:** NYU Press.

**Year Published:** 2017.

**Bought From:** New Edition Bookshop, Fremantle.

### Links:

- <https://heathfoggdavis.com/beyond-trans/>
- <https://nypress.org/books/9781479855407/>
- <https://qz.com/985762/beyond-trans-does-gender-matter-the-case-against-gender-categories/>
- <http://www.powells.com/post/original-essays/do-we-need-gender>
- <http://plenitudemagazine.ca/beyond-bravery-a-review-of-beyond-trans-does-gender-matter-by-heath-fogg-davis/>
- <https://www.c-span.org/video/?429554-1/after-words-heath-davis>
- <http://www.broadstreetreview.com/books/beyond-trans-does-gender-matter-by-heath-fogg-davis>
- <http://www.bookforum.com/video/18648>
- <https://www.amazon.com/Beyond-Trans-Does-Gender-Matter/dp/1479855405>
- <https://books.google.com.au/books?id=uHA4DQAAQBAJ>

**Comments:** None at present.





## Born on the Edge of Race and Gender: A Voice for Cultural Competency



The book is a multi-genre memoir by Willy Wilkinson, a mixed heritage, Asian American trans man and social movement leader who has been advocating for marginalised populations since the early days of the HIV/AIDS epidemic. Poetic, humorous, and profoundly provocative, this compelling memoir explores the ambiguity and complexity of Willy's intersectional experience with race, gender, sexuality, disability, class, and parenthood—within a larger cultural competency, public health, and policy advocacy framework.

Willy was born in the San Francisco Bay Area in the early 1960's, assigned female at birth, the fourth child of a Chinese woman and Caucasian man, whose interracial marriage sparked controversy in 1950's American society. Scrutinised for his racially layered appearance and transgender expression, Willy emerged into a culture and society that sought to silence him because of his differences. His identification with people on the edges led him to develop street-based interventions for sex workers and drug users, and organise Asian lesbians and transmasculine people of colour for self-reflection, visibility, and empowerment. Ultimately he found his voice as a public health consultant who helps community health organisations, businesses, and educational institutions improve access for lesbian, gay, bisexual, transgender, and queer people.

Willy's story is a historical journey through queer and trans social and public health movements, and speaks to the inner workings and motivation of pioneers who lay tracks where none exist. At the same time, it is an individual story of belonging and not belonging, and a tribute to embracing life's challenges without regret. This well-crafted blend of personal storytelling with lessons from the field reflects the intimacy behind policy, the societal shift that demands greater cultural competency, a call to community engagement and institutional leadership. Innovative, moving, and accessible, this multifaceted memoir explores the liberation of finding one's voice in a world that prescribes silence, and offers a fresh look at ways to systemically affirm diversity throughout society.

**Author/s:** Willy Wilkinson

**Publisher:** Hapa Papa Press.

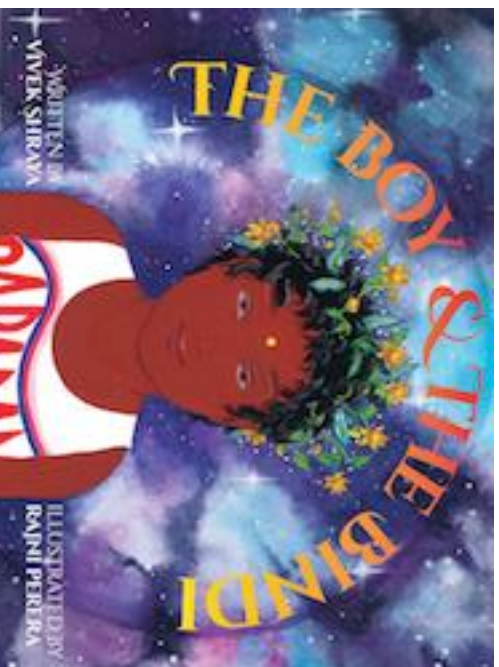
**Year Published:** 2015.

**Bought From:** eBay.

**Links:**

- <http://www.willywilkinson.com/book-c1049>
- <https://www.amazon.com/Born-Edge-Race-Gender-Competency/dp/0997012307>
- <https://books.google.com.au/books?id=qDLjgEACAAJ>

**Comments:** Understood from reviews to be an interesting coverage of both race and gender and the intersection therein.



## The Boy & The Bindi

The Boy and the Bindi is a playful picture book about a young boy's fascination with the dot on his mother's forehead.

Ammi, why do you wear that dot?  
What's so special about that spot?

It's not a dot, says my Ammi—  
It's not a spot, it's a bindi!

With his mom's help, the boy discovers that wearing a bindi allows him to joyfully explore and express his difference—and that even a little “spot” can be meaningful and magical.

Featuring illustrations by Rajni Perera.

**Author/s:** Vivek Shraya.

**Publisher:** Arsenal Pulp Press.

**Year Published:** 2016.

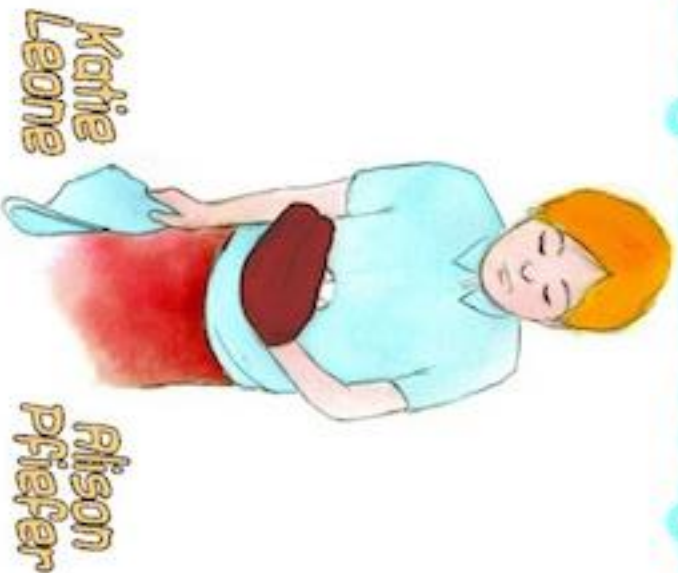
**Bought From:**

**Links:**

- <https://vivekshraya.com/books/the-boy-and-the-bindi/>
- [https://media.vivekshraya.com/pdf/TheBoyAndTheBindi\\_TeachersGuide.pdf](https://media.vivekshraya.com/pdf/TheBoyAndTheBindi_TeachersGuide.pdf)
- <https://soundcloud.com/vivekshraya/the-boy-the-bindi-vivek-shraya>
- <http://www.arsenalpulp.com/bookinfo.php?index=452>
- [https://en.wikipedia.org/wiki/The\\_Boy\\_%26\\_the\\_Bindi](https://en.wikipedia.org/wiki/The_Boy_%26_the_Bindi)
- <https://www.genderspectrum.org/blog/gender-spectrum-story-time-the-boy-the-bindi/>
- <https://www.amazon.com/Boy-Bindi-Vivek-Shraya/dp/1551526689>
- <https://books.google.com.au/books?id=cK42DwAAQBAJ>

**Comments:** None at present.

# But, I'm not a Boy!



## But I'm Not a Boy (Second Edition)

There are a lot of transgender books out there written from the parents' perspective, written about acceptance and willingness to allow their children the opportunity to explore their gender identities, but none tackle the issue from the child's perspective. The fear, the confusion, the shame and the loneliness that a gender dysphoric child comes true in this book about finding courage to voice that you are different and the acceptance that come from it. This book was written from the perspective of someone who had been there.

David has a big problem; she is really a girl named Sarah. But nobody knows, and everyone assumes she is a boy. When her parents ask why she is so sad, is she brave enough to tell them the truth?

**Author/s:** Katie Leone.

**Publisher:** CreateSpace Independent Publishing Platform (Self-published).

**Year Published:** 2015.

**Bought From:** Wordery.

**Links:**

- <https://www.amazon.com/But-Not-Boy-Katie-Leone/dp/1514383101>
- <https://books.google.com.au/books?id=dIPYsgEACAAJ>

**Comments:** Second edition, which was updated and professionally edited. Has a different cover compared to the first edition. Some reviewers have indicated that the book reinforces binary gender stereotypes with regards to how the child's interests in the book are portrayed. Prior to her passing from physical health problems in 2016, the author responded to the effect that it was just a children's book.





## Call Me Tree/Llamame Árbol

What does it mean to be like a tree?

For one young child, it all begins  
as a tiny seed  
that is free to grow  
and to reach out to others  
while standing strong and tall –  
just like a tree in the natural world.

In this spare, lyrically written story, we join a child on a journey of self-discovery. Finding a way to grow from the inside out, just like a tree, the child develops as an individual comfortable in the natural world and in relationships with others. The child begins “Within/ The deep dark earth,” like a seed, ready to grow and then dream and reach out to the world. Soon the child discovers birds and the sky and other children: “Trees and trees/ Just like me!” Each is different too. The child embraces them all because “All trees have roots/ All trees belong.” Maya Christina Gonzalez once again combines her talents as an artist and a storyteller to craft a gentle, empowering story about belonging, connecting with nature, and becoming your fullest self. Young readers will be inspired to dream and reach, reach and dream . . . and to be as free and unique as trees.

**Author/s:** Maya Christina Gonzalez.

**Publisher:** Lee & Low Books.

**Year Published:** 2014.

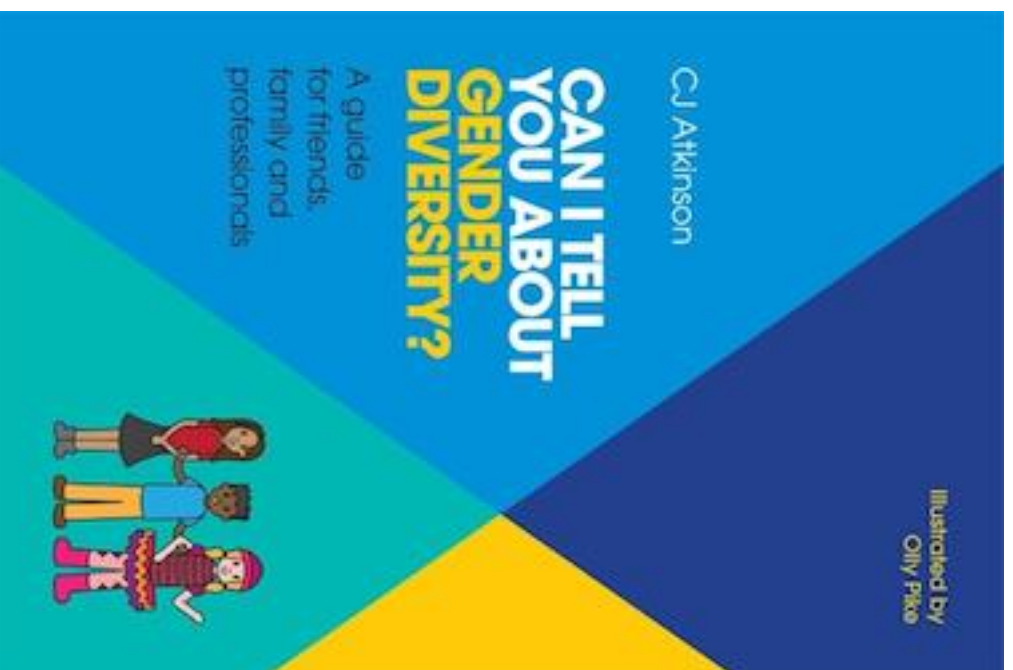
**Bought From:** eBay.

**Links:**

- <https://www.leeandlow.com/books/call-me-tree-llamame-arbol>
- <http://blog.leeandlow.com/2015/01/29/gender-neutral-childrens-book/#more-10040>
- [https://www.leeandlow.com/uploads/loaded\\_document/115/Call\\_Me\\_Tree\\_TG\\_edit\\_FINAL.pdf](https://www.leeandlow.com/uploads/loaded_document/115/Call_Me_Tree_TG_edit_FINAL.pdf)
- <http://www.mayagonzalez.com/blog/2014/10/gender-free-multicultural-childrens-book/>
- [http://www.mayagonzalez.com/blog/wp-content/uploads/2014/10/call-me-tree-note-to-my-readers\\_maya-gonzalez.pdf?x65228](http://www.mayagonzalez.com/blog/wp-content/uploads/2014/10/call-me-tree-note-to-my-readers_maya-gonzalez.pdf?x65228)
- [http://www.huffingtonpost.com/au/entry/call-me-tree\\_n\\_6994138](http://www.huffingtonpost.com/au/entry/call-me-tree_n_6994138)
- <https://www.amazon.com/Call-Llamame-arbol-English-Spanish/dp/0892392940>

**Comments:** None at present.

# Can I Tell You About Gender Diversity?: A Guide for Friends, Family and Professionals



Meet Kit - a 12-year-old undergoing medical transition - as he talks about gender and the different ways it can be explored. He explains what it is like to transition and how his friends, family and teachers can help through talking, listening and being proactive.

With illustrations throughout, this is an ideal way to start conversations about gender diversity in the classroom or at home and suitable for those working in professional services and settings. The book also includes a useful list of recommended reading, organisations and websites for further information and support.

**Author/s:** CJ Atkinson.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2016.

**Bought From:** eBay.

## Links:

- <https://www.jkp.com/aus/can-i-tell-you-about-gender-diversity-34886.html>
- <https://www.youtube.com/watch?v=eHqdfMnPRMg>
- <https://www.youtube.com/watch?v=olontznIRrk>
- <http://www.educateandcelebrate.org/can-tell-gender-diversity/>
- <https://intellectuspeculativus.wordpress.com/2017/02/07/can-i-tell-you-about-gender-diversity-by-c-j-atkinson-illus-olly-pike/>
- <https://www.theguardian.com/society/2017/jan/02/book-explaining-gender-diversity-to-primary-school-children-sparks-furore>
- <https://www.amazon.com/tell-about-Gender-Diversity-professionals/dp/1785921053>
- <https://books.google.com.au/books?id=iVNpDQAAQBAJ>

**Comments:** None at present.

# The Conscious Parent's Guide to Gender Identity: A Mindful Approach to Embracing Your Child's

## Authentic Self

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. 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.

**Author/s:** Darlene Tando.

**Publisher:** Simon and Schuster.

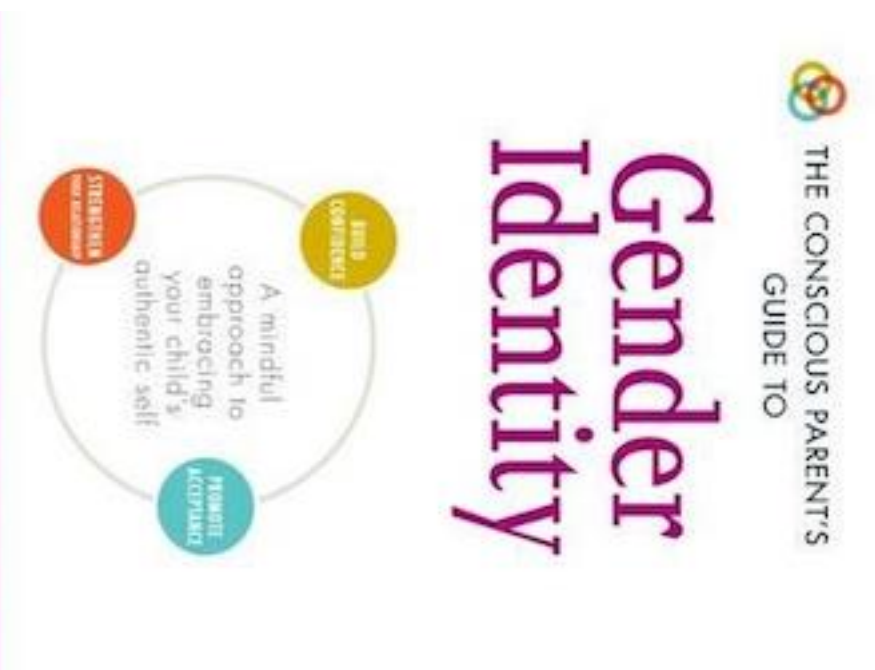
**Year Published:** 2016.

**Bought From:** eBay.

**Links:**

- <https://darlenetandogenderblog.com/2016/07/26/my-book-the-conscious-parents-guide-to-gender-identity/>
- <http://www.simonandschuster.com.au/books/The-Conscious-Parents-Guide-to-Gender-Identity/Darlene-Tando/The-Conscious-Parents-Guides/9781440596308>
- <https://www.amazon.com/Conscious-Parents-Guide-Gender-Identity/dp/1440596301>
- [https://books.google.com.au/books?id=Yn\\_rDQAAQBAJ](https://books.google.com.au/books?id=Yn_rDQAAQBAJ)

**Comments:** Part of a series of books on different topics by different authors, all focusing on conscious parenting.



Darlene Tando, LCSW



# Counseling Transgender and Non-Binary Youth: The Essential Guide

Irwin Krieger



## COUNSELING TRANSGENDER AND NON-BINARY YOUTH

The Essential Guide

There are growing numbers of youth who identify as transgender, and as a result, clinicians and counsellors are in need of an informed resource that covers the basics of gender identity and expression. This book responds to that need by setting out clear advice and support on working with transgender and non-binary youth with regard to their identity, mental health, personal and family life and their medical and social transition as well as offering additional resources and reading lists.

Along with the basic information needed to understand transgender clients, Irwin Krieger applies this general knowledge to work with transgender teens at what can be the most critical and problematic stage in a trans person's life. Specifically, issues of gender identity awareness and expression for youth along with the mental and physical challenges that puberty presents are discussed. This guide will inform counsellors and therapists to support transgender teens in their practice, while providing the necessary tools for opening up the conversation on transgender issues in families and schools.

**Author/s:** Irwin Krieger.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <https://www.gay-therapy-ct.com/books.html>
- <https://www.jkp.com/uk/counseling-transgender-and-non-binary-youth-2.html>
- <http://www.jkp.com/jkpblog/2017/11/resources-gender-variant/>
- <https://www.amazon.com/Irwin-Krieger/e/B004OKNTBE>
- <https://www.amazon.com/Counseling-Transgender-Non-Binary-Youth-Essential/dp/1785927434>
- <https://books.google.com.au/books?id=v4g6DgAAQBAJ>

**Comments:** None at present.

# Creative Chameleon Finds Acceptance: A Story for Gender Self-Identifying Kids



Adrienne Wagner, MA, NCC  
Illustrated by Joni Beckner, LPC, ATR

Counselor Adrienne Wagner, MA, NCC, takes you and your child on a journey with Creative Chameleon, who learns to trust herself as she encounters several teachers on her path to self-acceptance. Creative Chameleon is a helpful resource for teaching acceptance of self and others to children who are gender self-identifying. But she will capture the hearts and imaginations of all children, as her encounters offer wisdom and insight into feeling “different,” identifying and expressing emotions, and accepting and loving who you are. With helpful questions, recommendations and resources for caregivers, as well as drawing pages for emotional processing for children, “Creative Chameleon finds Acceptance,” will be a resource that you will come back to again and again as your child develops.

**Author/s:** Adrienne Wagner.

**Publisher:** Balboa Press.

**Year Published:** 2016.

**Bought From:** eBay.

**Links:**

- <http://www.adriannewagner.com/booksproducts/?lightbox=14tr>
- <https://www.balboapress.com/Bookstore/BookDetail.aspx?BookId=SKU-001030563>
- <https://www.amazon.com/Creative-Chameleon-Finds-Acceptance-Self-Identifying/dp/1504352637>
- <https://books.google.com.au/books?id=hY6bDAAAQBAJ>

**Comments:** Appears to be a children’s book but is probably a little wordy for young children to read by themselves. Contains worksheets in the back so may be worthwhile for use by an adult in conjunction with a child.



# “My Dad Thinks I’m a Boy?!”: The People You Love Don’t Always See Who You Are

Stephie is 7 years old. She likes bugs, books and spaghetti. Her favourite thing to do is to stay up late and watch scary movies. Also, she’s a girl... which should be pretty easy to understand, right? Well, not for her dad! He’s been mistaking her for a boy since she was born and struggles to see her as who she is. But other people don’t have a say in what it means to be ourselves, even when we love them.

Starring the main character from Sophie Labelle’s *Assigned Male* comics at the beginning of her transition, “My Dad Thinks I’m a Boy?!” portrays with humour a situation that is often too common, where a child is forced to negotiate authenticity and their parents’ love.

The printing of this book was made possible through crowdfunding.

**Author/s:** Sophie Labelle.

**Publisher:** Self-published.

**Year Published:** 2017.

**Bought From:** Sophie Labelle.

**Links:**

- <https://www.etsy.com/au/listing/523606226/my-dad-thinks-im-a-boy-by-sophie-labelle>
- [http://assignedmale.wikia.com/wiki/My\\_Dad\\_Thinks\\_I%27m\\_a\\_Boy%3F!](http://assignedmale.wikia.com/wiki/My_Dad_Thinks_I%27m_a_Boy%3F!)
- <https://www.kickstarter.com/projects/1002095138/my-dad-thinks-im-a-boy-a-trans-positive-childrens>
- <https://www.facebook.com/lasophielabelle/>
- <https://www.facebook.com/assignedmale>
- [https://en.wikipedia.org/wiki/Sophie\\_Labelle](https://en.wikipedia.org/wiki/Sophie_Labelle)
- [https://www.youtube.com/watch?v=aQPpHgmn\\_A](https://www.youtube.com/watch?v=aQPpHgmn_A)
- [http://www.huflingtonpost.ca/2017/05/23/sophie-labelle-threats\\_n\\_16771104.html](http://www.huflingtonpost.ca/2017/05/23/sophie-labelle-threats_n_16771104.html)
- <https://www.gizmodo.com.au/2017/05/transgender-creator-of-assigned-male-webcomic-facing-death-threats-from-online-trolls/>

**Comments:** The author is also the creator of the online comic series *Assigned Male*.





## In the Darkroom

“In the summer of 2004 I set out to investigate someone I scarcely knew, my father. The project began with a grievance, the grievance of a daughter whose parent had absconded from her life. I was in pursuit of a scofflaw, an artful dodger who had skipped out on so many things—obligation, affection, culpability, contrition. I was preparing an indictment, amassing discovery for a trial. But somewhere along the line, the prosecutor became a witness.” So begins Susan Faludi’s inquiry into the meaning of identity in the modern world and in her own family. When the feminist writer learned that her 76-year-old father—long estranged and living in Hungary—had undergone sex reassignment surgery, her investigation turned personal and urgent. How was this new parent who claimed to be “a complete woman now” connected to the silent, explosive, and ultimately violent father, the photographer who’d built his career on the alteration of images? Faludi chases that mystery into her suburban childhood and her father’s previous incarnations: American dad, Alpine mountaineer, swashbuckling adventurer in the Amazon outbreak, Jewish fugitive in Holocaust Budapest. Travelling to Hungary to reunite with her father, she drops into histories and politics of a country bent on repressing its past and constructing a fanciful and virulent nationhood. The search for identity that proves as treacherous for nations as for individuals. Faludi’s struggle to come to grips with her father’s reinvented self takes her across borders—historical, political, religious, sexual—bringing her to face with the question: Is identity something you “choose,” or is it the very thing you can’t escape?

**Author/s:** Susan Faludi.

**Publisher:** HarperCollins.

**Year Published:** 2016.

**Bought From:** eBay.

**Links:**

- <http://susanfaludi.com/in-the-darkroom.html>
- <http://www.harpercollins.com.au/9780008193508/in-the-darkroom/>
- [https://en.wikipedia.org/wiki/In\\_the\\_Darkroom](https://en.wikipedia.org/wiki/In_the_Darkroom)
- <https://www.nytimes.com/2016/06/19/books/review/susan-faludis-in-the-darkroom.html>
- <http://www.theaustralian.com.au/arts/review/in-the-darkroom-susan-faludi-dealing-with-stefanie-herfather/news-story/5e4d78992d82ffe3ef9cfacea50f8284>
- <https://www.theguardian.com/books/2016/jun/04/susan-faludi-getting-know-father-woman-the-darkroom>
- <https://www.theguardian.com/books/2016/jun/19/susan-faludi-in-the-darkroom-review-elegant-masterpiece-identity-gender-nazi-hungary>
- <https://www.amazon.com/Darkroom-Susan-Faludi/dp/080508908X>
- <https://books.google.com.au/books?id=2uqICwAAQBAJ>

**Comments:** None at present.

[illegible]

Want to have a laugh while taking down sexist stereotypes?

The Feminist Activity Book has everything you need to usher in an era of colourful and intersectional joy. Featuring such activities as Feminist All-Star Trading Cards, Destroy the Page-Triarchy, Sexist Social Media Bingo, and A Feminist ABC, The Feminist Activity Book will fuel your feminist rage, remind you to laugh once in a while, and bring you one step closer to an egalitarian utopia, or whatever.

**Bought From:** Co-Op Bookshop at Curtin University, Bentley.

- <https://www.amazon.com/Feminist-Activity-Book-Gemma-Correll/dp/158005630X>
- <https://books.google.com.au/books?id=mL85jgEACAAJ>

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## Finding Nevo: How I Confused Everyone

Personal, political and passionate, Finding Nevo is an autobiography about gender and everything that comes with it.

Meet Nevo: girl, boy, he, she, him, her, they, them, daughter, son, teacher, student, friend, gay, bi, lesbian, trans, homo, Jew, dyke, masculine, feminine, androgynous, queer. Nevo was not born in the wrong body. Nevo just wants everyone to catch up with all that Nevo is. Personal, political and passionate, Finding Nevo is an autobiography about gender and everything that comes with it.

- Nevo identifies as queer, transmasculine and non-binary. Nevo works with children as a youth leader, and runs programs and workshops in schools about gender and sexuality.
- “A gorgeous coming of age story about one person’s journey to discover themselves. Zisin is a compelling storyteller with a delightful and exciting new voice.” Clementine Ford
- This is a timely book and important book. The controversy over the Safe Schools program has reinforced the need for issues surrounding gender and sexuality to be discussed openly.

**Author/s:** Nevo Zisin.

**Publisher:** Walker Books Australia.

**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <https://www.walkerbooks.com.au/Books/Finding-Nevo-9781925381184>
- [https://en.wikipedia.org/wiki/Nevo\\_Zisin](https://en.wikipedia.org/wiki/Nevo_Zisin)
- <https://www.nytimes.com/interactive/projects/storywall/transgender-today/stories/nevo-zisin>
- <https://blog.booktopia.com.au/2017/05/02/nevo-zisin-first-felt-like-imposter-starting-write-memoir-19-think/>
- <http://www.news.com.au/lifestyle/real-life/true-stories/i-became-a-man-how-nevo-zisin-transitioned-from-female-to-male-to-find-identity-as-a-teenager/news-story/aal1a0f89eff32f9cb750f600ab67>
- <https://www.amazon.com/Finding-Nevo-Zisin/dp/1925381188>
- <https://books.google.com.au/books?id=YcNLMQAAACAAJ>

**Comments:** None at present.





## First Year Out: A Transition Story

From laser hair removal and coming out to her parents, through to dating, voice training and gender reassignment surgery, this intimate and witty graphic novel follows the character of Lily as she transitions to living as her true, female self. Providing support and guidance on a range of issues such as hormones, medical procedures and relationships, the story traces the everyday thoughts, emotions and struggles many trans and non-binary people face and seeks to empower those who are starting to question their gender as well as promoting wider discussion about the complexities of gender and identity. Based on the author's own experiences as a trans woman, this honest and powerful work is a testament to being who you are and a celebration of gender diversity.

**Author/s:** Sabrina Symington.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2018.

**Bought From:**

**Links:**

- <https://lifeofbria.com>
- <https://www.youtube.com/channel/UCnp7-5MqgWleYgFXsTCANbw>
- <https://www.facebook.com/Zombie-Robot-Comics-233927710020380/>
- <https://www.jkp.com/uk/first-year-out-2.html>
- <http://www.jkp.com/jkpblog/2017/12/graphic-novel-sabrina-symington/>
- <https://www.gscene.com/arts/books/book-review-first-year-out-by-sabrina-symington/>
- <https://www.vancouverislandmentalhealthsociety.org/?p=15438>
- <https://christbrakeshow.com/2016/06/19/sabrina-symington-creator-of-life-of-bria-cb146/>
- <https://www.amazon.com/First-Year-Out-Transition-Story/dp/1785922580>
- <https://books.google.com.au/books?id=G7MqDwAAQBAJ>

**Comments:** Written in a graphic novel format. The author is also the creator of the online comic series *The Life of Bria*.

## From the Stars in the Sky to the Fish in the Sea



A magical gender variant child brings transformation and change to the world around them thanks to their mother's enduring love.

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 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 who this child becomes, their mother will love them just the same.

**Author/s:** Kai Cheng Thom.

**Publisher:** Arsenal Pulp Press.

**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <https://www.creations.li/explorations-1>
- <http://www.arsenalpulp.com/bookinfo.php?index=468>
- <https://www.amazon.com/Stars-Sky-Fish-Sea/dp/155152709X>
- <https://books.google.com.au/books?id=NtWjAQAACAAJ>

**Comments:** Highly recommended. Includes supportive mother and a child who could be understood to be non-binary experiencing an unaccepting school environment that changes in a positive manner by the end of the story. Illustrations are also very engaging.



## The Gender Book

A gender 101 for everyone. Follow the adventures of Boston's personal gender exploration in The GENDER Book, a colourful, all-ages visual primer on the world of gender. You'll meet along the way new friends: drag queens and kings, intersex folks, genderqueer individuals, and others under the transgender umbrella. They'll introduce you to new and familiar topics in a way that is accessible, nonjudgmental, and fun! Enjoy the 90-page fully illustrated book in one sitting, or come back to it again and again. You'll appreciate the countless hours of research, more than 200 questionnaires, and dozens of one-on-one interviews with members of the communities depicted. The result represents an agreement of many diverse community voices and a huge step forward in the world of gender education.

**Author/s:** Mel Reiff Hill and Jay Mays.

**Publisher:** Marshall House Press.

**Year Published:** 2014.

**Bought From:** From the book's website.

**Links:**

- <http://www.thegenderbook.com>
- <https://www.amazon.com/GENDER-book-Mel-Reiff-Hill/dp/0991338006>
- <https://books.google.com.au/books?id=u3MxngEACAAJ>

**Comments:** A really good pictorial book with many engaging cartoons exploring topics related to gender. However, some definitions can be considered a little off, as is the nature of what constitutes the book's "Transgender Umbrella". Can be purchased in PDF format via a "pay what you can" agreement via the book's website, where other printables can also be accessed.



# Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children



A ground-breaking guide to caring for children who live outside binary gender boxes.

We are only beginning to understand gender. Is it inborn or learned? Can it be chosen—or even changed? Does it have to be one or the other? These questions may seem abstract—but for parents whose children live outside of gender “norms,” they are very real.

No two children who bend the “rules” of gender do so in quite the same way. Felicia threw away her frilly dresses at age three. Sam hid his interest in dolls and “girl things” until high school—when he finally confided his desire to become Sammi. And seven-year-old Maggie, who sports a boys’ basketball uniform and a long blond braid, identifies as “a boy in the front, and a girl in the back.” But all gender-nonconforming children have one thing in common—they need support to thrive in a society that still subscribes to a binary system of gender.

Dr. Diane Ehrensaft has worked with children like Felicia, Sam, and Maggie for over 30 years. In *Gender Born, Gender Made*, she offers parents, clinicians, and educators guidance on both the philosophical dilemmas and the practical, daily concerns of working with children who don’t fit a “typical” gender mold. She debunks outmoded approaches to gender nonconformity that may actually do children harm. And she offers a new framework for helping each child become his or her own unique, most gender-authentic person.

**Author/s:** Diane Ehrensaft.

**Publisher:** The Experiment.

**Year Published:** 2011.

**Bought From:** eBay.

**Links:**

- <http://genderborngendermade.com>
- <http://www.dianeehrensaft.com/books/>
- <https://www.amazon.com/Gender-Born-Made-Gender-Nonconforming-Children/dp/1615190600>
- <https://books.google.com.au/books?id=Q71FveITWNsC>

**Comments:** None at present.





## The Gender Creative Child

Dr Diane Ehrensaft has devoted her career in psychology to the care of children and teens who do not identify with their biological gender. In her first book, *Gender Born, Gender Made*, she coined the phrase ‘gender creative’ for what the American Psychiatric Association at the time officially termed a ‘disorder’.

Now, in *The Gender Creative Child*, Dr Ehrensaft gives parents, teachers, families, and therapists a totally up-to-date, comprehensive resource to caring for children whose gender expression is fluid or who question the gender they were assigned at birth. In nine easily digestible chapters, she encourages parents to listen to their children, support their quest for a true identity and undertake a highly nuanced assessment of their particular needs.

A thought leader and champion of gender-creative identity, Dr Ehrensaft illuminates the many routes that children may take and answers the many questions that parents and others will have.

**Author/s:** Diane Ehrensaft.

**Publisher:** The Experiment.

**Year Published:** 2016.

**Bought From:** eBay.

**Links:**

- <https://affirmpress.com.au/publishing/the-gender-creative-child/>
- <http://www.dianeehrensaft.com/books/>
- <https://www.amazon.com/Gender-Creative-Child-Nurturing-Supporting/dp/1615193065>
- <https://books.google.com.au/books?id=DAf8CwAAQBAJ>

**Comments:** Variousy described as an up-to-date version of *Gender Born, Gender Made*, but still a separate book nonetheless.

## Gender Diversity and Non-Binary Inclusion in the Workplace



Helping to create inclusive work environments for non-binary people, this book builds knowledge of non-binary identities and provides practical solutions to many of the basic workplace problems this group face.

Working with and including non-binary people in the workplace is beneficial for both employer and employee, as it attracts and retains younger and non-binary workers by helping promote an inclusive brand, as well as satisfying equality obligations.

Based on novel research of non-binary inclusion within businesses, it provides a basic overview of non-binary people, a business case for inclusion, a brief description of how non-binary people fit into current equality laws and likely future developments in the area. An ideal introduction for companies wishing to embrace all genders in the workplace.

**Author/s:** Sarah Gibson and J. Fernandez.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2018.

**Bought From:** Book Depository.

**Links:**

- <https://www.jkp.com/uk/gender-diversity-and-non-binary-inclusion-in-the-workplace-2.html>
- <http://www.jkp.com/jkpblog/2018/01/non-binary-inclusion-workplace/>
- <http://beyondthebinary.co.uk/gender-diversity-non-binary-inclusion-workplace/>
- <https://www.amazon.com/Gender-Diversity-Non-Binary-Inclusion-Workplace/dp/1785922440>
- <https://books.google.com.au/books?id=6PM0DwAAQBAJ>

**Comments:** None at present.

## Gender Failure

Being a girl was something that never really happened for me. — Rae Spoon.

Ivan E. Coyote and Rae Spoon are accomplished, award-winning writers, musicians, and performers; they are also both admitted “gender failures.” In their first collaborative book, Ivan and Rae explore and expose their failed attempts at fitting into the gender binary, and how ultimately our expectations and assumptions around traditional gender roles fail us all.

Based on their acclaimed 2012 live show that toured across Canada and the US and in Europe, *Gender Failure* is a poignant collection of autobiographical essays, lyrics, and images documenting Ivan and Rae’s personal journeys from gender failure to gender self-acceptance. Equal parts hilarious and heartbreaking, it’s a book that will touch LGBTQ readers and others, revealing, with candour and insight, that gender comes in more than two sizes.

**Author/s:** Rae Spoon and Ivan E. Coyote.

**Publisher:** Arsenal Pulp Press.

**Year Published:** 2014.

**Bought From:** Book Depository.

**Links:**

- <http://www.arsenalpulp.com/bookinfo.php?index=398>
- <https://www.lambdaliterary.org/reviews/05/24/gender-failure-by-ivan-e-coyote-and-rae-spoon/>
- <https://www.amazon.com/Gender-Failure-Ivan-Coyote/dp/1551525364>
- <https://books.google.com.au/books?id=eRQwCgAAQBAJ>

**Comments:** None at present.





## The Gender Fairy

The Gender Fairy is a simple story about two children feeling the relief of being heard. Of two children who are taking their first joyful steps toward living as their true selves.

The Gender Fairy has a foreword by Associate Professor Michelle Telfer, head of the Gender Service at the Royal Children's Hospital in Melbourne.

Dr Telfer says "as a children's book it approaches complex subject matter with a beautiful simplicity. It will be of great assistance to gender diverse children in finding acceptance. It will help other children understand too."

For children aged four and up, The Gender Fairy is designed to be read aloud. The back of the book has notes for parents and teachers written in collaboration with Roz Ward, from La Trobe University, to aid discussion and learning.

**Author/s:** Jo Hirst.

**Publisher:** Oban Road Publishing.

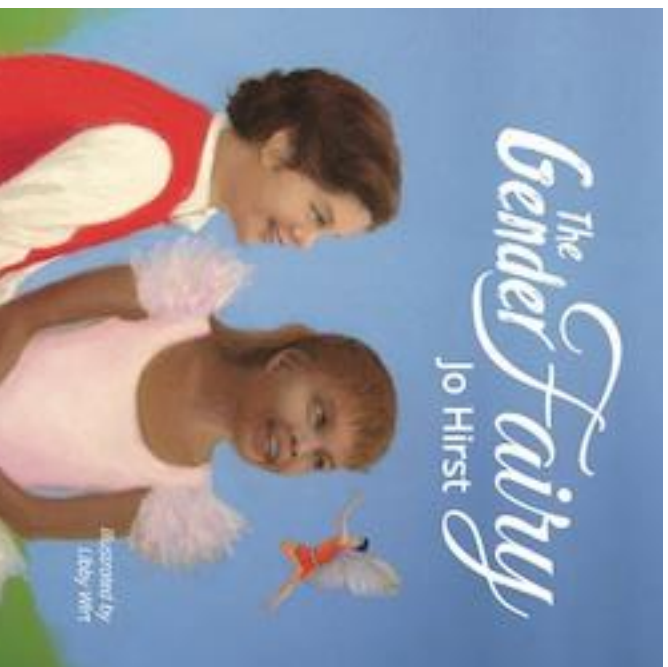
**Year Published:** 2015.

**Bought From:** Author's website.

**Links:**

- <http://www.thegenderfairy.com>
- <https://www.amazon.com/Gender-Fairy-Jo-Hirst/dp/0994457006>
- <https://books.google.com.au/books?id=oYVRjgEACAAJ>
- <http://www.abc.net.au/news/2015-12-01/new-book-helps-young-children-dealing-with-gender-dysphoria/6991060>

**Comments:** Contains a useful question and answer style section at the end of the book and is notably of Australian origin.



## Gender Now Activity Book: School Edition

Adapted from the original Gender Now Coloring Book, this activity book brings the Gender team into the classroom with more activities and stories to guide children in learning and understanding gender and its expression. Did you know that clown fish can change their bodies from boy to girl? Or that in some countries they know there's not just boys and girls? The Bugis of Indonesia have 5 genders! Gender is something relevant to all of us because we all express gender. You may or may not be transgender. You may or may not know a transgender child. The truth is that doesn't matter. We are all on this planet together. Gender Now is meant to provide reflection and support unity by showing multiple genders standing together. It is a specific opportunity to create balance and awareness by including gender expressions that are under-represented in our current culture.

Gender Now Includes:

- Adult support for parents, educators, and community in how to hold multiple gender perspectives (original colouring book only – school edition offers link to teaching guide).
- Information about open gender expression and the concept of the Gender wheel to read with your child.
- Images of children of various genders (in their natural state in the original colouring book, clothed in the school edition) and in imaginative or active settings.
- Playful activities for children (and adults) to explore your own gender expression.
- Information about transgender history and gender in nature.
- Images and stories of transgender ancestors and animals.
- Referrals and resources to support transgender awareness (original colouring book only – school edition offers additional activities for children and link to teaching guide).
- 52 pages beautifully illustrated by award-winning children's book artist and author Maya Christina Gonzalez.

**Author/s:** Maya Gonzalez.

**Publisher:** Reflection Press.

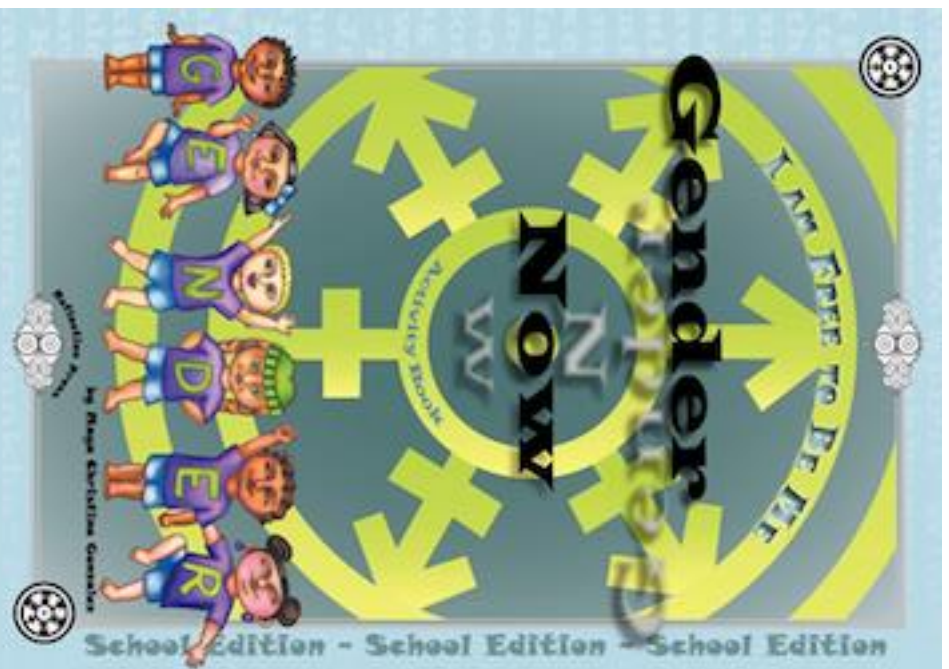
**Year Published:** 2010.

**Bought From:** Publisher's website.

**Links:**

- <http://www.reflectionpress.com/our-books/gender-now-activity-books-school-edition/>
- <http://www.reflectionpress.com/free-stuff/gender-now-teacher-resources/>
- <http://www.mayagonzalez.com/childrensbooks/>
- [https://books.google.com.au/books?id=2s\\_3ygaACAAJ](https://books.google.com.au/books?id=2s_3ygaACAAJ)

**Comments:** None at present.



## Gender Now Coloring Book: A Learning Adventure for Children and Adults



The kids of the gender team are ready to show you the way, are you ready to colour, learn, and play? Inside you'll find stories, pictures, games and more to encourage and remind you that you are free to be! Gender is something relevant to all of us because we all express gender. You may or may not be transgender. You may or may not know a transgender child. The truth is that doesn't matter. We are all on this planet together. GENDER NOW is meant to provide reflection and support unity by showing multiple genders standing together. It is a specific opportunity to create balance and awareness by including gender expressions that are under-represented in our current culture. Also available in a School Edition Activity Book.

Gender Now Includes:

- Adult support for parents, educators, and community in how to hold multiple gender perspectives (original colouring book only – school edition offers link to teaching guide).
- Information about open gender expression and the concept of the Gender wheel to read with your child.
- Images of children of various genders (in their natural state in the original colouring book, clothed in the school edition) and in imaginative or active settings.
- Playful activities for children (and adults) to explore your own gender expression.
- Information about transgender history and gender in nature.
- Images and stories of transgender ancestors and animals.
- Referrals and resources to support transgender awareness (original colouring book only – school edition offers additional activities for children and link to teaching guide).
- 52 pages beautifully illustrated by award-winning children's book artist and author Maya Christina Gonzalez.

**Author/s:** Maya Gonzalez.

**Publisher:** Reflection Press.

**Year Published:** 2010.

**Bought From:** Publisher's website.

**Links:**

- <http://www.reflectionpress.com/our-books/gender-now-coloring-book/>
- <http://www.reflectionpress.com/PDFs/Gender-Now-Spec-Sheet.pdf>
- <http://www.reflectionpress.com/free-stuff/gender-now-teacher-resources/>
- <http://www.mayagonzalez.com/childrensbooks/>
- <https://www.amazon.com/Gender-Now-Coloring-Book-Adventure/dp/0984379916>

**Comments:** None at present.



## Gender Outlaw: On Men, Women and the Rest of Us (Revised & Updated)

“I know I’m not a man . . . and I’ve come to the conclusion that I’m probably not a woman, either. . . . The trouble is, we’re living in a world that insists we be one or the other.” With these words, Kate Bornstein ushers readers on a funny, fearless, and wonderfully scenic journey across the terrains of gender and identity. On one level, *Gender Outlaw* details Bornstein’s transformation from heterosexual male to lesbian woman, from a one-time IBM salesperson to a playwright and performance artist. But this particular coming-of-age story is also a provocative investigation into our notions of male and female, from a self-described non-binary trans feminine diesel femme dyke who never stops questioning our cultural assumptions.

*Gender Outlaw* was decades ahead of its time when it was first published in 1994. Now, some twenty-odd years later, this book stands as both a classic and a still-revolutionary work—one that continues to push us gently but profoundly to the furthest borders of the gender frontier.

**Author/s:** Kate Bornstein.

**Publisher:** Penguin Random House.

**Year Published:** 2016.

**Bought From:** Book Depository.

### Links:

- <http://katebornstein.com/i-wrote-these-books-for-you-please-read-them/>
- [https://en.wikipedia.org/wiki/Kate\\_Bornstein](https://en.wikipedia.org/wiki/Kate_Bornstein)
- <https://www.penguinrandomhouse.com/books/16246/gender-outlaw-by-kate-bornstein/9781101973240/>
- <https://www.amazon.com/Gender-Outlaw-Men-Women-Rest/dp/1101973242>
- <https://books.google.com.au/books?id=UjchDAAAQBAJ>

**Comments:** None at present.



## Genderqueer and Non-Binary Genders

This book addresses the emerging field of genderqueer or non-binary genders - that is, individuals who do not identify as male or female. It considers theoretical, research, practice, and activist perspectives; and outlines a basis for good practice when working with non-binary individuals.

The first section provides an overview of historical, legal and academic aspects of this phenomenon. The second section explores how psychotherapeutic, psychological and psychiatric theory and practice are adapting to a non-binary model of gender, and the third section considers the body related aspects, from endocrinology to surgery.

This work will appeal to a wide readership, from practitioners working with non-binary individuals - including psychologists, surgeons, social workers, nurses, psychiatrists, endocrinologists, psychotherapists and counsellors, lawyers, and healthcare workers - to researchers interested in the study of gender identities, to students and gender activists.

**Author/s:** Edited by Christina Richards, Walter Pierre Bouman and Meg-Jon Barker.

**Publisher:** Palgrave Macmillan.

**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <https://www.palgrave.com/gp/book/9781137510525>
- <https://biblio.ugent.be/publication/7279758/file/7621238>
- <https://www.amazon.com/Genderqueer-Non-Binary-Critical-Approaches-Sexuality/dp/1137510528>
- <https://books.google.com.au/books?id=qfJDDwAAQBAJ>

**Comments:** It appears that some of the editors were also authors in a 2016 journal article in the *International Review of Psychiatry*, entitled “Non-Binary or Genderqueer Genders”, the link to which has been included in this entry.



## Genderqueer: And Other Gender Identities

In Genderqueer, Dave Naz explores the gender spectrum in an entirely new way—by turning his camera on subjects that are genderqueer, transgender, intersex, pangender, and every shade in between. Helping to add to the current global discussion on the structured nature of gender identity, Genderqueer is an eye-opening musings on all of the people who don't fit neatly into a convenient box.

**Author/s:** Dave Naz.

**Publisher:** Rare Bird Books.

**Year Published:** 2014.

**Bought From:** Book Depository.

### Links:

- [https://en.wikipedia.org/wiki/Dave\\_Naz](https://en.wikipedia.org/wiki/Dave_Naz)
- [http://www.huffingtonpost.com.au/entry/genderqueer-and-other-book\\_n\\_6180308](http://www.huffingtonpost.com.au/entry/genderqueer-and-other-book_n_6180308)
- <http://www.rarebirdbooks.com/genderqueer/>
- <https://www.advocate.com/arts-entertainment/art/photography/2014/11/25/photos-explore-genderqueer-and-other-genders-beyond-bi>
- [http://www.huffingtonpost.com.au/entry/genderqueer-and-other-book\\_n\\_6180308](http://www.huffingtonpost.com.au/entry/genderqueer-and-other-book_n_6180308)
- <https://www.amazon.com/Dave-Naz/e/B00458F0G2>
- <https://www.amazon.com/Genderqueer-Gender-Identities-Dave-Naz/dp/1940207266>
- <https://books.google.com.au/books?id=czcAnwEACAAJ>

**Comments:** None at present.





# The Gender Quest Workbook: A Guide for Teens & Young Adults Exploring Gender Identity



This one-of-a-kind, comprehensive workbook will help you navigate your gender identity and expression at home, in school, and with peers.

If you are a transgender and gender-nonconforming (TGNC) teen, you may experience unique challenges with identity and interpersonal relationships. In addition to experiencing common teen challenges such as body changes and peer pressure, you may be wondering how to express your unique identity to others. The Gender Quest Workbook incorporates skills, exercises, and activities from evidence-based therapies—such as cognitive behavioural therapy (CBT)—to help you address the broad range of struggles you may encounter related to gender identity, such as anxiety, isolation, fear, and even depression.

Despite outdated beliefs, gender no longer implies being simply male or female, but rather a whole spectrum of possibilities. This fun, engaging workbook is designed specifically for teens like you who want to explore the concept of gender and gender identity and expression—whether you already identify as TGNC or are simply questioning your gender identity.

The activities in this book will help you explore your identity internally, interpersonally, and culturally. And along the way, you'll learn how to effectively express yourself and make informed decisions on how to navigate your gender with family, friends, classmates, and co-workers. The book also includes chapters on sex and dating, balancing multiple identities, and how to deal with stressful challenges when they arise.

The Gender Quest Workbook also features a brief downloadable guide for clinicians that explains ways professionals can better serve gender-expansive youth. The guide will address ways to help youth working with gender identity build resilience against gender minority stress, among other topics.

**Author/s:** Rylan Jay Testa, Deborah Coolhart and Jayme Peta.

**Publisher:** New Harbinger Publications.

**Year Published:** 2015.

**Bought From:** eBay.

**Links:**

- <https://www.newharbinger.com/gender-quest-workbook>
- <https://www.amazon.com/Gender-Quest-Workbook-Exploring-Identity/dp/1626252971>
- <https://books.google.com.au/books?id=xplfCwAAQBAJ>

**Comments:** A workbook for exploring gender.



## The Gender Wheel

In 2010 Maya introduced the Gender Wheel and the Gender Team in the second book we ever published, the Gender Now Coloring Book. It was a jammed packed colouring extravaganza exploring bodies, nature and history in relation to multiple gender identities. It also opened up the possibility of play and expansion around our still limited language of “boy” and “girl.”

Now the Gender Team returns, expanded and stronger than before, inviting you on a picture book journey through the Gender Wheel. This book is a powerful opportunity for a supportive adult and child to see a range of bodies, understand the roots of the current binary gender system, how we can learn from nature to see the truth that has always existed and revision a new story that includes room for all bodies and genders. The Gender Wheel offers a queer centric, holistic framework of radical gender inclusion in a kid-friendly way for the budding activists who will change our world. This is our world!

**NOTE TO PARENTS, EDUCATORS, AND ADULT ALLIES:** This is a body-positive picture book showing bodies in their natural state (i.e. with no clothes on) and is specifically created for a supportive adult to explore alongside a child. While it would be great if this book was used in schools, we know that only the most progressive schools would likely adopt it. Our other book They She He Me is a powerful companion to this book and suitable for classroom environments and breaking down gender assumptions and stereotypes.

**Author/s:** Maya Gonzalez.

**Publisher:** Reflection Press.

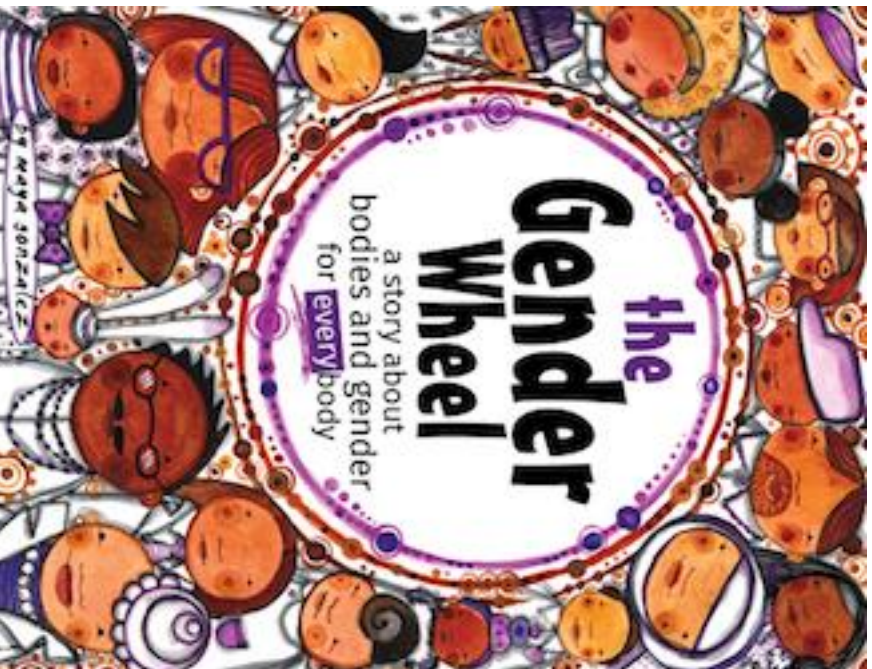
**Year Published:** 2017.

**Bought From:** Publisher’s website.

**Links:**

- <http://www.reflectionpress.com/our-books/the-gender-wheel/>
- <http://www.mayagonzalez.com/childrensbooks/>
- <https://www.amazon.com/Gender-Wheel-Story-about-Bodies/dp/1945289058>

**Comments:** None at present.



## A Girl Like Any Other

“A Girl Like Any Other” tells the struggles of a trans girl.

Questioning the very idea of normativity and navigating between her need to belong and her desire to be herself, she manages to create her very own space where she can express her creativity and still find esteem and peer recognition, despite the obstacles.

Through the character’s relationships with her brother, her best friend and her classmates, the book exposes some of the difficulties that might be encountered by transgender or gender-creative children.

A Girl Like Any Other is a great way to introduce the subject of gender-variance to children aged 6-12.

Using a light and humorous tone along with dynamic and colourful illustrations, the author succeeds in portraying a story that will leave no one indifferent.

**Author/s:** Sophie Labelle.

**Publisher:** Éditions SGL (Self-published).

**Year Published:** 2013.

**Bought From:** Sophie Labelle.

**Links:**

- <https://www.etsy.com/au/listing/166788064/a-girl-like-any-other-childrens-book-by>
- <https://www.facebook.com/lasophielabelle/>
- <https://www.facebook.com/assignedmale>
- [https://en.wikipedia.org/wiki/Sophie\\_Labelle](https://en.wikipedia.org/wiki/Sophie_Labelle)
- [https://www.youtube.com/watch?v=aPQPtHgmn\\_A](https://www.youtube.com/watch?v=aPQPtHgmn_A)
- [http://www.huflingtonpost.ca/2017/05/23/sophie-labelle-threats\\_n\\_16771104.html](http://www.huflingtonpost.ca/2017/05/23/sophie-labelle-threats_n_16771104.html)
- <https://www.gizmodo.com.au/2017/05/transgender-creator-of-assigned-male-webcomic-facing-death-threats-from-online-trolls/>

**Comments:** The author is also the creator of the online comic series *Assigned Male*.





## Goblinheart

Using “fairy” and “goblin” in lieu of female and male, the author has created a timely allegorical fairy tale. A youngster named Julep, who lives in a forest tribe, insists on growing up to be a goblin rather than a fairy. The tribe learns to accept that Julep is a goblin at heart, eventually coming around to support the physical transition that must be made for Julep to live as a goblin.

**Author/s:** Brett Axel.

**Publisher:** East Waterfront.

**Year Published:** 2012.

**Bought From:** eBay.

**Links:**

- <https://www.facebook.com/Goblinheart/>
- <http://abcbbookreviews.blogspot.com.au/2014/03/goblinheart-axel-bidlespacher.html>
- <https://www.youtube.com/watch?v=ymHIUL0AZHE>
- <https://www.amazon.com/Goblinheart-Fairy-Tale-Brett-Axel/dp/0976977125>
- <https://books.google.com.au/books?id=9GeYMwEACAAJ>

**Comments:** None at present.

## Helping Your Transgender Teen: A Guide for Parents (Second Edition)

This book offers essential guidance to parents of transgender and non-binary teens to help them support and understand their children. It alleviates common concerns parents have and gives advice on hormones and surgery, use of pronouns and how to transition socially. It also includes sample family letters, case studies and further reading.

**Author/s:** Irwin Krieger.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2018.

**Bought From:** Book Depository.

**Links:**

- <https://www.gay-therapy-ct.com/books.html>
- <https://www.jkp.com/uk/helping-your-transgender-teen-2nd-edition-35583.html>
- <https://www.amazon.com/Irwin-Krieger/e/B004OKNTBE>
- <https://www.amazon.com/Helping-Your-Transgender-Teen-2nd/dp/1785928015>
- <https://books.google.com.au/books?id=MggwDwAAQBAJ>

**Comments:** None at present.





## He's Always Been My Son: A Mother's Story About Raising Her Transgender Son

This inspiring and moving story, told from the heart of an extraordinary family, recounts the emotional and uplifting journey of raising a transgender son.

Janna Barkin's family has come a long way since their child, Amaya, first told them he was a boy and not a girl and this captivating memoir charts the family's experiences of raising Amaya, from birth through to adulthood. With powerful chapters written by Amaya's family and friends, Janna shares personal stories of the support and discoveries her family has encountered and provides a 'care package' of advice for families facing similar issues, including a glossary of terms and a list of hand-picked support sources.

Written with warmth and humour, He's Always Been My Son reminds us to accept others for who they are and will support, educate and inspire anyone who reads it.

**Author/s:** Janna Barkin.

**Publisher:** Jessica Kingsley Publishers.

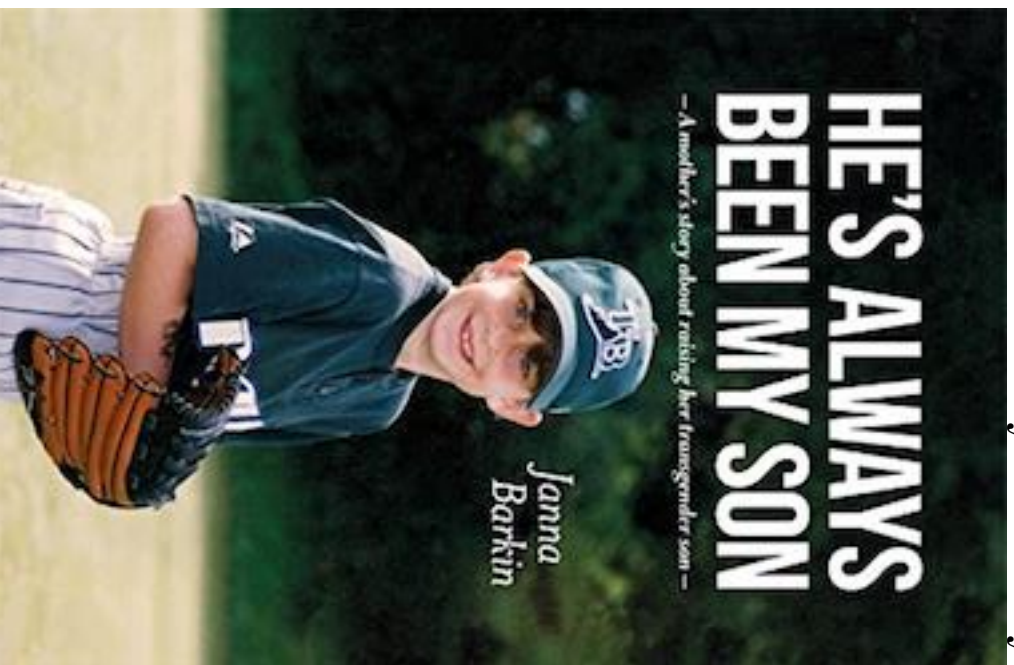
**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <https://www.hesalwaysbeenmyson.com>
- <https://www.jkp.com/uk/he-s-always-been-my-son-2.html>
- <https://www.amazon.com/Janna-Barkin/e/B075CTDPSD>
- <https://www.amazon.com/He-s-Always-Been-Son-Transgender/dp/1785927477>
- <https://books.google.com.au/books?id=YWGWDgAAQBAJ>

**Comments:** None at present.



## He/She/They - Us: Essential Information, Vocabulary, and Concepts to Help You Become a Better Ally to the Transgender and Gender Diverse People in Your Life



Gender in America has become the hot button issue for some politicians but for many, it is just an attempt to live their lives. Transgender and gender diverse people and their families, friends, work associates and others just want to find themselves and live in peace. This book is glue to hold people together through the process of self-exploration. It covers basic vocabulary, concepts, challenges and some ways to be a supportive ally. It was written for the layperson not well versed in the terms and language of gender and transition. It attempts to begin to provide some answers for the questions everyone has.

**Author/s:** Jessica Soukup.

**Publisher:** CreateSpace Independent Publishing Platform (Self-published).

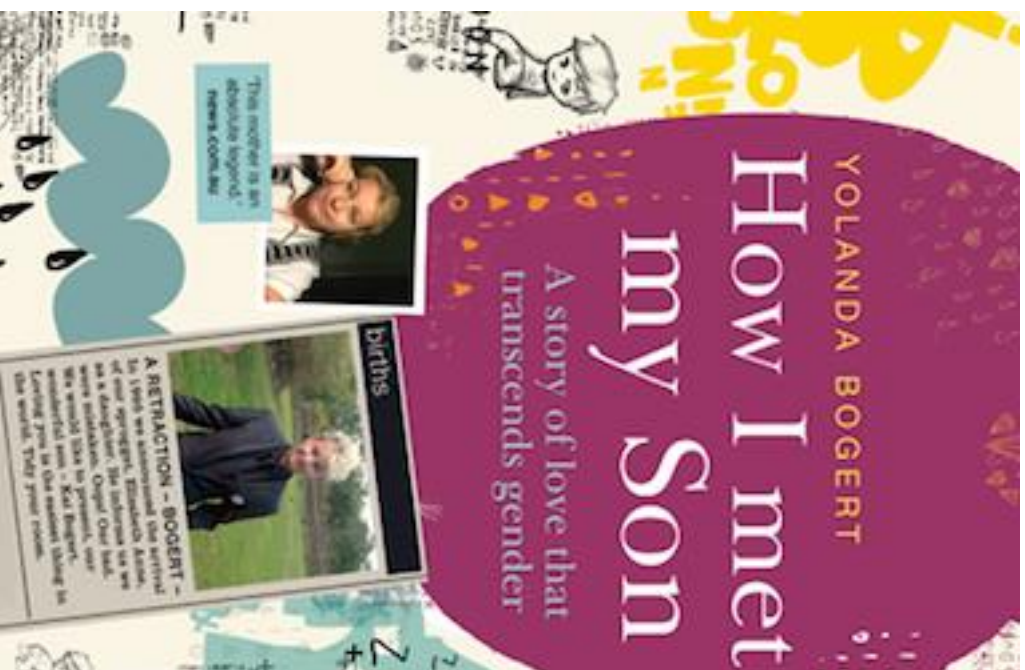
**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <https://www.amazon.com/Jessica-Soukup/e/B0746P7L4L>
- <https://www.amazon.com/She-They-information-vocabulary-transgender/dp/1547107014>

**Comments:** None at present.



## How I Met My Son

'The sky didn't fall, and our family didn't fall apart. We just started using different pronouns. Oh, I had to change the name stored in my phone with his number. That was a bit of a pain.' – Yolanda Bogert

Yolanda Bogert, a mum from regional Queensland, made worldwide news when she placed a notice in a Brisbane newspaper in December 2014. It read: 'A Retraction. In 1995 we announced the arrival of our sproget, Elizabeth Anne, as a daughter. He informs us that we were mistaken. Oops! Our bad. We would now like to present, our wonderful son – Kai Bogert. Loving you is the easiest thing in the world. Tidy your room.'

In *How I Met My Son*, Yolanda tells of her son Kai, their loving family, and the laughter and struggles they've shared. As a teenage mum, Yolanda formed a close-knit bond with her child. Now, together, Yolanda and Kai deal with issues of acceptance, religion and tradition in a heart-warming story of love in transition.

**Author/s:** Yolanda Bogert.

**Publisher:** Affirm Press.

**Year Published:** 2016.

**Bought From:** Oxford St Books, Leederville.

### Links:

- <http://affirmpress.com.au/publishing/how-i-met-my-son/>
- <http://www.abc.net.au/news/2016-03-31/transgender-sons-mother-questions-story-going-viral/7258550>
- <http://www.theaustralian.com.au/arts/review/yolanda-bogerts-how-i-met-my-son-a-mothers-loving-memoir/news-story/4fb14261b7fbec9c3e1d4dda26253d5>
- <http://www.heraldsun.com.au/news/victoria/how-i-met-my-son-yolanda-and-kai-bogert-share-their-story/news-story/582ab588eab64853939de65ca930910>
- <http://wordisout.com.au/wp-content/uploads/2016/04/How-I-Met-My-Son-MR.pdf>
- <https://www.amazon.com/How-I-Met-My-Son-ebook/dp/B0748JPDB3>
- <https://books.google.com.au/books?id=9KQxCwAAQBAJ>

**Comments:** None at present.



# How to Understand Your Gender: A Practical Guide for Exploring Who You Are

Have you ever questioned your own gender identity? Do you know somebody who is transgender or who identifies as non-binary? Do you ever feel confused when people talk about gender diversity?

This down-to-earth guide is for anybody who wants to know more about gender, from its biology, history and sociology, to how it plays a role in our relationships and interactions with family, friends, partners and strangers. It looks at practical ways people can express their own gender, and will help you to understand people whose gender might be different from your own. With activities and points for reflection throughout, this book will help people of all genders engage with gender diversity and explore the ideas in the book in relation to their own lived experiences.

**Author/s:** Alex Iantaffi and Meg-John Barker.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <https://www.jkp.com/uk/how-to-understand-your-gender-2.html>
- <http://www.jkp.com/jkpblog/2017/11/resources-gender-variant/>
- <https://www.nyjournalofbooks.com/book-review/how-understand>
- <https://www.amazon.com/How-Understand-Your-Gender-Practical/dp/1785927469>
- <https://books.google.com.au/books?id=EdspDwAAQBAJ>

**Comments:** None at present.





## I am Jazz

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.

**Author/s:** Jessica Herthel and Jazz Jennings.

**Publisher:** Penguin Random House.

**Year Published:** 2014.

**Bought From:** Oxford St Books, Leederville.

### Links:

- <https://penguin.com.au/books/i-am-jazz-9780803741072>
- <http://www.penguinrandomhouse.com/books/315643/i-am-jazz-by-jessica-herthel-illustrated-by-shelagh-mcnicholas/9780803741072/>
- <https://www.amazon.com/I-Am-Jazz-Jessica-Herthel/dp/0803741073>
- <https://books.google.com.au/books?id=s8TAwAAQBAJ>

**Comments:** Focuses on the life of Jazz Jennings who is an actual person and transgender girl from America.

In context to telling her story, it explains what transgender means and explores some related issues.





## Identity: In & Beyond the Binary

Dave Naz spent eight years photographing transgender, genderqueer, gender variant, and other people from the queer community. He has been documenting lives, poems, and stories from the community in his zine Identity, now collected in this striking book.

**Author/s:** Dave Naz

**Publisher:**

**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- [https://en.wikipedia.org/wiki/Dave\\_Naz](https://en.wikipedia.org/wiki/Dave_Naz)
- <https://www.advocate.com/transgender/2015/10/31/watch-36-trans-people-explain-their-identity-and-beyond-binary>
- <https://www.youtube.com/watch?v=jX5CfNwGqjc>
- <https://www.amazon.com/Dave-Naz/e/B00458F0G2>
- <https://www.amazon.com/Identity-Beyond-Binary-Dave-Naz/dp/1945572515>
- <https://books.google.com.au/books?id=o4cZMQAACAkJ>

**Comments:** Also relates to a documentary by the same photographer.

## Introducing Teddy: A Story About Being Yourself

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 together.

One sunny day, Errol finds that Thomas the Teddy is sad, and Errol can't figure out why. Then Thomas the Teddy finally tells Errol what 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.' 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.'

A sweet and gentle story about being true to yourself and being a good friend, Introducing Teddy can also help children understand gender identity.

**Author/s:** Jessica Walton.

**Publisher:** Bloomsbury Children's Books.

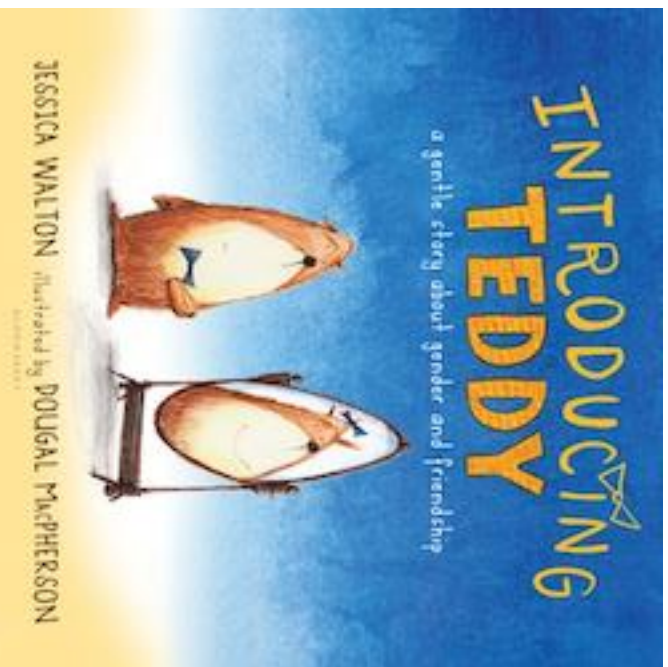
**Year Published:** 2016.

**Bought From:** Oxford St Books, Leederville.

**Links:**

- <https://www.bloomsbury.com/au/introducing-teddy-9781408877623/>
- <http://www.abc.net.au/news/2015-10-28/crowdfunded-book-about-transgender-teddy-bear-goes-global/6893488>
- <https://www.amazon.com/Introducing-Teddy-gentle-gender-friendship/dp/1681192101/>
- <https://books.google.com.au/books?id=UBAIDAAAQBAJ>

**Comments:** Written by the author after her parent came out as a transgender woman. Very suitable to younger ages and for those who want a text that focuses on gender in a less explicit way. The child's teddy in the story comes out to them as being a girl, whereas previously the teddy had been assumed to be a boy.



## Jack Wants to Be Jill: It's Ok to Be Me!

This book is intended for all parents, grandparents, educators and anyone who has ever loved a child. Growing up is hard under the best of circumstances, but when you don't feel like you belong in your own skin, the battle is one that lasts 24/7 unless someone intervenes and says..."You're okay just the way you are and your feelings matter to me." The first step in understanding the whole issue of gender identity is removing our bias, shutting our mouths, opening our ears and listening to what the child has to say. Jack Wants to Be Jill is a simple story that introduces the transgender subject to younger children in a way that is non-judgmental and compassionate. Everyone deserves to be true to themselves and it needs to start in our own homes.

**Author/s:** Cindi Walton.

**Publisher:** CreateSpace Independent Publishing Platform (Self Published).

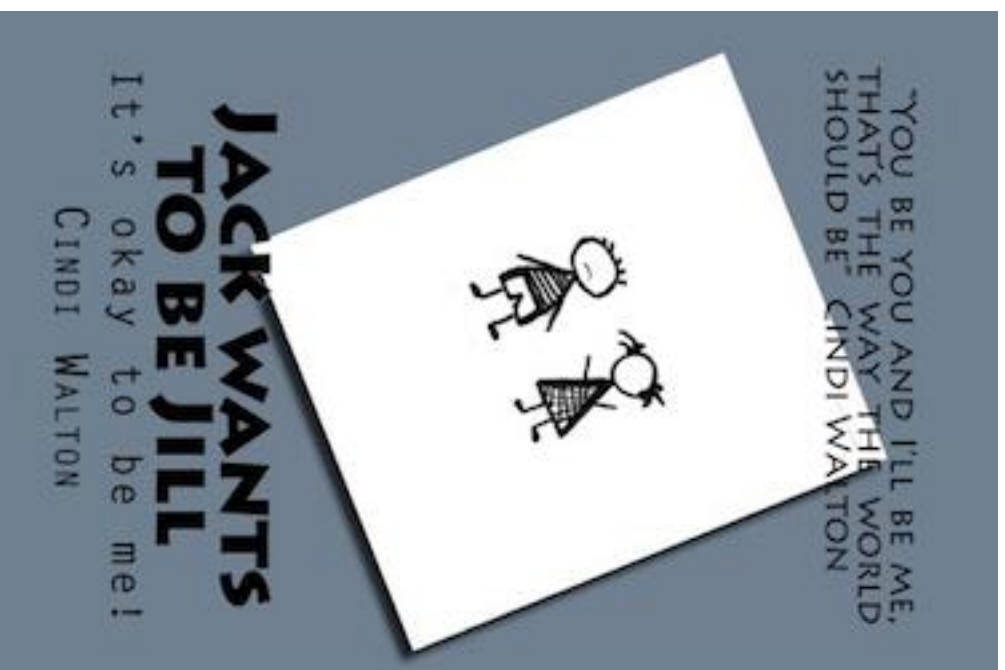
**Year Published:** 2016.

**Bought From:** Wordery.

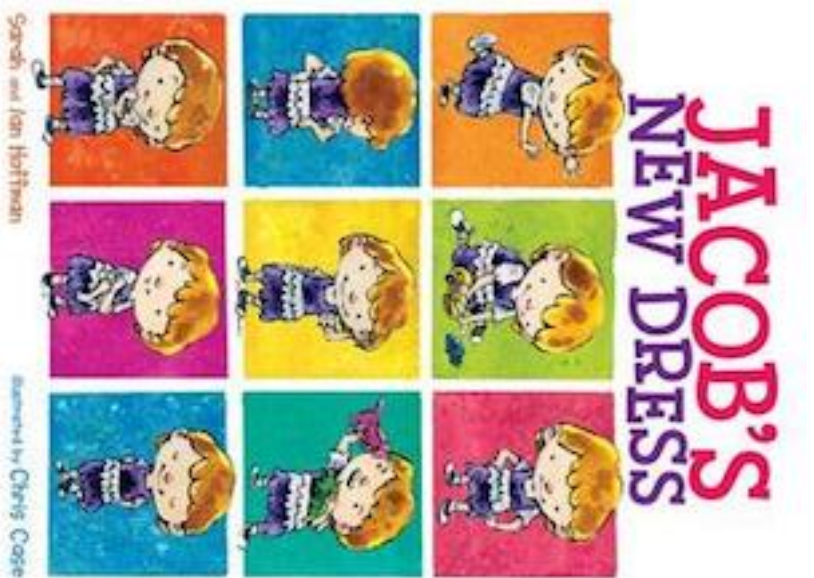
**Links:**

- <https://youtu.be/pUN92rB4-gA>
- <https://www.amazon.com/Jack-wants-jill-Its-okay/dp/153954852X>
- <https://books.google.com.au/books?id=GYhMvgAACAAl>

**Comments:** None at present.







## Jacob's New Dress

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 heart-warming story speaks to the unique challenges faced by boys who don't identify with traditional gender roles.

**Author/s:** Sarah Hoffman and Ian Hoffman.

**Publisher:** Albert Whitman & Company

**Year Published:** 2014.

**Bought From:** Book Depository.

**Links:**

- <http://www.sarahandianhoffman.com/books/jacobs-new-dress/>
- <http://www.sarahandianhoffman.com/2014/03/its-official-jacobs-new-dress-has-been-released/>
- <https://www.albertwhitman.com/book/jacobs-new-dress/>
- <https://www.amazon.com/Jacobs-New-Dress-Sarah-Hoffman/dp/0807563730>
- <https://books.google.com.au/books?id=8SHtAgAAQBAJ>

**Comments:** None at present.

## My Life, Your Life: Understanding Transgender

A sensitive and positive look at some of the big issues that concern children as they grow up.

A sensitive book that explores the issue of people who feel they do belong to the gender they were born with. It looks at what this means for the person and their family, issues around school policy, bullying and discrimination and explores the journey of transitioning.

It is part of the series My Life, Your Life, which takes a sensitive and positive look at some of the issues that concern children aged 10+. It explores issues including sexuality, gender, self-esteem, prejudice and discrimination and promotes and encourages discussion. By thinking creatively and critically, children can learn to accept their differences, embrace diversity and improve their sense of self and how they fit into the bigger picture. Each title also provides advice in the form of practical ways to cope with distressing or difficult situations.

**Author/s:** Honor Head.

**Publisher:** Hachette.

**Year Published:** 2017.

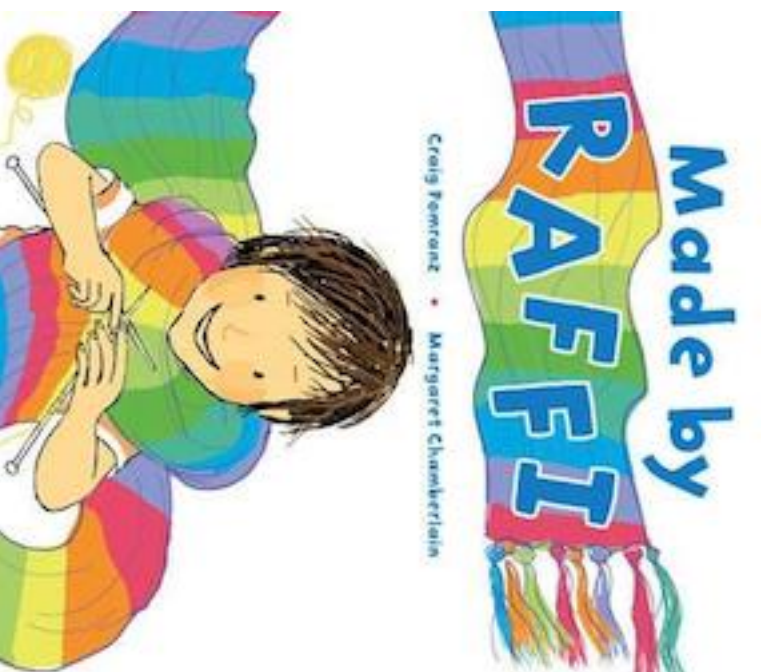
**Bought From:** Book Depository.

**Links:**

- <https://www.hachette.com.au/honor-head/my-life-your-life-understanding-transgender>
- <https://www.hachette.com.au/honor-head/>
- <https://www.amazon.com/Understanding-Transgender-My-Life-Your/dp/1445155664>
- <https://books.google.com.au/books?id=TsjiygAACAAJ>

**Comments:** None at present.





## Made by Raffi

Raffi is a shy boy who doesn't like noisy games and is often teased at school. But when he gets the idea of making a scarf for his dad's birthday, he is full of enthusiasm even though the other children think it is girly to knit. Then the day draws near for the school pageant, and there is one big problem: no costume for the prince. And that's when Raffi has his most brilliant idea of all — to make a prince's cape. On the day of the pageant, Raffi's cape is the star of the show.

**Author/s:** Craig Pomranz.

**Publisher:** Frances Lincoln Children's Books.

**Year Published:** 2014.

**Bought From:** eBay.

### Links:

- <http://craigpomranz.com/made-by-raffi/>
- <https://www.womanaroundtown.com/sections/reading-around/made-by-raffi-accepting-our-differences>
- <https://www.daynurseries.co.uk/news/article.cfm/id/1570931/picture-book-children-conform>
- <https://goodmenproject.com/featured-content/208193-jhlh/>
- <https://www.gayswithkids.com/made-by-raffi-is-a-great-addition-to-the-gay-dad-family-library-2465981896.html>
- <http://muthamagazine.com/2014/07/craig-pomranz-on-made-by-raffi/>
- <http://www.avrioreilly.com/bekki-the-fairy-meets-raffi-from-made-by-raffi/>
- <http://coretemparts.com/2016/10/am-importance-of-childrens-books-with-craig-pomranz-author-of-made-by-raffi/>
- <https://www.youtube.com/watch?v=pVydckKR2sjc>
- <https://www.amazon.com/Made-Raffi-Craig-Pomranz/dp/1847804330>
- <https://books.google.com.au/books?id=Js7vnQEACAAJ>

**Comments:** It appears that the hardcover copy of the book may be permanently out of print. There is a softcover copy more reliably available, but the hardcover is still able to be sourced online.

## The Man in the Gray Flannel Skirt: A Memoir of Androgyny

Jon-Jon Goulian's witty and exuberant voice shines through, in his hilarious and heartfelt memoir, as he comes to terms with what it means to truly be yourself.

Despite being blessed with a privileged and liberal upbringing, Jon-Jon Goulian was a hyper and neurotic kid who felt out of place wherever he turned, and who, in his own words, was forever on the verge of “caving in beneath the pressures of modern life”.

A “cross-dressing literary sensation” (The New York Times), Jon-Jon spent his late teens, twenties and thirties somewhat adrift – he has a law degree he has hardly used and then there's the skirt and nail polish wearing as well as the army of stuffed toys that go with him to work.

**Author/s:** Jon-Jon Goulian.

**Publisher:** Random House/UWA Publishing.

**Year Published:** 2011.

**Bought From:** Oxford St Books, Leederville.

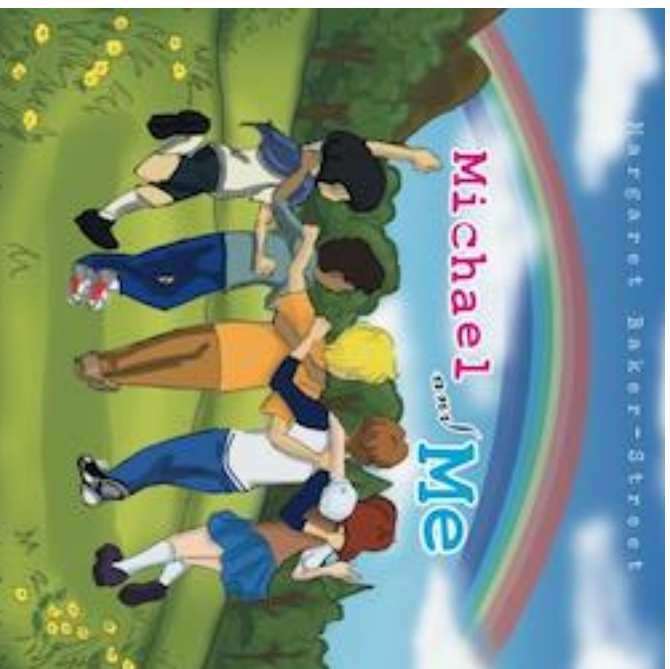
**Links:**

- <https://uwap.uwa.edu.au/products/the-man-in-the-gray-flannel-skirt-a-memoir-of-androgyny>
- <https://www.amazon.com/Man-Gray-Flannel-Skirt/dp/1400068118>
- <https://books.google.com.au/books?id=xj59mmT48zgC>
- <https://www.newyorker.com/magazine/2011/07/04/the-man-in-the-gray-flannel-skirt>

**Comments:** None at present.







## Michael and Me

Michael and Me was written for parents, educators and children to start the conversation early as to what is meant by a transgender person. It is written for those who have not had the benefit of knowing a transgender person, to explain why it is important for one to affirm one's identity. It uses easy to understand terms and concepts, a valuable tool to increase tolerance and decrease discrimination. It confirms the importance that self-acceptance and acceptance of other's diversity, promises the possibilities of beautiful friendships.

**Author/s:** Margaret Baker-Street.

**Publisher:** Xlibris.

**Year Published:** 2014.

**Bought From:** Book Depository.

**Links:**

- [http://www.lodine.ws.com/news/article\\_480bb0d2-0e49-11e4-a771-001a4bcf887a.html](http://www.lodine.ws.com/news/article_480bb0d2-0e49-11e4-a771-001a4bcf887a.html)
- <https://www.amazon.com/Michael-Me-Margaret-Baker-Street/dp/1493186191>
- <https://books.google.com.au/books?id=8hNwAwAAQBAJ>

**Comments:** None at present.

## Morris Micklewhite and the Tangerine Dress



Morris is a little boy who loves using his imagination. He dreams about having space adventures, paints beautiful pictures and sings the loudest during circle time. But most of all, Morris loves his classroom's dress-up center — he loves wearing the tangerine dress.

But 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 the taunts of his classmates, his mother lets him stay home from school. Morris reads about elephants, and puts together a puzzle, and 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. This is a sweetly told story about the courage and creativity it takes to be different.

**Author/s:** Christine Baldacchino.

**Publisher:** House of Anasi Press.

**Year Published:** 2014.

**Bought From:** Book Depository.

**Links:**

- <https://houseofanansi.com/products/morris-micklewhite-and-the-tangerine-dress>
- <https://www.amazon.com/Morris-Micklewhite-Tangerine-Christine-Baldacchino/dp/1554983479>
- <https://books.google.com.au/books?id=LrjrAgAAQBAJ>

**Comments:** None at present.

# 100 Questions and Answers About Gender Identity: The Transgender, Nonbinary, Gender-Fluid and Queer Spectrum

“100 Questions and Answers About Transgender People” is part of the Michigan State University School of Journalism series on cultural competence.

The guide is written for those who want quick answers to basic, introductory questions about transgender people. It is a starting point, for family members, teachers, people in business, places of worship, government, medicine, law enforcement, human resources and journalism who want to get a fast grounding. The guide suggests resources for those who then want greater depth.

Questions include:

- What is the difference between gender and sex?
- What is the gender spectrum?
- At what age do people start understanding their own gender identity?
- What is transitioning?
- How does someone know they should transition?
- Do all transgender people have gender-confirming surgery?
- Are most transgender people gay?
- What is gender identity?
- How many transgender people are there in the United States?

**Author/s:** Michigan State University School of Journalism.

**Publisher:** Read the Spirit Books.

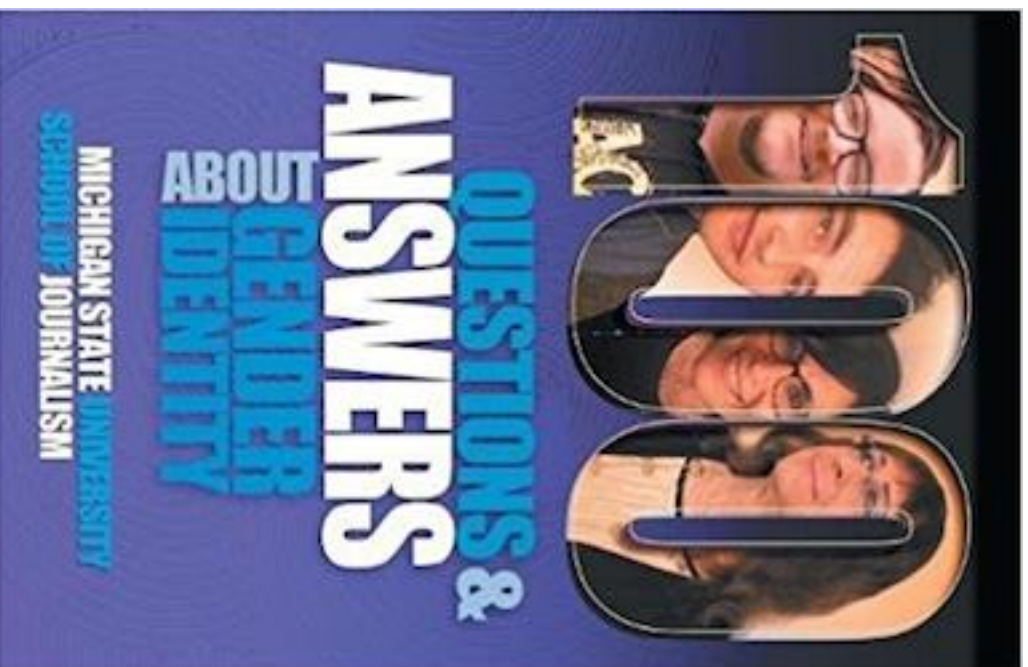
**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <https://www.readthespirit.com/explore/msu-students-help-us-welcome-our-neighbors-of-all-genders/>
- <https://www.youtube.com/watch?v=BPBeixnW0DI>
- <https://www.amazon.com/Questions-Answers-About-Gender-Identity/dp/164180002X>
- <https://books.google.com.au/books?id=T9pEDwAAQBAJ>

**Comments:** One in a series of *Bias Busters* books by Michigan State University’s School of Journalism, each of which explore a different area or topic.



With an introduction by Tilda Swinton



## Orlando: A Biography

Orlando is destined to live for four hundred years. During the Elizabethan era, the young courtier Orlando becomes a lover to the aging Queen and embarks on an intense affair with the beautiful Russian Princess Sasha. Yet while Orlando can fulfil most of his desires, he never quite seems to fit in. Then one night, Orlando falls into a deep sleep and awakes transformed, emerging as a woman in eighteenth-century London. Orlando must now inhabit a very different life, dealing with matters of dress, sex and marriage. But will she arrive in the twentieth century as an individual who has, at last, forged a place in society for herself?

**Author/s:** Virginia Woolf.

**Publisher:** Canongate UK.

**Year Published:** 2012 (This version) and 1928 (Original version).

**Bought From:** eBay.

**Links:**

- <https://canongate.co.uk/books/1380-orlando/>
- [https://en.wikipedia.org/wiki/Orlando:\\_A\\_Biography](https://en.wikipedia.org/wiki/Orlando:_A_Biography)
- <https://www.amazon.com/Orlando-Canons-Virginia-Woolf/dp/0857862588>
- <https://books.google.com.au/books?id=r168lg8-ND0C>

**Comments:** An older fiction book, this is a beautiful text that explores the relationship the main character has with people of other genders and so to how they relate to their own gender and the transition contained therein.



## Parts and Hearts: A Kids (and Grown-Ups) Guide to Transgender Transition



Stories about transgender transition are increasingly in the news. Children find themselves dealing with a subject they probably don't know too much about. It can be difficult to find a source that provides the answers they need in a way they can understand. Author Jensen Hillenbrand's *Parts and Hearts: A Kid's (and Grown-Up's) Guide to Transgender Transition* helps readers understand transgender transition, both male to female and female to male. Aimed at children between the ages of nine and twelve, Hillenbrand's work, with the accompanying illustration by Quinlan Omahne, helps readers understand what transgender transformation means and what it involves. Parents can use it as a resource to explain the subject to their children in an age-appropriate manner as well as prepare themselves to answer the many questions children will likely have. Transgender transition can be difficult for children and some adults to understand. This book shows it's natural and not a scary thing as some may think.

**Author/s:** Jensen J. Hillenbrand.

**Publisher:** Lulu Publishing Services.

**Year Published:** 2016.

**Bought From:** eBay.

**Links:**

- <https://www.kickstarter.com/projects/251511743/parts-and-hearts-a-childrens-transgender-answer-bo/posts>
- <https://www.amazon.com/Parts-Hearts-Grown-Ups-Transgender-Transition/dp/1483445283>
- <https://books.google.com.au/books?id=pveGCwAAQBAJ>

**Comments:** None at present.

## A Practical Guide to Gender Diversity and Sexuality in Early Years

Aiding discussion of gender diversity and sexuality with very young children, this practical guide helps practitioners explore these themes in early years settings. Promoting and extending current good practice, the book offers advice and activities that will support children in discovering their identity and also demonstrates how to work with parents.

This guide presents a background to gender theory alongside examples and case studies, showing that activities and settings can work together for children to recognise their full potential in a supportive environment. This book addresses a wide variety of topics such as staff training and team management, how to support and promote men working in childcare, transgender issues and ways practice can be challenged, to give those working with young children a great foundation for teaching about diversity.

Proposing aims that early years practitioners can work towards and providing practical ideas to take directly in to the workplace, this hands-on guide sets out to create and encourage outstanding practice for all professionals teaching young children.

**Author/s:** Deborah Price.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2017.

**Bought From:** eBay.

**Links:**

- <https://www.jkp.com/uk/a-practical-guide-to-gender-diversity-and-sexuality-in-early-years-2.html>
- <http://www.jkp.com/jkpblog/2017/11/sexuality-in-early-years/>
- <https://www.amazon.com/Practical-Guide-Gender-Diversity-Sexuality/dp/1785922890>
- <https://books.google.com.au/books?id=HakIDwAAQBAJ>

**Comments:** None at present.



## My Princess Boy

Dyson loves the colour pink and sparkly things. Sometimes he wears dresses, and sometimes he wears jeans. He likes to wear his princess tiara, even when climbing trees. He's a Princess Boy, and his family loves him exactly the way he is.

This is a story about love and acceptance. It is also 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.

Inspired by the author's son, and by her own initial struggles to understand, this is a heart-warming book about unconditional love and one remarkable family.

**Author/s:** Cheryl Kilodavis.

**Publisher:** Simon and Schuster.

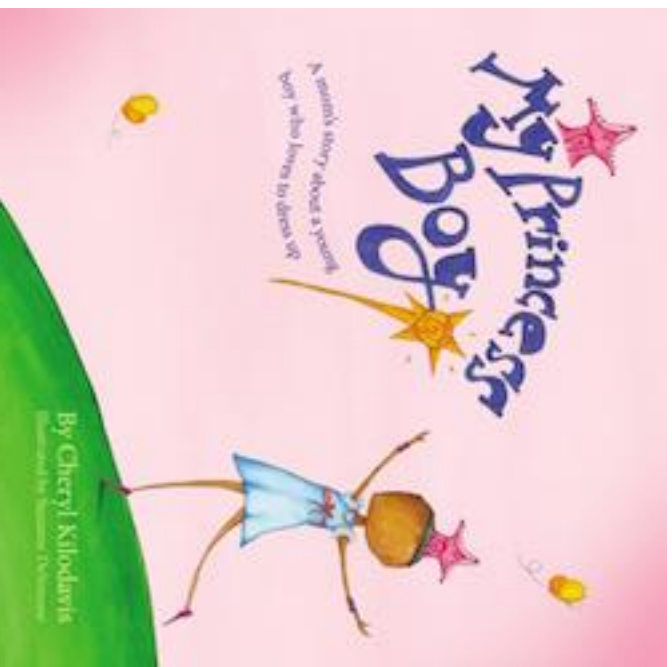
**Year Published:** 2010.

**Bought From:** eBay.

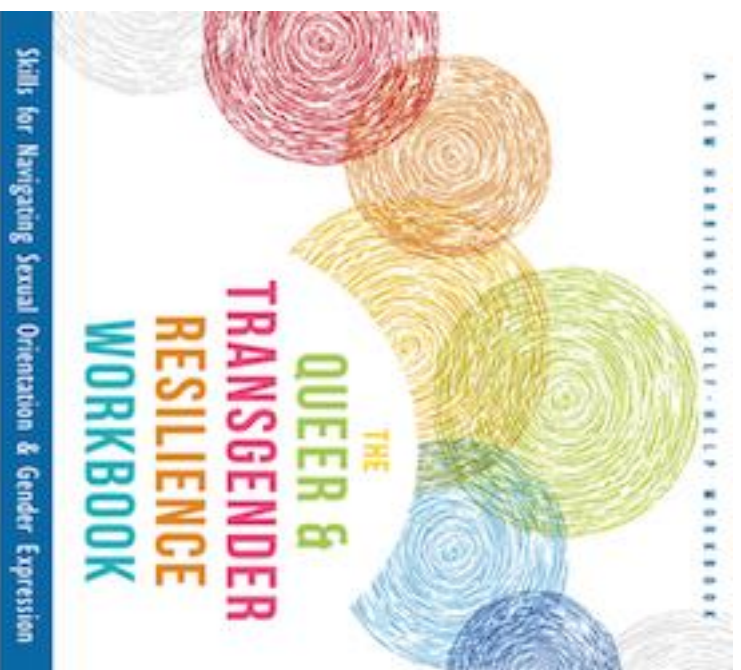
**Links:**

- <http://myprincessboy.com>
- <http://www.simonandschuster.com.au/books/My-Princess-Boy/Cheryl-Kilodavis/9781442429888>
- [https://en.wikipedia.org/wiki/My\\_Princess\\_Boy](https://en.wikipedia.org/wiki/My_Princess_Boy)
- <https://www.amazon.com/My-Princess-Boy-Cheryl-Kilodavis/dp/1442429887>
- <https://books.google.com.au/books?id=FodebKRMNuEC>

**Comments:** None at present.



# The Queer and Transgender Resilience Workbook: Skills for Navigating Sexual Orientation & Gender Expression



## Gender Expression

How can you build unshakable confidence and resilience in a world still filled with ignorance, inequality, and discrimination? The Queer and Transgender Resilience Workbook will teach you how to challenge internalized negative messages, handle stress, build a community of support, and embrace your true self. Resilience is a key ingredient for psychological health and wellness. It's what gives people the psychological strength to cope with everyday stress, as well as major setbacks. For many people, stressful events may include job loss, financial problems, illness, natural disasters, medical emergencies, divorce, or the death of a loved one. But if you are queer or gender non-conforming, life stresses may also include discrimination in housing and health care, employment barriers, homelessness, family rejection, physical attacks or threats, and general unfair treatment and oppression—all of which lead to overwhelming feelings of hopelessness and powerlessness. So, how can you gain resilience in a society that is so often toxic and unwelcoming?

In this important workbook, you'll discover how to cultivate the key components of resilience: holding a positive view of yourself and your abilities; knowing your worth and cultivating a strong sense of self-esteem; effectively utilizing resources; being assertive and creating a support community; fostering hope and growth within yourself, and finding the strength to help others. Once you know how to tap into your personal resilience, you'll have an unlimited well you can draw from to navigate everyday challenges. By learning to challenge internalized negative messages and remove obstacles from your life, you can build the resilience you need to embrace your truest self in an imperfect world.

**Author/s:** Anneliese Singh.

**Publisher:** New Harbinger Publications.

**Year Published:** 2018.

**Bought From:** Book Depository.

### Links:

- <https://coe.uga.edu/directory/profiles/asinghh>
- <https://www.amazon.com/Anneliese-A.-Singh-PhD/e/B01GNC6BEM>
- <https://www.newharbinger.com/queer-and-transgender-resilience-workbook>
- <http://www.apa.org/pi/ocma/resources/ethnicity-health/psychologists/anneliese-singh.aspx>
- <http://www.apa.org/research/action/speaking-of-psychology/helping-transgender.aspx>
- <https://www.youtube.com/watch?v=XIIMOpw8m9M>
- <https://www.youtube.com/watch?v=onhIoDRMdM>
- <https://www.amazon.com/Queer-Transgender-Resilience-Workbook-Orientation/dp/1626259461>
- <https://books.google.com.au/books?id=wxBHHDgAAQBAJ>

**Comments:** None at present.



"A powerful book at the right time."—Andy Cohen, author of *Mean Things*

# Raising My Rainbow

ADVENTURES IN RAISING A FABULOUS, GENDER CREATIVE SON



Lori  
Duron

Foreword by

NEIL PATRICK HARRIS and DAVID BURTKA

## Raising my Rainbow

Raising My Rainbow is Lori Duron's poignant, heart-breaking, and at times hysterical memoir of her and her family's adventures of raising a gender creative child. Whereas her older son Chase is a Lego-loving, sports-playing boy's boy, her youngest son C.J. would much rather twirl around in a pink sparkly tutu, with a Disney Princess in each hand, 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.

**Author/s:** Lori Duron.

**Publisher:** Penguin Random House.

**Year Published:** 2013.

**Bought From:** eBay.

**Links:**

- <https://raisingmyrainbow.com>
- <https://www.facebook.com/RaisingMyRainbow/>
- <https://www.penguinrandomhouse.com/books/221727/raising-my-rainbow-by-lori-duron/9780770437725/>
- <https://www.penguinrandomhouse.com/books/221727/raising-my-rainbow-by-lori-duron/9780770437725/readers-guide/>
- <http://edition.cnn.com/2013/09/04/living/parents-lori-duron-gender-creative-son/>
- <https://www.amazon.com/Raising-My-Rainbow-Adventures-Fabulous-ebook/dp/B00BRUQ3YO>
- <https://books.google.com.au/books?id=0XOBAYVj6nMC>

**Comments:** Stems from the blog of the same name.

# Raising Ryland: Our Story of Parenting a Transgender Child With no Strings Attached

The incredible story of one family's unconditional love for their transgender son.

When Hillary and Jeff Whittington posted a YouTube video chronicling their five-year-old son Ryland's transition from girl to boy, they didn't expect it to be greeted with such fervour. Beautiful and moving, the video documenting Hillary and Jeff's love for their child instantly went viral and has been seen by more than seven million viewers since its posting.

Now, for the first time, they tell their story in full, offering an emotional, moving account of their journey alongside their exceptional child. After they discovered their daughter Ryland was deaf at age one and needed cochlear implants, the Whittingtons spent nearly four years successfully teaching Ryland to speak. But once Ryland gained the power of speech, it was time for them to listen as Ryland insisted, "I am a boy!" Hillary and her husband, Jeff, made it their mission to support their child-no matter what.

From the earliest stages of deciphering Ryland through clothing choices to examining the difficult conversations that have marked every stage of Ryland's transition, Hillary Whittington shares her experiences as a mother through it all, demonstrating both the resistance and support that their family has encountered as they try to erase the stigma surrounding the word transgender. What emerges is a powerful story of unconditional love.

**Author/s:** Hillary Whittington with Kristine Gasbarre.

**Publisher:** HarperCollins.

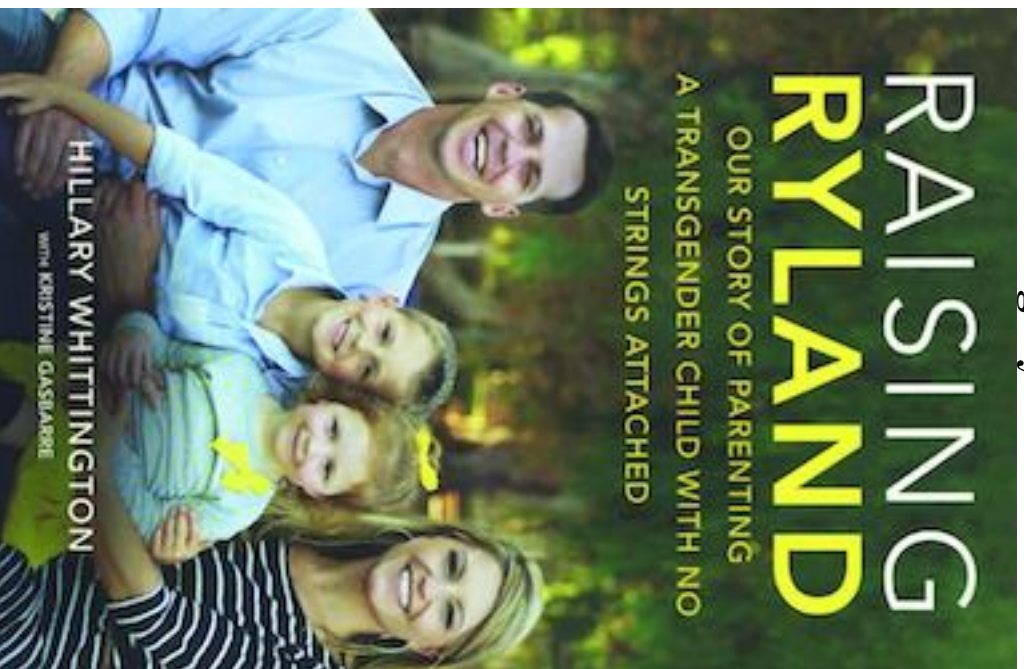
**Year Published:** 2016.

**Bought From:** eBay.

**Links:**

- <http://www.raisingryland.com>
- <http://www.harpercollins.com.au/9780062388889/>
- <https://www.amazon.com/Raising-Ryland-Parenting-Transgender-Attached/dp/0062388886>
- <https://books.google.com.au/books?id=dY7BCQAAQBAJ>

**Comments:** There is also a documentary by the same name.





## Red: A Crayon's Story

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 playdate 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! This funny, heart-warming, colourful picture book about finding the courage to be true to your inner self can be read on multiple levels, and it offers something for everyone!

**Author/s:** Michael Hall.

**Publisher:** HarperCollins

**Year Published:** 2015.

**Bought From:** Book Depository.

**Links:**

- <http://www.michaelhallstudio.com/pages/books/crayon/index.html>
- <https://www.harpercollins.com/9780062252098/red>
- <https://b0f646cfbd7462424f7a-f9758a43fb7c33cc8adda0fd36101899.ssl.cf2.rackcdn.com/activity-guides/AG-9780062252098.pdf>
- <https://www.amazon.com/Red-Crayons-Story-Michael-Hall/dp/0062252070>
- <https://books.google.com.au/books?id=P6HXBAAAQBAJ>

**Comments:** None at present.



## Real Talk for Teens: Jump-Start Guide to Gender Transitioning and Beyond



Real Talk now contains QR codes in each chapter that readers can scan with their cell phones to watch the author talk about gender transitioning in more detail.

Transitioning is a marathon—not a 100- yard dash. What are you going to do once you reach the finish line? Real Talk is the first book devoted exclusively to issues of gender transitioning for youth. Seth takes early transitioning seriously and offers an in-depth roadmap of the numerous issues that youth can expect to encounter in their journey. But Seth doesn't stop there. He provides a guidebook of sound advice to help them navigate various stages of gender reassignment, including treatment options for hormones and surgery, coming out to friends and family, and tips for dating and disclosure. Real Talk presents an essential toolkit for building mental toughness and teaches youth how to take control of their destiny, achieve success, and live a happy, fulfilled life.

**Author/s:** Seth Jamison Rainess.

**Publisher:** Transgress Press.

**Year Published:** 2015.

**Bought From:** Book Depository.

**Links:**

- <http://www.sethrainess.com/book.html>
- <http://transgresspress.bigcartel.com/product/real-talk-for-teens-jump-start-guide-to-gender-transitioning-and-beyond>
- <https://www.amazon.com/Real-Talk-Teens-Jump-Start-Transitioning/dp/0982405324>
- <https://books.google.com.au/books?id=EadCjgEACAAJ>

**Comments:** None at present.



## Redefining Realness: My Path to Womanhood, Identity, Love & So Much More



With unflinching honesty and moving prose, Janet Mock relays her experiences of growing up young, multiracial, poor, and trans in America, offering readers accessible language while imparting vital insight about the unique challenges and vulnerabilities of a marginalised and misunderstood population. Though undoubtedly an account of one woman's quest for self at all costs, this *New York Times* bestseller is a powerful vision of possibility and self-realisation, pushing us all toward greater acceptance of one another—and of ourselves—showing as never before how to be unapologetic and real.

**Author/s:** Janet Mock.

**Publisher:** Atria Books.

**Year Published:** 2014.

**Bought From:** Dymocks. Also available from eBay.

**Links:**

- <https://janetmock.com/redefiningrealness/>
- <https://janetmock.com/books/>
- [https://en.wikipedia.org/wiki/Redefining\\_Realness](https://en.wikipedia.org/wiki/Redefining_Realness)
- <http://redefiningrealness.tumblr.com>
- <https://www.amazon.com/Redefining-Realness-Path-Womanhood-Identity/dp/1476709122>
- <https://books.google.com.au/books?id=zUivAAAAQBAJ>

**Comments:** An excellent autobiography that covers Mock's youth and adulthood and contains themes that would be suitable to many individuals.

# The Remedy: Queer and Trans Voices on Health and Health Care

To remedy means to heal, to cure, to set right, to make reparations.

The Remedy invites writers and readers to imagine what we need to create healthy, resilient, and thriving LGBTQ communities. This anthology is a diverse collection of real-life stories from queer and trans people on their own health-care experiences and challenges, from gay men living with HIV who remember the systemic resistance to their health-care needs, to a lesbian couple dealing with the experience of cancer, to young trans people who struggle to find health-care providers who treat them with dignity and respect. The book also includes essays by health-care providers, activists, and leaders, with something to say about the challenges, politics, and opportunities surrounding LGBTQ health issues.

Both exceptionally moving and an incendiary call-to-arms, The Remedy is a must-read for anyone—gay, straight, trans, and otherwise—passionately concerned about the right to proper health care for all.

Contributors include Amber Dawn, Sinclair Sexsmith, Francisco Ibanez-Carrasco, Cooper Lee Bombardier, Kara Sievwright, Kelli Dunham, Vivek Shraya, and many more.

**Author/s:** Edited by Zena Sharmán.

**Publisher:** Arsenal Pulp Press.

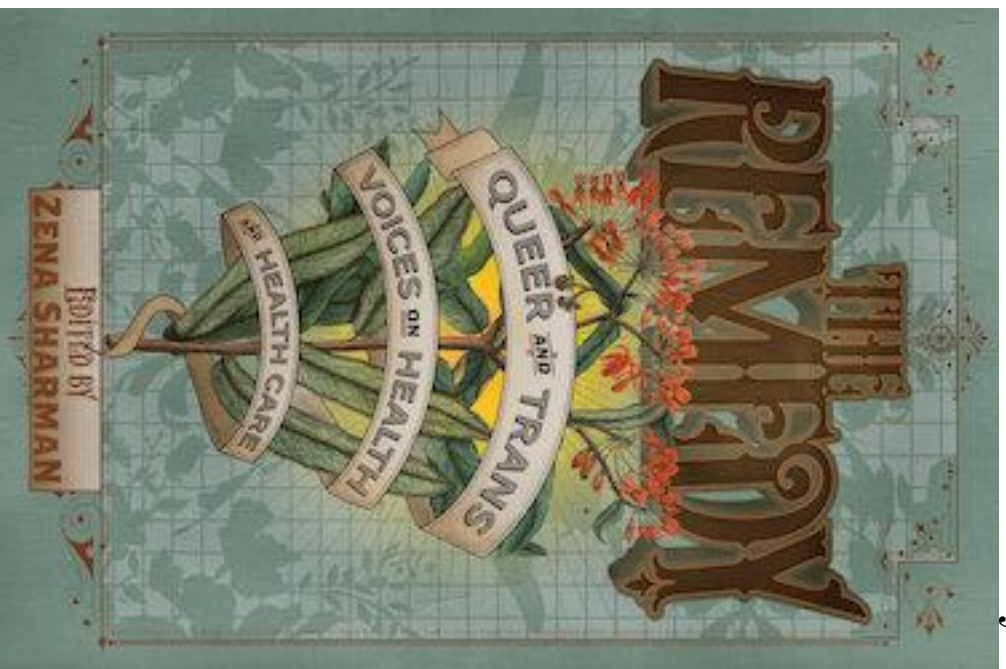
**Year Published:** 2016.

**Bought From:** eBay.

**Links:**

- <http://www.writeheremedy.com>
- <http://www.arsenalpulp.com/bookinfo.php?index=451>
- <https://www.lambdaliterary.org/reviews/anthology-reviews/06/11/the-remedy-edited-by-zena-sharman/>
- <http://litteredarot.com/review-remedy-queer-trans-voices-health-health-care/>
- <http://makeroftets.ca/queer-common-country/>
- <https://www.amazon.com/Remedy-Queer-Trans-Voices-Health/dp/1551526581>
- <https://books.google.com.au/books?id=fK42DwAAQBAJ>

**Comments:** None at present.



## Roland Humphrey is Wearing a WHAT?

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.

**Author/s:** Eileen Kiernan-Johnson.

**Publisher:** Huntley Rahara Press.

**Year Published:** 2013.

**Bought From:** Amazon.

**Links:**

- <https://www.facebook.com/Roland-Humphrey-is-Wearing-a-What-443738012340579/>
- <https://www.facebook.com/huntleyrahararess/>
- <https://diversekidsbooks.org/2014/09/29/roland-humphrey-is-wearing-a-what-by-eileen-kiernan-johnson/>
- <https://treasuryslands.wordpress.com/2013/05/05/review-roland-humphrey-is-wearing-a-what-eileen-kiernan-johnson-2/>
- <http://www.picturebooksreview.com/2013/05/roland-humphrey-is-wearing-what-2012.html>
- <http://motherdaughterbookreviews.com/book-review-roland-humphrey-is-wearing-a-what/>
- <https://www.amazon.com/Roland-Humphrey-Wearing-Eileen-Kiernan-Johnson/dp/0615666558>
- <https://books.google.com.au/books?id=FvmaMQEACAAJ>

**Comments:** None at present.





## The Royal Heart

Once upon a time in a faraway land, an heir to the throne is born. The King has a son to follow in his footsteps. But life might not be quite as it appears for this Royal Family. All will be revealed on their child's 16th birthday. Family love triumphs over doubt and together they grow stronger. Join this Royal Family on the path to discovery, acceptance and celebration.

**Author/s:** Greg McGoon.

**Publisher:** Pelekinesis.

**Year Published:** 2015.

**Bought From:** Book Depository.

### Links:

- <http://www.gregmagoon.com/books>
- [http://www.pelekinesis.com/catalog/greg\\_magoon-the\\_royal\\_heart.html](http://www.pelekinesis.com/catalog/greg_magoon-the_royal_heart.html)
- [http://www.pelekinesis.com/sample/greg\\_magoon-the\\_royal\\_heart-sample.pdf](http://www.pelekinesis.com/sample/greg_magoon-the_royal_heart-sample.pdf)
- <http://www.refinery29.com/2015/11/9/7456/the-royal-heart-transgender-childrens-book>
- [http://www.buffingtonpost.com.au/entry/this-powerful-childrens-book-tells-the-story-of-a-trans-princess\\_us\\_565f50a8e4b08e945fedc861](http://www.buffingtonpost.com.au/entry/this-powerful-childrens-book-tells-the-story-of-a-trans-princess_us_565f50a8e4b08e945fedc861)
- <https://www.fastcompany.com/3052839/a-transgender-fairy-tale-for-children-brings-a-new-voice-to-an-old-tradition>
- <http://metro.co.uk/2015/11/12/author-greg-magoon-has-created-a-fairy-tale-with-a-transgender-princess-5497132/>
- <http://www.dailymail.co.uk/femail/article-3320568/Author-pens-inspirational-fairy-tale-transgender-princess-teach-children-true-themselves.html>
- <https://www.amazon.com/Greg-McGoon/e/B00QEU4EX4>
- <https://www.amazon.com/Royal-Heart-Greg-McGoon/dp/1938349423>
- <https://books.google.com.au/books?id=1YpjgEACAAJ>

**Comments:** A archetypal fairy-tale illustrated picture book about a trans girl.





## Sex is a Funny Word: A Book About Bodies, Feelings and YOU

A comic book for kids that includes children and families of all makeups, orientations, and gender identities, *Sex Is a Funny Word* is an essential resource about bodies, gender, and sexuality for children ages 8 to 10 as well as their parents and caregivers.

Much more than the “facts of life” or “the birds and the bees,” the book opens up conversations between young people and their caregivers in a way that allows adults to convey their values and beliefs while providing information about boundaries, safety, and joy. *Sex Is a Funny Word* is the first sex education book for this age group that is inclusive of lesbian, gay, and bisexual experience as well as gender creative and gender-nonconforming children. The book is also inclusive of trans and intersex bodies and lived experience.

**Author/s:** Cory Silverberg.

**Publisher:** Seven Stories Press.

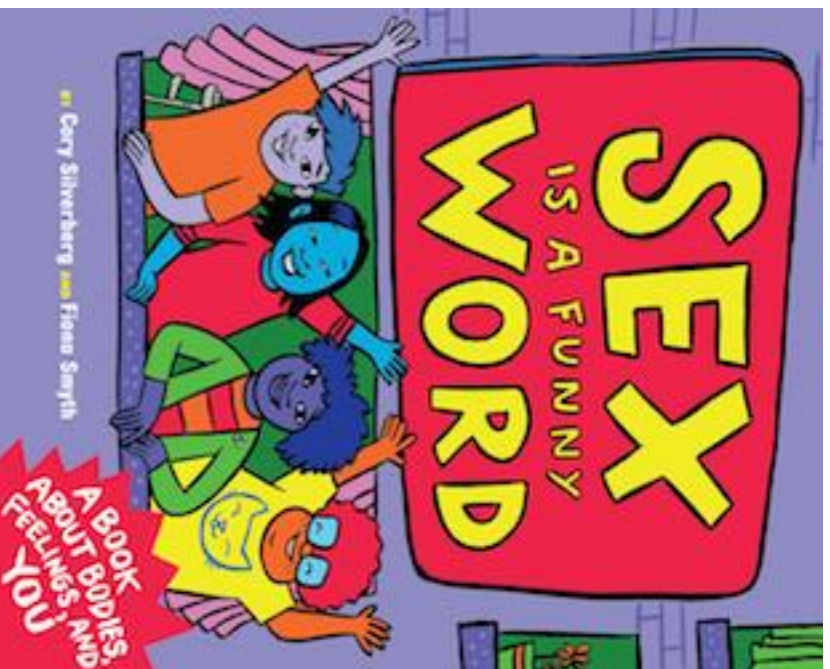
**Year Published:** 2015.

**Bought From:** Book Depository.

### Links:

- <https://www.corysilverberg.com/sex-is-a-funny-word>
- <https://www.amazon.com/Cory-Silverberg/e/B003TYV11Q>
- <https://www.sevenstories.com/books/3486-sex-is-a-funny-word>
- <https://www.lambdaliterary.org/features/08/19/cory-silverberg-on-his-new-book-sex-is-a-funny-word-and-sex-education-for-kids/>
- <https://www.brainpickings.org/2015/11/05/sex-is-a-funny-word-cory-silverberg-fiona-smyth/>
- [https://www.buzzfeed.com/kristinrusso/sex-is-a-funny-word?utm\\_term=.jazy0KGv2L](https://www.buzzfeed.com/kristinrusso/sex-is-a-funny-word?utm_term=.jazy0KGv2L)
- <http://www.villageq.com/sex-is-a-funny-word-interview-giveaway/>
- <http://www.broadstreetreview.com/books/sex-is-a-funny-word-by-silverberg-and-smyth#>
- <https://quillandquire.com/review/sex-is-a-funny-word/>
- <http://muthamagazine.com/2016/03/sex-is-a-funny-word-cory-silverberg-talks-to-rachel-aimée-about-talking-to-kids-about-sex/>
- <https://sydneyseast.kidsizeliving.com.au/blog/sex-is-a-funny-word-by-cory-silverberg-and-fiona-smyth>
- <https://www.youtube.com/watch?v=dSn8MbgoZo>
- <https://www.amazon.com/Sex-Funny-Word-Bodies-Feelings/dp/1609806069>
- <https://books.google.com.au/books?id=r13BBwAAQBAJ>

**Comments:** None at present.



# My Son Wears Heels: One Mom's Journey from Clueless to Kickass

Raising a gender creative child from toddler to adult.

In 1992, Julie Tarney's only child, Harry, told her, "Inside my head I'm a girl." He was two years old.

Julie had no idea what that meant. She felt disoriented. Wasn't it her role to encourage and support her child? Surely, she had to set some limits to his self-expression—or did she? Would he be bullied? Could she do the right thing? What was the right thing?

The internet was no help, because there was no internet. And there were zero books for a mom scrambling to understand a toddler who had definite ideas about his gender, regardless of how Nature had endowed him. Terms such as transgender, gender nonconforming, and gender creative were rare or non-existent.

There were, however, mainstream experts who theorised that a "sissy" boy was the result of a domineering mother. Julie couldn't believe it. She didn't want to care what her neighbours thought, but she did care.

"Domineering mother" meant controlling mother. It meant bad mother. It meant her mother.

Lacking a positive role model of her own, and fearful of being judged as a mom who was making her son "too feminine," Julie embarked on an unexpected parenting path. Despite some missteps, and with no map to guide her, she learned to rely on her instincts. She listened carefully, kept an open mind, and as long as Harry was happy, she let him lead the way. Julie eventually realised that Harry knew who he was all along. Her job was simply to love and support him unconditionally, allowing him to be his authentic self. This story of a mother embracing her child's uniqueness and her own will resonate with all families.

**Author/s:** Julie Tarney.

**Publisher:** University of Wisconsin Press.

**Year Published:** 2016.

**Bought From:** eBay.

**Links:**

- <https://mysonwearsheels.com>
- <https://uwpress.wisc.edu/books/5475.htm>
- <https://www.amazon.com/My-Son-Wears-Heels-Clueless/dp/0299310604>
- <https://books.google.com.au/books?id=Z44BDQAAQBAJ>

**Comments:** None at present.



## Sparkle Boy

Casey loves to play with his blocks, puzzles, and dump truck, and he also loves things that shimmer, glitter, and sparkle. Casey's older sister, Jessie, thinks this is weird. Shimmery, glittery, sparkly things are only for girls. Right?

When Casey and Jessie head to the library for story time, Casey proudly wears his shimmery skirt and sparkly bracelet. His nails glitter in the light. Jessie insists that Casey looks silly. It's one thing to dress like this around the house, but going outside as a "sparkle boy" is another thing entirely. What will happen when the other kids see him?

This sweet and refreshing story speaks to us all about acceptance, respect, and the simple freedom to be yourself. Shimmery, glittery, sparkly things are fun—for everyone!

**Author/s:** Lesléa Newman.

**Publisher:** Lee & Low Books.

**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <http://www.lesleakids.com/publications.html>
- <https://www.leeandlow.com/books/sparkle-boy>
- [https://www.leeandlow.com/uploads/loaded\\_document/433/Sparkle\\_Boy\\_TG.pdf](https://www.leeandlow.com/uploads/loaded_document/433/Sparkle_Boy_TG.pdf)
- <http://blog.leeandlow.com/2017/06/15/sparkle-boy-by-leslea-newman/>
- [https://www.huffingtonpost.com/entry/book-review-sparkle-boy-shines-bright\\_us\\_59a87ccce4b0bef3378cd727](https://www.huffingtonpost.com/entry/book-review-sparkle-boy-shines-bright_us_59a87ccce4b0bef3378cd727)
- <https://socialjusticebooks.org/sparkle-boy/>
- <https://www.amazon.com/Sparkle-Boy-Leslea-Newman/dp/1620142856>
- <https://books.google.com.au/books?id=VEqPvgAACAAJ>

**Comments:** None at present.





## Stacey's Not a Girl

Written by Dr. Colt Keo-Meier, *Stacey's Not A Girl* is a children's book that takes readers on a gender journey with Stacey who does not feel like a girl, but is not so sure they are a boy either. This book introduces us to ideas of gender beyond the binary. This book is the first of its kind featuring all transgender contributors: author, illustrator, and designer. Elements from each contributor as well as our close friends and family are woven into Stacey's story, this is one you don't want to miss!

**Author/s:** Colt Keo-Meier.

**Publisher:** Cole Keo-Meier.

**Year Published:** 2017.

**Bought From:** Author's website.

**Links:**

- <http://coltkeo-meier.com/book/>
- <https://m.facebook.com/staceysnotagirl/>
- <https://www.indiegogo.com/projects/stacey-s-not-a-girl-children-s-transgender-book#/>
- <http://transgriot.blogspot.com.au/2016/08/staceys-not-girl-book-indiegogo-campaign.html>
- <http://www.outsmartmagazine.com/2017/07/houston-activists-childrens-book-is-1st-produced-entirely-by-trans-men/>
- <https://www.amazon.com/Staceys-Not-Girl-Colt-Keo-Meier-ebook/dp/B074XLLHPG>

**Comments:** Available only through the author's website. Able to contact through book's Facebook page to query cost. Total cost of book plus postage to Perth, Western Australia at time of purchase was 37.60 USD (Book 25 USD + 12.60 USD first class mail international service), roughly equivalent to 48.75 AUD. Considering many children's picture books retail locally between \$15.00 to \$30.00 this was considered a worthwhile purchase. In particular, the book includes a non-binary person of colour as the main character who expresses themselves with the support of their parents.





## A Story of Change: Helping Kids Understand Transgender People

Are you a family struggling with explaining transgender transformation to small children? This book is a guide for parents who need help beginning conversations about adults in the family who are transgender or currently undergoing the transformation from aunt to uncle, dad to mom, etc. It encourages acceptance of change and unconditional love for the transgender community in a way small children can understand.

**Author/s:** Kayce Wahl.

**Publisher:** CreateSpace Independent Publishing Platform (Self Published).

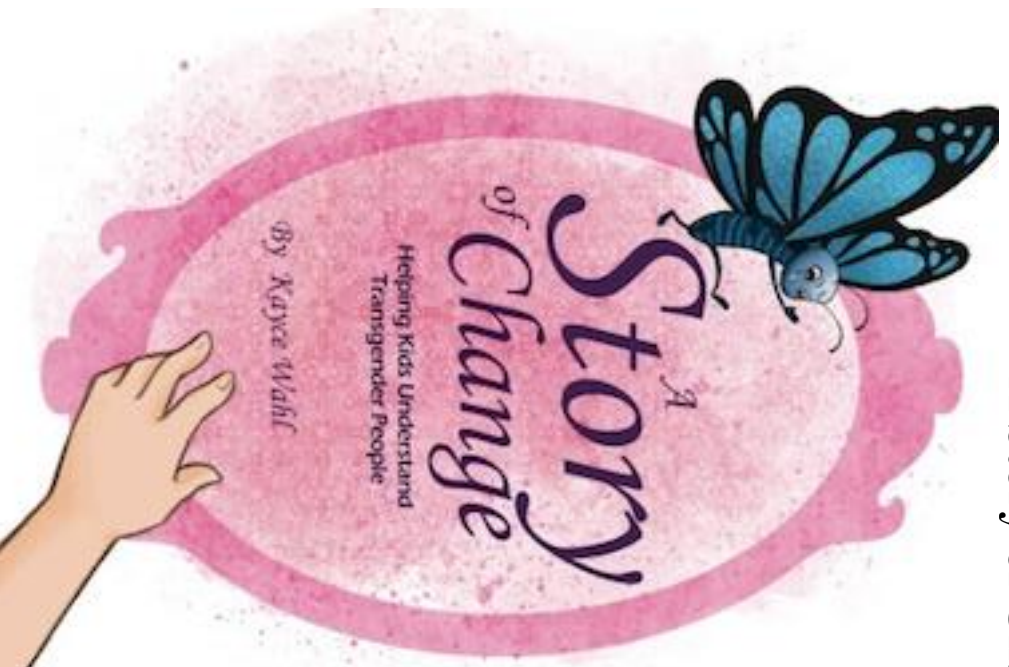
**Year Published:** 2015.

**Bought From:** Book Depository.

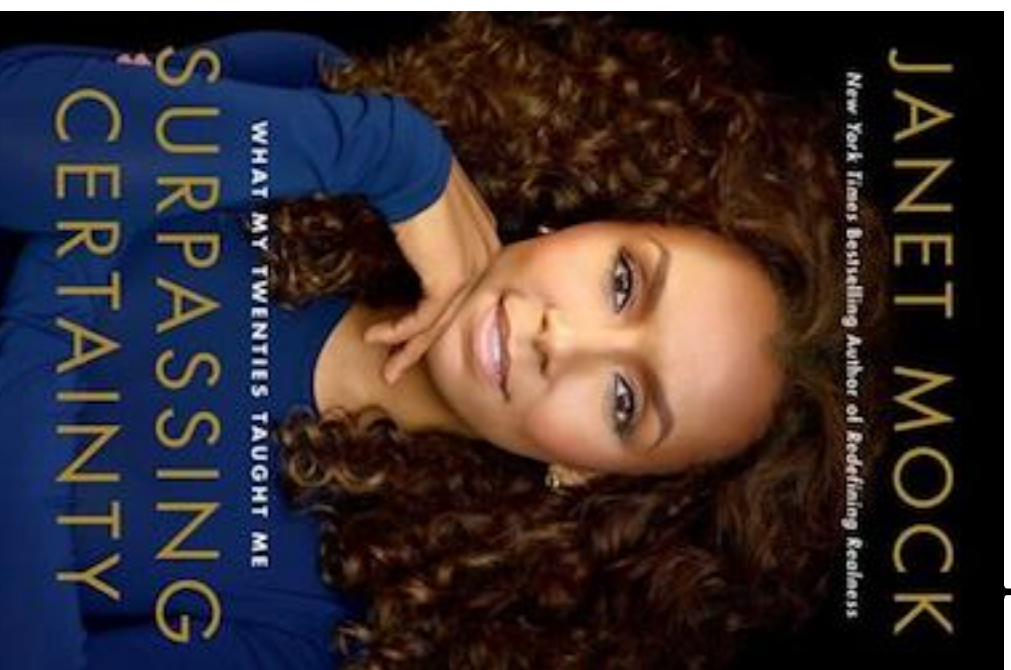
**Links:**

- <https://www.amazon.com/Story-Change-Helping-Understand-Transgender/dp/1512028037>
- <https://books.google.com.au/books?id=7jQgswEACAAJ>

**Comments:** It is not a reference book but a self-published picture book that briefly covers the social and medical transition of a trans man from child to teenager.



## Surpassing Certainty: What My Twenties Taught Me



Riveting, rousing, and utterly real, the book is a portrait of a young woman searching for purpose and place in the world, without a roadmap to guide her forward. It begins a few months before Janet Mock's twentieth birthday. She is adjusting to her days as a first-generation college student at the University of Hawaii and her nights as a dancer at a club. Finally content in her body, she vacillates between flaunting and concealing herself as she navigates dating and disclosure, sex and intimacy, and most important being truly seen.

Under the neon lights of Club Nu, Janet meets Troy, a yeoman stationed at Pearl Harbor Naval Base, who becomes her first. The pleasures and perils of their union serve as a backdrop for Janet's progression through her early twenties with all the universal growing pains – falling in and out of love, living away from home, and figuring out what she wants to do with her life. Fuelled by her dreams and an inimitable drive, a woman with few advantages plots her way through New York City while holding her truth close. She builds a career in the highly competitive world of New York magazine publishing – within the unique context of being trans, a woman and a person of colour. Long before she became one of the world's most respected voices in media and lauded leaders for equality and justice, Janet was a girl taking the time she needed to just be – to learn how to advocate for herself before becoming an advocate for others.

**Author/s:** Janet Mock.

**Publisher:** Atria Books.

**Year Published:** 2017.

**Bought From:** eBay.

**Links:**

- <https://janetmock.com/surpassingcertainty/>
- <https://janetmock.com/books/>
- [https://en.wikipedia.org/wiki/Surpassing\\_Certainty](https://en.wikipedia.org/wiki/Surpassing_Certainty)
- <http://www.latimes.com/books/features/la-et-jc-janet-mock-surpassing-certainty-20170619-story.html>
- <https://mic.com/articles/180342/surpassing-certainty-janet-mock-talks-race-transgender-rights-and-her-new-memoir#.cFiGAtCSa>
- <http://bust.com/feminism/193010-janet-mock-interview.html>
- <https://www.youtube.com/watch?v=yIsoVMBRTkU>
- <https://www.buildseries.com/video/59418f82e0fa173617949729/>
- <https://www.amazon.com/Surpassing-Certainty-What-Twenties-Taught/dp/1501145797>
- <https://books.google.com.au/books?id=YzppDQAQBAJ>

**Comments:** A follow up book to Mock's other title *Redefining Realness*.

# The Teaching Transgender Toolkit: A Facilitator's Guide to Increasing Knowledge, Decreasing

## Prejudice & Building Skills

The Teaching Transgender Toolkit is a detailed collection of best practices, lesson plans and resources for those who wish to facilitate trainings about transgender people, identities and experiences. The first of its kind, this book translates the authors' decades of experience leading transgender-related trainings and educational best practices into a guide that can be used by trainers of all levels to provide accurate and effective trainings. Whether you are a novice who has never led a training before, or you are an expert trainer or an expert on transgender identities, the Teaching Transgender Toolkit has something for you!

Using a "create your own training" model, facilitators have 30 lessons to choose from and combine to create their own transgender training. There are 12 foundational lessons which help build participants' basic knowledge about transgender people, reduce anti-transgender prejudice, and build ally skills. These lessons are ideal for use with college students, community groups, faith communities, parents/family groups, and more. There are 12 professional development lessons that, when used in combination with the foundational lessons, will help providers build skills towards providing transgender affirming services, including: K-12 professionals, college/university professional staff, medical, mental health and social service providers.

With particular attention paid to intersectional approaches and marginalised identities, these lessons are complemented by extensive foundational knowledge about transgender people's identities and experiences, detailed guidance on how to plan, facilitate, and navigate the nuances of teaching about transgender-related topics, and resources to build further knowledge. As a result of these trainings, your participants will be well prepared to acknowledge, support, and engage with transgender people in an affirming manner.

**Author/s:** Eli R. Green and Luca Maurer.

**Publisher:** Out for Health & Planned Parenthood of the Southern Finger Lakes (PPSFL).

**Year Published:** 2015.

**Bought From:** From the book's website.

**Links:**

- <http://www.teachingtransgender.org>
- <http://cs.aaset.org/content/teaching-transgender-toolkit-facilitator's-guide-increasing-knowledge-decreasing-prejudice>
- <https://books.google.com.au/books?id=QZAesWEACAAJ>

**Comments:** Has multiple uses, worksheets and linked in printables.





## 10, 000 Dresses

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.

**Author/s:** Marcus Ewert.

**Publisher:** Seven Stories Press.

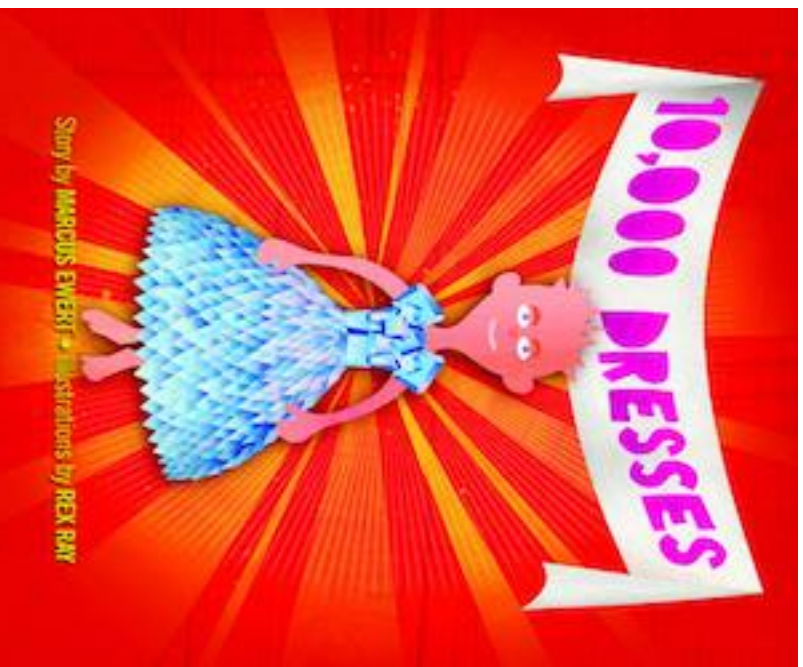
**Year Published:** 2011.

**Bought From:** eBay.

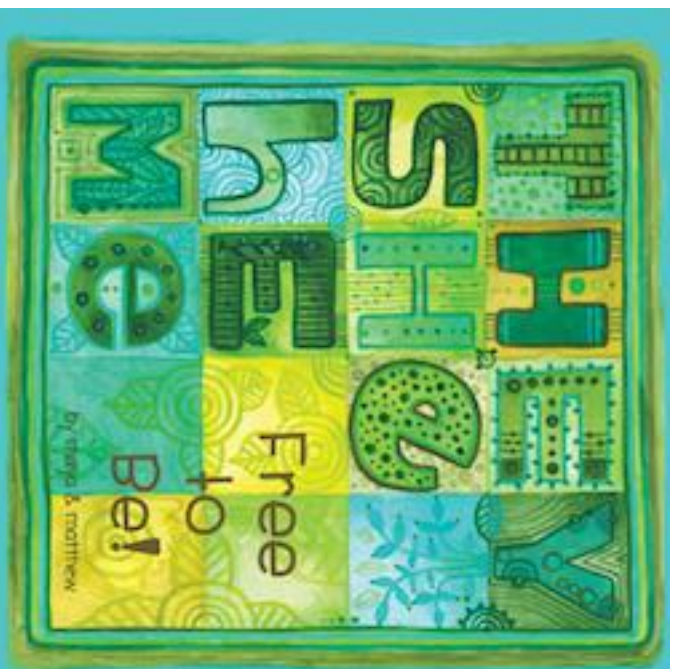
**Links:**

- <https://www.sevenstories.com/books/2795-10-000-dresses>
- <https://www.penguinrandomhouse.com/books/213927/10000-dresses-by-marcus-ewert-illustrated-by-rex-ray/9781583228500/>
- [https://en.wikipedia.org/wiki/10,000\\_Dresses](https://en.wikipedia.org/wiki/10,000_Dresses)
- <https://www.amazon.com/10-000-Dresses-Marcus-Ewert-ebook/dp/B00541YJSE>
- <https://books.google.com.au/books?id=WSCgRJbXF2EC>

**Comments:** None at present.







## They She He Me: Free to Be!

Pronouns serve as a familiar starting point for kids and grown-ups to expand ideas about gender and celebrate personal expression with fun imagery that provides a place to meet and play.

Award winning children's book author and artist Maya Gonzalez is joined by her partner, Matthew, in their first children's book together as queer parents.

Raising their youngest kid in a gender fluid, free space in the heart of San Francisco's Castro district where visions of drag and gender non-conformity are known to freely flaunt, did not stop the insidious "she" "he" assumptions and stereotypes from infiltrating their kid's world.

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).

This book stands on its own, but it also serves as a great reference to expand gender in other books and media. They She He Me also pairs perfect with, The Gender Wheel, a story about Bodies and Gender for everybody. Together these books offer a firm foundation of radical gender inclusion for parents, educators and caregivers to share with their kids.

**Author/s:** Maya Gonzalez and Matthew Smith-Gonzalez.

**Publisher:** Reflection Press.

**Year Published:** 2017.

**Bought From:** Publisher's website.

**Links:**

- <http://www.reflectionpress.com/our-books/they-she-he-me/>
- <http://www.mayagonzalez.com/childrensbooks/pronouns/>
- <https://www.amazon.com/They-She-He-Me-Free/dp/1945289066>

**Comments:** None at present.

## Tomboy

Growing up, Liz Prince wasn't a girly girl, dressing in pink tutus or playing Pretty Princess like the other girls in her neighbourhood. But she wasn't exactly one of the guys either, as she quickly learned when her Little League baseball coach exiled her to the outfield instead of letting her take the pitcher's mound. Liz was somewhere in the middle, and Tomboy is the story of her struggle to find the place where she belonged. Tomboy is a graphic novel about refusing gender boundaries, yet unwittingly embracing gender stereotypes at the same time, and realizing later in life that you can be just as much of a girl in jeans and a T-shirt as you can in a pink tutu. A memoir told anecdotally, Tomboy follows author and zine artist Liz Prince through her early childhood into adulthood and explores her ever-evolving struggles and wishes regarding what it means to "be a girl." From staunchly refuting anything she perceived as being "girly" to the point of misogyny, to discovering through the punk community that your identity is whatever you make of it, regardless of your gender, Tomboy is as much humorous and honest as it is at points uncomfortable and heartbreaking.

**Author/s:** Liz Prince.

**Publisher:** Zest Books.

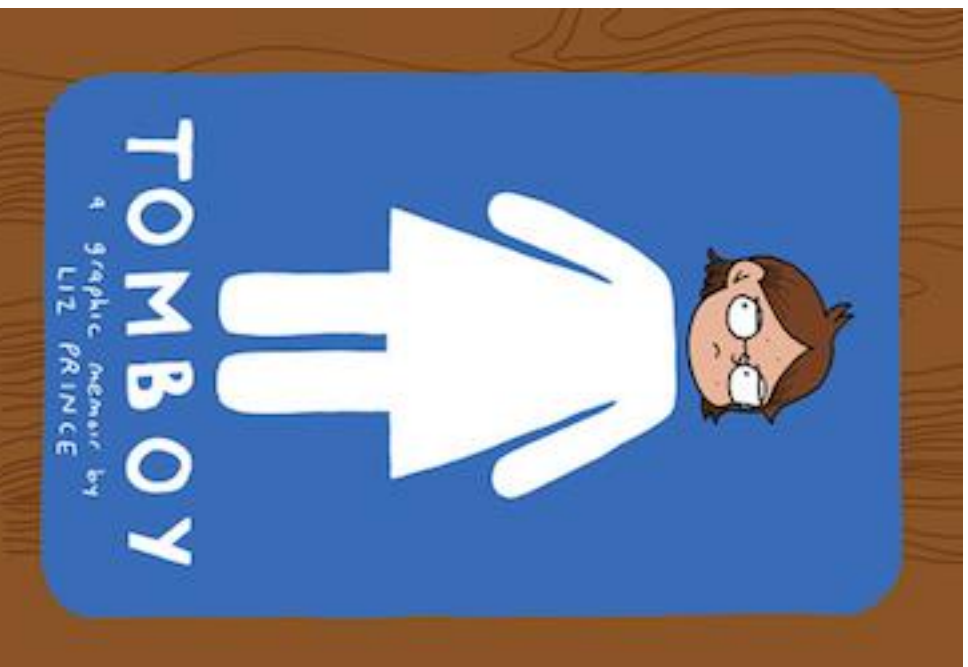
**Year Published:** 2014.

**Bought From:** Oxford St Books, Leederville.

### Links:

- <http://lizprincepower.com>
- <http://lizprincepower.storenvy.com/products/15636906-tomboy-special-edition>
- <http://zestbooks.net/tomboy/>
- <http://zestbooks.net/wp-content/uploads/2013/11/Tomboy.StudyGuide.pdf>
- <http://www.brokenfrontier.com/liz-prince-tomboy-interview-zest-press-gender-women-in-comics/>
- <https://www.autostraddle.com/read-a-fcking-book-liz-princes-tomboy-271056/>
- <https://www.amazon.com/Tomboy-Graphic-Memoir-Liz-Prince/dp/1936976552>
- <https://books.google.com.au/books?id=8YOuAwAAQBAJ>

**Comments:** None at present.



## Trans Allyship Workbook: Building Skills to Support Trans People in our Lives



Revised, updated and expanded for 2017 – the new Trans Allyship Workbook is everything you’ve been wanting to read about trans allyship! Over 100 pages including –

- New sections on intersectionality, singular they, and philosophies of allyship.
- Tips and “best practices” for the special allyship situations of parents, teachers, healthcare providers and therapists.
- Tons of new colour illustrations.

New activities – it really is a “workbook” – to help you deepen and practice your allyship skills.

**Author/s:** Davey Shlasko.

**Publisher:** Think Again Training.

**Year Published:** 2017.

**Bought From:** Publisher’s website.

**Links:**

- <http://thinkagaintraining.com/resources/publications/trans-ally-workbook/>
- <http://thinkagaintraining.com/resources/publications/>
- <http://thinkagaintraining.com/wp-content/uploads/2015/09/they-singular-download.pdf>
- <https://foodsexbooks.com/2017/08/30/book-reflection-trans-ally-workbook/>
- <http://genderqueerid.com/page/21>
- <https://www.amazon.com/Trans-Allyship-Workbook-Building-Support/dp/0990636917>

**Comments:** Published as a revised edition to a previous text titled “Trans\* Ally Workbook: Getting Pronouns Right & What It Teaches Us About Gender” (<https://www.amazon.com/Trans-Ally-Workbook-Getting-Pronouns/dp/0990636909>). Can be purchased through author’s website, although there is a sliding scale option of paying between \$6.00 - \$18.00 USD for the book. To investigate this, the author was contacted at the address supplied on the website ([davey@thinkagaintraining.com](mailto:davey@thinkagaintraining.com)). Total cost of book plus postage to Perth, Western Australia at time of purchase was 13.50 USD (Book 6.00 USD + 7.50 USD), roughly equivalent to 17.50 AUD.



## Trans Bodies, Trans Selves: A Resource for the Transgender Community

Trans Bodies, Trans Selves is a resource guide for transgender populations, covering health, legal issues, cultural and social questions, history, theory, and more. It is a place for transgender and gender-questioning people, their partners and families, students, professors, guidance counsellors, and others to look for up-to-date information on transgender life. It was published by Oxford University Press.

Each chapter of Trans Bodies, Trans Selves was written separate transgender or genderqueer authors. The book is aimed at a general transgender and gender-questioning audience, and when using complicated language, provides definitions and explanations. The tone is friendly and fun, and promotes trans-positive, feminist, and genderqueer advocacy. Included in each section are anonymous quotes from everyday people who have taken Trans Bodies surveys. Short opinion pieces and testimonials are also included in each chapter. Finally, each chapter contains references to resources such as books, movies, and organisations related to the chapter's topic.

**Author/s:** Edited by Laura Erickson-Schroth.

**Publisher:** Oxford University Press.

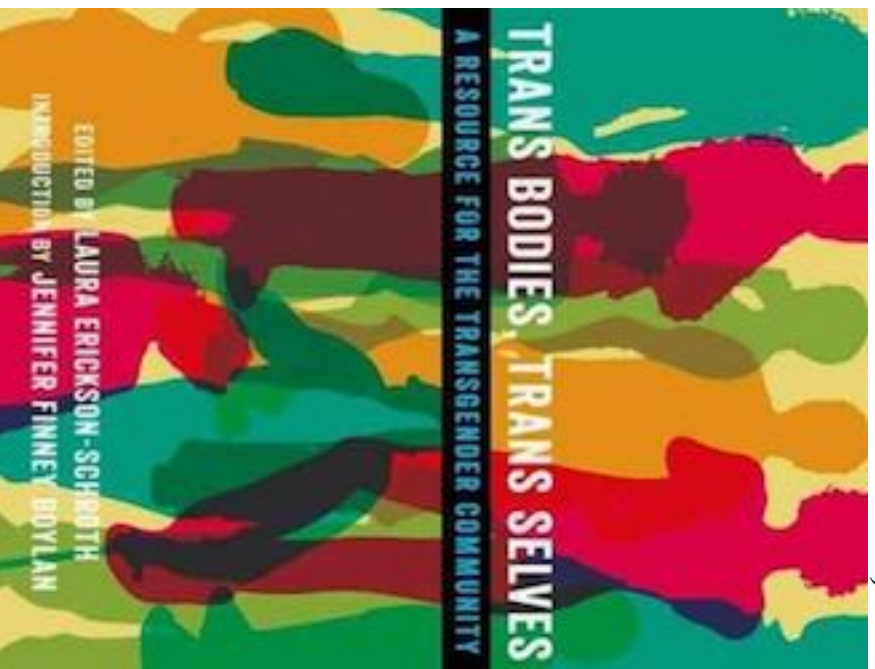
**Year Published:** 2014.

**Bought From:** Publisher's website.

**Links:**

- <http://transbodies.com>
- <https://www.ourbodiesourselves.org/2015/11/how-obos-inspired-trans-bodies-trans-selves/>
- <https://global.oup.com/academic/product/trans-bodies-trans-selves-9780199325351>
- [https://en.wikipedia.org/wiki/Trans\\_Bodies,\\_Trans\\_Selves](https://en.wikipedia.org/wiki/Trans_Bodies,_Trans_Selves)
- <https://www.amazon.com/Trans-Bodies-Selves-Transgender-Community/dp/0199325359>
- [https://books.google.com.au/books?id=EuB\\_AwAAQBAJ](https://books.google.com.au/books?id=EuB_AwAAQBAJ)

**Comments:** Essentially a university textbook grade tome on trans people. Mildly America-centric in parts, but overall an excellent and comprehensive resource.





# The Transgender Child: A Handbook for Families and Professionals



This comprehensive first of its kind guidebook explores the unique challenges that thousands of families face every day raising their children in every city and state. Through extensive research and interviews, as well as years of experience working in the field, the authors cover gender variance from birth through college. What do you do when your toddler daughter's first sentence is that she's a boy? What will happen when your preschool son insists on wearing a dress to school? Is this ever just a phase? How can you explain this to your neighbours and family? How can parents advocate for their children in elementary schools? What are the current laws on the rights of transgender children? What do doctors specialising in gender variant children recommend? What do the therapists say? What advice do other families who have trans kids have? What about hormone blockers and surgery? What issues should your college-bound trans child be thinking about when selecting a school? How can I best raise my gender variant or transgender child with love and compassion, even when I barely understand the issues ahead of us? And what is gender, anyway? These questions and more are answered in this book offering a deeper understanding of gender variant and transgender children and teens.

**Author/s:** Stephanie Brill and Rachel Pepper.

**Publisher:** Simon and Schuster.

**Year Published:** 2008.

**Bought From:** eBay.

**Links:**

- <http://www.simonandschuster.com.au/books/The-Transgender-Child/Stephanie-Brill/9781573445191>
- <http://www.lambdaliterary.org/interviews/01/20/the-transgender-child-by-stephanie-brill-rachel-pepper/>
- <https://www.amazon.com/Transgender-Child-Handbook-Families-Professionals/dp/1573443182>
- <https://books.google.com.au/books?id=lyodk7daRccC>

**Comments:** None at present.

# Transgender Children and Youth: Cultivating Pride and Joy With Families in Transition



## Transgender Children and Youth

cultivating pride and joy  
with families in transition



Elijah C. Nealy



A comprehensive guide to the medical, emotional, and social issues of trans kids.

These days, it is practically impossible not to hear about some aspect of transgender life. Whether it is the bathroom issue in North Carolina, trans people in the military, or on television, trans life has become front and center after years of marginalisation. And kids are coming out as trans at younger and younger ages, which is a good thing for them. But what written resources are available to parents, teachers, and mental health professionals who need to support these children? Elijah C. Nealy, a therapist and former deputy executive director of New York City's LGBT Community Center, and himself a trans man, has written the first-ever comprehensive guide to understanding, supporting, and welcoming trans kids. Covering family life to school and mental health issues, as well as the physical, social, and emotional aspects of transition, this book is full of best practices to support trans kids.

**Author/s:** Elijah C. Nealy.

**Publisher:** W. W. Norton & Company.

**Year Published:** 2017.

**Bought From:** Amazon.

### Links:

- <http://books.wwnorton.com/books/Transgender-Children-and-Youth/>
- <http://books.wwnorton.com/books/nealyqa/>
- <https://www.youtube.com/watch?v=Er0HYrPyKnE>
- <https://www.youtube.com/watch?v=CTrNyntlrG>
- <https://www.psychologytoday.com/blog/transgender-children-and-youth/201705/you-can-make-difference>
- <https://reachmd.com/programs/book-club/transgender-children-and-youth-cultivating-pride-and-joy-families-transition/9557/>
- <http://wjla.com/news/lets-talk/understand-and-supporting-transgender-children>
- <http://www.genderodyssey.org/blog/go-spotlight-dr-elijah-nealy/>
- <https://psychcentral.com/lib/book-review-transgender-children-youth>
- [http://metapsychology.mentalhelp.net/poc/view\\_doc.php?type=book&id=7885&cn=400](http://metapsychology.mentalhelp.net/poc/view_doc.php?type=book&id=7885&cn=400)
- <http://www.epgn.com/special-editions/215-summer-fun-2017/12245-philly-native-releases-resource-book-on-transgender-youth>
- <http://latalradio.com/content/debrakelli-061317>
- <https://www.amazon.com/Transgender-Children-Youth-Cultivating-Transition/dp/0393711390>
- <https://books.google.com.au/books?id=eFMADQAAQBAJ>

**Comments:** None at present.

# Transgender Employees in the Workplace

## A Guide for Employers

This concise volume is the essential introduction for any employer on how to work effectively and respectfully with transgender employees, without asking the employee inappropriate or personal questions. In simple terms, it explains what it means to be transgender, the common challenges transgender people experience, and how you can best support transgender employees in their roles, and in their relationships with colleagues and clients.

**Author/s:** Jennie Kermode.

**Year Published:** 2017.

## Links:

- Comments:** None at present.



# Transgender History: The Roots of Today's Revolution (Second Edition)

A timely second edition of the classic text on transgender history, with a new introduction and updated material throughout.

Covering American transgender history from the mid-twentieth century to today, *Transgender History* takes a chronological approach to the subject of transgender history, with each chapter covering major movements, writings, and events. Chapters cover the transsexual and transvestite communities in the years following World War II; trans radicalism and social change, which spanned from 1966 with the publication of *The Transsexual Phenomenon*, and lasted through the early 1970s; the mid-'70s to 1990-the era of identity politics and the changes witnessed in trans circles through these years; and the gender issues witnessed through the '90s and '00s.

*Transgender History* includes informative sidebars highlighting quotes from major texts and speeches in transgender history and brief biographies of key players, plus excerpts from transgender memoirs and discussion of treatments of transgenderism in popular culture.

**Author/s:** Susan Stryker.

**Publisher:** Seal Press.

**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <https://www.sealpress.com/titles/susan-stryker/transgender-history-second-edition/9781580056908/>
- <https://gws.arizona.edu/user/susan-stryker-phd>
- [https://en.wikipedia.org/wiki/Transgender\\_History\\_\(book\)](https://en.wikipedia.org/wiki/Transgender_History_(book))
- [https://en.wikipedia.org/wiki/Susan\\_Stryker](https://en.wikipedia.org/wiki/Susan_Stryker)
- <https://soundcloud.com/thelitreviewchi/episode33>
- <https://www.amazon.com/Transgender-History-second-Todays-Revolution/dp/158005689X>
- <https://books.google.com.au/books?id=xEfIDQAAQBAJ>

**Comments:** None at present.





# The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and

## Non-Binary Teens

What do you do when your son announces he is transgender and asks that you call her by a new name? Or what if your child uses a term you've never heard of to describe themselves (neutrois, agender, non-binary, genderqueer, androgyné...) and when you didn't know what they meant, they left the room and now won't speak to you about it? Perhaps your daughter recently asked you not to use gendered pronouns when referring to 'her' anymore, preferring that you use "they"; you're left wondering if this is just a phase, or if there's something more that you need to understand about your child.

There is a generational divide in our understandings of gender. This comprehensive guidebook helps to bridge that divide by exploring the unique challenges that thousands of families face every day raising a teenager who may be transgender, non-binary, gender-fluid or otherwise gender-expansive. Combining years of experience working in the field with extensive research and personal interviews, the authors cover pressing concerns relating to physical and emotional development, social and school pressures, medical considerations, and family communications. Learn how parents can more deeply understand their children, and raise their non-binary or transgender adolescent with love and compassion.

**Author/s:** Stephanie Brill and Lisa Kenney.

**Publisher:** Simon and Schuster.

**Year Published:** 2016.

**Bought From:** eBay.

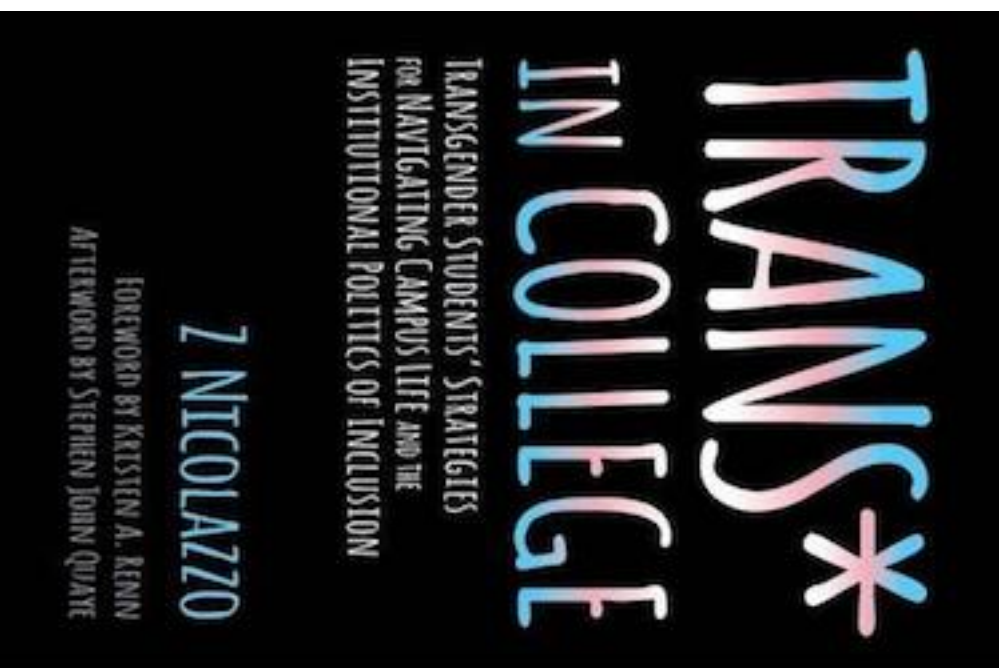
**Links:**

- <http://www.simonandschuster.com.au/books/The-Transgender-Teen/Stephanie-Brill/9781627781756>
- <https://www.genderspectrum.org/blog/the-transgender-teen-a-handbook-for-parents-and-professionals-supporting-transgender-and-non-binary-teens/>
- <https://www.amazon.com/Transgender-Teen-Professionals-Supporting-Non-Binary/dp/1627781749>
- <https://books.google.com.au/books?id=mKqADAAAQBAJ>

**Comments:** Some reviews consider it a good follow-up text to Brill's previous book, particularly as it focuses on the same but older cohort.



# Trans\* in College: Transgender Students' Strategies for Navigating Campus Life and the Institutional Politics of Inclusion



An account of the author's own trans\* identity and study of trans\* collegians. Reveals complexities of trans\* identities, and how students navigate the oppression throughout society and institutions, create community and resilience, and establish meaning and control in a world that assumes binary genders. Addressed to trans\* students themselves – offering a frame to understand the genders that mark them different and to address feelings brought on by the weight of difference – and to faculty, student affairs professionals, and college administrators, showing implications for classrooms and campuses. Remedies the paucity of literature on trans\* college students from a perspective of resiliency and agency. Rather than situating students as problems requiring accommodation, it problematises the college environment and frames them as resilient individuals capable of participating in supportive communities and kinship networks, who develop strategies to promote their own success.

A nuanced and illuminating review of literature on gender and sexuality that shows the multiplicity of potential expressions and outward representations of trans\* identity as a prelude to the ethnography conducted with nine trans\* collegians that documents their interactions with, and responses to, environments ranging from the unwittingly offensive to explicitly antagonistic. Concludes by giving space to participants to share what they want college faculty, staff, and students to know about their lived experiences. Two appendices respectively provide a glossary of vocabulary and terms to address commonly asked questions, and a description of the study design, offered as guide for working alongside marginalised population in a manner that foregrounds ethics, care, and reciprocity.

**Author/s:** Z Nicolazzo.

**Publisher:** Stylus Publishing.

**Year Published:** 2016.

**Bought From:** Book Depository.

## **Links:**

- <https://znicolazzo.weebly.com/publications--presentations.html>
- <https://sty.presswarehouse.com/books/BookDetail.aspx?productID=470241>
- <https://www.insidehighered.com/news/2017/01/24/author-discusses-new-book-about-transgender-college-students>
- <https://www.chronicle.com/article/Why-Trans-Students-Matter/239305>
- <https://www.amazon.com/Trans-College-Transgender-Strategies-Institutional/dp/1620364565>
- <https://books.google.com.au/books?id=qzWDDQAAQBAJ>

**Comments:** None at present.

## Transition: The Story of How I Became a Man



Chaz Bono's ground-breaking and candid account of a forty-year struggle to match his gender identity with his physical body and his transformation from female to male. At first, America knew the only child of Sonny and Cher as Chastity, the cherubic little girl who appeared on her parents' TV show. In later years, she became famous for coming out on a national stage, working with two major organisations toward LGBT (lesbian, gay, bisexual, transgender) rights and publishing two books. Chaz Bono has now entered the public consciousness as the most high-profile transgender person ever. All through the hoopla surrounding his change, Chaz insisted on maintaining his privacy. Now, in *Transition*, Chaz finally tells his story. Part One traces his decision to transition, beginning in his childhood-when he played on the boys' teams and wore boys' clothing whenever possible-and going through his painful, but ultimately joyful, coming out in his twenties, up to 2008, when, after the death of his father, drug addiction, and five years of sobriety, Chaz was finally ready to begin the process of changing his gender. In Part Two, he offers an unprecedented record in words and photographs of the actual transition, a real-time diary as he navigates uncharted waters. These chapters capture the day-to-day momentum of his life as his body changes. Throughout the book, Chaz touches on themes of identity, gender, and sexuality; parents and children; and how harbouring secrets shatters the soul. It is an amazing contribution to our understanding of a much-misunderstood community.

**Author/s:** Chaz Bono.

**Publisher:** Dutton.

**Year Published:** 2011.

**Bought From:** Oxford St Books, Leederville.

**Links:**

- [https://en.wikipedia.org/wiki/Chaz\\_Bono](https://en.wikipedia.org/wiki/Chaz_Bono)
- <https://www.sbs.com.au/news/chaz-bono-is-much-happier-as-a-man>
- <https://www.rollingstone.com/movies/news/chaz-bono-im-saving-to-buy-a-penis-20120105>
- <http://www.oprah.com/oprahshow/excerpt-from-transition-by-chaz-bono/all>
- <http://www.oprah.com/oprahshow/Becoming-Chaz-Bono>
- <http://abcnews.go.com/Entertainment/chaz-bonos-transition-sonny-chers-child-man-sex/story?id=13561466>
- <http://abcnews.go.com/Entertainment/excerpt-transition-story-man/story?id=13726849>
- <https://www.npr.org/2011/05/10/136177386/through-transition-chastity-becomes-chaz>
- [https://www.youtube.com/watch?v=r0\\_6bqBNStw](https://www.youtube.com/watch?v=r0_6bqBNStw)
- <https://www.amazon.com/Transition-Story-How-Became-Man/dp/0525952144>
- <https://books.google.com.au/books?id=KklengEACAAJ>

**Comments:** None at present.



## Transitioning Together: One Couple's Journey of Gender and Identity Discovery



This is the story of a long-lasting relationship, surviving against the odds. It is the story of Wenn and Beatrice Lawson, born almost twelve years apart in different countries with different cultures, who were both assigned female at birth. After nineteen years of marriage and four children, Wenn entered a same-sex relationship with Beatrice. Little did Beatrice know that twenty-two years later, Wenn would transition from female to male. This unique and honest memoir tells the story of Wenn's transition and Beatrice's journey alongside him.

Co-written by Wenn and Beatrice, who are both on the autism spectrum, this book offers a rare insight into an older couple's experience of transition, with particular emphasis on how Beatrice really felt about the changes. Without holding back, they tell the true story of the conflicts, challenges and growing celebration and joy that can arise from transitioning together as a couple.

**Author/s:** Wenn Lawson and Beatrice Lawson.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <http://www.buildsomethingpositive.com/wenn/books.html>
- <https://www.jkp.com/uk/transitioning-together-34869.html>
- <https://www.amazon.com/Transitioning-Together-Couples-Identity-Discovery/dp/1785921037>
- <https://books.google.com.au/books?id=tXYuDQAAQBAJ>

**Comments:** None at present.



# Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children



Transitions of the Heart is the first collection to ever invite mothers of transgender and gender variant children of all ages to tell their own stories about their child's gender transition. Often "transitioning" socially and emotionally alongside their child but rarely given a voice in the experience, mothers hold the key to familial and societal understanding of gender difference. Sharing stories of love, struggle, and acceptance, this collection of mother's voices, representing a diversity of backgrounds and sexual orientations, affirms the experience of those who have raised and are currently raising transgender and gender variant children between the ages of 5-50. Edited by Rachel Pepper, a gender specialist and co-author of the acclaimed book The Transgender Child, Transitions of the Heart will prove an invaluable resource for parents coming to terms with a child's gender variance or transition.

**Author/s:** Edited by Rachel Pepper.

**Publisher:** Simon and Schuster.

**Year Published:** 2012.

**Bought From:** eBay.

**Links:**

- <http://www.simonandschuster.com.au/books/Transitions-of-the-Heart/Rachel-Pepper/9781573448017>
- <https://www.amazon.com/Transitions-Heart-Struggle-Acceptance-Transgender/dp/1573447889>
- <https://books.google.com.au/books?id=mLsD1kMgkIC>

**Comments:** Appears from reviews to be a good resource for parents of trans individuals.

## Trans Like Me: A Journey for All of Us

An agenda-setting, emotionally engaging book on transgender identity.

CN Lester takes the reader through the most pressing questions in the transgender debate, combined with a charged personal narrative of what it means to be a transgender person today. *Trans Like Me* shows us how we are all defined by ideas of gender, whether we live our lives as he, she or they, and how we can strive for authenticity in a world which often seeks to limit us by way of labels. It also covers hotly contested topics such as the rise in referrals for gender variant children, feminism's treatment of the trans community, and the mainstream media's 'trans moment', among much more.

**Author/s:** CN Lester.

**Publisher:** Hachette.

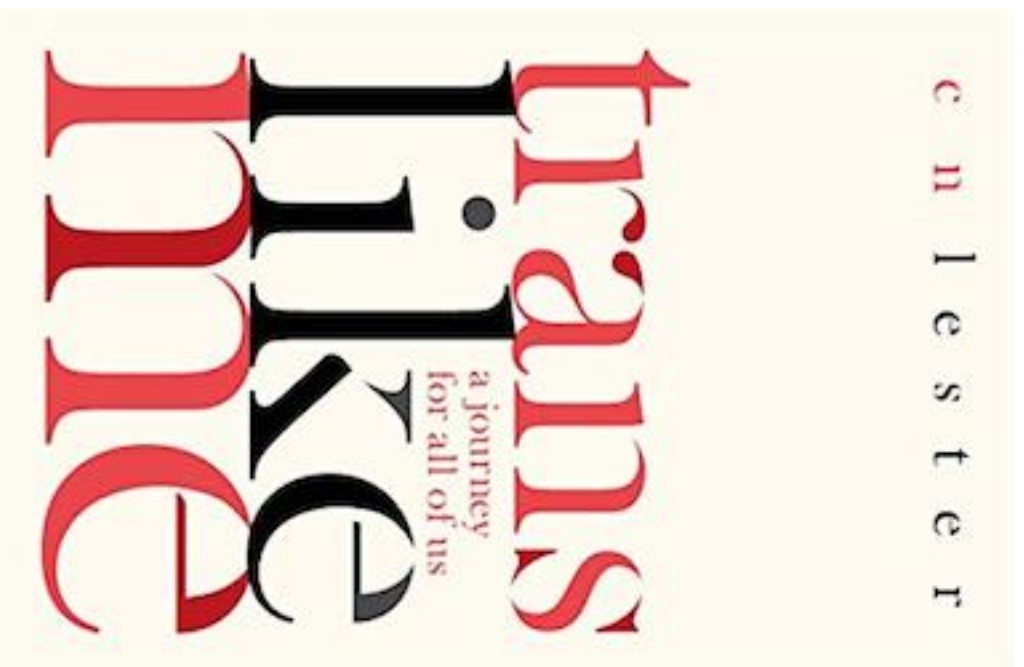
**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <http://www.cnlester.com/writing/>
- <https://www.hachette.com.au/cn-lester/trans-like-me>
- <https://thequeerness.com/2017/06/04/book-review-cn-lester-trans-like-me/>
- <https://www.thebookseller.com/news/virago-publish-agenda-setting-trans-me-318752>
- <https://www.amazon.com/Trans-Like-Me-Journey-All/dp/0349008604>
- <https://books.google.com.au/books?id=cSAiDAAAQBAJ>

**Comments:** None at present.



# The Trans Partner Handbook: A Guide for When Your Partner Transitions

Individuals who transition from one gender to another are often in some degree of a relationship, and over 55% of these relationships endure through the transition process.

While more resources are emerging for trans people themselves, there is very little information available for their partners. Through first-hand accounts and vignettes of successful partnerships, this book presents detailed descriptions of everything involved in the transition process, with specific guidance for those supporting a partner in transition. Topics include disclosure, mental health, coming out, loss and grief, sex and sexuality and the legal, medical and social practicalities of transitioning. In this essential guide, people whose partners are across the transgender spectrum speak out on their own experiences with personal advice and support for others.

**Author/s:** Jo Green.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2017.

**Bought From:** Book Depository.

**Links:**

- <https://www.jkp.com/uk/a-guide-for-partners-of-trans-people-2.html>
- <http://www.jkp.com/jkpblog/2017/11/resources-gender-variant/>
- <https://www.amazon.com/Trans-Partner-Handbook-Guide-Transitions/dp/1785922270>
- <https://books.google.com.au/books?id=CANsDgAAQBAJ>

**Comments:** None at present.





## To My Trans Sisters

Dedicated to trans women everywhere, this inspirational collection of letters written by successful trans women shares the lessons they learnt on their journeys to womanhood, celebrating their achievements and empowering the next generation to become who they truly are.

Written by politicians, scientists, models, athletes, authors, actors, and activists from around the world, these letters capture the diversity of the trans experience and offer advice from make-up and dating through to fighting dysphoria and transphobia.

By turns honest and heartfelt, funny and furious or beautiful and brave, these letters send a clear message of hope to their sisters: each of these women have gone through the struggles of transition and emerged the other side as accomplished, confident women; and if we made it sister, so can you!

**Author/s:** Edited by Charlie Craggs.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2017.

**Bought From:** eBay.

**Links:**

- <http://www.nailtransphobia.com/tomytranssisters/>
- <http://www.nailtransphobia.com/what-we-do/>
- <https://www.jkp.com/uk/to-my-trans-sisters-2.html>
- <http://www.dazeddigital.com/life-culture/article/38139/1/to-my-trans-sisters-is-a-book-which-reads-like-a-love-letter>
- <http://www.refinery29.uk/2017/10/176953/charlie-craggs-to-my-trans-sisters>
- <https://thedebrief.co.uk/things-to-do/books/charlie-craggs-book-reading-letter-trans-sister/>
- <http://www.neighbourhood.tv/to-my-trans-sisters-book/>
- <http://bust.com/books/193636-to-my-trans-sisters-monica-helms.html>
- <https://www.amazon.com/My-Trans-Sisters-Charlie-Craggs/dp/1785923439>
- <https://books.google.com.au/books?id=gNspDwAAQBAJ>

**Comments:** None at present.



## Trans Voices: Becoming Who You Are

Foregrounding the voices of transgender and non-binary people, this honest and insightful book is a compilation of the voices of those who have decided to undergo transition - both male-to-female and female-to-male. Drawing on over one hundred interviews with individuals, the book details the diverse experiences and challenges faced by those who transition, exploring a range of topics such as hormone treatments; reassignment surgeries; coming out; sex and sexuality; physical, emotional and mental health; transphobia; discrimination; and hate crime, as well as highlighting the lives of non-binary individuals and those who cross-dress to form a wider understanding of the varied ways in which people experience gender.

This powerful book is an ideal introduction to those keen to understand more about contemporary trans issues as well as those questioning their own gender identity.

**Author/s:** Declan Henry.

**Publisher:** Jessica Kingsley Publishers.

**Year Published:** 2017.

**Bought From:** eBay.

**Links:**

- <http://www.declanhenry.org.uk>
- <https://www.facebook.com/DeclanHenryIrishAuthor/>
- <https://www.jkp.com/uk/trans-voices-34894.html>
- <http://www.jkp.com/jkpblog/2017/01/declanhenrytransvoices/>
- <http://www.jkp.com/jkpblog/2017/01/exclusive-read-extract-trans-voices/>
- <http://www.jkp.com/jkpblog/wp-content/uploads/2017/01/Pages-from-Henry-trans-voices-25-29.pdf>
- <https://www.irishtimes.com/culture/books/trans-voices-becoming-who-you-are-review-their-change-is-gonna-come-1.2958204>
- <https://www.irishtimes.com/culture/books/what-i-learned-writing-my-transgender-book-1.2941436>
- <https://catontheshelf.wordpress.com/2017/09/25/trans-voices-by-declan-henry/>
- <http://gscene.com/arts/books/preview-trans-voices-becoming-who-you-are-by-declan-henry/>
- <https://www.amazon.com/Trans-Voices-Becoming-Who-You-Are/dp/1785922408>
- <https://books.google.com.au/books?id=hjgvDQAAQBAJ>

**Comments:** None at present.



## Traversing Gender: Understanding Transgender Realities

In the current age of gender identity and transgender awareness, many questions are coming to light for everyone. Whether brought about by media and cultural attention or personal journeys, individuals who have never heard of transgender, transsexual, or gender variant people can feel lost or confused. Information can be hard to find and is often fragmented or biased. Meanwhile, trans people are getting a chance to dialogue with each other and finally be heard by the world at large.

In *Traversing Gender: Understanding Transgender Realities*, author Lee Harrington helps make the intimate discussions of gender available for everyone to understand. Topics include:

- Understanding the terms “trans” and “transgender”.
- Differences (and crossovers) between sex, gender, and orientation.
- The wide array and types of trans experiences.
- Social networking and emotional support systems for trans people.
- Navigating medical care, from the common cold to gender-specific procedures.
- What “transitioning” looks like, from a variety of different approaches.
- How legal systems interplay with gender and trans issues.
- Extra challenges based on gender, race, class, age and disability.
- Skills and information on being successful a trans ally.

Bringing these personal matters into the light of day, this reader-friendly resource is written for students, professionals, friends, and family members, as well as members of the transgender community itself. It is here for you and those in your life, helping create an opportunity for overcoming the challenges trans people face through awareness and action, making the world a better place one life at a time.

**Author/s:** Lee Harrington.

**Publisher:** Mystic Productions Press.

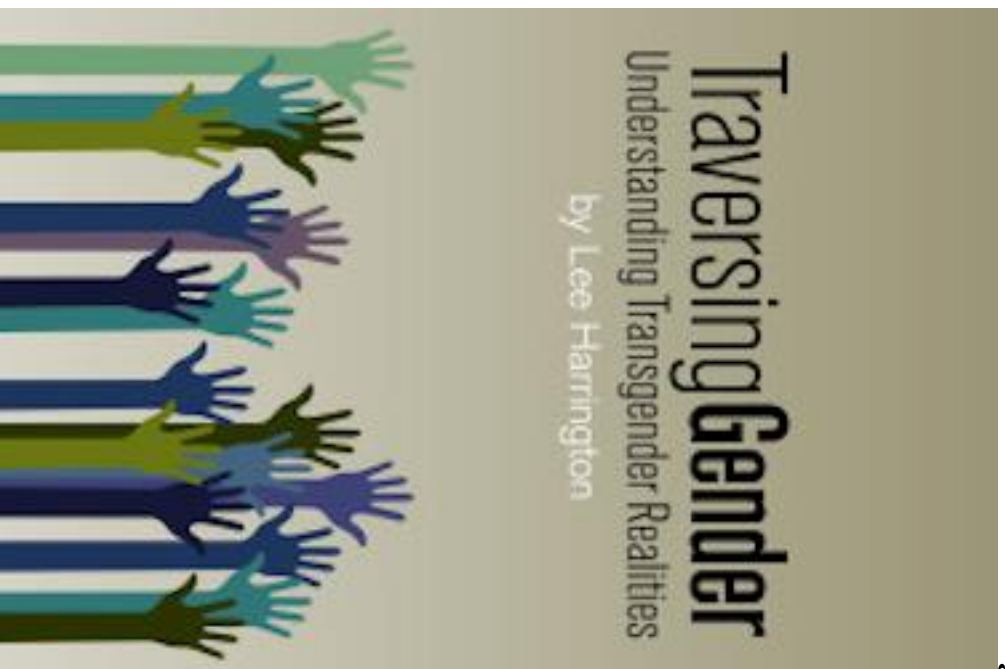
**Year Published:** 2016.

**Bought From:** eBay.

**Links:**

- <http://www.traversinggender.com>
- <https://www.amazon.com/Traversing-Gender-Understanding-Transgender-Realities/dp/194273381X>
- <https://books.google.com.au/books?id=PBMHDAQAQBAJ>

**Comments:** None at present.



# True Selves: Understanding Transsexualism: For Families, Friends, Coworkers and Helping Professionals

## Professionals

Combines authoritative information and humanitarian insight into the transsexual experience

Filled with wisdom and understanding, this ground-breaking book paints a vivid portrait of conflicts transsexuals face on a daily basis--and the courage they must summon as they struggle to reveal their true being to themselves and others. True Selves offers valuable guidance for those who are struggling to understand these people and their situations.

Using real life stories, actual letters, and other compelling examples, the authors give a clear understanding of what it means to be transsexual. They also give other useful advice, including how to deal compassionately with these commonly misunderstood individuals--by keeping an open heart, communicating fears, pain and support, respecting choices.

**Author/s:** Mildred L. Brown and Chloe Ann Rounsley.

**Publisher:** Jossey-Bass.

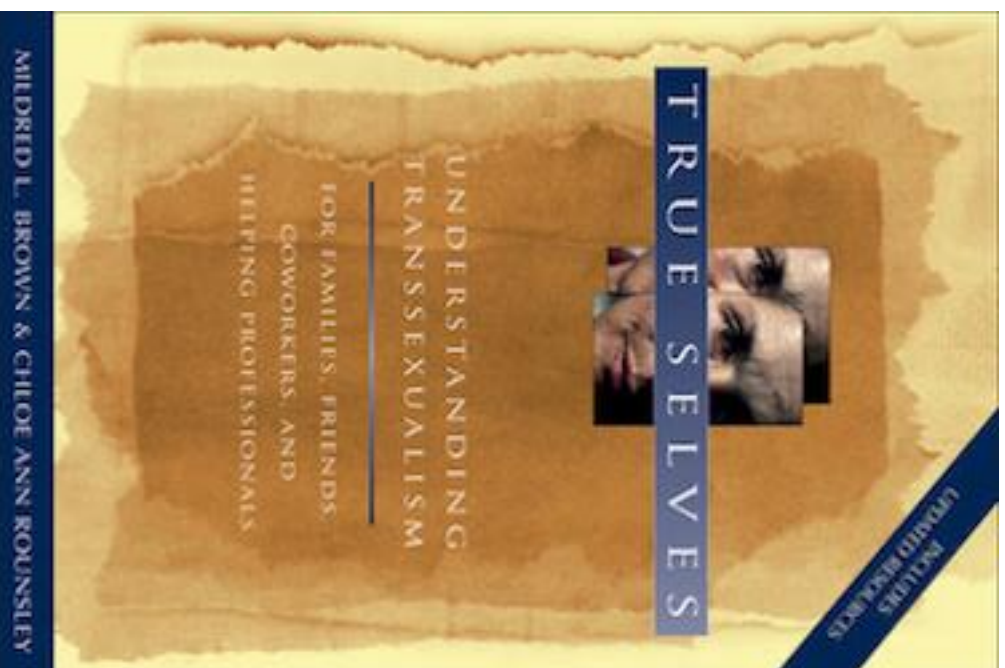
**Year Published:** 2003.

**Bought From:** Second hand bookshop. Also available from eBay.

### Links:

- <http://au.wiley.com/WileyCDA/WileyTitle/productCd-0787967025.html>
- <https://www.amazon.com/True-Selves-Understanding-Transsexualism-Professionals/dp/0787967025>
- <https://books.google.com.au/books?id=qKlAKwAACAAJ>

**Comments:** First published in 1996, so significant amounts of the information on which it is based are now considered out of date, with reviews indicating poor and eradicating language use despite maintaining some relevant points.





## Truly Willa

This is a real life first person account of a trans advocate child's journey from early beginnings of knowing her true self through transition into an out public advocate. Willa has written this children's book to inspire hope and empowerment in children just like her, and help educate society at large, on what it's like to be a trans child in the world today. The book also has simplified quotes at the top of each page for the benefit of any younger readers, with the main paragraph having more detail, so children of different reading levels can still read along.

**Author/s:** Willa Naylor.

**Publisher:** CreatesSpace Independent Publishing Platform (Self-published).

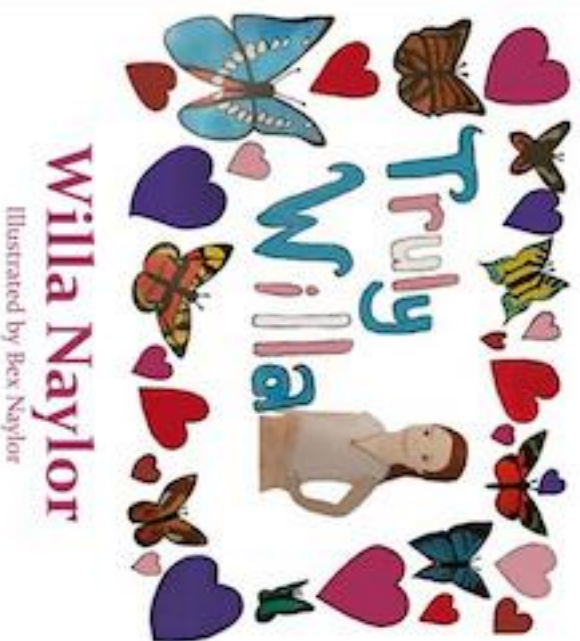
**Year Published:** 2016.

**Bought From:** Wordery.

**Links:**

- <https://beingwilla.wordpress.com/2016/03/06/truly-willa-on-amazon/>
- <https://beingwilla.wordpress.com/2016/02/09/my-book-truly-willa/>
- <https://www.glsen.org/blog/im-truly-willa>
- <http://www.eve.com.mt/2016/06/03/truly-willa-willa-naylors-story/>
- <https://www.timesofmalta.com/articles/view/20160602/local/transgender-girl-8-tells-her-story.614088>
- <https://www.timesofmalta.com/articles/view/20160529/arts-entertainment/One-child-s-journey-to-find-herself.613693>
- <https://www.tvn.com.mt/en/news/truly-willa-the-first-book-in-malta-about-a-transgender-girls-experiences/>
- <https://www.amazon.com/Truly-Willa-Naylor/dp/1523936495>
- <https://books.google.com.au/books?id=aUCODAEACAAJ>

**Comments:** None at present.





# The Ultimate Guide to Sex and Disability: For All of Us Who Live With Disabilities, Chronic Pain and Illness (Second Edition)

Useful for absolutely everyone, regardless of age, gender, or sexual orientation, The Ultimate Guide to Sex and Disability is a complete sex guide for people who live with disabilities, pain, illness, or chronic conditions. With more of a focus on instructional how-to than social and political justice (a balance which the authors would correct if they were to write the same book today), this guide provides readers with encouragement, support, and information to explore their sexuality in a way that works for them. The authors cover all aspects of sex and disability, including building a positive sexual self-image; positions to minimise stress and maximise pleasure; dealing with fatigue or pain during sex; finding partners and talking with partners about sex and disability; adapting sex toys; and more.

**Author/s:** Miriam Kaufman, Cory Silverberg and Fran Odette.

**Publisher:** Cleis Press.

**Year Published:** 2007.

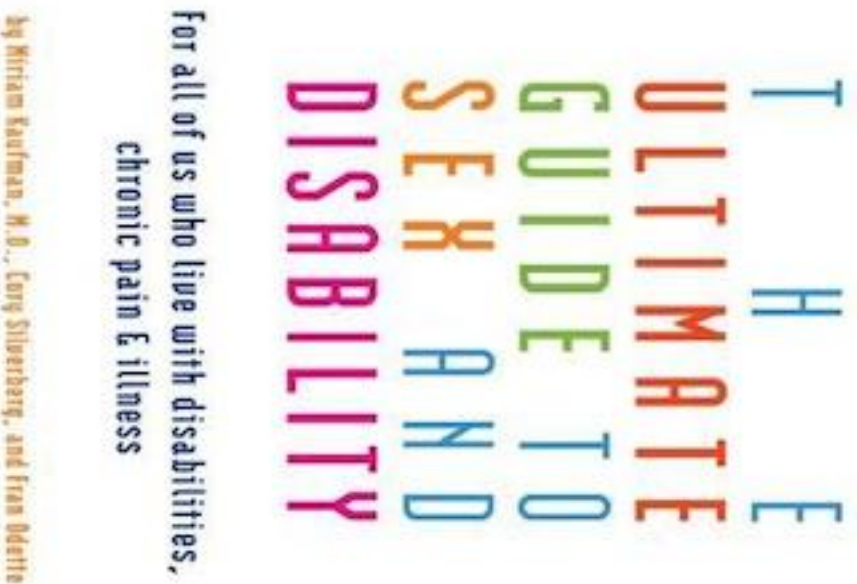
**Bought From:** Sexual Health Headquarters library.

## Links:

- <https://www.corysilverberg.com/sex-and-disability>
- <https://butyoudontlooksick.com/book-and-product-reviews/book-reviews/book-review-the-ultimate-guide-to-sex-and-disability/>
- <https://www.youtube.com/watch?v=wL9itsY0JYo>
- <https://www.amazon.com/Ultimate-Guide-Sex-Disability-Disabilities/dp/1573443042>
- <https://books.google.com.au/books?id=UT5DAAAQBAJ>

**Comments:** Contains two pages defining and discussing terms related to sexuality and gender identity. Not recommended for anything related to gender in this instance as it is not the main focus of the book.

Furthermore, the text makes sweeping assumptions in these pages, uses transgender as a verb and implies that asexuality is invalid. However, as a text on sex and disability, reviews indicate that it has been found by some to be informative and affirmative.



# The Voice Book for Trans and Non-Binary People: A Practical Guide to Creating and Sustaining Authentic Voice and Communication

Written by two specialist speech and language therapists, this book explains how voice and communication therapy can help transgender and non-binary people to find their authentic voice. It gives a thorough account of the process, from understanding the vocal mechanism through to assimilating new vocal skills and new vocal identity into everyday situations, and includes exercises to change pitch, resonance and intonation. Each chapter features insider accounts from trans and gender diverse individuals who have explored or are exploring voice and communication related to their gender expression, describing key aspects of their experience of creating and maintaining a voice that feels true to them.

This guide is an essential, comprehensive source for trans and non-binary individuals who are interested in working towards achieving a different, more authentic voice, and will be a valuable resource for speech and language therapists/pathologists, voice coaches and healthcare professionals.

**Author/s:** Matthew Mills and Gilie Stoneham.

**Publisher:** Jessica Kingsley Publishers.

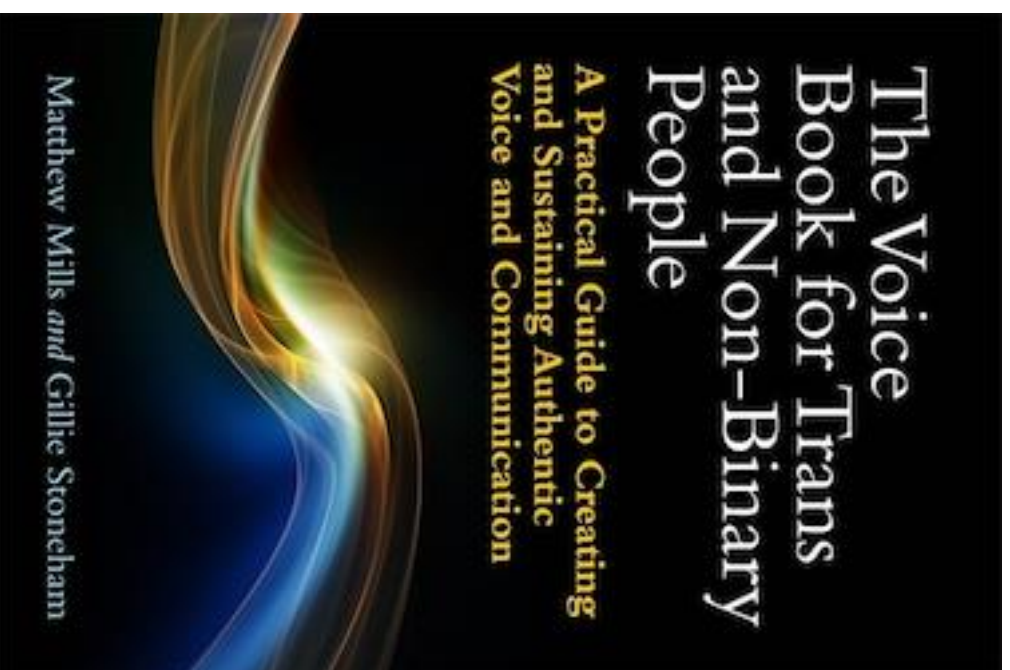
**Year Published:** 2017.

**Bought From:** eBay.

## Links:

- <https://www.jkp.com/uk/the-transgender-experience-2.html>
- <http://www.jkp.com/jkpblog/2017/05/natashas-story/>
- <http://www.jkp.com/jkpblog/2017/11/resources-gender-variant/>
- <https://tavistockandportman.nhs.uk/about-us/news/stories/ground-breaking-book-trans-voice-launch/>
- <https://www.amazon.com/Voice-Book-Trans-Non-Binary-People/dp/1785921282>
- <https://books.google.com.au/books?id=N9rADQAAQBAJ>

**Comments:** None at present.



# What is Gender? How Does It Define Us? And Other Big Questions for Kids

A highly topical look at the concept of gender, encouraging children to think for themselves about the issues involved.

What's the difference between sex and gender? What does it mean to be defined by your gender? Are there only two genders? This informative book helps kids to explore these questions and many more. It explains how your gender can have an impact on your life, what it means to choose your own gender identity and the importance of gender equality. Topics covered include gender stereotypes, why there are different toys for boys and girls, being intersex and transgender, cross-dressing and gender around the world.

You will also hear from a range of people who share their personal gender philosophies. Poet Anthony Anaxagorou discusses his masculinity, author Holly Bourne writes about the importance of feminism, Krishna Isthia explains what it means to be genderqueer and Juno shares her experiences of being transgender. Other contributors and celebrities featured include Miley Cyrus, Lady Gaga, John Legend, Jack Monroe, Caitlyn Jenner, RuPaul, Laura Dockrill, Conchita Wurst, Andrew McMillan and Emma Watson.

Aimed at young people aged 10 and upwards.

Part of the ground-breaking and important 'And Other Big Questions' series, which offers balanced and considered views on the big issues we face in the world we live in today.

**Author/s:** Juno Dawson.

**Publisher:** Hachette.

**Year Published:** 2017.

**Bought From:** Book Depository.

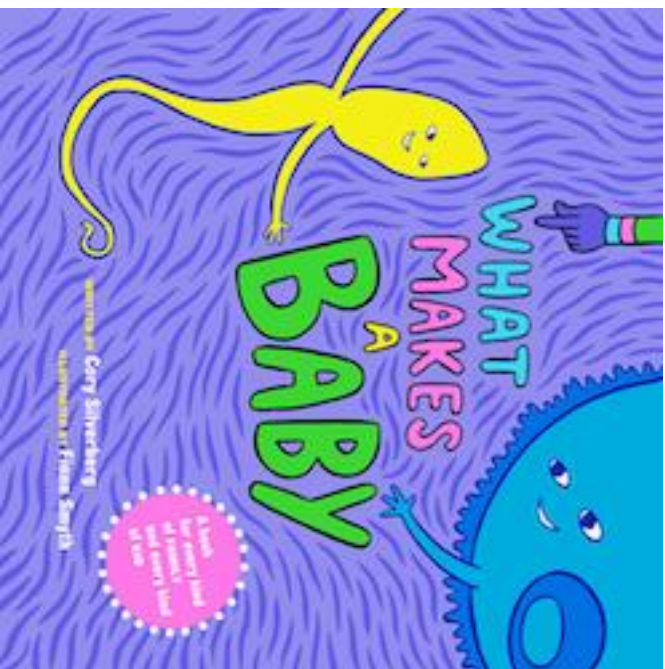
**Links:**

- <http://www.junodawson.com/books/>
- <https://www.hachettechildrens.co.uk/books/detail.page?isbn=9781526300003>
- <https://www.amazon.com/What-Gender-Define-Other-Questions/dp/1526300001>
- <https://books.google.com.au/books?id=2rbODgAAQBAJ>

**Comments:** None at present.







## What Makes a Baby

A comic book for kids that includes children and families of all makeups, orientations, and gender identities, Sex Is a Funny Word is an essential resource about bodies, gender, and sexuality for children ages 8 to 10 as well as their parents and caregivers.

Much more than the “facts of life” or “the birds and the bees,” the book opens up conversations between young people and their caregivers in a way that allows adults to convey their values and beliefs while providing information about boundaries, safety, and joy. Sex Is a Funny Word is the first sex education book for this age group that is inclusive of lesbian, gay, and bisexual experience as well as gender creative and gender-nonconforming children. It is also inclusive of trans and intersex bodies and lived experience.

**Author/s:** Cory Silverberg.

**Publisher:** Seven Stories Press.

**Year Published:** 2013.

**Bought From:** Book Depository.

### Links:

- <https://www.corysilverberg.com/what-makes-a-baby>
- <https://www.amazon.com/Cory-Silverberg/e/B003TYV11Q>
- <https://static1.squarespace.com/static/59e57b9529f187abf9bce69e8/t/5a38a16641920265d1cdee2/1513660796110/WMAAB-Readers-Guide.pdf>
- <https://www.kickstarter.com/projects/1809291619/what-makes-a-baby>
- <https://www.brainpickings.org/2014/08/14/what-makes-a-baby-silverberg/>
- <https://www.theglobeandmail.com/life/parenting/read-pages-from-the-book-what-makes-a-baby/article12416183/>
- <https://penandpencil.com/2013/06/10/behind-the-scenes-of-what-makes-a-baby-a-kickstarter-childrens-book/>
- <http://essieruth.com/queer-friendly-picture-books-what-makes-a-baby/>
- <https://globalnews.ca/news/673355/canadian-author-explains-how-babies-are-made-without-sex-or-gender/>
- <https://www.youtube.com/watch?v=RgL6YzQaNjc>
- <https://www.youtube.com/watch?v=aa8S5-T2wHY>
- <https://www.amazon.com/What-Makes-Baby-Cory-Silverberg/dp/1609804856>
- <https://books.google.com.au/books?id=rLB6MAEACAAJ>

**Comments:** None at present.





## When Kathy is Keith

Kathy feels like a boy on the inside but looks like any other little girl. Worse, no one believes her when she tells them who she really is. The many issues transgender children face are the topic of child psychologist Wallace Wong's new illustrated book, *When Kathy is Keith*.

**Author/s:** Wallace Wong.

**Publisher:** Xlibris.

**Year Published:** 2011.

**Bought From:** eBay.

**Links:**

- <http://www.drwallacewong.com/books/when-kathy-is-keith>
- <https://www.lambdaliterary.org/features/12/12/psychologist-wallace-wong-releases-transgender-childrens-book/>
- <https://www.straight.com/life/when-kathy-keith-surrey-psychologist-wallace-wong-releases-transgender-childrens-book>
- <https://www.amazon.com/When-Kathy-Keith-Wallace-Wong/dp/1465371419>
- [https://books.google.com.au/books?id=9\\_UlywAACAAJ](https://books.google.com.au/books?id=9_UlywAACAAJ)

**Comments:** None at present.

## When Kayla Was Kyle

Kyle doesn't understand why the other kids at school call him names. He looks like other boys, but doesn't feel like them. Can Kyle find the words to share his feelings about his gender – and can his parents help him to transition into the girl he was born to be? When Kayla Was Kyle is a picture book that children of all ages will want to read because it addresses the increasingly emerging ideas around Gender Diversity.

**Author/s:** Amy Fabrikant.

**Publisher:** Avid Readers Publishing Group.

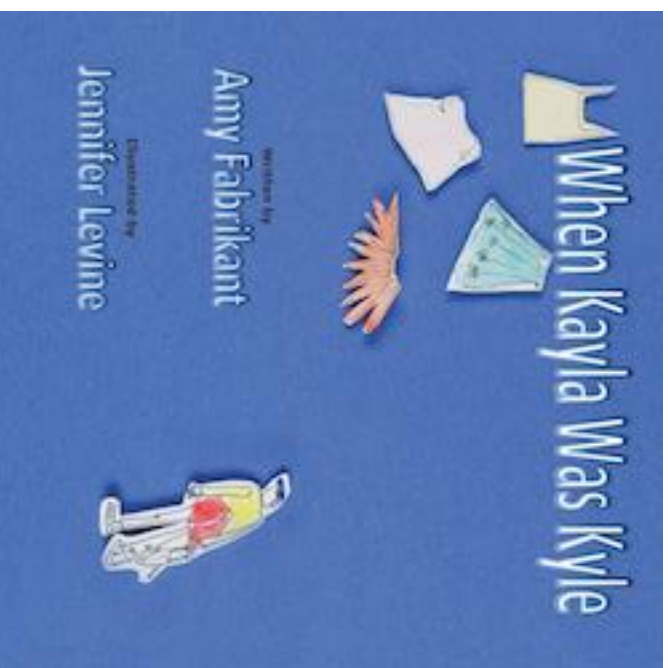
**Year Published:** 2013.

**Bought From:** Book Depository.

**Links:**

- <http://www.whenkaylawaskyle.com>
- <https://www.youtube.com/watch?v=CEfGdghmxGg>
- <https://www.amazon.com/When-Kayla-Was-Kyle-Fabrikant/dp/1612861547>
- <https://books.google.com.au/books?id=3LVKmwEACAAJ>

**Comments:** None at present.



# When Our Children Come Out: How to Support Gay, Lesbian, Bisexual and Transgendered Young People

For many young people, the process of 'coming out' to their families, schools and communities can be very traumatic. Gay, lesbian, bisexual and transgendered young people wrestle - all too often in isolation - with the difficulties of being 'different'. They need families, schools and communities to 'come out' with them; to provide support, understanding and affirmation; and to be their allies against homophobia. This valuable guide features the experiences of young people, parents, teachers and youth workers from different cultural and socio-economic backgrounds.

**Author/s:** Maria Pallotta-Chiarolli.

**Publisher:** Finch Publishing.

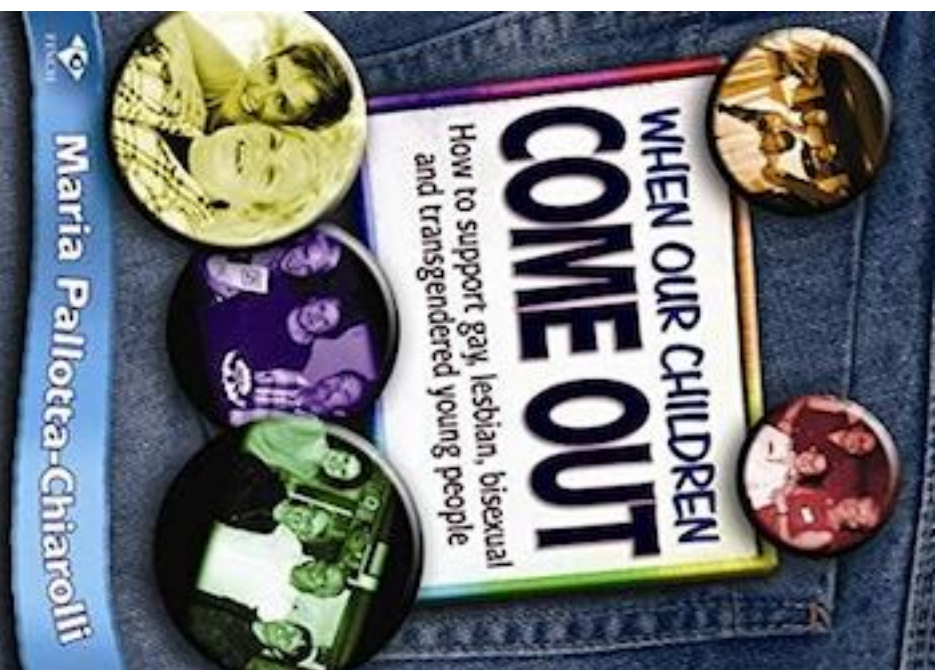
**Year Published:** 2007.

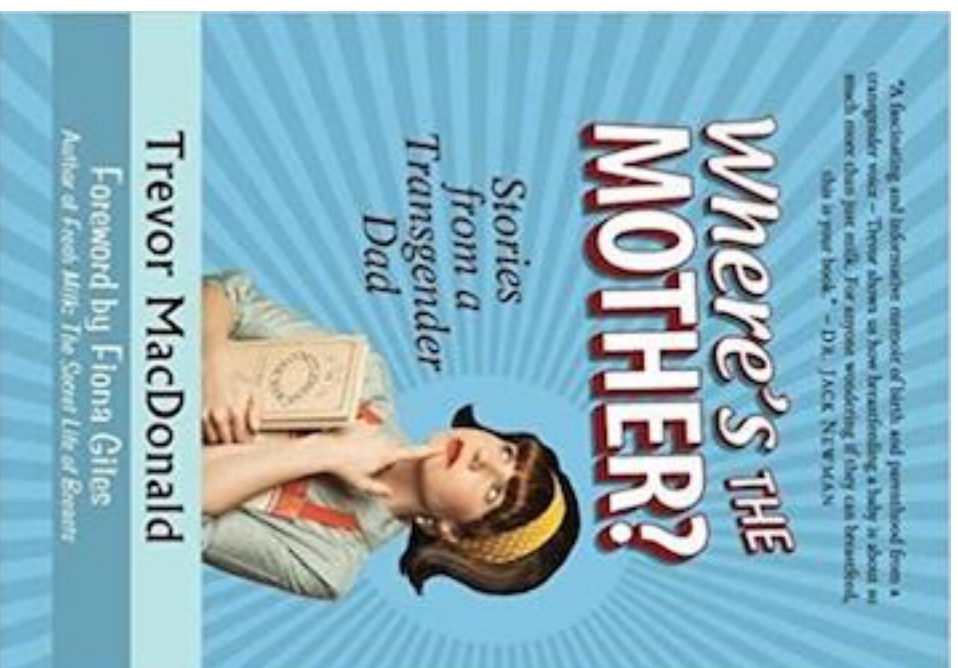
**Bought From:** Book stand.

## **Links:**

- <http://mariapallottachiarolli.com.au/Comeoutbook.html>
- <http://www.deakin.edu.au/about-deakin/people/maria-pallotta-chiarolli>
- <https://www.amazon.com/When-Our-Children-Come-Out/dp/1876451440>
- <https://books.google.com.au/books?id=0tswAgAACAAJ>
- <http://www.outinperth.com/when-our-children-come-out-dr-maria-pallotta-chiarolli/>
- <http://www.glhv.org.au/book/when-our-children-come-out-maria-pallotta-chiarolli>

**Comments:** None at present.





## Where's the Mother?

In a time when to most people “pregnancy” automatically means “motherhood,” what is it like to get pregnant, give birth, and breastfeed a child – all while being an out transgender man?

When Trevor MacDonald decided to start a family, he knew that the world was going to have questions for him. Luckily for the reader, Trevor responds with grace and humour. His stories convey the intimate and sometimes surprising realities of the transgender parenting experience. This memoir is a book about being a breastfeeding parent and a transgender man, and the many beautiful, moving, and difficult ways these two identities collide. “Where’s the Mother?” is a memoir like no other.

**Author/s:** Trevor MacDonald

**Publisher:** Trans Canada Press.

**Year Published:** 2016.

**Bought From:** eBay.

**Links:**

- <http://www.transcanadapress.com>
- <https://www.amazon.com/Wheres-Mother-Stories-Transgender-Dad/dp/0991964519>
- <https://books.google.com.au/books?id=APQfKAEACAAJ>

**Comments:** Notable for its focus on trans\* individuals, reproduction and breastfeeding related issues which are not necessarily openly discussed or covered in other texts.



# Who Are You?: The Kid's Guide to Gender Identity

What do you like?  
How do you feel?  
Who are you?

This brightly illustrated children's book provides a straightforward introduction to gender for anyone aged 5+. 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.

**Author/s:** Brook Pessin-Whedbee.

**Publisher:** Jessica Kingsley Publishers.

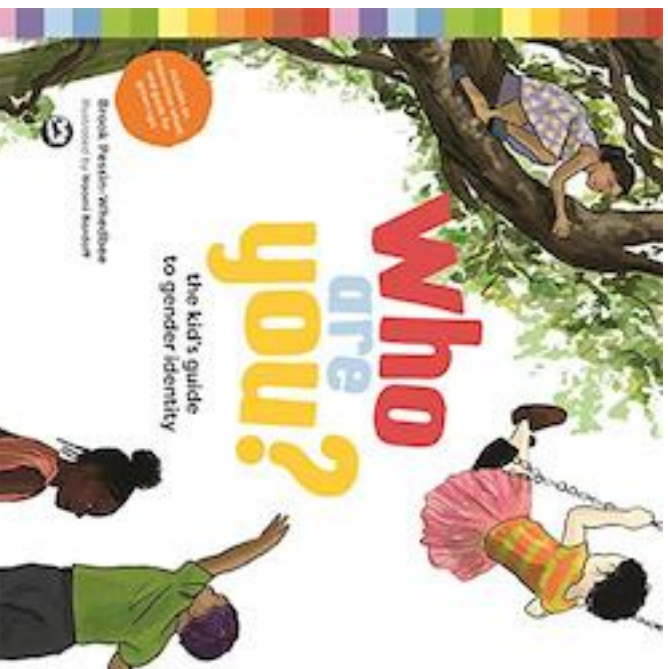
**Year Published:** 2017.

**Bought From:** eBay.

**Links:**

- <https://kidsguidetogender.com>
- <https://www.jkp.com/uk/who-are-you-2.html>
- <https://www.genderspectrum.org/blog/gender-spectrum-story-time-who-are-you-the-kids-guide-to-gender-identity/>
- <https://www.youtube.com/watch?v=3rx0q0M61uE>
- <https://www.youtube.com/watch?v=VBhox4tp3nk>
- <https://readsallthethings.com/2017/02/03/new-review-who-are-you-the-kids-guide-to-gender-identity/>
- <https://teamfinchconsultants.com/blog-newsletter/review-who-are-you-the-kids-guide-to-gender-identity/>
- <https://www.amazon.com/Who-Are-You-Gender-Identity/dp/1785927280>
- <https://books.google.com.au/books?id=OhyZDQAAQBAJ>

**Comments:** Has an interactive spinning layered pinwheel type pull-out part of the book which can be used to explore gender identity and expression.



## Wild Women: History's Female Rebels, Radicals and Revolutionaries

Wild Women details the lives and deeds of some of the most extraordinary women in history. Trailblazers, hell-raisers and firebrands, these women showed a level of daring and disregard for traditional gender roles completely atypical of their time and culture. This collection features women like Njinga, guerrilla fighter and queen of seventeenth century Angola; Moll Cutpurse, underworld matriarch of the streets of Elizabethan London; Irish pirate and rebel, Anne Bonny; and infamous American bank robber, poet and songwriter Bonnie Parker. Whether fighting for their country, political beliefs, or for personal gain, whether loners or leaders, these women were prepared to push through and beyond society's boundaries to achieve their ends.

**Author/s:** Pamela Robson.

**Publisher:** Murdoch Books.

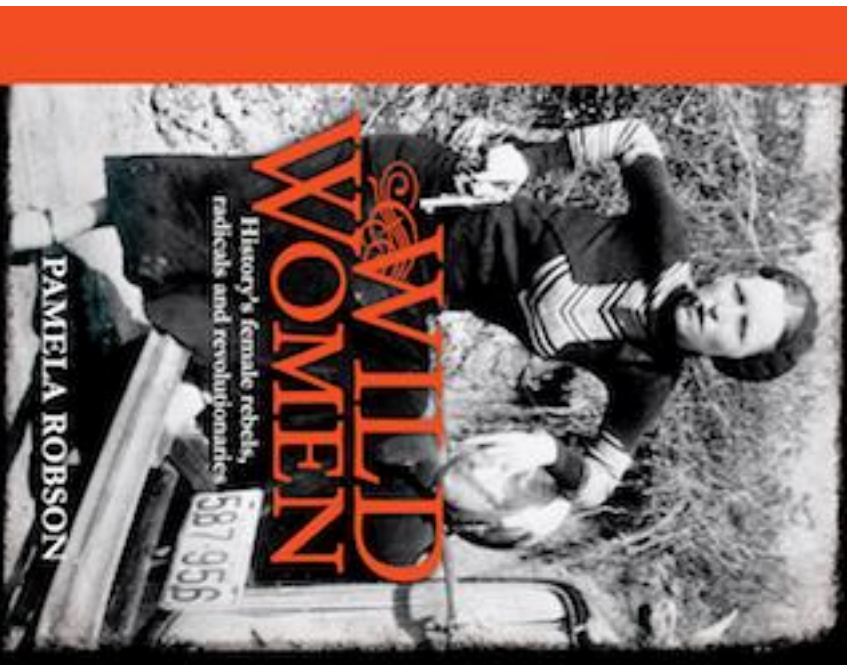
**Year Published:** 2011.

**Bought From:** Book stand.

**Links:**

- <https://www.amazon.com/Wild-Women-Historys-Radicals-Revolutionaries/dp/1741966329>
- <https://books.google.com.au/books?id=QOPj5uflH7vcC>

**Comments:** None at present.



## Yeabsolutely

Yeabsolutely is a story about an adorable four-year girl who dreams of all things BOY! From monster trucks to growing a Mohawk, she spends her days and nights boldly wishing she could fulfil her dreams and secretly worrying about what people will think. As people shower her with princess dresses and doll babies, she envisions herself skateboarding down the side of a building and playing in a rock band. Ultimately, at the end of the day, she worries and wonders if doing those things would be acceptable. As she describes the exciting things she dreams of, she asks her mom... “Would you be proud of me?” (if I became a ninja) “Would you still think I’m pretty?” (if I cut my hair into a Mohawk) “Would you still love me?” (if I became a professional wrestler, rode dirt bikes through the mud, played on a professional football team, etc.) Her mom’s proud answer every time is the same... YEABSOLUTELY!

**Author/s:** Shannan George.

**Publisher:** Parker Girl Publishing.

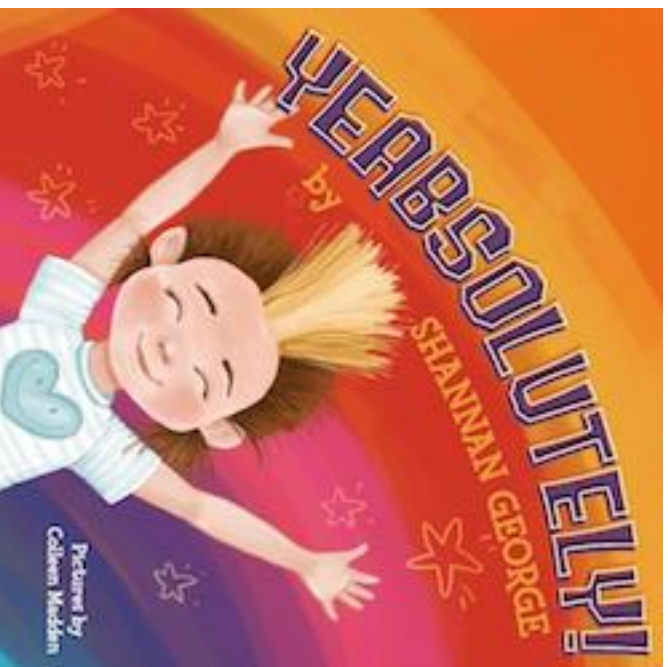
**Year Published:** 2016.

**Bought From:** Wordery.

**Links:**

- <https://www.amazon.com/Yeabsolutely-Shannan-George/dp/0985507403>
- <https://books.google.com.au/books?id=aOn9MAAACAAJ>

**Comments:** None at present.





# You and Your Gender Identity: A Guide to Discovery (First Edition)

Dara Hoffman-Fox LPC



## YOU AND YOUR GENDER IDENTITY A GUIDE TO DISCOVERY

Created for those who are overwhelmed feelings of confusion and uncertainty surrounding their gender identity, the book helps readers gain more clarity about their gender via a step-by-step journey of self-discovery. It leads readers along a self-paced, three-stage approach to gender exploration:

- **Stage One: Preparation**: The journey begins by preparing for what's to come, solidifying your motivation, revealing fears and building a support system.
  - **Stage Two: Reflection**: You move ahead by looking back and trying to make sense of thoughts, feelings and behaviours you may not have understood before.
  - **Stage Three: Exploration**: Through easy-to-follow exercises, you'll actively explore your gender identity, layer-by-layer, so you can form a more complete, authentic picture of yourself.
- Dara Hoffman-Fox LPC explains why understanding your gender identity is an essential component to finding your place in the world and becoming your true, authentic self. The book covers how to:
- **“Understand Your Gender Identity”**: Your gender is a core element of who you are and affects all areas of your life—greater awareness of this can lead to clarity and a stronger sense of self.
  - **“Sustain the Highs and Lows”**: Resources, connection and self-care can help you stay on the challenging path of self-discovery.
  - **“Reveal and Uncover Your Fears”**: Facing your feelings of fear, loneliness, and shame head-on—understanding why they're there can be one of the most empowering parts of the journey.
  - **“Reflect on Your Past”**: Reflection through the lens of gender exploration can help you make sense of past experiences and how they formed who you are today.
  - **“Thoughtfully Explore Your Gender”**: Thorough, step-by-step exercises and gentle contemplation not only help reveal your true self, but also allow you to travel at your own pace.
  - **“Discover and Embrace Your Authentic Self”**: You will have a deeper understanding of your gender, yourself, and the options for “what's next” so you can express this authentic self.

**Author/s:** Dara Hoffman-Fox.

**Publisher:** DHF Press.

**Year Published:** 2016.

**Bought From:** eBay. Also available from the author's website.

**Links:**

- <http://discoveryyourgenderidentity.com>
- <http://darahoffmanfox.com/discoveryyourgenderidentity/>
- <https://www.amazon.com/You-Your-Gender-Identity-Discovery/dp/0997455217>
- <https://books.google.com.au/books?id=FR5KvgAACAAJ>

**Comments:** A rather comprehensive text cum workbook on exploring gender. This version is self-published.



# You and Your Gender Identity: A Guide to Discovery (Second Edition)

Are you wrestling with questions surrounding your gender identity that just don't seem to "go away?" Do you want answers to your questions about your gender identity, but aren't sure how to get started?

In *You and Your Gender Identity: A Guide to Discovery*, Dara Hoffman-Fox, LPC—accomplished gender therapist and thought leader whose articles, blogs and videos have empowered thousands worldwide—guides you step-by-step along the path of self-discovery, allowing you to find and embrace your authentic self. In this ground-breaking guide you'll learn how to:

- **Understand Your Gender Identity:** Your gender is a core element of who you are and affects all areas of your life—greater awareness of this can lead to clarity and a stronger sense of self.
- **Sustain the Highs and Lows:** Resources, connection and self-care can help you stay on the challenging path of self-discovery.
- **Reveal and Understand Your Fears:** Understanding and facing your fears head-on can be one of the most empowering parts of the journey.
- **Reflect on Your Past:** Reflecting through the lens of gender exploration can help make sense of past experiences and how they formed who you are today.
- **Thoughtfully Explore Your Gender:** Thorough, step-by-step exercises and gentle contemplation not only help reveal your true self, but also allow you to travel at your own pace.
- **Discovery and Embrace Your Authentic Self:** You will have a deeper understanding of your gender, yourself, and the options for "what's next" so you can express this authentic self to the world.

**Author/s:** Dara Hoffman-Fox.

**Publisher:** Skyhorse Publishing.

**Year Published:** 2017.

**Bought From:** eBay. Also available from the author's website.

**Links:**

- <http://discoveryyourgenderidentity.com>
- <http://darahoffmanfox.com/discoveryyourgenderidentity/>
- <https://www.amazon.com/You-Your-Gender-Identity-Discovery/dp/1510723056>
- <https://books.google.com.au/books?id=KKoyDwAAQBAJ>

**Comments:** A rather comprehensive text cum workbook on exploring gender. This version is printed through a publisher and has received further editing for readability. Communication with the author indicates that the workbook sections are now incorporated into this edition whereas in the first they came in a separate PDF attachment when purchased through the author's website. Consequently, the first edition is no longer available through the author's website.



## You Be You! Explaining Gender, Love & Family (Diversity & Social Justice for Kids)



“You Be You!” makes gender identity, romantic orientation, and family diversity easy to explain to kids. We also cover discrimination, privilege, and how to stand up for what’s right. This book is for kids of all ages, with beautiful illustrations, clear explanations, and short sections. Read a little or a bunch at a time—whatever you and your kids feel like. Enjoy, and help build a happier and more accepting world!

**Author/s:** Jonathan Branfman.

**Publisher:** CreateSpace Independent Publishing Platform (Self-published).

**Year Published:** 2017.

**Bought From:** Amazon.

**Links:**

- <https://jonathanbranfman.com/publications/>
- <https://www.facebook.com/YouBeYouLGBT/>
- <https://www.indiegogo.com/projects/love-in-every-language-translate-you-be-you-lgbt-transgender>
- <https://disco.osu.edu/news/branfman-lgbt-childrens-book>
- <https://uas.osu.edu/events/you-be-you-reading-author-jonathan-branfman>
- <https://www.amazon.com/Explaining-Gender-Family-Diversity-Justice/dp/1534676414>

**Comments:** None at present.

# “You’re in the Wrong Bathroom!”: And 20 Other Myths and Misconceptions About Transgender and

## Gender-Nonconforming People

Coverage of trans lives has been exploding, yet misinformation persists. Bringing together medical, social, psychological, and political aspects of being trans in the United States, the book unpacks the twenty-one most common myths and misconceptions about transgender and gender-nonconforming people and address a range of fallacies. These include that trans people are “trapped in the wrong body”, that you’re not really trans if you haven’t had “the surgery”, that trans people are a danger to others, especially children, that trans people are mentally ill and therapy can change them and that trans people and feminists don’t get along.

**Author/s:** Laura Erickson-Schroth and Laura A. Jacobs.

**Publisher:** Beacon Press.

**Year Published:** 2017.

**Bought From:** New Edition Bookshop, Fremantle.

### Links:

- <https://www.writerdoctor.com/books>
- <https://www.lauraajacobs.com/youre-in-the-wrong-bathroom/>
- <http://www.beacon.org/Youre-in-the-Wrong-Bathroom-P1261.aspx>
- <https://www.bustle.com/p/youre-in-the-wrong-bathroom-is-the-book-every-trans-ally-needs-to-read-this-year-excerpt-40160>
- <https://www.out.com/art-books/2017/5/30/meet-mythbusting-authors-youre-wrong-bathroom>
- <http://www.thebody.com/content/80074/reliable-transgender-health-resources-are-out-there.html>
- <https://www.salon.com/2017/05/30/transgender-people-dont-all-want-to-look-like-barbie-or-ken>
- <http://www.cosmopolitan.com/sex-love/a9246202/trans-people-dont-hate-their-bodies-excerpt/>
- [https://www.huffingtonpost.com/entry/youre-in-the-wrong-bathroom-trans-myths-and-misconceptions\\_us\\_5936efa7e4b033940169ce73](https://www.huffingtonpost.com/entry/youre-in-the-wrong-bathroom-trans-myths-and-misconceptions_us_5936efa7e4b033940169ce73)
- <https://www.nyjournalofbooks.com/book-review/wrong>
- <http://www.washingtonblade.com/2017/08/04/transgender-book/>
- <https://www.amazon.com/Youre-Wrong-Bathroom-Misconceptions-Gender-Nonconforming/dp/0807033898>
- <https://books.google.com.au/books?id=LpDEDgAAQBAJ>

**Comments:** None at present.



# Magazines



## National Geographic: Gender Revolution

Gender Revolution is a special, single-topic issue on the shifting landscape of gender. To a degree unimaginable a decade ago, the intensely personal subject of gender identity has entered the public square. In this special issue of the magazine, we look at cultural, social, biological and personal aspects of gender.

**Author/s:** National Geographic.

**Publisher:** National Geographic.

**Year Published:** January, 2017.

**Bought From:** News Agent.

**Links:**

- <https://www.nationalgeographic.com/magazine/2017/01/>
- <https://www.nationalgeographic.com/pdf/gender-revolution-guide.pdf>
- <https://shop.nationalgeographic.com/product/magazines/special-issues/national-geographic-gender-revolution-special-issue---u.s.>
- <https://www.nationalgeographic.com/magazine/2017/01/gender-issue-reader-comments-faq/>
- <https://www.youtube.com/watch?v=2B3ea7IGwLA>
- <http://channel.nationalgeographic.com/gender-revolution-a-journey-with-katie-couric/>
- <https://www.youtube.com/watch?v=7u3YO2CJNcg>

**Comments:**

- It is understood that the cover featuring Avery Jackson was for National Geographic subscribers and the cover featuring a group of gender diverse individuals was for wide release, but the content in both is the same. The group photo version is the one owned.
- Around the same time, a documentary entitled “Gender Revolution: A Journey With Katie Couric” was released by National Geographic. Links have been included to the documentary with this entry.



## Time: Beyond He or She

The cover story, with exclusive data from GLAAD, explores a change taking hold in American culture. The piece explores how you-do-you young people are questioning the conventions that when it comes to gender and sexuality, there are only two options for each: male or female, gay or straight.

Those aspects of identity — how one sees themselves as a man or woman, for instance, and who they are drawn to physically and romantically — are distinct but undergoing similar sea changes, as teenagers and 20-somethings reject notions of what society has told them about who they are supposed to be.

**Author/s:** Time.

**Publisher:** Time.

**Year Published:** March 27, 2017.

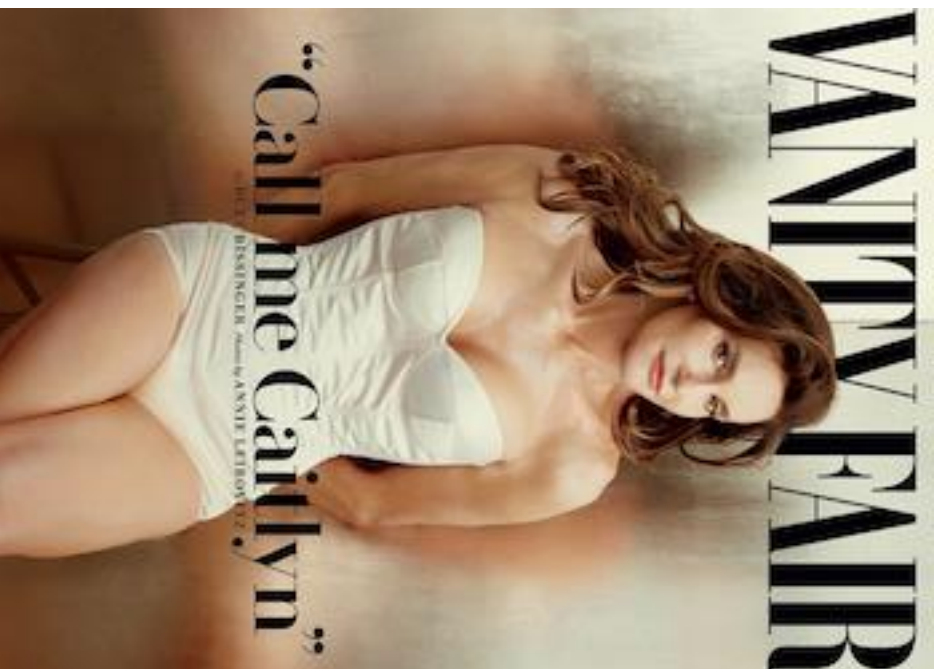
**Bought From:** eBay.

**Links:**

- <http://time.com/4703309/gender-sexuality-changing/>
- <http://time.com/4703058/time-cover-story-beyond-he-or-she/>
- <http://time.com/magazine/us/4703292/march-27th-2017-vol-189-no-11-u-s/>
- <https://www.cbsnews.com/videos/non-binary-the-gender-beyond-he-or-she/>

**Comments:** None at present.





## Vanity Fair: “Call Me Caitlyn”

Few recent stories have gripped the public imagination as much as Bruce Jenner’s journey from Olympic icon to transgender woman. And no one has had the unfettered access that Jenner and her family gave Buzz Bissinger, who chronicles the fears and doubts, love and courage, and tensions and traumas involved in the transition.

**Author/s:** Buzz Bissinger.

**Publisher:** Vanity Fair.

**Year Published:** 2015.

**Bought From:** News agent.

### Links:

- <https://www.vanityfair.com/hollywood/2015/06/caitlyn-jenner-bruce-cover-annie-leibovitz>
- <https://www.vanityfair.com/hollywood/2015/06/caitlyn-jenner-photos-interview-buzz-bissinger>
- <https://www.vanityfair.com/style/2016/06/caitlyn-jenner-first-year-vanity-fair-cover-reveal>
- <https://www.vanityfair.com/hollywood/2015/10/kris-jenner-caitlyn-jenner-vanity-fair-cover>
- <http://time.com/3903483/bruce-jenner-call-me-caitlyn-vanity-fair/>
- [https://www.washingtonpost.com/news/arts-and-entertainment/wp/2015/06/01/bruce-jenner-on-the-cover-of-vanity-fair-call-me-caitlyn/?utm\\_term=.dde7884a109d](https://www.washingtonpost.com/news/arts-and-entertainment/wp/2015/06/01/bruce-jenner-on-the-cover-of-vanity-fair-call-me-caitlyn/?utm_term=.dde7884a109d)
- [https://www.washingtonpost.com/news/arts-and-entertainment/wp/2015/06/01/highlights-from-caitlyn-jenners-interview-with-vanity-fair-i-have-high-hopes-that-caitlyn-is-a-better-person-than-bruce/?utm\\_term=.e665a5273d75](https://www.washingtonpost.com/news/arts-and-entertainment/wp/2015/06/01/highlights-from-caitlyn-jenners-interview-with-vanity-fair-i-have-high-hopes-that-caitlyn-is-a-better-person-than-bruce/?utm_term=.e665a5273d75)
- <http://www.justjared.com/2015/06/25/caitlyn-jenners-full-vanity-fair-interview-released-read-the-quotes/>
- <http://www.eonline.com/au/news/736953/caitlyn-jenner-s-vanity-fair-issue-named-cover-of-the-year>

**Comments:** None at present.



## Women's Day

An account of the experiences of Patrick Mitchell, a young male identifying teenager who previously identified as female. When identifying as female and after being prescribed puberty blockers, his mother also provided him her leftover estrogen tablets. The story also covers her actions and their relationship.

**Author/s:** Women's Day.

**Publisher:** Women's Day.

**Year Published:** September 11, 2017.

**Bought From:** News agent.

**Links:**

- <https://www.pressreader.com/australia/womans-day-australia/20170904/282626032826463>
- <https://www.nowtolove.com.au/news/real-life/patrick-mitchell-transgender-real-life-story-40549>
- <http://www.news.com.au/entertainment/tv/current-affairs/patricks-pain-i-didnt-know-who-the-person-staring-back-at-me-was/news-story/65ff86c8bf269109f1b28cbeb93ab7a>
- <https://gendertrender.wordpress.com/2017/09/05/australias-60-minutes-pulls-teen-detransitioner-story-ahead-of-same-sex-marriage-vote/>
- <https://www.lifesitenews.com/news/boy-who-transitioned-to-female-as-pre-teen-changes-his-mind-i-began-to-real>

**Comments:** This story was also covered in a sensationalised interview on “60 Minutes”. Overall, it was used by some to promote the concept of “transition regret” and to delegitimise the autonomy of young transgender children. However, it is noted that the coverage also highlighted the complexities associated with access to stage one and two treatments for gender dysphoria for young children.





# Publications of Research



# The Experience of Lesbian, Gay, Bisexual, and Trans Students at the University of Western Australia:



## Research Report 2016

**About this Report:** The pilot study upon which this report is based was the first to focus solely on the LGBT student experience at the University. Additionally, the study was almost certainly a first for the Australian higher education sector.

This report addresses the dearth of knowledge about LGBT students in Australia by drawing upon results of an anonymous online survey of 264 LGBT students from UWA. The students were asked about their perception and experience of being LGBT at UWA. It is hoped that the report will make a valuable contribution to diversity initiatives and to future data collection and comparison.

This project was funded by the UWA Alumni Fund Grants. The report was written by Dr Duc Dau and Penelope Strauss.

**Aims of the Report:** The aims of the research project were twofold: to ask LGBT students directly about their experience at UWA and to offer recommendations to the University and the Student Guild for improving the LGBT student experience.

The recommendations in the report are based on feedback from participants of the study as well as best practice from around the globe. The report identifies where future efforts can be best placed for the University and the Student Guild to address the needs of students of diverse sexualities and genders.

**Author/s:** Duc Dau and Penelope Strauss.

**Publisher:** Equity and Diversity, The University of Western Australia.

**Year Published:** 2016.

**Obtained From:** Duc Dau and Penelope Strauss.

### Links:

- [http://www.hr.uwa.edu.au/\\_\\_data/assets/pdf\\_file/0004/2948530/UWALGBT\\_Report-Final-for-Web.pdf](http://www.hr.uwa.edu.au/__data/assets/pdf_file/0004/2948530/UWALGBT_Report-Final-for-Web.pdf)
- <http://www.hr.uwa.edu.au/equity/sexualities/study/lgbtstudents>

**Comments:** Unaware of the availability of physical copies as the copy held was obtained following attendance at a presentation on the research given by Duc Dau and Penelope Strauss at the International Australian Studies Association (InASA) Conference, 2016.



# The First National Trans Mental Health Study: Summary of Results

## Key Messages:

- The first national trans mental health study was a cross-sectional study of trans people living in Australia in 2013. A total of 946 people participated in the study, making the study the largest ever conducted in Australia and one of the largest in the world.
- The study found that trans people experience very high levels of depression and anxiety. The proportion of people currently affected by these syndromes was higher than the lifetime prevalence of depression and anxiety in the general population. The proportion of people who had ever been diagnosed with depression or an anxiety disorder was higher still.
- Both quantitative and qualitative analyses revealed several factors strongly associated with poor mental health. These included difficulty accessing health care (particularly with regard to obtaining hormones and surgery), difficulty changing identifying documents, not feeling comfortable disclosing being trans to doctors, and experiences of discrimination.
- Improving access to health care (in particular, making it easier for people to undertake a medical transition), and reform of state and territory legislation so that trans people are able to change identifying documents more easily, are urgently needed to improve the health of trans people.
- Health curriculums for all health professionals (including mental health professionals) require urgent reform. Health workers must better understand the needs of trans people, how to communicate in a respectful way with them, and be able to provide appropriate health care. Trans health care is often not complex, and trans people should expect to be able to receive it from local services with confidence and without fear of discrimination.

**Author/s:** Zöe Hyde, Maryanne Doherty, P. J. Matt Tilley, Kieran A. McCaul, Rosanna Rooney and Jonine Jancey.

**Publisher:** School of Public Health, Curtin University.

**Year Published:** 2014.

**Obtained From:** Unsure, but likely either Freedom Centre or at a Perth Gender Mental Health Professionals Network meeting.

## Links:

- [https://www.beyondblue.org.au/docs/default-source/research-project-files/bw0288\\_the-first-australian-national-trans-mental-health-study---summary-of-results.pdf](https://www.beyondblue.org.au/docs/default-source/research-project-files/bw0288_the-first-australian-national-trans-mental-health-study---summary-of-results.pdf)
- <https://www.beyondblue.org.au/about-us/research-projects/research-projects/First-national-trans-mental-health-study>
- <http://transoz.org>

**Comments:** Unaware of the availability of physical copies, but the report itself provides information regarding where to obtain copies of the report and other publications arising from the project.



## Free to Be Me

This report uses data collected by Freedom Centre (FC) staff and volunteers and from in depth interviews with regular visitors (service recipients) to the FC from 2012-2014 to assess the effectiveness of FC in meeting its objectives and improving the overall health and wellbeing of LGBTIQ young people. The main objectives of FC are to increase connectedness, increase help seeking behaviours and to improve the overall health and wellbeing of the visitors including reducing mental health issues and preventing suicide.

**Author/s:** Katherine Darby and Dani Wright Toussaint.

**Publisher:** Freedom Centre, WA AIDS Council.

**Year Published:** 2015.

**Obtained From:** Freedom Centre.

**Links:**

- [https://www.dropbox.com/s/108ktf18w5rd2on/Free\\_To\\_Be\\_Me\\_printversionFINAL.pdf](https://www.dropbox.com/s/108ktf18w5rd2on/Free_To_Be_Me_printversionFINAL.pdf)

**Comments:** Unaware of the availability of physical copies as the copy held was obtained from Freedom Centre directly some time ago.





# Trans Pathways: The Mental Health Experiences and Care Pathways of Trans Young People



## What is Trans Pathways?

Trans Pathways is the largest study ever conducted of the mental health and care pathways of trans and gender diverse young people in Australia (859 participants). It is also the first Australian study to incorporate the views of parents and guardians of trans young people (194 participants).

## What did Trans Pathways tell us?

Trans young people are at very high risk for poor mental health, self-harming and suicide attempts. Around 3 in every 4 trans young people have experienced anxiety or depression. Four out of 5 trans young people have ever engaged in self-harm, and almost 1 in 2 trans young people have ever attempted suicide (48%). Trans young people found it difficult to access health services with 60% feeling isolated from medical and mental health services, and 42% having reached out to a service provider who did not understand or respect their gender identity. Problems with health services included a lack of education about gender diversity, not knowing where to refer trans clients, and transphobia.

Many trans young people have experienced negative situations that affect their mental health such as peer rejection, bullying, issues with school, university or TAFE, and a lack of family support. Participants told us they used music and art, peers and friends, activism, social media and pets to make themselves feel better and take care of the mental wellbeing. We have provided a list of recommendations for governments and health providers, as well as guidance for schools, parents, peers and young trans people.

**Author/s:** Penelope Strauss, Angus Cook, Sam Winter, Vanessa Watson, Dani Wright Toussaint and Ashleigh Lin.

**Publisher:** Telethon Kids Institute.

**Year Published:** 2017.

**Obtained From:** Penelope Strauss.

## Links:

- <https://www.telethonkids.org.au/our-research/brain-and-behaviour/mental-health-and-youth/youth-mental-health/trans-pathways/>
- <https://www.telethonkids.org.au/globalassets/media/documents/brain--behaviour/trans-pathways-summary.pdf>
- <https://www.telethonkids.org.au/globalassets/media/documents/brain--behaviour/trans-pathwayreport-web.pdf>

**Comments:** There has been a limited print run of the physical copy of this research. However, additional information, a summary and a copy of the full report are available at the included links.

# DVIDS



## I am Cait (Series 1)

“I Am Cait” is a new documentary series with Caitlyn Jenner, and is about her living her life as a transgender woman. The series will tell her intimate story and will join “Cait” as she seeks out her “new normal”. Living for the first time as the person she feels she was born to be, the docu-series will also explore what Cait’s transition means for the people in her life and how those relationships are affected, while offering a better understanding of many of life’s challenges.

**Featuring:** Caitlyn Jenner.

**Original Network:** E!

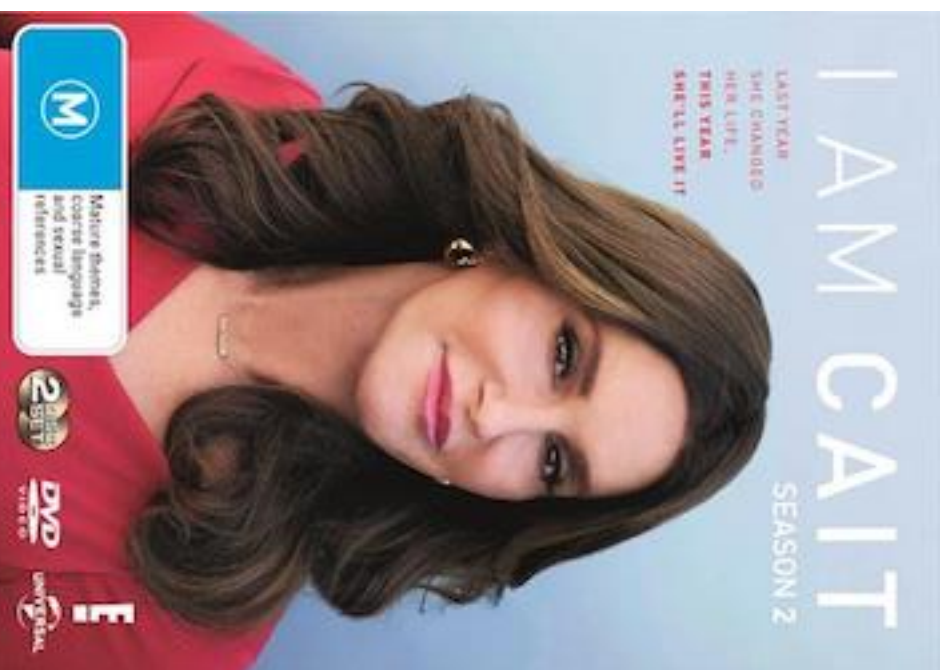
**Year Published:** 2015.

**Bought From:** JB Hi-Fi and Target.

**Links:**

- [http://www.eonline.com/shows/i\\_am\\_cait](http://www.eonline.com/shows/i_am_cait)
- [http://www.eonline.com/au/shows/i\\_am\\_cait](http://www.eonline.com/au/shows/i_am_cait)
- [https://en.wikipedia.org/wiki/I\\_Am\\_Cait](https://en.wikipedia.org/wiki/I_Am_Cait)
- <http://www.imdb.com/title/tt4733278/>
- <https://www.jbhifi.com.au/movies-tv-shows/movies-tv-shows-on-sale/tv-documentary/i-am-cait-season-1/806500/>
- <https://artsbeat.blogs.nytimes.com/2015/09/14/i-am-cait-season-1-finale-recap-the-show-tried-it-really-did/>
- [http://www.eonline.com/shows/i\\_am\\_cait/news/694549/i-am-cait-15-biggest-moments-from-season-1-including-kris-jenner-confrontation-a-suicide-confession-and-kanye-s-kind-words](http://www.eonline.com/shows/i_am_cait/news/694549/i-am-cait-15-biggest-moments-from-season-1-including-kris-jenner-confrontation-a-suicide-confession-and-kanye-s-kind-words)
- <http://www.cosmopolitan.com/entertainment/tv/a46226/i-am-cait-season-1-finale-recap/>
- <https://www.youtube.com/watch?v=0sGpSplfxYw>

**Comments:** None at present.



## I am Cait (Series 2)

“I Am Cait” is a new documentary series with Caitlyn Jenner, and is about her living her life as a transgender woman. The series will tell her intimate story and will join “Cait” as she seeks out her “new normal”. Living for the first time as the person she feels she was born to be, the docu-series will also explore what Cait’s transition means for the people in her life and how those relationships are affected, while offering a better understanding of many of life’s challenges.

**Featuring:** Caitlyn Jenner.

**Original Network:** E!

**Year Published:** 2016.

**Bought From:** JB Hi-Fi and Target.

### Links:

- [http://www.eonline.com/shows/i\\_am\\_cait](http://www.eonline.com/shows/i_am_cait)
- [http://www.eonline.com/au/shows/i\\_am\\_cait](http://www.eonline.com/au/shows/i_am_cait)
- [https://en.wikipedia.org/wiki/I\\_Am\\_Cait](https://en.wikipedia.org/wiki/I_Am_Cait)
- <http://www.imdb.com/title/tt4733278/>
- <http://www.dailymail.co.uk/video/tvshowbiz/video-1244267/Watch-trailer-Season-2-Cait.html>
- <http://deadline.com/2016/08/caitlyn-jenner-i-am-cait-canceled-keeping-up-with-kardashians-e-1201804380/>
- <http://variety.com/2016/tv/news/i-am-cait-cancelled-caitlyn-jenner-season-3-e-1201838490/>
- <https://www.hollywoodreporter.com/live-feed/i-am-cait-ending-2-919993>
- <https://www.youtube.com/watch?v=0sGpSplfxyw>

**Comments:** N/A.





## The Danish Girl

The remarkable love story inspired by the lives of artists Lili Elbe and Gerda Wegener (portrayed by Academy Award winner Eddie Redmayne and Alicia Vikander, directed by Academy Award winner Tom Hooper (“The King’s Speech,” “Les Mis’erables”). Lili and Gerda’s marriage and work evolve as they navigate Lili’s groundbreaking journey as a transgender pioneer.

**Featuring:** Eddie Redmayne and Alicia Vikander.

**Director:** Tom Hooper.

**Year Published:** 2015.

**Bought From:** Target.

**Links:**

- [http://www.focusfeatures.com/the\\_danish\\_girl](http://www.focusfeatures.com/the_danish_girl)
- [https://en.wikipedia.org/wiki/The\\_Danish\\_Girl\\_\(film\)](https://en.wikipedia.org/wiki/The_Danish_Girl_(film))
- <http://www.imdb.com/title/tt0810819/>
- <https://www.sbs.com.au/topics/sexuality/article/2016/01/26/trans-community-reacts-danish-girl>
- <http://www.indiewire.com/2015/12/regressive-reductive-and-harmful-a-trans-womans-take-on-tom-hoopers-embarrassing-danish-girl-213499/>
- <http://junque.com/review-the-danish-girl-might-have-been-okay-ten-years-ago-but-its-terrible-today/72638>
- <http://www.pinknews.co.uk/2016/01/01/review-eddie-redmayne-is-masterful-but-the-danish-girl-is-still-flawed/>
- <https://www.nytimes.com/2015/11/27/movies/review-the-danish-girl-about-a-transgender-pioneer.html>
- <http://www.spiked-online.com/newsite/article/the-danish-girl-neither-stunning-nor-brave/17788#.Wmwk1mZL1ao>
- <http://www.historyshollywood.com/reelfaces/danish-girl/>
- <https://www.vogue.com/article/eddie-redmayne-the-danish-girl-transgender-pioneer-lili-elbe>
- <http://variety.com/2015/film/news/the-danish-girl-eddie-redmayne-transformation-1201586552/>
- <https://www.youtube.com/watch?v=d88APYIGkjk>
- <https://www.youtube.com/watch?v=PdOt6L-NGGE>
- <https://www.youtube.com/watch?v=EoRpTVS4PPE>

**Comments:** Criticised because of the choice to cast a cisgender man to play a transgender woman.

## 52 Tuesdays

16-year-old Billie's reluctant path to independence is accelerated when her mother reveals plans for gender transition and their time together becomes limited to Tuesday afternoons. Filmed over the course of a year, once a week, every week – only on Tuesdays.

**Featuring:** Tilda Cobham-Hervey, Del Herbert-Jane and Mario Späte.

**Director:** Sophie Hyde.

**Year Published:** 2014.

**Bought From:** Blockbuster Video.

**Links:**

- <http://my52tuesdays.com>
- <http://closerproductions.com.au/films/52-tuesdays>
- <http://closerproductions.com.au/news/2012/02/14/52-tuesdays-halfway-through>
- [https://en.wikipedia.org/wiki/52\\_Tuesdays](https://en.wikipedia.org/wiki/52_Tuesdays)
- <http://www.imdb.com/title/tt3100636/>
- <https://www.sbs.com.au/ondemand/video/623248451779/52-tuesdays>
- <https://www.theguardian.com/film/australia-culture-blog/2014/may/01/52-tuesdays-i-was-up-for-gender-being-a-fluid-term>
- <http://www.smh.com.au/entertainment/movies/52-tuesdays-reshapes-sexual-identity-and-explores-teen-intimacy-20140502-37n4r.html>
- <https://www.themonthly.com.au/issue/2014/may/1398866400/lawrence-weschler/time-and-transition-sophie-hyde-s-52-tuesdays>
- <http://variety.com/2014/film/global/sundance-film-review-52-tuesdays-1201073172/>
- <http://www.independent.co.uk/arts-entertainment/films/news/52-tuesdays-a-year-in-the-life-of-a-trans-parent-10413288.html>
- <http://themusic.com.au/interviews/all/2014/04/23/52-tuesdays-sophie-hyde-tilda-cobham-hervey/25739/>
- <http://www.smh.com.au/entertainment/movies/year-of-changes-in-52-tuesdays-pays-off-for-director-sophie-hyde-20140211-32fom.html>
- [https://www.vice.com/en\\_au/article/bnpjww/new-film-52-tuesdays-is-a-sensitive-look-at-transgender-parenthood](https://www.vice.com/en_au/article/bnpjww/new-film-52-tuesdays-is-a-sensitive-look-at-transgender-parenthood)
- <https://www.theaustralian.com.au/arts/review/heros-guide-to-transformation/news-story/d11e63e533fd8540f7adae8c42ec7bda?sv=f7ff34d7dbb204d70aeebf68b6aa465d>
- [http://visitfilms.com/media/product/52TUESDAYS\\_pressbook\\_final%20.pdf](http://visitfilms.com/media/product/52TUESDAYS_pressbook_final%20.pdf)
- <https://www.youtube.com/watch?v=Y5WcMZEYRGU>

**Comments:** Worthwhile, Australian made watch, filmed in weekly instalments from August 2011 to 2012.



## Orlando



In 1600, nobleman Orlando (Tilda Swinton) inherits his parents' house, thanks to Queen Elizabeth I (Quentin Crisp), who commands the young man to never change. After a disastrous affair with Russian princess Sasha (Charlotte Valandrey), Orlando looks for solace in the arts before being appointed ambassador to Constantinople in 1700, where war is raging. One morning, Orlando is shocked to wake up as a woman and returns home, struggling as a female to retain her property as the centuries roll by.

**Featuring:** Tilda Swinton, Quentin Crisp and Billy Zane.

**Directed by:** Sally Potter.

**Year Published:** 1992.

**Bought From:** eBay.

### Links:

- <http://sallypotter.com/film/1198/Orlando>
- [https://en.wikipedia.org/wiki/Orlando\\_\(film\)](https://en.wikipedia.org/wiki/Orlando_(film))
- <http://www.imdb.com/title/tt0107756/>
- <https://www.sbs.com.au/ondemand/video/428817475680/orlando>
- <https://www.rogerebert.com/reviews/orlando-1993>
- <https://www.slantmagazine.com/film/review/orlando>
- <http://www.telegraph.co.uk/culture/books/8995801/Tilda-Swinton-on-Virginia-Woolfs-Orlando.html>
- <https://www.youtube.com/watch?v=gUmTvO9KHHU>
- <https://www.youtube.com/watch?v=T2FRJTV3UXk>
- <https://www.youtube.com/watch?v=p-zC870Xcxc>

**Comments:** It is an adaptation of the Virginia Woolf novel by the same name. A truly gorgeous film, the exploration of gender within being multifaceted and open to personal interpretation. It is worth being aware of the general movement of the story. The film by itself could be interpreted as nonsensical if a viewer considered it a purely historical piece, rather than the plot and characters being open to interpretation.

# ~ Entry Template: ~

|                 |                                                  |
|-----------------|--------------------------------------------------|
| Title:          |                                                  |
| Picture:        |                                                  |
| Blurb:          |                                                  |
| Author/s:       |                                                  |
| Publisher:      |                                                  |
| Year Published: |                                                  |
| Bought From:    |                                                  |
| Links:          | <ul style="list-style-type: none"><li></li></ul> |
| Comments:       |                                                  |





# **Supporting the Wellbeing of Sexual Minority Youth**

**A qualitative study of wellbeing in bisexual,  
pansexual, asexual, queer and questioning  
youth**

**Hilary Miller, Louisa Welland, Katherine Giunta  
ReachOut Australia**

**REACH  
OUT.<sup>TM</sup>.COM**

# Background and approach

- Emerging evidence suggests a large amount of the LGBT mental health burden is experience by bisexual, questioning and other sexual minority youth (bisexual+)\*
  - A ReachOut study indicated bisexual and questioning users had the poorest mental health and risk for suicide compared to their heterosexual and lesbian and gay peers
  - As an online mental health service for young people (14–25 years) and their parents ReachOut aimed to:
    - 1) address the gap in knowledge of the causes of, and protective factors for, mental health in bisexual+ youth
    - 2) develop recommendations for ReachOut and other organisations to develop inclusive mental health content for this audience
- > Interviews and collaging task with young people (n=15)
    - explored the challenges and the positives of their sexual identity, help-seeking and ideal support resources
  - > Interviews with stakeholders (n=5)
    - explored key factors which support the wellbeing of bisexual+ young people.
  - > Interviews with parents (n=4)
    - explored key areas that parents would like support in to support their children

*\*Throughout this presentation we use the terms bisexual + and bi+ to refer to people with multi-gender attraction. This includes bisexual, pansexual, queer, asexual and other identities.*



# Key challenges



## 'PICK A SIDE'

**"I WOULD LIKE THE PRESSURE TO 'I WISH THAT MORE PEOPLE INSIDE THE GAY COMMUNITY ITSELF WOULD SUPPORT MY DECISION TO CALL MYSELF BISEXUAL. I AM NOT BEING SELFISH, I AM NOT A LIAR, I AM NOT GAY, I AM NOT STRAIGHT, I AM BISEXUAL.'"**

**"I CAME OUT TO MY FAMILY AND THEY DIDN'T BELIEVE ME."**

**"THE ONE TIME I BROUGHT THE ISSUE UP WITH MY MOM, SHE SAID THAT I WOULD GROW OUT OF IT, AND THEN IGNORED IT."**

**"BEING GAY IS UNDERSTOOD IN MY FAMILY, BUT BEING BISEXUAL IS NOT."**

**"I FEEL LIKE IF I WERE TO COME OUT AS BISEXUAL, PEOPLE WOULD JUST THINK I'M A SLUT."**

**"MY PARENTS AREN'T HOMOPHOBIC, BUT WHEN IT COMES TO ME, THEY AREN'T ACCEPTING AT ALL. THEY SAY I CAN'T BE BI. I HAVE TO BE GAY OR STRAIGHT."**

**"WHEN I TELL MALES ABOUT MY SEXUALITY, I GET MANY REMARKS LIKE 'THAT'S SO HOT', WHICH I FEEL FETTERIZES MY SEXUAL ORIENTATION."**

**"I'M TIRED OF BEING TOLD IT'S A PHASE."**

**"I'VE HAD PEOPLE TELL ME THAT MY LIFE IS COMPLETES BISEXUAL AND THAT I'M NOTHING."**

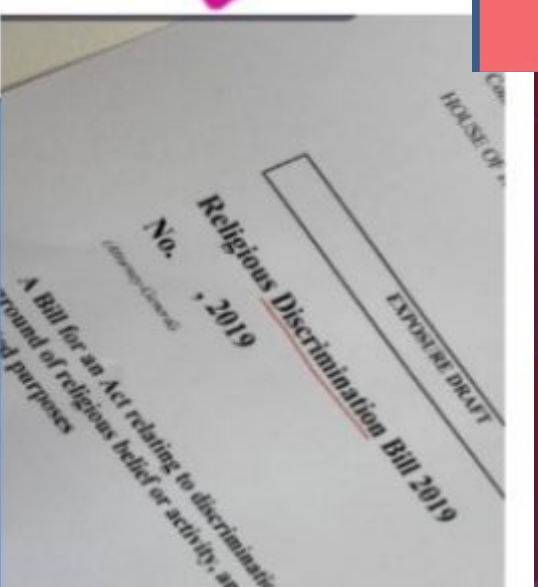
**"I TRIED COMING OUT TO MY MOTHER, BUT SHE ADAMANTLY CLAIMED THAT YOU COULD ONLY BE GAY OR STRAIGHT AND THAT THERE WAS NO IN-BETWEEN."**

**"MY MOTHER SAID: 'YOU'RE SAYING YOU'RE BISEXUAL, WHAT IS THAT? BISEXUALITY ISN'T REAL.'"**

**"THEY JUST THINK I'M CONFUSED."**

**"AS A BISEXUAL, I FEEL SHUNNED BY THE GAY AND LESBIAN COMMUNITY."**

**"TO STOP IT'S VERY FRUSTRATING."**



# Key challenges

## Negotiating Identity:

Young people were grappling with negotiating different aspects of their identity, including questioning their sexuality, exploring gender and coming out to others.

*"Questioning is incredibly frustrating because you want to ask questions that you don't have the answers to."*

## Discrimination and Stigma:

Young people were dealing with many forms of discrimination and stigma including: erasure and biphobia, transphobia, lateral stigma and internalised stigma.

*"There's a bit of... pressure to simplify yourself as much as possible... I guess, in a way that's digestible for other people. I don't think other people's perceptions are ever particularly predisposed to holding nuance. So the more nuanced your identity is, then the harder it's going to be to consistently get that point across."*

## Barriers to Accessing Community:

When trying to connect with LGBTQ+ community, young people faced barriers including exclusivity and inaccessibility.

*"People in the LGBT community exclude bisexual people for a variety of reasons, like you haven't made a choice yet, or bisexuality doesn't exist and that kind of stuff..."*

## Mental and Physical Health Challenges:

Young people experienced a large degree of mental health burden, particularly depression, anxiety and sleep disturbances.





**Key protective factors**

# Key protective factors identified by young people

## Recognition and Acceptance:

Young people expressed that greater knowledge, visibility and representation of gender and sexual diversity is important.

## Supportive Environments:

Connecting with LGBTQ+ community, having supportive friends and family and accessing affirming services were beneficial to young people's wellbeing.

## Personal Resources:

Young people supported themselves through their own practices of resilience and self care, empathy and tolerance, self-acceptance and pride.

*"They were the kind of people that were like, "Go for it, question it. If you want to use different pronouns we'll try them out with you" ... that felt so good to have people ... that I could do this whole weird figuring things out stuff, and not have to claim something and be super sure of it." (M, TGD, 22)*

*"I thought when I was younger, I was never going to come out... I've come out, I'm still trying to figure myself out, but I'm someone that supports and stands up for what I believe in. I'm really proud of that and I think that's something 10-year-old me would never have fathomed." (M/Unsure, 20)*

# Stakeholder findings

- Stakeholders reiterated the challenges articulated by young people, particularly the burden of mental health problems
- They also articulated additional protective factors of Bi+ specific community building and advocacy
- They identified the following priority areas to improve wellbeing for bi+ youth. Education and/or training for
  - mental health providers around bisexual+ mental health and stigma
  - LGBTQ+ services around the unique experiences of bi+ people
  - young people around sexuality and gender

*"when bi people come out to service providers... often there's just sort of no reaction at all...it's really important that you open that door for conversation because we know the mental health statistics are really dire..."*

*"I've heard so many horror stories about bi+ people...and a psychologist says...to young bi women, 'you're actually straight. This is just a phase. You're just doing this for attention'. And to young bi men, 'you're actually gay. You're repressing your homosexuality'."*

*"when I worked with young bi people... every single time, they refused referral to the local LGBTI specialist counseling service... LGBTIQ Plus specialist services want to know more...they understand that a lot of bi people don't feel safe accessing their services.."*



# Implications

Experiences of wellbeing in LGBTQI differ according to age, gender, sexuality, gender, cultural background, and more

Efforts to improve wellbeing in LGBTQI people must acknowledge these differences and adapt accordingly

Areas identified by young people and stakeholder in this study included:

- Resources for young people (and parents) relating to identity and attraction and communicating with others (particularly service providers)
- Support services for bi+ to cope with internalised and experienced stigma
- Adequate sexual health education
- Training and education for service providers a – particularly mental health professionals and sexual health providers

*“To truly accept bi+ people... means to undo some of that us versus them mentality, and that's quite intellectually and emotionally complicated. Humans are really drawn to binaries... but bisexuality destroys that boundary. It says 'I won't choose'. It says “both”. It says ‘neither’. It says ‘that boundary is useless for me’.”*



# Further research and resources

## Research and guides:

- The 'Who I Am' Study
- Bisexual Mental Health: A Call to Action
- Complicated?: Bisexual people's experiences of and ideas for improving services
- Roadmap to Bisexual Inclusion

## Support services:

- Bi+ Australia
- Twenty10
- Minus 18
- The Gender Centre
- QLife
- ACON
- Thorne Harbour Health

Or get in touch with us for more information at [research@reachout.com](mailto:research@reachout.com)