EMBRACING GENDER IDENTITIES

Resources for Parents and Caregivers

Articles

Transitioning in Elementary School Parent Advocacy and Teacher Alisyph
By Tara Goldberg, Aretx Arzoch, spherical bear, and Benjamin Lee Hicks
Teaching Education 29, no. 2 (2020): 106-17
This academic journal article discusses how parents and elementary school teachers worked together to support the gender transition of a six-year-old Ontario child.

Supporting Transgender and Gender-Expansive Children in School
By Melissa Lax
Preliminary Research 151, no. 2 (Oct. 2018): 16-21
Educators share success stories of revising school policies to be more welcoming to all students, as well as procedures for working closely with families to understand their needs.

More than a Safe Space How Schools Can Enable LGBT Students to Thrive
By Michael Sadowsky
American Educator 42, no. 4 (Winter 2016): 3-4
Drawn from his book Safe is Not Enough: Better Schools for LGBT Students (Harvard Education Press, 2016), Sadowsky explores tools and techniques educators can use to support trans and nonbinary students and their families to create truly inclusive school communities.

Books

The Gender Creative Child Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes
By Danie Bien-Aime
The Experiment. 2016. ISBN: 0980130006
Elenssaft explains the interconnected effects of biology, nurture, and culture to explore why gender can be fluid, rather than binary. She encourages caregivers to listen to each child, learn their particular needs, and support their quest for a true gender self.

Raising the Transgender Child A Complete Guide for Parents, Families, and Clinicians
By Michelle Angelos and Ali Brennan
Written by experts in the field, this book offers much-needed answers to all the questions parents and other adults ask about raising and caring for transgender and gender-diverse children.

Transgender Children and Youth Cultivating Pride and Joy with Families in Transition
By Elijah C. Nealy
Author Nealy, a therapist and himself a transgender man, provides physical, social, and emotional best practices for supporting transgender kids.

The Transgender Teen A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens
By Stephanie A. Brill and Lisa Kenney
This readable, comprehensive handbook helps bridge the divide in gender misunderstanding by exploring the unique challenges families face as they raise a teenager who may be transgender, nonbinary, gender-fluid, or otherwise gender-expansive.

PFLAG
www.pflag.org
PFLAG is the nation’s largest family and ally organization. Their mission is to build on a foundation of loving families united with LGBTQ people and allies who support one another.

Transline www.transline.org
Transline is a national trans-led organization dedicated to improving the quality of trans lives by helping to the critical needs of the community with direct service, material support, advocacy, and education.

The Trans Youth Equality Foundation www.transyouth.org
The Trans Youth Equality Foundation provides education, advocacy, and support for transgender and gender-nonconforming children and their families.

Welcoming Schools www.welcomingschools.org
The Human Rights Campaign’s Welcoming Schools website provides training and resources to elementary-school educators to embrace family diversity, create LGBT and gender-inclusive schools, prevent bias-based bullying, and support transgender and nonbinary students.

Websites

The Family Acceptance Project familyproject.ucsd.edu
The Family Acceptance Project is a research, intervention, education, and policy initiative that works to prevent physical and mental health risks for LGBTQ children and youth.

Gender Spectrum www.genderspectrum.org
Gender Spectrum’s mission is to create a gender-inclusive world for all children and youth. To accomplish this, they help build communities that truly define and accept diverse gender identities.

Lambda Legal www.lambdalegal.org
Lambda Legal is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people, and everyone living with HIV through impact litigation, education, and public policy work.

National Center for Transgender Equality www.transgenderequality.org
The National Center for Transgender Equality advocates to change policies and society to increase understanding and acceptance of transgender people.

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Clive and His Babies by Jessica Sargent
First in a series of board books about a boy whose love for imaginative play includes dolls, hats, glitter, art, and a diverse group of friends.

I Am Jazz!
by Jessica Herbst and Jazz Jennings, illustrated by Shelagh Mclntosh
This is the real-life story of Jazz Jennings, a transgender child who knew from a very early age that she had a girl’s brain in a boy’s body.

Introducing Teddy: A Gentle Story About Gender and Friendship
by Jessica Walton, illustrated by Dougal MacPherson
Tilly the teddy bear is nervous to tell her human friend Errol that she doesn’t want to be called Thomas anymore. The name that Errol has always called her. But all that matters to Errol is that Tilly is Errol’s friend.

Jacobs’s New Dress
by Sarah Hoffman and Ian Hoffman, illustrated by Chris Raschka.
When Jacob wears a dress to school, his teacher asks him why he is wearing it. Jacob explains that he is a girl and that this is her dress. The book shows the impact of this decision on the girl and her friends.

Red: A Crayon’s Story
by Michael Hall
This heartwarming picture book follows the story of a blue crayon who is mistakenly labeled as “red” until he discovers his true identity as a blue crayon and celebrates the strength he finds in being true self.

Pride Colors
by Robin Stevenson
A sweet board book for the youngest readers that celebrates the colors of the rainbow flag.

Resident for Parents and Caregivers

Embracing Gender Identities is an ALSC booklist created to help support conversations about gender identity and expression. This list, which is divided into books for 0-5-year-olds, elementary school students and middle schoolers, includes recommended informational picture books, as well as works of fiction and non-fiction that challenge gender norms and explore the wide spectrum of gender identity. It includes additional resources for parents.
K-Grade 5 (Ages 5-10)

**Eleanor Wyatt, Princess and Pirate**
By Rachael Macfarlane. Illustrated by Spencer Laidlaw

- Whether they're sword fighting, sailing, or dancing, Eleanor and her friends know there's more than just one way to play!

**It Feels Good to Be Yourself**
A Book about Gender Identity
By Theresa Thorn. Illustrated by Nooh Chipri

- Vibrant and cheerful illustrations introduce young readers to the concept of gender identity through straightforward vocabulary, child-friendly and intentional language, and lots of love.

**Jacob's Room to Choose**
By Sarah Hoffman and Ian Jeffery. Illustrated by Chris Case

- After Jacob and Sophie's classmates object to their bathroom choices, their teacher helps her students write new rules about who can use which bathroom.

**Jamie Is Jamie**
A Book about Being Yourself and Playing Your Way
By Alexandria Moradian. Illustrated by Maria Rogale

- Jamie is a boy or a girl? This book challenges gender stereotypes and shows readers that playing is fundamental to growing up and learning.

**Morris Micklewhite and the Tangerine Dress**
By Christina Baldecchi. Illustrated by Isabelle Bigennari

- Morris is bullied at school because he loves to wear a tangerine dress during playtime. Eventually, Morris teaches the bullies that it doesn't matter what he wears, all that matters is they can have fun playing together.

**Olgivy**
By Deborah Underwood. Illustrated by T. L. McBeth

- Cheerful Olgivy the bunny challenges stereotypes after moving to a town where there are strict rules about what clothes you wear and what you can do while wearing them.

**One of a Kind like Me / Único como yo**
By Laura Popova. Illustrated by Robert Liu-Trujillo

- Danny and his mama visit a thrift store hoping to find the perfect purple dress for his princess costume.

**Pink is for Boys**
By Kobi Yamada. Illustrated by Eda Kaban

- This beautiful picture book rethinks and reframes stereotypical gender roles and empowers children and their grown-ups to express acceptance in every color of the rainbow.

**Sparkle Boy**
By Leslea Newman. Illustrated by Maria Mola

- Though his big sister has a hard time understanding, Casey's parents and his abuelita support him in his desire to wear a shimmery skirt, glittery nails, and sparkly bracelets.

**When Aidan Became a Brother**
By Kyle Luhoff. Illustrated by Kaylani Juanita

- Aidan, a transgender boy whose parents have helped him build a life and identity that fits his true self, is expecting a new baby sibling. He sets out to discover the best ways to make the new baby feel welcome and loved.

**Who Are You?**
The Kid's Guide to Gender Identity
By Brooke Fiorello-Whodave. Illustrated by Naomi Bardoff

- This informational picture book illuminates distinctions of sex, gender, and identity, providing grown-ups with guidance in talking about, and allowing children to embrace and express themselves as they are.

**Grade 6-8 (Ages 11-14)**

**Being Jazz**
My Life as a (Transgender) Teen
By Jazz Jennings

- Much more than the autobiography of a girl who transitioned at age 5, it's an uplifting story of acceptance, tolerance, and social justice.

**George**
By Alex Gino

- George is a girl. When people see her, they see a boy, but George knows she's a girl. This novel deftly shares George's journey to find a place where she can confidently express her gender identity.

**Gracefully Grayson**
By Ben Polonsky

- Grayson has a secret. Grayson is a girl on the inside, stuck in the wrong gender's body. Can she set her true self free? In this moving story, Grayson finds strength in unexpected friendships and mentors who help her on her journey.

**I Am Malala**
How One Girl Stood Up for Education and Changed the World (Young Readers Edition)
By Malala Yousafzai

- This is a young readers adaptation of the autobiography of Malala Yousafzai, the girl who stood up to the Taliban when they said girls couldn't go to school. Malala defied gender norms in her country, becoming an outspoken, international activist for gender equality and girls' rights to an education.

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**Lily and Dunkin**
By Donna Gephart

- Eighth grade is tough for Lily, who is transgender, and Dunkin, who has bipolar disorder, but together, they just might survive the year.

**My Seventh-Grade Life in Tights**
By Brooks Benjamin

- All Dillon wants is to be a real dancer, taking lessons at an actual dance studio. But his dad thinks he should play football, and his freelance crew, the Dizzle Freez, say dance studios are for softies. This hilarious novel celebrates following your dreams, while also confronting gender stereotypes.

**The Prince and the Dressmaker**
By Jen Wang

- Prince Sebastian leads a secret life—at night, he puts on daring dresses and takes Paris by storm as the fabulous Lady Crystallia, his best friend and dressmaker. Frances, keeps his secrets, but she's ready for the world to know whose talent lies behind Lady Crystallia's haute couture gowns.

**The Witch Boy**
By Kyle Pollock

- A fun and educational comic guide to gender-neutral pronouns and how to use them.

**Zenobia July**
By Lisa Brown

- Zenobia July, middle-school hacker and amateur detective, is out to solve the mystery of who is posting hateful memes on her school's website, all while wrestling with the challenges of a new school, a new family, and coming to grips with presenting her true gender for the first time.

**A Quick & Easy Guide to They/Them Pronouns**
By Archie Bongewani and Tristan Jimerson. Illustrated by Archie Bongewani

- A fun and educational comic guide to gender-neutral pronouns and how to use them.