

## EMBRACING GENDER IDENTITIES

# Resources for Parents and Caregivers

### Articles

#### Transitioning in Elementary School

Parent Advocacy and Teacher Allyship

By Tara Goldstein, Auesten Koecher, Pamela Baer, and Benjamin Lee Hicks

*Teaching Education* 29, no. 2 (2018): 165-77.

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 Melinda Mangin

*Phi Delta Kappan* 100, 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 LGBTQ Students to Thrive

Michael Sadowski

*American Educator* 40, no. 4 (Winter 2016-17): 4-9.

Drawn from his book *Safe Is Not Enough: Better Schools for LGBTQ Students* (Harvard Education Press, 2016), Sadowski explores tools and techniques educators can use to support trans and nonbinary children 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 Diane Ehrensaft

*The Experiment*, 2016, ISBN: 9781615193066

Ehrensaft 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.

#### Rainbow Relatives

Real-World Stories and Advice on How to Talk to Kids about LGBTQ+ Families and Friends

by Sudi Karatas

*Skyhorse*, 2018, ISBN: 9781510731738

Using a variety of real-life stories and interviews, this book helps families prepare for conversations with children about the issues and topics surrounding the LGBTQ+ community.

#### Raising the Transgender Child

A Complete Guide for Parents, Families, and Caregivers

by Michele Angello and Ali Bowman

*Seal Press*, 2016, ISBN: 9781580056359

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

*W.W. Norton*, 2017, ISBN: 9780393711394

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

*Cleis Press*, 2016, ISBN: 9781627781749

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.

# EMBRACING GENDER IDENTITIES

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.

## Birth-Preschool (Ages 0-5)

#### Clive and His Babies

by Jessica Spanyol

*Child's Play International*, 2016, ISBN: 9781846438820

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 Herthel and Jazz Jennings, illustrated by

Shelagh McNicholas

*Dial Books*, 2014, ISBN: 9780803741072

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

*Bloomsbury*, 2016, ISBN: 9781681192109

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.

#### Jacob's New Dress

by Sarah Hoffman and Ian Hoffman, illustrated by Chris

Case

*Albert Whitman & Company*, 2014, ISBN: 9780807563731

When Jacob wears a dress to school, his classmates challenge his choice. When he persists, his family and friends begin to accept his gender nonconformity.

#### Julián Is a Mermaid

by Jessica Love

*Candlewick Press*, 2018, ISBN: 9780763690458

Julián LOVES mermaids! A summer afternoon of dress-up fantasy is only improved by a surprise from Abuela.

#### Neither

by Airlie Anderson

*Little, Brown*, 2018, ISBN: 9780316547697

The Land of This and That is too restrictive for the individualistic Neither. But a more colorful and open-minded home is waiting to embrace Neither.

#### Phoenix Goes to School

A Story to Support Transgender and Gender Diverse Children

by Michelle Finch and Phoenix Finch, illustrated by Sharon

Davey

*Jessica Kingsley Publishers*, 2018, ISBN: 9781785928215

Phoenix, a transgender girl, is feeling nervous about her first day of school. With encouragement from her mom to be brave, Phoenix makes new friends and stands up for herself.

#### Pride Colors

by Robin Stevenson

*Orca Book Publishers*, 2019, ISBN: 9781459820708

A sweet board book for the youngest readers that celebrates inclusivity, acceptance, and love through all the colors of the rainbow flag.

#### Red: A Crayon's Story

by Michael Hall

*Greenwillow Books*, 2015, ISBN: 9780062252074

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 his true self.

#### Teddy's Favorite Toy

by Christian Trimmer, illustrated by Madeline Valentine

*Atheneum Books*, 2018, ISBN: 9781481480796

Teddy's mom accidentally throws out his favorite toy, a doll named Bren-Da, but then manages to rescue her through some epic moves. A great story that normalizes boys playing with dolls.

#### They, She, He, Me: Free to Be!

by Maya Christina Gonzalez and Matthew Smith-Gonzalez,

illustrated by Maya Christina Gonzalez

*Reflection Press*, 2017, ISBN: 9781945289064

In this simple picture book, illustrations of a variety of people show the range of what the pronouns me, she, he, and they can mean as they pertain to gender identity. An author's note at the end explores using and claiming pronouns to express who you are.

#### Want to Play Trucks?

by Ann Stott, illustrated by Bob Graham

*Candlewick Press*, 2018, ISBN: 9780763681739

Jack likes trucks, but Alex likes dolls: the solution to their play dilemma offers a positive message about inclusiveness and compromise.

### Websites

#### The Family Acceptance Project

[familyproject.sfsu.edu](http://familyproject.sfsu.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](http://www.genderspectrum.org)

Gender Spectrum's mission is to create a gender-inclusive world for all children and youth. To accomplish this, they help families, organizations, and institutions increase understanding of gender and consider the implications that evolving views have for each of us.

#### Lambda Legal

[www.lambdalegal.org](http://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

<https://transequality.org>

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

#### PFLAG

[pflag.org](http://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.

#### Trans Lifeline

[www.translifeline.org](http://www.translifeline.org)

Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of the community with direct service, material support, advocacy, and education.

#### The Trans Youth Equality Foundation

[www.transyouthequality.org](http://www.transyouthequality.org)

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

#### Welcoming Schools

[www.welcomingschools.org](http://www.welcomingschools.org)

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



This booklist was created by the Association for Library Service to Children (ALSC), a division of the American Library Association (ALA). Titles on this list were selected by members of ALSC's Quicklists Consulting Committee. For more booklists, please visit [www.ala.org/alsc/booklists](http://www.ala.org/alsc/booklists). © 2019 American Library Association

# EMBRACING GENDER IDENTITIES

## K-Grade 5 (Ages 5-10)

### Eleanor Wyatt, Princess and Pirate

by Rachael MacFarlane, illustrated by Spencer Laudiero  
Imprint, 2018, ISBN: 9781250138576

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 Noah Grigni  
Henry Holt, 2019, ISBN: 9781250302953

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.

### Jack (not Jackie)

by Erica Silverman, illustrated by Holly Hatam  
little bee books, 2018, ISBN: 9781499807318

Big sister Susan loves her transgender brother just as he is; Jack's bright eyes and silly giggle will always make her smile.

### Jacob's Room to Choose

by Sarah Hoffman and Ian Hoffman, illustrated by Chris Case  
Magination Press, 2019, ISBN: 9781433830730

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 Afsaneh Moradian, illustrated by Maria Bogade  
Free Spirit Publishing, 2018, ISBN: 9781631981395

Is Jamie 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 Christine Baldacchino, illustrated by Isabelle Malenfant  
Groundwood Books, 2014, ISBN: 9781554983476

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.

### Ogilvy

by Deborah Underwood, illustrated by T. L. McBeth  
Henry Holt, 2019, ISBN: 9781250151766

Cheerful Ogilvy 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 Laurin Mayeno, illustrated by Robert Liu-Trujillo  
Blood Orange Press, 2016, ISBN: 9780985351410

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

### Pink Is for Boys

by Robb Pearlman, illustrated by Eda Kaban  
Running Press Kids, 2018, ISBN: 9780762462476

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 Lesléa Newman, illustrated by Maria Mola  
Lee & Low, 2017, ISBN: 9781620142851

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 Lukoff, illustrated by Kaylani Juanita  
Lee & Low, 2019, ISBN: 9781620148372

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 Brook Pessin-Whedbee, illustrated by Naomi Bardoff  
Jessica Kingsley Publishers, 2017, ISBN: 9781785927287

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  
Crown, 2016, ISBN: 9780399554643

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  
Scholastic, 2017, ISBN: 9780545812573

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 Ami Polonsky  
Disney-Hyperion, 2016, ISBN: 9781484723654

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  
Little, Brown, 2016, ISBN: 9780316327916

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' right to an education.

### Lily and Dunkin

by Donna Gephart  
Yearling, 2018, ISBN: 9780553536775

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  
Yearling, 2017, ISBN: 9780553512533

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 freestyle crew, the Dizzee Freez, say dance studios are for sellouts. This hilarious novel celebrates following your dreams, while also confronting gender stereotypes.

### The Pants Project

by Cat Clarke  
Sourcebooks Young Readers, 2017, ISBN: 9781492638094

Liv, a transgender boy, is on a mission to challenge his new school's dress code that requires him to wear a skirt. He just might change his life along the way.

### The Prince and the Dressmaker

by Jen Wang  
First Second, 2018, ISBN: 9781626723634

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.

### A Quick & Easy Guide to Queer & Trans Identities

by Mady G and J. R. Zuckerberg  
Limerence Press, 2019, ISBN: 9781620105863

A winsome group of slugs, observing humans on a camping trip, have an entertaining and informative discussion of queer identities, gender identity and expression, asexuality, relationship basics, coming out, and more.

### A Quick & Easy Guide to They/Them Pronouns

by Archie Bongiovanni and Tristan Jimerson, illustrated by Archie Bongiovanni  
Limerence Press, 2018, ISBN: 9781620104996

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

### The Witch Boy

by Molly Knox Ostertag  
Graphix, 2017, ISBN: 9781338089523

Aster knows that he is meant to be a witch, but he is forbidden. In his family only girls are allowed to be witches, and the boys are supposed to be shapeshifters. When a vengeful force threatens his family, Aster must use his ability as a witch to help protect them.

### Zenobia July

by Lisa Bunker  
Viking, 2019, ISBN: 9780451479402

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.

