

TGD Resource Guide

*Supporting Transgender & Gender Diverse (TGD)
Individuals: Youth through Adulthood*



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TGD Resource Guide available on the web at Watershed Counseling & Consultation Services

<http://watershedservices.biz/resources>

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Overview of TGD Resource Guide

The following resources focus on supporting Transgender and Gender Diverse (TGD) individuals and supportive allies. This Resource Guide is updated on a regular basis but keep in mind that website addresses change, books go into new editions, and new information is constantly being developed. The Guide is in no way meant to be an exhaustive list nor an endorsement of resources listed, rather a source to highlight some of the most useful information available.

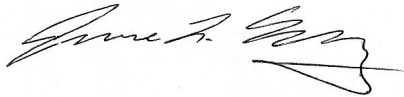
Updates & Distribution of the TGD Resource Guide

The latest edition of the TGD Resource Guide may be found on the Watershed Counseling & Consultation Service page under “Resources” at the following link:

watershedservices.biz/resources

The TGD Resource Guide is meant to be distributed, so please share the link widely and let people know it is updated several times a year.

Thank you.



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TGD 101 - Overview Information re: TGD Individuals

[Transgender People, Gender Identity & Gender Expression](#)

[Answers to Questions about Transgender People, Gender Identity & Gender Expression](#)

[How Can I Support Someone Who is Trans](#)

[Introductory Brochure – Answers to Questions about Transgender People, Gender Identity and Gender Expression](#)

Adults - TGD

[National Center for Transgender Equality](#)

[Susan's Place](#) - Website for Transgender Resources

[TGD/LGBT Center Directory](#)

Advocacy Resources - TGD

[ACLU - LGBT](#)

[National LGBTQ Task Force](#)

[Trans Women of Color Collective](#)

[Trans Latin@ Coalition](#)

Allies - Being a Supportive Ally for TGD People

[GLAAD FAQ for TGD Allies](#)

[Tips for TGD Allies](#)

[Tips for Teachers Being Allies for LGBTQ Students](#)

[Questionable Questions](#) - Asking questions to a Person Who is TGD about their gender identity / gender expression

Athletics / Sports - TGD

[Gender Affirming & Athletics Inclusive Participation](#) - GLSEN

[Trans Athlete Policies in K - 12 Schools by State](#)

[Campus Pride Sports Index](#) - Addressing LGBTQ safety and inclusion in college and university sports

[Athletic Equality Index \(AEI\)](#) - Assessment rating for National Collegiate Athletic association (NCAA) athletic departments' policies & practices about LGBTQ inclusion

[Trans Athletes](#)

[You Can Play: LGBTQ Athletes & Allies Teaming Up For Respect](#)

[Athlete Ally](#)

[On the Team](#) (Older document but detailed guide for student athletes who are TGD)

[NCAA Transgender Policy, Background & Resources](#)

[Transgender-Inclusive High School Sports and Activities Policy & Education Project](#)

Bathrooms (see “Restrooms”)

Books & Reading Resources for TGD Individuals

Children through Young Adult

[Association for Library Service to Children \(ALSC\) - Embracing Gender Identities](#)

[HRC’s Gender-Expansive and Transgender Children: Books for Students](#)

(PDF form)

[HRC’s Books for LGBTQ Inclusive Schools & Books About Family Diversity](#)

[TYEF Recommended Book List: All Levels](#)

[Social Justice Books](#)

[Common Sense Media - LGBTQ: Preschoolers to Teens](#)

Free Library of Philadelphia

[Young Adult Books](#)

[Middle School Books](#)

[Picture Books](#)

Adults

[PFLAG Reading List for Adults Who Are TGD](#)

Coming out as TGD

[HRC: Resource Guide to Coming Out Guide Transgender or Non-Binary](#)

See “Workplace”

GSA/AGSA (see School Resources: GSA/AGSA)

Healthcare (Medical & Mental Healthcare) - TGD

Healthcare-related Sites for TGD People (Note: Not a complete list)

[Know Your Rights](#) - Healthcare

[Finding Insurance for Transgender-Related Healthcare](#)

[Ten Things Transgender Persons Should discuss with Their Healthcare Care Provider](#)
- by GMLA

Reproductive Bio Storage

[California Cryobank](#) - Note: various locations

Gender Affirming Health Care Centers/Clinics/Hospitals (not a complete list)

Nationally

[Planned Parenthood](#)

California

[Rady's Children's Hospital](#) - San Diego: Center for Gender Affirming Care

[Gender Pathways Clinic](#) - Kaiser Permanente SF Medical Center

Hormone therapy, sexual and reproductive health care, mental health services, and surgical evaluations and procedures

[Tom Waddell Clinic](#) – San Francisco, CA

Delaware

[Gender Wellness Program](#) - Nemours Children's Health System

Illinois

[Chicago Women's Health Center](#) - Trans-positive services informed by trans people

Iowa

One Iowa - Lists various healthcare services and mental health providers for TGD individuals across the age-range

[Unity Point / Blank Children's Adolescent Medicine and Blank Children's Endocrinology](#) - Health services for TGD youth

[Transverse](#) - a local support group in Iowa City and surrounding areas that also maintains a [Facebook page](#) addressing information related to TGD services in Iowa

Maryland

[Chase Brexton Health Care](#) - Multiple Locations

[Your Trans Care \(YTC\)](#)

Massachusetts

[Fenway Health](#) - Boston, MA

Quality and informed care for trans women and men, gender-queer, and others who have health care needs unique to gender expressions and identities

[Gender Multispecialty Service \(GeMS\) of Boston Children's Hospital](#)

Providing to gender-diverse and transgender individuals and their families

New Hampshire

[Gynecology Gender Clinic: Dartmouth-Hitchcock Medical Center](#) - Lebanon, NH

Multidisciplinary health care to patients seeking HRT and /or gender reassignment surgery

New Jersey

[Babs Siperstein PROUD Center](#) - RWJ University Hospital Somerset, NJ

New York

[Evergreen Health Services](#) - Buffalo, NY

Trans-specific services including prescribing hormones

[Callen-Lorde Community Health Center](#)

Provides hormone therapy as well as primary care and mental health specialists.

North Carolina

[University of North Carolina \(UNC\) Gender Affirming Care Clinic](#)

Pennsylvania

[Gender & Sexuality Development Clinic](#) - The Children's Hospital of Philadelphia

[Stephen Klein Wellness Center \(SKWC\) - Project Home](#) - Philadelphia

[Transgender Inclusive Healthcare Services - description](#)

[Pride Program](#) - Einstein Medical Center - Philadelphia

[Y-HEP Health Center - Philadelphia Fight Healthcare Centers](#) - Philadelphia
(Services for Ages 13-24, regardless of insurance status or ability to pay)

[Main Line Health](#) - Bryn Mawr & Paoli (check over time for additional sites)

[Gender & Sexual Development Program](#) - UPMC - Pittsburgh, PA

[Persad Center](#) (Pittsburgh, PA)

[Center for Inclusion Health - Allegheny Health Network](#) - Western, PA

[Allentown Women's Center](#) - Bethlehem, PA

Trans Health Initiative program offers hormone replacement therapy, mental health and counseling referrals

[Thomas Jefferson University Hospital](#) - Philadelphia

Vermont

[Transgender Youth Program](#) - University of Vermont Children's Hospital
- Burlington, VT

Virginia

[Health Brigade](#) - Richmond, VA

Washington, D.C.

[Whitman-Walker Clinic](#) - Two locations

Drug & Alcohol Resources

[What to Look for When Seeking LGBT-Friendly Addictions Treatment Guide](#)

[Gay & Lesbians in AA \(GAL-AA\) - Meeting Listing Search](#)

[Gay and Sober](#) - Meeting Finder by Region & State

[SAMHSA](#) - LGBT Behavioral Health Resource Guides for Adults, Parents, Providers, & Practitioners

Healthcare Personnel Resources

[WPATH](#)

[Standards of Care = 7th Version](#) (available in several languages)

[Best Practices for Health Care Staff: Transgender and Gender Non-conforming People](#)

[Trans Line - Project Health](#) - Medical e-consultation service offering health care providers up-to-date clinical information and individualized case consultation services

[COVID-19 Resource List](#)

[GLMA - Healthcare Professionals Advancing LGBT Equality](#)

[TGD Patient Services & Support: Resources for Providers & Hospital Administrators](#)

[Glossary of LGBT Terms for Health Care Teams](#)

[Improving the Health Care of LGBT People](#)

[**Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents**](#) - American Academy of Pediatrics - Policy Statement (2018)

[**National LGBT Health Education - Publications**](#)

[**TGD White Coat Cards**](#)

[**The Q Card and the TGNC Card**](#) - Two types of wallet size cards for people who are TGD to give to health providers better inform them

[**TGNC Handout for Patients as well as Medical Providers**](#)

Higher Education Resources - TGD

Students

[**FAQ - TGD Students and Colleges/Universities**](#)

[**Campus Pride**](#)

[**Colleges and Universities with Nondiscrimination Policies that Include Gender Identity/Expression**](#)

[**College 101 for Trans Students: A Guide to Navigating College**](#)

[**Navigating FAFSA & The Military Draft**](#)

[**LGBTQ Centers on a College/University Campus**](#)

[**Point Foundation – Scholarship awards to LGBTQ Individuals**](#)

Educators and Administrators in Higher Education

[**Teaching LGBTQ Psychology**](#) - Burnes & Stanley (Eds.) APA Publications

[**Teaching Beyond the Gender Binary in the University Classroom**](#)

[**Resources for Incorporating Trans and Gender Diverse Issues into Counseling Psychology Curricula**](#) - (some of the material is useful for other professions as well)

[**Best Practices for Supporting Transgender Students**](#) - Lambda Legal

[**Consortium of Higher Education Lesbian Gay Bisexual Transgender Resource Professionals**](#)

[**Example of College/University TGD Resource Guide**](#) - University of Rochester

[**See Athletics - TGD**](#)

[**Graduate Psychology Professors - Resources for Courses**](#)

History/Herstory/Trans-story Resources - TGD

[**The Tretter Transgender Oral History Project**](#)

[**Transgender History in the U.S. and Places That Matter**](#)

[**Transgender History in the United States**](#) - An unabridged version of a book chapter from Trans Bodies, Trans Selves

[**Queer America Podcast Series**](#)

[**LGBTQ History in Public Schools**](#) (Episode 3 in Queer America Podcast Series)

[**Making Gay History Podcast Series**](#) - Podcast series with coverage of various TGD leaders in history

Hotlines for Support & Suicide Prevention - TGD

[**Trans Lifeline**](#) - US: (877) 565-8860 Canada: (877) 330-6366

[**The Trevor Project**](#) - 866-488-7386 (24/7 LGBTQ hotline) by phone, IM, or text

[**Ally Moms**](#) - Mothers of TGD children who are trained & volunteer to provide support TGD youth

[**LGBT National Help Center**](#) (Hotlines and Weekly On-line Talk Groups) - 888-843-4564

[**National Runaway Safeline**](#) - (800) 786 - 2929

[**RAINN**](#) (Rape, Abuse & Incest National Network) - (800) 656-4673

[**National Child Abuse Hotline**](#) - (800) 422-4453

[**National Suicide Prevention Lifeline**](#) - (800) 273-8255

Immigration Issues - TGD

[**Immigration Issues: Know Your Rights**](#)

[**Answers to Common Questions re: Transgenders Immigrants**](#)

Infographics - TGD

[**TSER Infographics \(including Gender Unicorn\)**](#)

Juvenile Justice System - TGD

[**LGBTQ Youth Incarcerated in the Juvenile Justice System**](#)

[**The Unfair Criminalization of Gay and Transgender Youth**](#)

Language / Writing

[Basics When Writing about People who are TGD](#)

[American Psychological Association \(APA\) Style - Sexual Orientation](#)

[Additional Resources Under “Pronouns”](#)

Legal & Policy Resources - TGD

[Lambda Legal](#)

[Transgender Law & Policy Institute](#)

[State by State LGBTQ Family Law Guides](#)

[Transgender Legal Defense & Education Fund](#)

[Transgender Law Center](#)

[See section “Name, ID & Gender Marker Changes” for additional information](#)

Maryland Resources - TGD

[Maryland TGD Resources](#) - Advocacy, Legal, Counseling, Housing, & Healthcare

Mental Health Provider Resources - TGD

Readings for Mental Health Providers

[APA: A Selective Bibliography of Lesbian, Gay, and Bisexual Concerns in Psychology](#)

[Teaching LGBTQ Psychology](#) - Burnes & Stanley (Eds.) APA Publications

[A Clinician's Guide to Gender-Affirming Care: Working with Transgender and Gender Nonconforming Clients](#) - Chang, Singh & Dickey. New Harbinger Publications

[The Queer and Transgender Resilience Workbook: Skills for Navigating Sexual Orientation and Gender Expression](#)

- A. Singh. New Harbinger Publications

TGD Related Guidelines for Mental Health Providers

[Guidelines for Psychological Practice with Transgender and Nonconforming People \(APA\)](#)

[Current APA Policy Statements on Several Lesbian, Gay, Bisexual, and Transgender Concerns](#)

[APA's Resolution on Appropriate Affirmative Responses to Sexual Orientation Distress & Change Efforts](#)

[ACA's Competencies for Counseling with Transgender Clients](#)

[WPATH - Standards of Care = 7th Version](#) (available in several languages)

Websites for Mental Health Providers

[APA Division 44 – Society for the Psychology of Sexual Orientation & Gender Diversity](#)

[APA Office of LGBT Concerns](#)

[American Counseling Association's \(ACA\) Resources for Assisting LGBTQ+ Clients](#)

[AFFIRM: Psychologists Affirming their LGBT Family](#)

Fact Sheets for Mental Health Providers Supporting TGD Youth

[Fact Sheet: Gender Diversity and Transgender Identity in Children](#)

[Fact Sheet: Gender Diversity and Transgender Identity in Adolescents](#)

Name, ID & Gender Marker Changes

[FAQs About Identity Documents](#) - Lambda Legal

[ID Documents Center](#): Information per State - National Center for Transgender Equality

[The Name Change Project](#) - Transgender Legal Defense & Educational Fund

[Deadname Remover App](#) - Chrome Extension

Older Adults who are TGD

[SAGE - Advocacy & Services for LGBT Elders](#)

[SAGE - How To Be An Ally To Transgender Older Adults](#)

[SAGE - Tips For Working With LGBT Older Adults](#)

[SAGE - Inclusive Services for Older Adults: A Practical Guide to Creating Welcoming Agencies](#)

[National Resource Center on LGBT Aging](#)

[LGBT Aging Issues Network](#)

[AARP - LGBT Pride](#)

[Aging Rainbows](#)

Out-Of-Home Care & TGD Youth

[LGBTQ Youth in the Foster Care System](#)

[Serving LGBTQ Youth in Out-Of-Home Care: CWLA Best Practice Guidelines
Parents / Guardians / Families of TGD Youth](#)

Parent(s), Families & Adults Supporting TGD Youth

General Information for Parents, Families & Adults

[Transgender Children & Youth: Understanding the Basics](#) - HRC

[10 Considerations for Finding a Gender Competent Therapist for Your Child](#)

[Supporting and Caring for Transgender Children](#) - American Academy of Pediatrics, et al.

[Family Acceptance Project](#) - SFSU

[Our Trans Loved Ones: Questions and Answers for Parents, Families, and Friends of
People Who Are Transgender and Gender Diverse](#) - PFLAG

[Parent & Family Resources for Transgender & Gender Diverse Youth](#) - Gender Spectrum

[The Importance of Being an Ally to Your Transgender Child](#) - IMPACT

[Stand With Trans](#) - Mothers of TGD children who are trained & volunteer to talk to parents who are at any point in the process of having TGD children

[SAGE - Supporting Your LGBTQ+ Grandchild](#)

[Information for Foster & Adoptive Parents of LGBTQ Youth](#)

[Supporting Your LGBTQ Youth: A Guide to Foster Parents](#)

[LGBTQ Youth in Out-Of-Home Care](#)

[Actions LGBTQ Parents/Guardians Can Take to Support Their Children in Elementary
School \(p.4-5\)](#)

[Helping Families Support their LGBT Children: A Practice Brief for Parents and
Providers](#)

[Book Recommendations for Parents and Families of LGBTQ Youth](#) from the Free Library of Philadelphia

TGD Parent Support Groups

Various Health Care Agencies listed in this Guide have Parent Support Groups

(Example: [Gender & Sexuality Development Clinic](#) - The Children's Hospital of Philadelphia has Parent Groups)

Lower Merion (Southeastern Pennsylvania) Parent Support Group

Contact Jessica: lgbtqparentadvocate@gmail.com

[PFLAG](#) - Support for families & friends of LGBT Individuals. Includes local chapter finder.

[Gender Spectrum's Online Parent Groups](#)

[National Network of LGBTQ Family Groups: Group Finder](#)

[Stand With Trans](#) - Offering parent to parent support by trained volunteers to talk to parents who are at any point in the process of having TGD children

Parents who are TGD

[Lamda Legal - TGD Parents](#)

[Colage – For People with LGBTQ Parents](#)

[HRC - TGD Foster & Adoptive Parents](#)

[Family Equality](#)

Pennsylvania Resources - TGD

See Youth Groups in the Guide's "TGD Youth - LGBTQ Youth Groups & Centers"

See Parent Support Groups in the Guide's "Parent(s), Families & Adults Supporting TGD Youth" section

See Healthcare Services in Pennsylvania in the Guide's "Healthcare" section

[Pennsylvania Youth Congress' LGBTQ Organization Directory](#)

[Local LGBTQ Youth Groups in Pennsylvania](#)

[Philadelphia Transgender Resource Guide](#)

[GLSEN - Philadelphia Chapter](#)

[Trans Central PA](#)

[Trans Central Monthly Meetings](#)

[Philadelphia Trans-Health Conference](#)

Trans Equity Project - A Program of GALAEI - Peer-based support for trans individuals (trans encompasses any individual who does not identify as cisgender) offering sexual health and HIV prevention counseling.

Equality Pennsylvania - “Dedicated to achieving equality for lesbian, gay, bisexual, and transgender (LGBT) individuals in Pennsylvania through coalition-building, advocacy, education, and policy reform.”

Pronouns

See Article Links on Watershed’s Website - Gender-Neutral Pronouns: Readings & Resources

My Pronouns - Resources for what/why/how, addressing mistakes re: pronouns, sharing one’s pronouns, asking others their pronouns and related videos

Pronouns: A Resource Supporting Transgender & Gender Nonconforming Educators & Students

National Council for Teachers of English

- Very useful list of related resources near end of the document

Pronouns: A Guide - American University

Genderev - A place to practice using the pronouns of a friend or for yourself

Pronouns & Teaching Foreign Languages Classes:

Engendering Inclusivity in a Language Class (Teaching Foreign Languages) - Article

Gender Neutral Pronouns in the Foreign Language Classroom

Inclusive Spanish: A Guide To Using & Understanding Lenguaje Inclusivo

Quora: How do my fellow French or Spanish teachers work with pronouns & TGD Students

Religion / Spirituality - TGD

NGLTF Faith Resources

HRC: Religion

Finding a Welcoming Congregation

LGBTQ Affirming Denominations

Restrooms

[**Stalled: Gender Neutral Bathrooms**](#) (Goal - creating safe, sustainable & inclusive public restrooms for everyone regardless of age, gender, race, religion & disability)

[**Inclusive Restroom Design Guide**](#)

[**Bathroom for Humans - FX Collaborative**](#)

[**All Gender Restroom Signs**](#)

School Resources (PreK, Elementary, Middle & High School) - TGD

School Personnel & Educators - Resources

[**Schools in Transition: A Guide for Supporting Transgender Students in Grades K-12 Schools**](#)

[**HRC's Back to School Guide - Welcoming Schools**](#)

[**Gender Spectrum - Gender Inclusive Schools**](#)

[**Framework for Developing a Gender Inclusive School**](#)

[**Checklist for a Welcoming & Inclusive School Environment**](#)

[**Supporting Transgender & Gender Diverse Students in Schools: Key Recommendations for School Administrators - APA**](#)

[**Queer & Transgender Students of Color Resources Guide - Penn State University**](#)
- Including recommended books, videos & community organizations

[**Top 10 Ways to Make Schools Safe**](#)

[**Is This the Right Elementary School for My Gender Nonconforming Child?**](#)

[**Gay, Lesbian and Straight Education Network \(GLSEN\)**](#)

[**GLSEN Research Reports and Climate Surveys for LGBTQ School Students**](#)

[**Safe Space Kit for Schools**](#)

Curriculum & Classroom - Resources

[**Learning for Justice - Teaching Tolerance**](#) - Classroom resources, articles, film recommendations, etc.

[**Best Practices for Serving LGBTQ Students**](#) - from Teaching Tolerance

[**Lesson Plans to End Bias-Based Bullying and Gender Stereotyping In Elementary School**](#)

[**Additional Lesson Plans of Interest**](#)

[Supporting Transgender Students in the Classroom](#)

[Checklist for a Gender Inclusive Classroom](#)

[Queer America Podcast Series](#)

[Incorporating LGBTQ History into Your Classroom](#) (Episode 1 in Queer America Podcast Series - Be sure to check out all of the episodes in the series and the related resources)

[The Experiences of Trans People](#) (Episode 2 in Queer America Podcast Series)

[LGBTQ History in Public Schools](#) (Episode 3 in Queer America Podcast Series)

GSA/AGSA Resources (Gender & Sexuality Alliances / All Gender & Sexuality Alliances)

[Resource Guide for Starting & Running a GSA](#) - Contact Watershed CCS (contact information at the top of this TGD Resource Guide) for an up-to-date listing of resources for Middle School & High School GSAs

[Support for GSAs](#) (GLSEN)

[Resources for Middle School GSAs](#) (GSAFE)

Librarians - See “Books & Reading Resources for TGD Students”

Policies: TGD School Policies - Readings and School Policy Example

Model examples of a TGD Policy for School Districts:

[Lower Merion School District](#) - Policy, Administrative Regulations, Forms & Quick Reference Sheet

[Model District Policy on Transgender & Gender Non-Conforming Students](#) - GLSEN

[From Statehouse to Schoolhouse: Anti-Bullying Policy Efforts in U.S. States and School Districts](#)

[Examples of Policies & Emerging Practices for Supporting Transgender Students](#)

[FAQ's - Rescission of U.S. Department of Justice \(DOJ\) and Department of Education \(DOE\) Title IX Guidance for Transgender Students](#) - PFLAG

[U.S. Department of Education - Supporting Transgender Youth in Schools](#)

School Counselors - See "Mental Health Provider Resources"

Sports (see Athletics)

Suicide Prevention (See Hotlines)

Terminology / Definitions

[TGD related terminology I - Gender Spectrum](#)

[TGD related terminology II - GLAAD](#)

[Gender Identity Terms Every Ally Should Learn](#)

[Trans Student Educational Resources - Definitions](#)

[PLAG Glossary of Terms](#)

Workplace - TGD

[HRC: Recommended Policies & Practices for TGD Inclusion in the Workplace](#)

[Tips for Working with TGD Coworkers](#)

[A Guide to Restrooms Access for Transgender Workers: Department of Labor & OSHA](#)

[What's Your Pronoun? Strategies for Inclusion in the Workplace](#)

Videos / Movies / Documentaries - TGD Related

[Raising Ryland - Documentary - TGD Youth and Family](#)

[IMDb List of Transgender Themed Movie List](#)

Youth / Students (K - High School) who are TGD

LGBTQ Youth Groups & Centers in the U.S.

[TGD & LGBTQ Youth Centers](#) and [Center Directory](#)

[Youth Groups in Pennsylvania](#)

[Gender Spectrum's Online Youth Groups](#)

[Q Chat Space](#)

[Trevor Space](#) - "An affirming international community for LGBTQ young people ages 13-24"

[Colage - Supporting People with LGBTQ Parents](#)

[Project Contrast](#) - Sharing stories of LGBTQ youth across the United States

Resources for TGD Students

Trans Student Educational Resources

Know Your Rights: Bathrooms, Locker Rooms, School Policies,
Name Change Information, etc.

Claim Your Rights - PFLAG

PFLAG Chapter Scholarship Programs by State

The Q Card - A wallet size card for Queer & TGD Youth to give to health providers to better inform them

TGD Athletes in Schools, see “Athletics”

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The Latest Edition of the TGD Resource Guide can be found on the web at

Watershed Counseling & Consultation Services

or

www.watershedservices.biz/resources