

# 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.

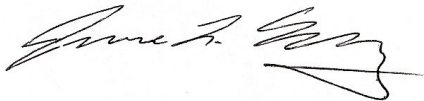
### Updates & Distribution of the TGD Resource Guide

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](http://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](#)

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

[Gender Diversity 101](#)

## Adults - TGD

[National Center for Transgender Equality](#) (Starting in Summer 2024, renaming to Advocates for Trans Equality - A4TE)

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

[TGD/LGBT Center Directory](#)

## Advocacy Resources - TGD

[ACLU - LGBT](#)

[National LGBTQ Task Force](#)

[Trans Latin@ Coalition](#)

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

(All Genders & Sexualities School Alliances / Gender Sexuality Alliances)

## Allies - Being a Supportive Ally for TGD People

[Trevor Project's Guide to Being an Ally to Transgender & Nonbinary Young 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 & Inclusive Athletics 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\*\*](#)

[\*\*Gender Justice: Get the Facts: Trans Equity & Sports\*\*](#) (Includes link to Transgender Inclusion in Sports - [\*\*Messaging Guide\*\*](#))

[\*\*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\*\*](#)

[\*\*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**

[\*\*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”

# Healthcare (Medical & Mental Healthcare) - TGD

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

[Know Your Rights](#) - Healthcare

[Getting Your Health Care Covered: A Guide for Transgender People](#)

[Non-binary Surgery Overview - from the Gender Confirmation Center](#)

[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**

[LGBTQ+ Health Directory](#)

[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**

[RWJ Barnabas Health](#) - New Brunswick, NJ ([PROUD Gender Center of New Jersey](#))

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

[Rutgers Center for Transgender Health](#) - Newark, 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.

[New York City Health and Hospitals](#)

Provides responsive, compassionate and respectful care in a welcoming environment.

## **North Carolina**

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

## **Pennsylvania**

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

[Creative Healing](#) - Counseling Services in Philadelphia, Flourtown, & Wayne (PA)

[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)

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

[Transgender Inclusive Healthcare Services](#) - [description](#)

[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

[Jefferson Health](#) - Philadelphia

## **Vermont**

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

[Vermont Diversity Health Project](#)

## **Virginia**

[Health Brigade](#) - Richmond, VA

## **Washington, D.C.**

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

## **Drug & Alcohol Resources**

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

[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 = 8th Version \(additional link\)](#)

[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 Fact Sheet for Trans People](#)

[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

Note: Reaffirmed August, 2023

[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](#)

**Letter Writing Resources** (Information for Providers and Individuals)

[Writing Letters of Support to Insurers and Surgeons for Gender Supportive Surgery](#) - American Psychiatric Association

[Gender Affirmative Letter Access Project](#)

## 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

## 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](#) - New Hotline number: 988

## 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” and “Terminology / Definitions”](#)

## Legal / Legislative / Policy Resources - TGD

[State Legislation Tracker - LGBTQ Bills in U.S. - ACLU](#)

[Lambda Legal](#) - Legal protections for LGBT people and their families

[Transgender Law & Policy Institute](#)

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

[Transgender Legal Defense & Education Fund](#) (Starting in Summer 2024, renaming to Advocates for Trans Equality - A4TE)

[Transgender Law Center](#)

[State Equality Index reviewing state-by-state laws and policies affecting LGBTQ+ people and their families](#)

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

[AWP Resources related to Trans and Nonbinary Identities and Unlearning Cisnormativity](#)

[Unlearning Cissexism and the Gender Binary in AWP - Webinar presented by Nic Johnson, Elyssa Klann, and Gia Davis \(Video Webinar\) - AWP](#)

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

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

[Homework Assignments and Handouts for LGBTQ+ Clients: A Mental Health and Counseling Handbook](#) - Wittman & Boyd (Eds.). Routledge

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

- A. Singh. New Harbinger Publications

[A Clinician's Guide to Gender-Affirming Care: Working with Transgender and Gender Nonconforming Clients](#) - Chang, Singh & Dickey. 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 = 8th 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 (Starting in Summer 2024, renaming to Advocates for Trans Equality - A4TE)

[The Name Change Project](#) - Transgender Legal Defense & Educational Fund (Starting in Summer 2024, renaming to Advocates for Trans Equality - A4TE)

[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](#)

[Society of Pediatric Psychology \(APA\)](#) - Resource Page

[\*\*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

[\*\*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

[\*\*Free Mom Hugs \(List of chapters by state\)\*\*](#)

[\*\*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\*\*](#)

[\*\*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 TGD Guide have Parent Support Groups**

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

**Lower Merion (Southeastern Pennsylvania) Parent Support Group**

Contact: [lgbtqparentadvocate@gmail.com](mailto:lgbtqparentadvocate@gmail.com)

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

[\*\*Centre LGBTQA - Loved Ones Support Groups \(virtual\)\*\*](#)

[\*\*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

## **Books & Podcast Recommendations for Parents of TGD Children of All Ages**

**[Everything You Ever Wanted to Know about Trans \(But Were Afraid to Ask\)](#)**

- B. Tanehill

**[Transgender 101: A Simple Guide to a Complex Issue](#)** - N. Teich

**[Unlocking Us with Brene Brown - Laverne Cox on Transgender Representation, Advocacy and the Power of Love \(Podcast\)](#)**

## **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](#)**

**[Philadelphia Transgender Resource Guide](#)**

**[GLSEN - Philadelphia Chapter](#)**

**[Trans Central PA](#)**

[Trans Central Monthly Meetings](#)

**[Philadelphia Trans-Health Conference](#)**

**[Trans Equity Project](#)** - EPTEP Provides Direct Services To Transgender And Gender-Diverse Pennsylvanians In A Sixteen County Region In Eastern PA.

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

# Pronouns

**[Gender-Neutral Pronouns: Readings & Resources](#)** - Watershed CCS

**[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](#)**

**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**

[Creating a Safe, Supportive, and Affirming School Environment for Transgender and Gender Expansive Students: 2023 Legal Update and Best Practices - New York State Department of Education - The University of the State of New York - Albany](#)

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

[Resources & Readings for Supporting TGD School Personnel](#) - Watershed CCS  
- See LGBTQ+ under the list of Resources

[Trans-Affirming Schools Project Resource Guide](#) - Advocates for Youth

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

[Gender Spectrum - Gender Inclusive Assessment](#)

[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

[What Educators Should Know About LGBTQ+ Rights - National Education Association](#)

[Five Ways to Support Your LGBTQ+ Students](#)

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

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

[Gay, Lesbian and Straight Education Network \(GLSEN\) - Educator Resources](#)  
[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](#)

[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)

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

[\*\*Resource Guide for Starting & Effectively Running an AGSA\*\*](#) - Watershed CCS - See LGBTQ+ under the list of Resources

[\*\*Support for GSAs \(GLSEN\)\*\*](#)

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

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

**School Policies: TGD Model Examples & Resources for School Districts**

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

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

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

[\*\*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 Terminology / Definitions List\*\*](#) - Watershed CCS

[\*\*The Language of Gender\*\*](#) - Gender Spectrum

[\*\*TGD related terminology\*\*](#) - 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](#)

[Centre LGBTQA - Various Support Groups \(virtual\)](#)

[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](#)

[Resource Guide for Starting & Effectively Running an AGSA](#)  
(All Genders & Sexualities Alliance)

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

**TGD Athletes in Schools, see "Athletics"**

**Watershed Counseling & Consultation Services, LLC**

**Jeanne L. Stanley, Ph.D.**

Philadelphia, PA

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

[watershedcc@gmail.com](mailto:watershedcc@gmail.com)

**[www.watershedservices.biz/resources](http://www.watershedservices.biz/resources)**