



Trans-Affirming and Supportive Resources for Parents and Youth

All youth need the love and support of their parents, caregivers, and families. Trans youth are no exception. The resources in this list will inform and inspire adults to raise and support trans youth with love and compassion.

Books at Halifax Public Libraries:

The Trans Generation: How trans kids (and their parents) are creating a gender revolution

Ann Travers

Based on interviews with transgender kids, ages 4 to 20, and their parents; and over five years of research in the US and Canada, *The Trans Generation* offers a rare look into what it is like to grow up as a trans child. As a transgender person and advocate for trans kids, Travers is able to document from first-hand experience the difficulties of growing up trans, and the challenges parents can face.

Helping Your Transgender Teen: A guide for parents

Irwin Krieger

This book provides advice to help parents of transgender teens understand what their child is experiencing and feeling during this challenging time. Addressing common fears and concerns that parents of transgender teens share, the book guides them through steps they can take with their child, including advice on hormones and surgery, and how to transition socially.

The Gender Creative Child: Pathways for nurturing and supporting children who live outside gender boxes

Diane Ehrensaft

Dr. Ehrensaft explains the interconnected effects of biology, nurture, and culture to explore why gender can be fluid, rather than binary. As an advocate for the gender-affirmative model and with the expertise she has gained over three decades of pioneering work with children and families, she encourages caregivers to listen to each child, learn their particular needs, and support their quest for a true gender self.

The Transgender Teen: A handbook for parents and professionals supporting transgender and non-binary teens

Stephanie Brill

This guidebook explores 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. Learn how parents can more deeply understand their children, and raise their non-binary or transgender adolescent with love and compassion.

Transgender Children and Youth: Cultivating pride and joy with families in transition

Elijah C. Nealy

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 everything from 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.

The Conscious Parent's Guide to Gender Identity: a mindful approach to embracing your child's authentic self

Darlene Tando

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.

Gender: Your Guide: A gender-friendly primer on what to know, what to say, and what to do in the new gender culture

Lee Airton

Guided by professor and gender diversity advocate Lee Airton, PhD, you will learn how gender works in everyday life, how to use accurate terminology to refer to transgender, non-binary, and/or gender non-conforming individuals, and how to ask when you aren't sure what to do or say. It provides you with the information you need to talk confidently and compassionately about gender diversity, whether simply having a conversation or going to bat as an advocate.

Guide to Gender (2nd Edition): The social justice advocate's handbook

Sam Killermann

This book dissects gender using a comprehensive, non-binary toolkit, with a focus on making this subject accessible and enjoyable. It is a couple hundred pages of gender exploration, social justice how-tos, practical resources, and fun graphics and comics.

You can find these trans-affirming titles and more resources at halifaxpubliclibraries.ca.



Community Resources:

Families in TRANSition: A Resource Guide for Parents of Trans Youth

rainbowhealthontario.ca/resource-library

"A Resource Guide for Parents of Trans Youth" is the first comprehensive Canadian publication to address the needs of parents and families supporting their trans children. Families in TRANSition summarizes the experiences, strategies, and successes of a working group of community consultants—trans youth, researchers, counsellors, parents, and advocates, along with practical and sensitive parent-to-parent and professional therapeutic advice.

The Youth Project

youthproject.ns.ca

The Youth Project's mission is to make Nova Scotia a safer, healthier, and happier place for lesbian, gay, bisexual, and transgender youth through support, education, resource expansion and community development.

Pflag

pflagcanada.ca

Pflag Canada is proud to be Canada's only national organization that offers peer-to-peer support striving to help all Canadians with issues of sexual orientation, gender identity, and gender expression. They support, educate, and provide resources to anyone with questions or concerns. We promise to offer local, practical, and emotional peer-to-peer family support for individuals and their loved ones challenged by gender/sexual identity.

Canadian Parents of Trans, Two-Spirit & Gender Diverse Kids

facebook.com/canadianparentsoftranskids

This Facebook Page provides information about the confidential Canadian peer support group available to parents and guardians. You can request to join the Group via this page, while logged in to a personal Facebook account.