



**TransParent
Alliance**

A Guide to Becoming Your Child's First Ally

Getting Started

Your child just told you that they are transgender. Or maybe they told you that they don't feel comfortable in their body, that something feels wrong. You probably have a million questions running through your head. What does this mean? Is my child OK? How can I help? What should I do? You may be anxious, panicked, or scared. You may feel grief as you struggle leaving behind the expectations you had for your child.

First of all, take a deep breath, relax, and know that you are not alone. Many parents, including us have been in your position and we've all asked these questions and felt these feelings. This guide is here to help you go on this journey with your child and support them to the best of your ability. You'll notice throughout the guide that there are also links to more resources. For those of you who like soaking in information, feel free to explore any of the links offered. For those of you who may be feeling overwhelmed, stick with the basics in the guide. You can always come back later. The most important things for you to read will be right here, and you won't need a link to access. If you only read one page, read the basics. It's all you need to know right now, at the beginning of this journey.

As a note, in this guide we use the term "transgender" as an umbrella term to also include individuals who identify as non-binary.

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The Basics

Your child just told you that they are transgender. Now what?

Step 1: Love your child.

This is the single most important step in this guide. Since you are reading this guide, it's clear that you love your child. Make sure they know this. Tell them. Coming out is hard, and it may be something they have been scared to do for a long time. A reminder that your love does not have qualifiers attached to it can go a long way. Being a supportive, loving parent is the most important thing that you can do for your child. As with every child, every transition is unique and there is no one single right piece of advice to give, but always ground yourself in love.

Step 2: Parent the child in front of you. Follow their lead.

Your child is on a journey right now as they try to make sense of their gender and their place in the world. Don't push them; support them. Many children will change names and pronouns throughout this journey as they see where they fit and where they are comfortable. They may use different names or pronouns depending on the situations. Talk to them about this, and have open communication. Have they told you what name and pronoun they would like you to use with them? If not, ask. Be flexible and understanding. Just because they are comfortable using their chosen name and pronouns with you, does not mean that they are comfortable making that shift in other aspects of their lives.

Following your child's lead also means matching their emotional urgency. If your child appears to be distressed or struggling, this should be addressed quickly. Let go of the assumptions and expectations you have for your child, celebrate who they are, and trust their ability to know themselves.

Step 3: Find support for your child.

This support varies from family to family and from child to child based on age and emotional wellbeing. For children who are comfortable and happy with their gender identity, you may be the only support that they need. For other children, a therapist who specializes in gender and LGBTQ topics may be needed. Regardless of where your child is emotionally, the wait times to get in with many of these therapists can be long. Remember that it may be good to call before there is a problem in order to get put on a list. You can find a list of therapy resources later in this guide. You can also talk to your child's pediatrician, and they may have their own preferred resources for you. When your child is ready, reach out to their school for resources or look into local support groups. You can find more information about these resources at the end of this guide.

Step 4: Find support for yourself.

It is difficult to help others when we may be struggling ourselves. While your child is on their own journey, recognize that you are on a journey as well. Connect with a local support group or reach out to a therapist if needed. You will be a better ally for your child if you give yourself the tools and support you need to be supported and mentally healthy. This is a big change, and it can be difficult. It's OK to ask for help, and it's OK to acknowledge that it is difficult for you.

Glossary of Terms

These are common terms that pop up when discussing or reading about transgender identities. Skip them for now if you need to. Don't feel pressured to memorize them, but add this list to your toolbox for easy reference. Come back to them as needed.

- **Cisgender:** a term that describes a person whose gender identity aligns with the sex assigned to them at birth; i.e. someone who is not transgender
- **Gender Expression:** the way in which a person expresses their gender identity, typically through their appearance, dress, and behavior
- **Gender Dysphoria:** anxiety, anger, or sadness that may occur when a person's biological sex does not align with their gender identity
- **Gender Fluid:** change over time in a person's gender expression or gender identity or both. That change might be in expression, but not identity, or in identity, but not expression
- **Gender Identity:** a person's internal, deeply held sense of their gender
- **Gender Nonconformity:** gender expression or gender identity that does not conform to gender stereotypes "typically" associated with one's legal sex assigned at birth, such as "feminine" boys and "masculine" girls. Also known as gender creativity
- **Non-binary:** term used by some people who experience their gender identity and/or gender expression as falling outside the categories of man and woman
- **Sex Assigned at Birth:** the sex (male or female) assigned to a child at birth, most often based on the child's external anatomy
- **Sexual Orientation:** whom a person is attracted to and whom they feel drawn to romantically, emotionally, and sexually
- **Transgender:** a term used to describe people who identify as a different gender from the sex they were assigned at birth. (In this guide, transgender is used as an umbrella term to also include individuals who identify as non-binary.)
- **Transgender Girl (Transgender Female):** an individual assigned the male sex at birth who has a female gender identity.
- **Transgender Boy (Transgender Male):** an individual who was assigned female at birth who has a male gender identity

What Does it Mean to Be an Ally?

The term “ally” is used by individuals who would like to indicate that they are supportive and accepting of a particular group of people. With respect to transgender people, this term is frequently used to try to signal that someone doesn’t engage in transphobic behavior. However, being an ally is about more than being accepting or not engaging in negative behaviors. Being a true ally requires action and commitment; it requires educating ourselves, centering trans voices, celebrating trans people, and taking an active role in trying to dismantle the systems that work to oppress. Structures and laws in our society harm transgender people. A true ally will work to break down these barriers and create an equitable world for transgender people.

Gender Diverse Children

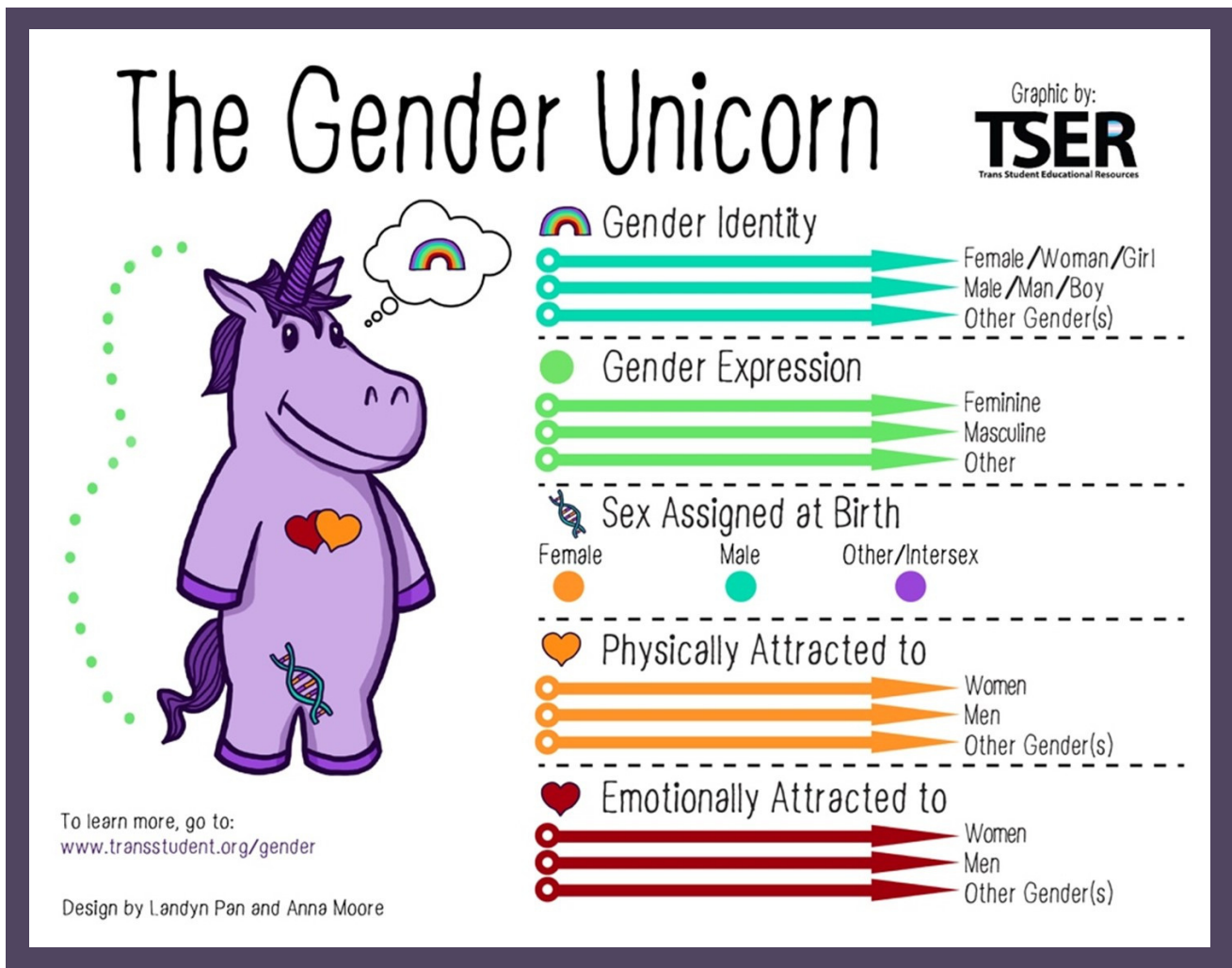
For some of you, your children may not have come out as transgender but may instead be showing gender nonconformity or creativity. First, it’s important to recognize that having a gender-creative child may not mean that your child is transgender; many children show gender-creative behaviors while still identifying as the sex that they were assigned at birth. You can see gender-creative behaviors in things such as clothing choices or play behavior. What does this mean, and how can you give your child space to confidently explore their gender identity?

As mentioned previously, love your child and follow their lead. Celebrate the child in front of you by letting go of expectations and supporting them as they navigate their own gender. It is important to foster a home in which your child feels safe to explore and ask questions. Here are some tips to create a gender-supportive home:

- Be supportive of freedom of expression, allowing your child to express their gender however they feel comfortable. Make sure your child knows that there is nothing wrong with expressing oneself in a gender-creative way; their gender expression is valid.
- Encourage your child to explore many different interests, activities, and even hairstyles.
- Talk about the difference between gender and gender identity. There are many children’s books that can open these conversations. The resources list in this guide can get you started. Your child will receive messages about gender from all aspects of their lives, and it will take ongoing, open discussions with you to counteract these messages.
- Ask questions with a goal of understanding. Make sure that your questions show a positive tone, and actively listen to your child’s answers.
- Notice your own internal biases and how your language or actions may reflect them.
- Remember that being cisgender is also a gender identity.
- Remind yourself that talking about gender identity will not make your child transgender. Trust your child’s ability to understand and know themselves.
- Empower your child to be their true self.
- Process your own emotions with other adults rather than with your child.

The Gender Unicorn

A Visual Guide to Understanding the Difference between Sex and Gender



The Gender Unicorn is used to explain the difference between gender identity, gender expression, sex assigned at birth, and sexuality. The arrows indicate that each of these aspects of identity exists on a spectrum.

As indicated in the visual, gender identity is a person's internal sense of gender, how they feel inside. It is wired in the brain. Gender expression is an outward manifestation of gender that is visible to the outside world. It includes how someone dresses, acts, or speaks. Sex assigned at birth equates to what genitalia your child may possess, and sexuality is whom your child is drawn to emotionally. Each of these aspects exists on a spectrum and may or may not align with society's expectations.

Non-Binary Identities

For most of us, the term “non-binary gender identity” is a new concept. From our language use to the way stores are designed, we have been taught that there are two genders: male and female. As you may be learning, many individuals do not identify as either of these genders, or they may identify as both. Because this identity is different from the binary model we all know, we have devoted a page to talk specifically about it.

It is important to recognize that non-binary people are not confused about their gender identity. While many of us are just now becoming familiar with non-binary identities, they have been recognized throughout history by many different societies and cultures throughout the world. Some non-binary individuals prefer to use they/them pronouns. There are other pronoun options such as xe, and some may use a combination such as they/she or even he/she/they. While this might seem confusing to you, it is not confusing to them. Honoring someone’s preferred pronouns is a very important sign of respect and allyship. If you aren’t certain, it is acceptable to ask. One simple way to initiate is to share your own pronouns while introducing yourself.

How to use they/them pronouns

Making the shift to they/them pronouns can be more difficult than using he or she, since it requires us to think outside of the binary. However, it can be helpful to realize that you already use they/them pronouns in regular speech when you don’t know the gender of the person you’re talking about. For example, if you walk into a store and find a phone on the floor, you might say, “Someone left their phone here. I’ll bring it to the front desk in case they come back.”

Also, important to note here is that although “they” is referring to a singular person, the verb is conjugated in the same way as a plural “they.” After all, you didn’t say “in case they comes back.” This is a common misuse of this pronoun.

“But they/them is plural!”

Many people have a difficult time understanding the use of they/them as a singular pronoun. It may surprise you to learn that the use of a singular “they” is not new and. In fact, it has been used by English speakers and writers since the 14th century. “They” is used in the singular in Shakespeare’s Hamlet, the Canterbury Tales by Geoffrey Chaucer, and in Jane Austen’s Pride and Prejudice. “They” has been a natural way to refer to someone whose gender is unknown (or even to conceal someone’s gender) for hundreds of years. A singular “they” is also recognized as a grammatically correct usage.

Which bathrooms do non-binary people use?

As you can imagine, for non-binary people, figuring out which bathroom to use can be difficult. For many non-binary people, using either the men’s or women’s bathroom may feel unsafe or subject them to verbal or physical harassment. Non-binary people should be allowed to use the bathroom that they feel safest in while we navigate for the creation of gender-neutral bathrooms in more public locations.

Let's Talk About School

School law in Minnesota

When your child comes out as transgender or non-binary, concerns about school may be one of the first things going through your mind. While not all school districts have developed specific gender-inclusion policies, state law in Minnesota is clear on the subject: When it comes to public schools, transgender children are allowed to use the bathrooms and locker rooms that they identify with, and they cannot be forced to use a gender-neutral facility. For a more in-depth understanding of each of the laws and court decisions that have led to this, you can read about them at the end of this guide.

In regard to sports and fine arts activities, the Minnesota State High School League (MSHSL) has passed a policy that allows transgender students to participate in sports based on their identified gender. However, religiously affiliated private schools are exempt from this policy. There are about 500 schools that are part of it; you can [search here to see if your school is a MSHSL member](#).

If you are not in Minnesota, a [list of gender inclusive policies by state](#) can be found on the Gender Inclusive Schools website.

How to create a supportive school atmosphere

When your child is ready to transition at school, you should set a time to meet with the school administrator to discuss how to best support your child's name and gender in school as well as how to communicate the change to the rest of the school community. You can also share resources with school administrators and your student's teachers. There is a list of resources for educators at the end of this guide.

In general, teachers can support the inclusion of all students by using gender-inclusive practices in the classroom, including how students are separated into groups and how they are collectively addressed. For example, teachers can address students as "students" rather than "boys and girls.". They can also choose to separate classes into a group by birthday months or favorite colors rather than gender.

The Family Educational Rights and Privacy Act (FERPA) protects the privacy of students. Schools should be aware that using a student's incorrect gender or pronouns can violate FERPA as these are not considered public or directory information. This topic frequently comes up when discussing substitute teachers since school policies and databases may not have your child's information appropriately listed for teachers who are unfamiliar with them. It is important to work with your school to address this issue and ensure that your student's information is protected. Depending on the database and information system that your school uses, how this information is protected will vary. It is important to work with your individual school district to determine the best way to address your child's information.

Common Questions

How do I support my child?

Here are some additional ways to support your child. Try to let go of the expectations that you had for your child. Instead, focus on supporting the child who is in front of you. When your child comes out to you, thank them for sharing their authentic self with you. Let them know that you are proud of them. Ask them questions such as:

- How can I support you right now?
- Are there any changes that need to be made that I can help with?
- What gender feels right to you?
- What pronouns should I use?

Empower your child to be their authentic self. Most of us have been socialized in a binary world and have absorbed many messages that may bias us in one way or another. It is good to practice letting these messages go, but it will take time, commitment, and a willingness to learn.

Remember that the things we don't talk about can have just as large of an impact as things that we do talk about. Open communication is crucial. Your child will receive a lot of messages about gender from outside the home (online, at school, at their job, etc.), so they need a strong supportive network in the home to balance those messages. They need to know that you are willing to listen and that you are interested in learning and growing.

Show your child that you are willing to confront transphobic statements and actions. Make sure they know that they have your support and love, that you will be by their side and are willing to stand up to individuals who may bully them or make them feel less-than. For those times when you aren't present, one way to support your child from home is by helping your child come up with answers to questions or comments that may come their way. For example, if a classmate states, "Didn't you used to be a boy?" your child could respond with, "People thought that I was, but no, I was never a boy."

What do I do if I make a mistake?

First of all, you will make mistakes and it is important to give yourself grace while also recognizing how these mistakes can hurt your child. What is important after making a mistake is how you respond. Practice humility; don't get defensive even if your mistake was unintentional. You can admit your mistake, apologize, and let your child know that you will continue to learn and do better. It is important that they know you are trying. After you apologize, move on. Don't make a huge fuss about the mistake or your child may feel like they need to support you and make you feel better, rather than you supporting them. Instead, take extra time to practice using the correct pronouns later with a friend or a stuffed animal.

Using the correct pronouns may seem like a small thing, but it means a lot to transgender individuals. Respecting someone's pronouns is a way to show respect for them in the same way that not respecting someone's pronouns can feel like disrespect.

Did I cause my child to be transgender?

No one, including parents, can change someone's gender identity. Gender is wired in your child's brain. However, external factors (such as parents and supportive atmosphere) can impact how long it takes a child to realize their gender identity. The decision that you can make as a parent is whether or not to create a supportive and affirming atmosphere for your child.

Isn't my child too young to know whether or not they are transgender?

This is a common question from parents as well as a common statement you will likely hear from other individuals. Imagine that you ask a 4-year-old cisgender girl, "Are you a boy or a girl?" She responds with "girl." Although she is only 4, you do not question her knowledge because it aligns with your expectations. The knowledge of gender identity is never questioned if the child is cisgender, but it is questioned if the child is transgender. However, research in cognitive development has found that most children, whether transgender or cisgender, have a stable sense of their gender by the time they are four or five years old. By preschool, children not only understand gender categories, but they also understand the social pressure to conform to the gender category that matches their biological sex (Carver, Yunger, & Perry 2003; Yunger, Carver, & Perry 2004). Although children have a stable sense of gender by the age of four or five, they may begin experimenting with gender at younger ages as they navigate their own identity. Creating a gender-affirming environment can help your child feel safe and supported through this process.

My child doesn't have body dysphoria. Does this mean that they aren't transgender?

Some transgender individuals experience severe body dysphoria (anxiety, anger, or sadness that may occur when a person's biological sex does not align with their gender identity) while others feel comfortable with their bodies, either with or without medical intervention. This varies by person but a lack of dysphoria does not mean that your child is not the gender that they identify.

Why doesn't my child want to use the name I gave them?

Many transgender people will choose to change their names after transitioning. However, like other topics that we have discussed, this choice will vary by individual. After changing names, your child's birth name will sometimes be referred to as their "dead name." Changing one's name can be an empowering act that signifies how an individual came to live as their true self. Deadnaming, or speaking a person's dead name after they've chosen not to use it anymore, is incredibly harmful. Using this former name may induce severe anxiety or dysphoria in an individual. This name is a reminder of who they used to be before they were able to live as their authentic self. It may be associated with elements in their past that they no longer wish to be identified with such as emotional trauma, dysphoria, or painful memories. As with respecting pronouns, honoring someone's chosen name is a way to show respect for the person.

When should my child transition socially?

Social transitioning is when a transgender person chooses to present their authentic self to the world. It is separate from a medical intervention and may occur in stages. For example, your child may feel comfortable transitioning with family and friends before transitioning at school. Follow your child's lead, including their emotions. Some individuals may feel comfortable with a slow transitioning process; others may feel large amounts of dysphoria that could be alleviated through a faster transitioning process. Each person is unique in this journey, and what is right for one person may not be right for someone else.

If your child is struggling and you don't know whether or not transitioning is appropriate, finding a therapist familiar with gender-identity may be helpful.

Remember that social transitioning is completely reversible if it doesn't result in positive outcomes for your child; however, most children who are consistent and persistent in their gender identity feel happier after transitioning socially.

How do I talk to family or friends?

Again, this will be on your child's timeline; wait until they are ready to share their identity. Before talking with family and friends, ask your child what they would like you to share. This information may change over time, so again remember to follow your child's lead.

After your child is ready, don't ask your child to hide their identity if they are ready to be open. (For example, refrain from saying, "Don't tell grandpa because he isn't ready"). This can send the message that there is something wrong with your child or that it is more important to protect someone else's feelings rather than theirs. There may be family that you don't want to tell because you are afraid of what they may say to your child. Instead, reassure your child that you will be by their side and address any hurtful comments that come their way.

You may be surprised by how some people respond, but their response can give you an idea of which relationships are safe relationships for your child. Some people may respond negatively, and others may reach out and say, "I don't understand, but I want to. Can you help me?". Think about the relationships in which you feel safe and in which your child feels loved and valued. Lean on those relationships; having safe and supportive friends and family is essential. Many people may refer to these loving, affirming relationships as a "chosen family."

What if people don't affirm my child's identity?

If you want to be your child's first ally, real ally, the safety of your child in their own identity is more important than any other relationship you have. Experiencing rejection or hesitancy from a friend or family member can be incredibly painful, but it could mean life or death for your child.

If talking, teaching, and time don't help individuals love and support your child, it may be time to consider setting limits on these relationships. Let these individuals know that you are open to them being in your life if they can love and accept your child as their authentic self. If they are not ready, it is your job to keep your child safe, which means keeping them away from relationships that cause emotional distress.

How and when should I talk to my child's school?

Again, wait until your child is ready for you to have these conversations. Human Rights Campaign has created a guide that you can read and/or share with your school: [Schools in Transition: A Guide for Supporting Transgender Students in Schools](#). You can also find more guidance by referring back to page 8 of this guide.

What bathroom should my child use at school?

In 2020, the Minnesota Supreme Court ruled that the Minnesota Human Rights Act “prohibits segregating and separating transgender students with respect to locker-room use.” This means that under the Minnesota Human Rights Act, Minnesota schools must allow students to use the bathrooms and locker rooms of the gender with which they identify. If your child is non-binary, they can use the bathroom in which they feel safest. This is also an opportunity for you to advocate for the creation of gender-neutral facilities in your school district if they do not already exist.

For answers to common bathroom specific questions, visit [Gender Spectrum's FAQ page](#).

My child is being bullied in school; what can I do?

In Minnesota, being transgender is a protected category under the Minnesota Human Rights Act. [The Safe and Supportive Schools Act](#) strengthens protections against bullying in Minnesota schools by giving local districts the guidance, support, and flexibility to adopt clear policies to protect all students from bullying. It is important that your child understands that there is nothing wrong with who they are and that you will work with them to address bullying and harassment that they may be experiencing. If your child is being bullied in school, the first step is to reach out to your child's principal. They are in charge of enforcing district policies within each building. If the principal is unable to address the problem, you should contact the district superintendent. The superintendent can work with the principal to see why the bullying is not being addressed and can also contact the school board if any district policies need to be changed. If none of these steps work and you feel that the school is not complying with the Safe and Supportive Schools Act, you can reach out to the Minnesota School Safety Technical Assistance Center at (651) 582-8364.

I've heard that a high percentage of transgender children de-transition. Does this mean that I shouldn't support my child's choice to transition?

The studies you will hear referencing this subject are deeply flawed. For example, some mistake gender expression for gender identity. Some don't take into account drop-outs from the study or reasons for de-transitioning. Recent research has shown that less than 1% of people who transition will decide to de-transition, and those who do choose to de-transition do so for reasons unrelated to gender identity, such as discrimination. Follow the lead of your child, support them, and guide yourself with love. Trust that your child knows who they are.

What are the negative outcomes associated with being transgender?

As a parent, this is the scary stuff to talk about, but it is absolutely information that you should be aware of. Before jumping in, remember that while there can be negative outcomes for transgender and gender-creative children, having a supportive family is the strongest predictor of positive outcome. Your love and support can change these statistics for your child.

The struggles that transgender students face and the impact that these struggles have had on their well-being have been well documented. Transgender youth are at a higher risk for bullying, depression, anxiety, drug use, and suicide. They are also disproportionately affected by homelessness because of family rejection. Due to these struggles, transgender students also have higher absentee rates from school, lower grades, an increased likelihood that they will not pursue any post-secondary education, higher dropout rates and lower levels of participation in extracurricular or co-curricular activities because of fear of discrimination.

Although transgender people experience harassment in many settings, gender segregated locations such as bathrooms and locker rooms are sites where harassment is particularly likely to occur. Because of these safety concerns, a majority of transgender individuals will avoid using public bathrooms, which can lead to dehydration, urinary tract infections, or other health concerns.

According to the most recent Minnesota Student Survey, transgender students feel less safe in school than cisgender students and they report more than double the rate of bullying. The most striking result of the survey is that 55.4% of transgender youth attempted suicide in the past year, almost three times the rate of cisgender students. Minnesota's suicide statistics are consistent with the national data regarding transgender youth. The increased levels of suicide attempts and suicidal thoughts in transgender individuals appear to be attributable to stress due to social exclusion, identity concealment, and victimization rather than an underlying mental illness.

Not only are transgender students more frequently harassed in schools, but they are also disproportionately affected by homelessness due to family rejection. Transgender youth may be exposed to a great deal of negative messages and language through their families, which can cause them to internalize feelings of homophobia or transphobia. Realizing that disclosing their LGBTQ status to family could lead to parental rejection or loss of financial support, many LGBTQ adolescents will wait to "come out" to their families. While this may limit the likelihood of homelessness, it can also emotionally isolate them from their families.

Both the American Academy of Pediatrics and the American Psychological Association have stated that transgender children should be supported in their identities.

Tools for Your Toolbox: A Resource List

Healthcare

- [Children's Minnesota Gender Health Program](#)
- [Family Tree Clinic](#)
- [Mayo Clinic's Transgender and Intersex Specialty Care Clinic](#)
- [Minnesota Transgender Health Coalition](#)

Law

- [ACLU of Minnesota](#)
- [Gender Justice](#)

Support Groups

- [Transforming Families](#)
- Check your local school district for a Gay Straight Alliance (GSA)

Facebook

- [Raising Rainbows of Hastings](#)
- [Transforming Families](#)
- [Transparenthood](#)

If your child is suicidal

- [Trevor Project](#) — available by chat, text, or phone
- National Suicide Hotline - (800) 273-8255

School

- [Minnesota Human Rights Act](#)
- [Minnesota Safe and Supportive Schools Act](#)
- [Minnesota State High School League](#) — see page 51 for participation procedures

Other Organizations

- [Gender Inclusive Schools](#)
- [Human Rights Campaign](#)
- [National Center for Transgender Equality](#)
- [OutFront](#)
- [Welcoming Schools](#)

Blogs

- [Gendermom](#)
- [Raising My Rainbow](#)
- [Trans-Parenting](#)



Reading Recommendations

For Young Children

- 10,000 Dresses by Marcus Ewert (Grades 1 — 3)
- Be Amazing: A History of Pride by Desmond Napoles (Grades K — 3)
- Bunnybear by Andrea J. Loney (Grades Pre-K — 1)
- CALVIN by JR Ford and Vanessa Ford (Grades Pre-K — 1)
- Gender Now Coloring Book by Maya Gonzalez (ages 3+)
- Guthli Has Wings by Kanak Shashi (Grades K — 1)
- Ho'onani: Hula Warrior by Heather Gale (Grades Pre-K — 2)
 - *Note that this book contains a nonbinary character*
- I am Jazz by Jessica Herthel and Jazz Jennings (Grades K — 5)
- Introducing Teddy: A gentle story about gender and friendship by Jess Walton (Grades Pre-K — K)
- It Feels Good to Be Yourself: A Book About Gender Identity by Theresa Thorn (Grades Pre-K — 3)
- Jacob's New Dress by Sarah and Ian Hoffman (Grades Pre-K — 2)
- Jack (Not Jackie) by Erica Silverman (Grades Pre-K — 1)
- Julián Is a Mermaid by Jessica Love (Grades Pre-K — 2)
- The Loudest Bark by Gail M. Schwartz and Lucie Gagnon (Grades Pre-K — 1)
- My Awesome Brother: A Children's Book about Transgender Acceptance by Lisé Frances (Grades K — 2)
- Morris Micklewhite and the Tangerine Dress by Christine Baldacchino (Grades Pre-K — 2)
- My Princess Boy by Cheryl Kilodavis (Grades Pre-K — 1)
- My Sister, Daisy by Adria Karlsson (Grades K — 1)
- Neither by Airlie Anderson (Grades Pre-K — 1)
- Phoenix Goes to School: A Story to Support Transgender and Gender Diverse Children by Michelle and Phoenix Finch (Grades K — 1)
- Red: A Crayon's Story by Michael Hall (Grades Pre-K — 1)
- Sparkle Boy by Lesléa Newman (Grades K — 2)
- They She He Me: Free to Be! By Maya and Matthew Smith-Gonzalez (Grades Pre-K — 2)
- When Aidan Became a Big Brother by Kyle Lukoff and Kaylani Juanita (Grades Pre-K — 2)

For Teens

- 99% Chance of Magic: Stories of Strength and Hope for Transgender Kids by Amy Eleanor Heart. (Grades 3 - 7)
- Ana on the Edge by A.J. Sass. (Grades 3 — 7)
- Birdie and Me by J.M.M. Nuanez. (Grades 5 — 8)
- The Deep & Dark Blue by Niki Smith. (Grades 4 — 7)
- Dragon Pearl (Rick Riordan Presents) by Yoon Ha Lee. (Grades 3 — 7)
- Felix Yz by Lisa Bunker. (Grades 5 — 8)
- Freeing Finch by Ginny Rorby. (Grades 5 — 9)
- George by Alex Gino. (Grades 5 — 6)
- Gracefully Grayson by Ami Polonsky. (Grades 5 — 7)
- Lily and Dunkin by Donna Gephart. (Grades 5 — 7)
- Lizard Radio by Pat Schmatz. (Grades 5 — 12)
- Magnus Chase and the Gods of Asgard: The Hammer of Thor by Rick Riordan. (Grades 4 — 8)
- The Moon Within by Aida Salazar. (Grades 4 — 7)
- The Other Boy by M. G. Hennessey. (Grades 5 — 9)
- The Pants Project by Cat Clarke. (Grades 3 — 6)
- The Prince and the Dressmaker by Jen Wang. (Grades 4 — 8)
- Rick by Alex Gino. (Grades 4 — 7)
- Snapdragon by Kat Leyh (Grades 4 — 6)
- Stage Dreams by Melanie Gillman. (Grades 6 — 12)
- Trevor Project Coming Out Guide
- When the Moon Was Ours by Anna-Marie McLemore. (Grades 7 — 12)
- Zenobia July by Lisa Bunker. (Grades 5 — 9)

For Adults

- Becoming Nicole: The Transformation of an American Family by Amy Ellis Nutt
- The Beginner's Guide to Becoming a Trans Ally by Christy Whittlesey
- The Bold World: A Memoir of Family and Transformation by Jodie Patterson
- The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes by Diane Ehrensaft
- Nonbinary: Memoirs of Gender and Identity edited by Micah Rajunov and Scott Duane
- A Quick and Easy Guide to They/Them Pronouns by Archie Bongiovanni
- Raising My Rainbow: Adventures in Raising a Fabulous, Gender Creative Son by Lori Duron
- Raising Ryland: Our Story of Parenting a Transgender Child with No Strings Attached by Hillary Whittington
- Sissy: A Coming-of-Gender Story by Jacob Tobia
- Supporting Transgender and Gender Creative Youth: Schools, Families, and Communities in Action edited by Elizabeth Meyer and Annie Pullen Sansfacon
- The Trans Generation: How Trans Kids (and Their Parents) are Creating a Gender Revolution by Ann Travers
- The Transgender Child: A Handbook for Families and Professionals by Stephanie A. Brill and Rachel Pepper
- The Transgender Teen by Stephanie A. Brill and Lisa Kenney
- Transgender Children and Youth: Cultivating Pride and Joy with Families in Transition by Elijah C. Nealy
- What We Will Become: A Mother, a Son, and a Journey of Transformation by Mimi Lemay

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Laws

The Minnesota Human Rights Act prohibits discrimination and harassment in education based on gender expression, actual or perceived gender identity and actual or perceived sexual orientation. Minnesota law provides that all students have the right to attend school in a safe and supportive environment where they can learn and have equal access to all educational opportunities. If a student is expressly denied use of a benefit at school or if a student is exposed to a hostile environment in school that interferes with their ability to learn or participate, illegal discrimination may be occurring. In 2020, the Minnesota Supreme Court ruled against Anoka-Hennepin schools, determining that forcing a transgender student to use a locker room of a gender they do not identify with (including using a gender-neutral facility) is discrimination. This means that students in Minnesota are legally allowed to use the facilities that are consistent with their gender identity.

The Safe and Supportive Minnesota Schools Act prohibits bullying and harassment of all students. This includes bullying and harassment based on gender expression, actual or perceived gender identity and actual or perceived sexual orientation. Under the Safe and Supportive Minnesota Schools Act, public school districts and charter schools are required to adopt a policy that prohibits bullying and harassment of all students, including bullying and harassment based on sex, gender identity, gender expression and sexual orientation. Bullying may also rise to the level of a discriminatory hostile educational environment under Title IX or the Minnesota Human Rights Act.

Title IX and the Minnesota Human Rights Act state that denying students full and equal enjoyment of an educational institution is unfair and discriminatory. In the Case of Whitaker vs. Kenosha Unified School District, courts determined that policies that require an individual to use a bathroom that does not align with their gender identity essentially punishes that individual for gender nonconformance and is considered a violation of Title IX.

Schools should note that neither a student's gender nor pronouns are considered public or directory information. Casual use of a student's incorrect pronoun or incorrect name may violate the Federal Educational Rights and Privacy Act (FERPA). FERPA also permits families to elect not to disclose directory information about their student.

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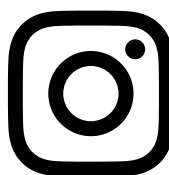
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