



TRANSGENDER 101 WORKSHOP: SELECTED RESOURCES

BOOKS:

A Girlhood: Letter to My Transgender Daughter by Carolyn Hays

Be an Inclusion Ally: ABCs of LGBTQ+ by Lisa Koenecke

Becoming Nicole: The Transformation of an American Family by Amy Ellis Nutt

Before We Were Trans: A New History of Gender by Kit Heyam

Coming Out Stories: Personal Experiences of Coming Out from Across the LGBTQ+ Spectrum
edited by Emma Goswell and Sam Walker

Faith in Transition: A Pastor's Journey in Affirming His Transgender Son by Matt Maiberger

Found in Transition: A Mother's Evolution During Her Child's Gender Change by Paria Houssari
MD

Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children by Diane
Ehrensaft

*Gender Identity Workbook for Teens: Practical Exercises to Navigate Your Exploration, Support
Your Journey and Celebrate Who You Are* by Andrew Maxwell Triska

Helping Your Transgender Teen: A Guide for Parents by Irwin Krieger

Love Lives Here: A Story of Thriving in a Transgender Family by Amanda Jette Knox

Mad Honey by Jodi Picoult and Jennifer Finney Boylan

Once Never a Girl, Always a Boy: A Family Memoir of a Transgender Journey by Jo Ivester

Raising My Rainbow: Adventures in Raising a Fabulous, Gender Creative Son by Lori Duron

Reclaiming Two-Spirits: Sexuality, Spiritual Renewal & Sovereignty in Native America by Gregory
D. Smithers

Redefining Realness: My Path to Womanhood, Identity, Love & So Much More by Janet Mock

She's Not There: A Life in Two Genders by Jennifer Finney Boylan

Somewhere Under the Rainbow by Kelly L. Price and Jayce Kennedy Price



Stuck in the Middle with You: A Memoir of Parenting in Three Genders by Jennifer Finney Boylan

The ABC's of LGBT by Ash Hardell

The Gender Identity Workbook for Kids: A Guide to Exploring Who You Are by Kelly Storck

The Gender Quest Workbook: A Guide for Teens & Young Adults Exploring Gender Identity by Rylan Jay Testa, Deborah Coolhart & Jayme Peta

The House in the Cerulean Sea by KJ Klune

The Race To BE Myself: A Memoir by Caster Semenya

The Right to Be Out: Sexual Orientation and Gender Identity in America's Public Schools by Stuart Biegel

The Savvy Ally: A Guide for Becoming a Skilled LGBTQ+ Advocate by Jeannie Gainsburg

The Transgender Child: A Handbook for Parents and Professionals Supporting Transgender and Nonbinary Children by Stephanie Brill and Rachel Pepper

Tomorrow Will Be Different: Love, Loss, and the Fight for Trans Equality by Sarah McBride

Trans Bodies, Trans Selves: A Resource for the Transgender Community edited by Laura Erickson-Schroth

Trans-Kin: A Guide for Family and Friends of Transgender People edited by Eleanor A. Hubbard and Cameron T. Whitley

Trans/Portraits: Voices From Transgender Communities by Jackson Wright Shultz

Trans Teen Survival Guide by Owl and Fox Fisher

Transgender Children and Youth: Cultivating Pride and Joy with Families in Transition by Elijah C. Nealy

Transgender History by Susan Stryker

Two Spirits One Heart: A Mother, Her Transgender Son, and Their Journey to Love and Acceptance by Marsha and Aiden Aizumi



LOCAL RESOURCES:

Center on Colfax: a safe and welcoming place for Colorado's proud, diverse LGBTQ community in the Denver area <https://lgbtqcolorado.org>

City of Fort Collins LGBTQ+ Task Force: the goal of this team is to ensure our LGBTQIA+ community is safe, valued and affirmed within the City organization and community at large. <https://www.fcgov.com/socialsustainability/lgbtq>

Colorado State University Pride Resource Center: provides programs and services to support the retention and thriving of LGBTQ+ students at Colorado State University. <https://prideresourcecenter.colostate.edu>

Eclectic of Northern Colorado: provides transgender and non-binary social support groups. <https://www.facebook.com/nocoeclectic/>

Larimer Health Connect: a local effort to help individuals, families and small businesses in our community understand and participate in new health insurance coverage options, including Connect for Health Colorado. <https://www.larimerhealthconnect.org>

NoCoSafeSpace: a list of safe spaces for LGBTQIA+ community events <https://nocosafespace.com>

Northern Colorado Equality: seeks to empower the LGBTQ+ community and our allies through activities, programs, services and education. <https://www.nocoequality.org>

One Colorado: the state's leading advocacy organization dedicated to advancing equality for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) Coloradans and their families. <https://www.one-colorado.org>

Open and Affirming Sexual Orientation/Gender Identity Support (OASOS) Program: offers free, confidential services for lesbian, gay, bisexual, transgender, intersex, and questioning youth, including peer support groups in Boulder and Longmont, advocacy, and a variety of support and counseling services, referrals to health and community services, and free testing for HIV and sexually transmitted infections. <https://bouldercounty.gov/families/lgbtqia/oasos/#:~:text=OASOS%20is%20for%20Lesbian%2C%20Gay%2C%20Bisexual%2C%20Transgender%2C%20Questioning%2C,and%20Affirming%20Sexual%20Orientation%20and%20gender%20identity%20Support>

Out Boulder: works collaboratively to create connection and provide advocacy, education, research, cultural events, and responsive programs and services that ensure LGBTQ+ people, families, and communities thrive. <https://www.outboulder.org>



PFLAG Local Website: PFLAG is the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them.

<https://pflagfortcollins.org>

Rainbow Circles: provides therapeutic mental health care primarily to the LGBTQIA+ community <https://www.therainbowcircles.com>

Rainbow Roots: uplifts our LGBTQIA+ Community by increasing access to support and nurturing connections in Colorado. <https://rainbowrootscolorado.org>

SPLASH Youth of Northern Colorado: serves LGBTQIA+ youth ages 2-24, their families, schools, and community connections. <https://splashnoco.org>

Summit Stone: provides gender affirming care, including letter writing for individuals seeking access to gender-affirming healthcare. https://www.summitstone.org/resource_hub/gender-affirming-care/

Transgender Center of the Rockies: committed to making Mile High Behavioral Healthcare, and the communities served equitable for all. <https://www.transgendercenteroftherockies.org>

WEBSITES:

Erin in the Morning: a way to stay up to date on all of the most important pieces of trans and queer news and legislation. <https://www.erininthemorning.com>

GLAAD Website: a non-profit organization focused on LGBTQ advocacy and cultural change <https://glaad.org>

GLSEN: works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. <https://www.glsen.org>

Human Rights Campaign (HRC) Website: the Human Rights Campaign strives to end discrimination against LGBTQ+ people and realize a world that achieves fundamental fairness and equality for all. <https://www.hrc.org>

Movement Advancement Project: is an independent, nonprofit think tank that provides rigorous research, insight, and communications that help speed equality and opportunity for all. <https://www.lgbtmap.org>



National Center for Transgender Equality: was founded in 2003 by transgender activists who recognized the urgent need for policy change to advance transgender equality.

<https://transequality.org/history>

National LGBTQIA+ Health Education Center: Provides educational programs, resources, and consultation to health care organizations with the goal of optimizing quality, cost-effective health care for lesbian, gay, bisexual, transgender, queer, intersex, asexual, and all sexual and gender minority (LGBTQIA+) people. <https://www.lgbtqiahealtheducation.org>

PFLAG National Website: PFLAG is the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them. <https://pflag.org>

Transgender Law Center Website: the largest national trans-led organization advocating self-determination for all people that works to change law, policy and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression. <https://transgenderlawcenter.org>

Trans Legislation Tracker: <https://translegislation.com>

Trans Student Educational Resources (TSER): a youth-led organization dedicated to transforming the educational environment for trans and gender non-conforming students through advocacy and empowerment. <https://transstudent.org>

Trevor Project: the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. <https://www.thetrevorproject.org>

Wear it Purple Website: strives to foster supportive, safe, empowering and inclusive environments for rainbow young people. <https://www.wearitpurple.org/our-story>

Williams Institute: the leading research center on sexual orientation and gender identity law and public policy. <https://williamsinstitute.law.ucla.edu/subpopulations/transgender-people/>

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WEBSITES USED FOR POWERPOINT:

- Hijra: [https://en.wikipedia.org/wiki/Hijra_\(South_Asia\)](https://en.wikipedia.org/wiki/Hijra_(South_Asia))
- Two-Spirit:
<https://www.google.com/search?q=two+spirit&source=lmns&bih=731&biw=1401&client=safari&hl=en&sa=X&ved=2ahUKEwiNxd3qydSEAxVq6MkDHfRMDDoQ0pQJKAB6BAgBEAI>
- Māhū: <https://en.wikipedia.org/wiki/Māhū>
- Fa'afafine: <https://en.wikipedia.org/wiki/Fa'afafine>
- Joan of Arc: https://en.wikipedia.org/wiki/Joan_of_Arc#Legacy
- Billy Tipton: https://en.wikipedia.org/wiki/Billy_Tipton
- Lucy Hicks Anderson: <https://legacyprojectchicago.org/person/lucy-hicks-anderson>
- Miss Major Griffin-Gracy: https://en.wikipedia.org/wiki/Miss_Major_Griffin-Gracy
- Marsha P. Johnson & Sylvia Rivera: <https://www.nps.gov/articles/000/marsha-p-johnson-sylvia-rivera.htm>

YOUTUBE VIDEOS USED FOR POWERPOINT:

- Nicole Maines, You're Part of the Trans Story Video: <https://www.youtube.com/watch?v=bXnTAnsVfN8&t=1s>
- What It's Like Being Transgender: https://www.youtube.com/watch?v=G6IIzVTrW_A
- Rebekah Bruesehoff, I'm the Scary Transgender Person: https://www.youtube.com/watch?v=d3M2kd_VmeM
- Hannah, What Being Trans is Really Like: <https://www.youtube.com/watch?v=e5FviqVGtOE>
- Microaggressions video: <https://www.youtube.com/watch?v=hDd3bzA7450>

REFERENCE ARTICLES FROM POWERPOINT:

Cassidy, R. S., Bennett, D. B., Beverland, D. E., & O'Brien, S. (2023). Decision regret after primary hip and knee replacement surgery. *Journal of Orthopedic Surgery*, 28(1), 167-172. <https://pubmed.ncbi.nlm.nih.gov/34838410/>

Scott, C. E., H., Howie, C. R., MacDonald, D., & Biant, L. C. (2010). Predicting dissatisfaction following total knee replacement: a prospective study of 1217 patients. *The Journal of Bone and Joint Surgery*, 92(9), 1253-1258. <https://pubmed.ncbi.nlm.nih.gov/20798443/>



Sheehan, J., Sherman, K. A., Lam, T., & Boyages, J. (2008). Regret associated with the decision for breast reconstruction: The association of negative body image, distress and surgery characteristics with decision regret. *Psychology & Health, 23*(2), 207-219.

<https://pubmed.ncbi.nlm.nih.gov/25160051/>

Van der Loos, M. A. T. C., Klink, D. T., Hannema, S. E., Bruinsma, S., Steensma, T. D., Kreukels, B. P. C., Cohen-Kettenis, P. T., de Vries, A. L. C., den Heijer, M., & Wiepjes, C. M. (2023). Children & adolescents in the Amsterdam cohort of gender dysphoria: Trends in diagnostic and treatment trajectories during the first 20 years of the Dutch protocol. *The Journal of Sexual Medicine, 20*(3), 398-409. <https://academic.oup.com/jsm/article/20/3/398/7005631>