

# GENDER DIVERSITY RESOURCE GUIDE for Youth

While we live in a society where the expectation is that an individual's sex, as defined by their anatomy, matches their gender, this is not the case for many, many individuals. These individuals might identify as trans, transgender, non-binary, genderqueer or many other identities.

Below are some resources specifically tailored to gender diverse youth that might be helpful in gaining insight, navigating services and developing understanding of how to be supportive.

Feel free to share this information with your family doctor, other health care providers, teachers, school advisors and others to help them learn more about how to support your gender and health care needs.

## TRANS-SERVICE NAGIVATORS

### SKIPPING STONE FOUNDATION

The Skipping Stone Foundation aims to support and empower transgender and gender diverse youth and their families. It does this by acting as a hub to provide youth and families with accessible peer support, gender affirming gear, mental health support, medical services, ID changes and more.

[www.skippingstone.ca](http://www.skippingstone.ca)

## GENERAL INFORMATION

### FAMILY & COMMUNITY RESOURCE CENTRE – Alberta Children's Hospital (Calgary, AB)

Visit here find to books and other materials or look up information online. Resource advisors are available to help you find information.

<http://fcrc.albertahealthservices.ca>. Under the "Resources" tab, select "Information Prescriptions," then select "Gender Identity"

### GENDER CREATIVE KIDS

This website provides resources to support those youth who are transgender gender diverse, as well as their families.

[gendercreativekids.ca/](http://gendercreativekids.ca/)

## **GENDER SPECTRUM**

A US based organization with good information for transgender and gender diverse children and their families. PLEASE NOTE: Information regarding medical services, name changes, rights, etc. are vastly different in the US than those in Canada.

[www.genderspectrum.org/](http://www.genderspectrum.org/)

## **TEEN HEALTH SOURCE - Sexual & Gender Diversity**

Learn the basics about Sexual & Gender Diversity on this site written just for teens.

[teenhealthsource.com/giso/sex-gender-sexual-identity/](http://teenhealthsource.com/giso/sex-gender-sexual-identity/)

## **MY HEALTH ALBERTA**

This provides a basic overview of Sexual Orientation, Gender Identity, and Gender Expression.

[www.myhealth.alberta.ca/Alberta/Pages/gender-ID-expression-LGBTQ.aspx](http://www.myhealth.alberta.ca/Alberta/Pages/gender-ID-expression-LGBTQ.aspx) or search “Gender” on [myhealth.alberta.ca](http://myhealth.alberta.ca)

## **VANCOUVER COSTAL HEALTH - Transgender Health Information Program**

The main aspects of transgender life are highlighted here – you can learn to navigate social situations and look into various medical options from this useful website.

[transhealth.vch.ca/](http://transhealth.vch.ca/)

## **MEDICAL INFORMATION & SUPPORT**

### **ALBERTA HEALTH SERVICES: LGBTQ / Sexual and Gender Diversity**

This provides some information about gender awareness, building connections and transgender health with an Alberta focus.

<http://www.albertahealthservices.ca/info/Page15590.aspx>, or search “LGBTQ” on [AHS.ca](http://AHS.ca)

### **NHS – A Guide to Hormone Therapy for Trans People**

This straightforward guide provides information for transgender and gender diverse individuals about the benefits, risks, and side effects of hormone therapy.

<http://gires.org.uk/assets/DOH-Assets/pdf/doh-hormone-therapy.pdf>

### **SEXUAL AND REPRODUCTIVE HEALTH CLINICS**

A Calgary area network of clinics that provide free, confidential, trans and gender diverse affirming sexual and reproductive health to youth under the age of 29 and younger.

<http://www.albertahealthservices.ca/info/service.aspx?id=1671>

## **OTHER SERVICES**

### **SERVICE ALBERTA – NAME AND GENDER MARKER CHANGE**

To find out what you need to change your name, address, or sex on your ID visit this page.

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[www.servicealberta.ca/1692.cfm](http://www.servicealberta.ca/1692.cfm)

## **SCHOOLS**

### **BULLY FREE ALBERTA - Transphobic Bullying Fact Sheet**

The Alberta Government has created this fact sheet to educate about and prevent transphobic bullying.

<http://humanservices.alberta.ca/documents/transphobic-bullying.pdf>

### **ALBERTA EDUCATION - Guidelines for Best Practices (LGBTQ2+)**

These guidelines were developed to help create respectful, safe, inclusive environments for all students in Alberta around their sexual orientation, gender identity and gender expression.

<https://education.alberta.ca/media/1626737/91383-attachment-1-guidelines-final.pdf>

### **CANADIAN TEACHERS FEDERATION – Guide for Educators supporting trans students**

This resource offers guidance to help support transgender and gender diverse students in schools.

[gendercreativekids.ca/wp-content/uploads/2013/10/Supporting-Transgender-and-Transsexual-Students-web.pdf](http://gendercreativekids.ca/wp-content/uploads/2013/10/Supporting-Transgender-and-Transsexual-Students-web.pdf)

### **MY GSA**

Learn how to set up a GSA at your school to support your LGBTQ peers.

[mygsa.ca/](http://mygsa.ca/)

## **COMMUNITY-BASED SUPPORT**

### **CALGARY OUTLINK**

Calgary Outlink is a hub that promotes support and community connectedness for all gender and sexually diverse people and aims to foster unity and resilience among its members.

[www.calgaryoutlink.ca/](http://www.calgaryoutlink.ca/)

### **CALGARY SEXUAL HEALTH CENTRE**

The Calgary Sexual Health Centre aims to normalize sexual health in Alberta by providing evidence-informed, non-judgmental sexual and reproductive health programs and services.

[www.calgarysexualhealth.ca/](http://www.calgarysexualhealth.ca/)

### **CAMP FYREFLY**

Camp fYrefly is a leadership retreat for LGBTQ youth across Canada.

<http://www.fyrefly.ualberta.ca/>

## **SUPPORT GROUP – FAMILIES**

### **SKIPPING STONE FOUNDATION**

The Skipping Stone Foundation provides one-on-one parent-to-parent peer mentoring and support for families of transgender and gender diverse youth. This peer support program operates under the guidance of registered professionals.

[www.skippingstone.ca](http://www.skippingstone.ca)

### **GENDER CREATIVE FAMILIES**

Calgary Sexual Health Centre, Families Matter, and Ashleigh Yule Child Psychology offer a monthly support group for families and caregivers of gender creative children up to age 14.

<https://www.calgarysexualhealth.ca/events/gender-creative-families-night/>

### **TRANS FAMILIES**

Calgary Outlink's Trans Families group offers support, discussion, and news for parents and family of transgender and intersex children/family members and meets the third Wednesday of every month.

<http://www.calgaryoutlink.ca/trans-families>

### **PFLAG CANADA**

Available 24/7 PFLAG Canada seeks to aid Canadians with issues of sexual orientation, gender identity and gender expression through support and education.

[www.pflagcanada.ca/](http://www.pflagcanada.ca/)

## **SUPPORT GROUP – YOUTH**

### **SKIPPING STONE FOUNDATION**

The Skipping Stone Foundation provides one-on-one youth-to-youth peer mentoring and support for families of transgender and gender diverse youth. This peer support program operates under the guidance of registered professionals.

Skipping Stone also provides monthly capacity and community building events for LGBTQ2+ youth.

[www.skippingstone.ca](http://www.skippingstone.ca)

### **QUEERMUNITY**

Queermunity is the Alex Youth Health Centre's support group for LGBTQ2+ youth aged 12-24.

<http://www.thealex.ca/clients/>

### **MOSAIC**

Mosaic is youth group funded by the Miscellaneous Youth Network, run by a team of dedicated volunteers for LGBTQ2+ youth 10 to 25.

<https://www.facebook.com/MosaicYouthGroup/>

## **CRISIS SUPPORT**

### **TRANS LIFE LINE: 1-877-330-6366**

A hotline for transgender individuals in crisis.

[www.translifeline.org/](http://www.translifeline.org/)

### **KIDS HELP PHONE: 1-800-668-6868**

Kids Help Phone offers support for children and youth all across Canada, including information and support to transgender and gender diverse youth.

[www.kidshelpphone.ca/search?keys=LGBTQ](http://www.kidshelpphone.ca/search?keys=LGBTQ)

### **CALGARY DISTRESS CENTRE: 403-266-4357**

General crisis line available via phone or online, 24 hours a day, 7 days a week.

<http://www.distresscentre.com/>

## **WEB CONTENT**

### **NORMAN SPACK: How I help transgender teens become who they want to be**

Dr. Spack talks about the differences between sex and gender and the experiences of those whose sex and gender are incongruent.

[www.ted.com/talks/](http://www.ted.com/talks/)

[norman\\_spack\\_how\\_i\\_help\\_transgender\\_teens\\_become\\_who\\_they\\_want\\_to\\_be](http://www.ted.com/talks/norman_spack_how_i_help_transgender_teens_become_who_they_want_to_be)

### **TOMBOY – Short Animated Film**

A day in the life of an elementary school Latina Canadian child, as they find their way through the obstacles of being a tomboy. It explores issues of gender expression, bullying and diversity.

[gendercreativekids.ca/resources/tomboy-short-animation/](http://gendercreativekids.ca/resources/tomboy-short-animation/)

### **KIDS IN THE HOUSE – Trans Video Series**

A series of short information videos on a variety of transgender topics/issues by clinical Psychologist Diane Ehrensaft, PhD, author of *Gender Born, Gender Made*.

[www.kidsinthehouse.com/teenager/sexuality/transgender/where-gender-non-conformity-comes-from?qt-more\\_videos=1#qt-more\\_videos](http://www.kidsinthehouse.com/teenager/sexuality/transgender/where-gender-non-conformity-comes-from?qt-more_videos=1#qt-more_videos)

## SUGGESTED READING

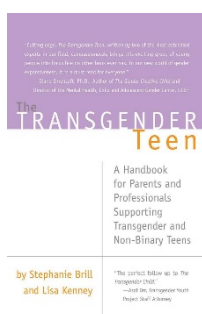
These resources are available to borrow at the [Family & Community Resource Centre](#).



### [The Transgender Child: A Handbook for Families and Professionals](#)

Stephanie A. Brill and Rachel Pepper (2008)

A guidebook for parents of gender variant or transgender children written to help families through the unique challenges they may face.



### **The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens**

Stephanie A. Brill and Rachel Pepper (2016)

A guidebook for parents, families and professionals to understand and navigate transgender and gender diverse teens. While teen focused, it is very applicable to youth.



### **The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes**

Diane Ehrensaft (2016)

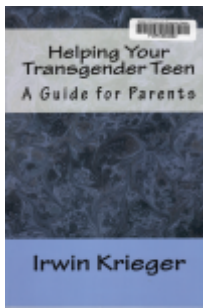
A guide to parents and professionals through the rapidly changing cultural, medical, and legal landscape of gender and identity.



### [Gender Born, Gender Made: Raising Healthy Gender Nonconforming Children](#)

Diane Ehrensaft (2011)

Dr. Ehrensaft draws her experience as psychologist for gender nonconforming and transgender children in this guidebook for parents.



**[Helping Your Transgender Teen: A Guide for Parents](#)**

Irwin Krieger (2011)

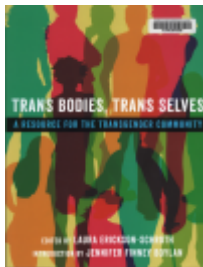
Written by a clinical social worker with experience helping transgender teens, this book will help parents understand and help their child.



**[GLBTQ: The Survival Guide for Gay, Lesbian, Bisexual, Transgender, and Questioning Teens](#)**

Kelly Hugel (2011)

LGBTQ youth will be able to find guidance, advice, and support in the pages of this book.



**[Trans Bodies, Transelves: A Resource for the Transgender Community](#)**

Laura Erickson-Schroth (2014)

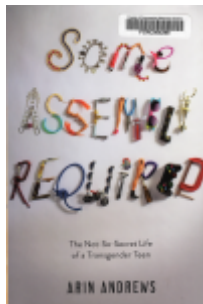
This thorough book addresses various aspects of life for transgendered or genderqueer individuals. *Contains language and sexual content.*



**[Beyond Magenta](#)**

Susan Kuklin (2014)

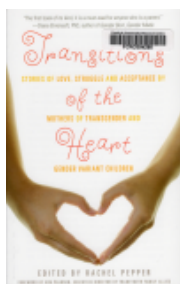
Six teens share their personal stories of transition. *Contains language and sexual content.*



**[Some Assembly Required: The Not-So-Secret Life of a Transgender Teen](#)**

Arin Andrews (2014)

In his autobiography Arin, who was born a girl, shares the story of his transition during his teenage years to the young man he is today. *Contains strong language and sexual content.*



**[Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children](#)**

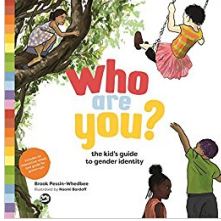
Rachel Pepper (2012)

In this anthology mothers share their own stories about their child's transition.

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**Last update Nov 8, 2017**

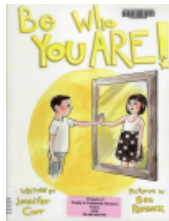
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### **Who Are You?: The Kid's Guide to Gender Identity**

Brook Pessin-Whedbee (2016)

This brightly illustrated children's book provides a straightforward introduction to gender for anyone aged 5+. It presents clear and direct language for understanding and talking about how we experience gender: our bodies, our expression and our identity.



### **Be Who You Are**

Jennifer Carr (2010)

This children's book tells the story of how Nick became Hope, the girl she was meant to be.



### **I am Jazz**

Jessica Herthel and Jazz Jennings (2014)

A simple picture book for young readers about a transgender girl named Jazz.



### **When Kathy is Keith**

Wallace Wong (2011)

A children's book about Kathy, who knows that she should be a boy but nobody believes her.