

The IMPACT LGBT Health and Development Program:  
Trans 101 - Parent and Family Resources  
[www.impactprogram.org](http://www.impactprogram.org)

## Online

### [Parenting a Transgender or Gender Non-Conforming Child or Adolescent](#)

Johanna Olson, MD, Medical Director of the Center for Transyouth Health and Development at Children's Hospital Los Angeles

This series of short videos provides an overview of treatment options for transgender adolescents. Common questions regarding the health and development of transgender and gender nonconforming children are also answered.

Educational Brochures Provided by the American Psychological Association:

- [Answers to Your Questions about Transgender People, Gender Identity, and Gender Expression](#)
- [Fact Sheet: Gender Diversity and Transgender Identity in Children](#)
- [Fact Sheet: Gender Diversity and Transgender Identity in Adolescents](#)

### [Supporting and Caring for our Gender Expansive Youth](#)

This report compiled by the Human Rights Campaign uses research data to provide information on transgender and gender nonconforming youth's identities as well as their experiences in school, home, and extracurricular settings.

### [Family Acceptance Project: Family Information](#)

Provides information and support for families of lesbian, gay, bisexual, and transgender (LGBT) youth that was developed based on research examining the role of family support in LGBT health and development.

### [How I help transgender teens become who they want to be](#)

Norman Spack, MD, Pediatric endocrinologist, co-founder of Gender Management Service clinic at Boston's Children Hospital

This TED talk provides an overview of the rationale for use of puberty blockers among transgender adolescents. The speaker, Norman Spack, is one of the early pioneers of this treatment approach. In the video, Spack also discusses how he got involved in this specialty.

### [Trans Waves](#)

Trans Waves is a podcast run by the Trans Youth Equality Foundation that interviews trans youth, allies, providers, activists, and families. Trans Waves "aims to bring voices of the trans child movement to a larger audience."

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## Books

The Transgender Child: A Handbook for Families and Professionals by Stephanie A. Brill

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

Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children by Diane Ehrensaft, PhD and Edgardo Menvielle, MD, MSHS

Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children by Rachel Pepper

## Advocacy and Support-Based Organizations

These organizations provide a variety of services and support, including additional online resources. Connecting with an organization in your area can be helpful when advocating for your child's educational, medical, social, and extracurricular needs. Many of these organizations also host support groups, activities, and regional conferences for children, adolescents, and their families.

National:

[TransYouth Family Allies](#)

[TransKids Purple Rainbow Foundation](#)

[Gender Spectrum](#)

[Trans Youth Equality Foundation](#) (New England based)

[PFLAG – Support for Transgender People and Their Families](#) (includes local chapter locator)

- [Welcoming our Trans Family and Friends: A Support Guide for Parents, Families and Friends of Transgender and Gender Non-Conforming People](#)

Summer Camps:

[Camp Aranu'tiq](#)

[Trans Youth Equality Foundation Camps and Retreats](#)

The following search tools also include an option to search for individual providers (e.g., therapists, counselors) who have experience working with transgender children, adolescents, and/or adults:

[World Professional Association for Transgender Health: Find a Provider](#)

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[American Psychological Association: Psychologist Locator](#) (search area of specialization:  
Gender identity)

[Psychology Today: Find a Therapist](#) (search sexuality: Transsexual issues)