



## Colorado Resources for Families of Gender Expansive Youth

Provided by PFLAG and TYES

*Trans Youth Education & Support of Colorado (TYES)* offers statewide support for families with trans\* and gender expansive (fluid, questioning) youth. TYES is a program of PFLAG Boulder County. Families connect online via Facebook and email. Support meetings and socials throughout the year. Contact TYES at (720) 443-7708 [tyes.help@gmail.com](mailto:tyes.help@gmail.com) <http://www.tyes-colorado.org/> <https://www.facebook.com/TYESgroup>

**Current Resource Links** – these organizations maintain dynamic resource pages.

- TransYouth Family Allies <http://imatyfa.org/resources-index.html>
- Gender Spectrum <http://www.genderspectrum.org/resources>
- Boulder Valley Safe Schools Coalition <http://www.bouldersafeschools.org/resources/gender-resources.html>
- T-VOX [http://www.t-vox.org/index.php?title=General\\_reading\\_list#Children.27s\\_Books](http://www.t-vox.org/index.php?title=General_reading_list#Children.27s_Books)

### Family Education

- PFLAG National: [www.pflag.org](http://www.pflag.org)
- Welcoming our Trans Family & Friends (PFLAG) - <https://lgbtrc.usc.edu/files/2015/05/Welcoming-Our-Trans-Family-and-Friends.pdf>
- Family Acceptance Project: <http://familyproject.sfsu.edu/>

### Schools Legislation and Guidance

- One Colorado “Guidance for Educators Working with Transgender and Gender Nonconforming Students.” [http://www.one-colorado.org/wp-content/uploads/2013/03/Transgender\\_Guidance.pdf](http://www.one-colorado.org/wp-content/uploads/2013/03/Transgender_Guidance.pdf)
- Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools [https://www.aclu.org/sites/default/files/field\\_document/schools.in\\_transition.2015.pdf](https://www.aclu.org/sites/default/files/field_document/schools.in_transition.2015.pdf)
- Transgender Students and School Bathrooms FAQ: <https://www.genderspectrum.org/bathroomfaq/>
- Colorado Division of Civil Rights ruling from Fountain Colorado school district (2013) [http://www.transgenderlegal.org/media/uploads/doc\\_529.pdf](http://www.transgenderlegal.org/media/uploads/doc_529.pdf)
- Obama Administration “Dear Colleague Letter” (2016): [http://www2.ed.gov/about/offices/list/ocr/letters/colleague-201605-title-ix-transgender.pdf?utm\\_content&utm\\_medium=email&utm\\_name&utm\\_source=govdelivery&utm\\_term](http://www2.ed.gov/about/offices/list/ocr/letters/colleague-201605-title-ix-transgender.pdf?utm_content&utm_medium=email&utm_name&utm_source=govdelivery&utm_term)
- Obama Administration Examples of Policies and Emerging Practices for Supporting Transgender Students (2016): [http://www2.ed.gov/about/offices/list/oese/oshs/emergingpractices.pdf?utm\\_content&utm\\_medium=email&utm\\_name&utm\\_source=govdelivery&utm\\_term](http://www2.ed.gov/about/offices/list/oese/oshs/emergingpractices.pdf?utm_content&utm_medium=email&utm_name&utm_source=govdelivery&utm_term)

### Safe Schools

- Welcoming Schools Program: <http://www.welcomingschools.org/>
- Teaching Tolerance Project: <http://www.tolerance.org/>
- Gender Spectrum: <https://www.genderspectrum.org/explore-topics/education/#more-239>
- Gay, Lesbian, Straight Education Network (GLSEN): [www.glsen.org](http://www.glsen.org)

### Legal

- Colorado Division of Civil Rights Pamphlet: <http://cdn.colorado.gov/cs/Satellite/DORA-DCR/CBON/DORA/1251629367385>
- Transgender Law Center: [www.transgenderlawcenter.org](http://www.transgenderlawcenter.org)
- Transgender Legal Defense: [www.transgenderlegal.org](http://www.transgenderlegal.org)
- National Center for Lesbian Rights [www.NCLRights.org](http://www.NCLRights.org)

## Conferences

- Gender Spectrum, Berkeley, CA: [www.genderspectrum.org](http://www.genderspectrum.org)
- Gender Odyssey, Seattle, WA: [www.genderodyssey.org](http://www.genderodyssey.org)
- Trans Health, Philadelphia, PA: [www.trans-health.org](http://www.trans-health.org)
- TRANSforming Gender Conference, Boulder, CO: <http://www.colorado.edu/gsc/transforming-gender-conference-0>
- Gender Infinity, Houston, TX: <http://genderinfinity.org/>

## Nationwide Online Support

- Trans Youth Family Allies – [http://health.groups.yahoo.com/group/TYFA\\_TALK](http://health.groups.yahoo.com/group/TYFA_TALK)
- Gender Spectrum- monthly Parent Support Conference Call and an online support forum.
- Parents of Transgender Children Facebook Group - online support for families with transgender kids. Members minimally screened, consider privacy needs.

## Documentaries

- Faces & Facets of Transgender Experience, [www.pflagboulder.org](http://www.pflagboulder.org)
- Becoming Me, In the Life Media <http://www.youtube.com/watch?v=lxzKIPVceWg>
- Almost Myself, [www.almostmyself.com](http://www.almostmyself.com)
- On You Tube - *I am Jazz*, Parts 1-4, *My Secret Self*, parts 1-5

## Nonfiction Books

- *The Transgender Child* - Stephanie Brill
- *Gender Born, Gender Made* - Diane Ehrensaft
- *The Gender Creative Child* - Diane Ehrensaft
- *Transgender 101, A Simple Guide to a Complex Issue* - Nicholas M Teich
- *Trans-Kin: A Guide for Family and Friends of Transgender People* - Dr. Eleanor A Hubbard and Cameron T Whitley

## Affirming Kids Books

- *Be Who You Are* - Jennifer Carr
- *Tulip, and Backwards Day* - S. Bear Bergman
- *I Am Jazz* - Jessica Herthel & Jazz Jennings
- *Red: A Crayon's Story* - Michael Hall

## Videos

- *What Kindergartners Taught Me About Gender* – Batya Greenwald TED Talk: <https://www.youtube.com/watch?v=yvJTsrWarrw>
- *Understanding the Complexities of Gender* – Sam Killermann TED Talk: <https://www.youtube.com/watch?v=NRcPXtdKjE>
- “*That’s Good Enough*” – Debi Jackson: <https://www.youtube.com/watch?v=-oluw3ylyhl>
- *How I Help Transgender Teens Become Who They Want to Be* – Dr. Norman Spack TED Talk: <https://www.youtube.com/watch?v=rzbtSeVZeEE>

## Research

- Socially supported transgender children exhibit positive mental health (March, 2016): <http://www.pediatricnews.com/specialty-focus/mental-health/single-article-page/socially-supported-transgender-children-exhibit-positive-mental-health/1dd836ccb69023ddb7aba4761e9b479b.html>
- Transgender kids show consistent gender identity across measures (January, 2015): <http://www.psychologicalscience.org/index.php/news/releases/transgender-kids-show-consistent-gender-identity-across-measures.html>
- Sex Isn’t Chromosomes (February, 2015): <http://www.newstatesman.com/future-proof/2015/02/sex-isn-t-chromosomes-story-century-misconceptions-about-x-y>

\*For information on Colorado trans\* youth specific medical/mental health providers, please contact TYES. The information in this guide is meant to be a starting point and is by no means an exhaustive list of all the resources available for parents of gender expansive youth. Please contact TYES if you have additional needs.