



# WORKING WITH FAMILIES AND CAREGIVERS OF TRANSGENDER AND GENDER DIVERSE YOUTH



Amy L. Ver Wey, MA LLP RPT WPATH Certified

## REFERENCES

- 10 things parents of trans kids want to know.* (n.d.). Psychology Today. <https://www.psychologytoday.com/us/articles/202209/10-things-parents-of-trans-kids-want-to-know>
- Addressing transgender myths – American Nurse.* (2022, August 8). *Official Journal of the American Nurse's Association.* ([myamericannurse.com/addressing-transgender-myths/](http://myamericannurse.com/addressing-transgender-myths/))
- Advocates for Trans Equality (A4TE). (2024). [transequality.org/about-us](http://transequality.org/about-us)
- Alliance, T. (2024, September 29). *Gender Journey - TransFamily Alliance.* TransFamily Alliance. [transfamilyalliance.com/gender-journey/](http://transfamilyalliance.com/gender-journey/)
- Alliance, T. (2024b, November 15). *Navigating the gender Journey - TransFamily Alliance.* TransFamily Alliance. [transfamilyalliance.com/navigating-the-gender-journey/](http://transfamilyalliance.com/navigating-the-gender-journey/)
- Ally Parents | Stand with Trans: Support for Trans Youth & their Families.* (n.d.). [standwithtrans.org/ally-parents/](http://standwithtrans.org/ally-parents/)
- American College of Obstetricians and Gynecologists. Health care for transgender teens. June 2019.
- AYA Youth Collective. (2024, November 28). *Home - AYA Youth Collective.* AYA Youth Collective - Relationships. Resources. Housing. [ayayouth.org/](http://ayayouth.org/)
- Beemyn G. Transgender history in the United States: A special unabridged version of a book chapter from *Trans Bodies, Trans Selves*. In: Erickson-Schroth L, ed. *Trans Bodies, Trans Selves* New York, NY: Oxford University Press; 2014.
- Caitlin Ryan, David Huebner, Rafael M. Diaz, Jorge Sanchez; Family Rejection as a Predictor of Negative Health Outcomes in White and Latino Lesbian, Gay, and Bisexual Young Adults. *Pediatrics* January 2009; 123 (1): 346–352. 10.1542/peds.2007-3524
- Callen-Lorde Community Health Center and Mount Sinai Health System. (2018). *NYC-METRO AREA TRANSGENDER AND GENDER NON-BINARY (TGNB) COMMUNITY RESOURCES.* [mountsinai.org/files/MSHealth/Assets/HS/Locations/CTMS/TGNCRResourceGuide.pdf](http://mountsinai.org/files/MSHealth/Assets/HS/Locations/CTMS/TGNCRResourceGuide.pdf)
- Community resources: LGBTQ resources.* (n.d.). Kent District Library. [kdl.org/community-resources/lgbtq/](http://kdl.org/community-resources/lgbtq/)
- Course Library - The Gender U.* (n.d.). [thegenderu.com/course-library/](http://thegenderu.com/course-library/)
- Dellens, M. (2023). Working with Parents of Transgender Youth. *The Affirmative Couch.* Retrieved from: [affirmativecouch.com/course/working-with-parents-of-transgender-youth/](http://affirmativecouch.com/course/working-with-parents-of-transgender-youth/)

Donation. (2024, July 29). *Get support - Equality Michigan*. Equality Michigan - Michigan's Anti-violence and Advocacy Organization Proudly Serving the LGBTQ and HIV Affected Communities for Over 20 Years. [equalitymi.org/get-support/](https://equalitymi.org/get-support/)

*Education*. (n.d.). Mount Sinai Health System. [mountsinai.org/locations/center-transgender-medicine-surgery/education](https://mountsinai.org/locations/center-transgender-medicine-surgery/education)

Family Acceptance Project, & Ryan, C. (2023). Using Family Acceptance project resources to help decrease family rejection & health risks and increase family support for LGBTQ children & youth. In *Family Acceptance Project RESOURCES*. San Francisco State University. <https://familyproject.sfsu.edu/sites/default/files/documents/FAP-Resource-Booklet.pdf>

Forrest Valkai. (2021, January 21). *Sex and Sensibility* [Video]. YouTube. [youtube.com/watch?v=szf4hzQ5ztg](https://youtube.com/watch?v=szf4hzQ5ztg)

Garey, J. (2024, February 29). *How to support kids who are questioning*. Child Mind Institute. [childmind.org/article/how-to-support-kids-who-are-questioning/](https://childmind.org/article/how-to-support-kids-who-are-questioning/)

*Gender and Sexuality Galaxies – Comprehensive Sexual Health Education Tool | Action Canada for Sexual Health and Rights*. (n.d.). [actioncanadashr.org/gender-and-sexuality-galaxies](https://actioncanadashr.org/gender-and-sexuality-galaxies)

*Gender Explained: A New Understanding of Identity in a . . .* (n.d.). Goodreads. [goodreads.com/book/show/199587090-gender-explained](https://goodreads.com/book/show/199587090-gender-explained)

*Gender-affirming care saves lives*. (2022b, December 8). Columbia University Department of Psychiatry. <https://www.columbiapsychiatry.org/news/gender-affirming-care-saves-lives>

GenderGP, & GenderGP. (2024, November 7). *The latest thinking on fertility for trans and non-binary Youth*. GenderGP. <https://www.gendergp.com/latest-thinking-fertility-transgender-non-binary-youth/>

*General 2 — Gender spectrum*. (n.d.). Gender Spectrum. [genderspectrum.org/resources](https://genderspectrum.org/resources)

Ghti. (n.d.). *Gender Health Training Institute - Gender Affirming Coaching & Mentorship, Clinical trainings, WPATH Mentorship*. Gender Health Training Institute. [genderhealthtraining.com/](https://genderhealthtraining.com/)

Glaad, Glaad, & Glaad. (2024, June 26). *Medical Association statements in support of health care for transgender people and youth*. GLAAD | GLAAD Rewrites the Script for LGBTQ Acceptance. [glaad.org/medical-association-statements-supporting-trans-youth-healthcare-and-against-discriminatory/](https://glaad.org/medical-association-statements-supporting-trans-youth-healthcare-and-against-discriminatory/)

Glaad, Glaad, & Glaad. (2024, June 26). *Medical Association statements in support of health care for transgender people and youth*. GLAAD | GLAAD Rewrites the Script for LGBTQ Acceptance. [glaad.org/medical-association-statements-supporting-trans-youth-healthcare-and-against-discriminatory/](https://glaad.org/medical-association-statements-supporting-trans-youth-healthcare-and-against-discriminatory/)

GLAAD. Glossary of terms: Transgender.

GLBTQ Legal Advocates & Defenders (GLAD). (2024, August 20). *Home - GLAD*. GLAD. [glad.org/](https://glad.org/)

Golde, K. (2025, January 18). *United States v. Skrmetti - SCOTUSblog*. SCOTUSblog. <https://www.scotusblog.com/case-files/cases/united-states-v-skrmetti/>

*GR LGBTQ+ Healthcare Consortium*. (2024, December 17). GR LGBTQ+ Healthcare Consortium. [grlgbtqhealthcareconsortium.org/](https://grlgbtqhealthcareconsortium.org/)

Grand Rapids Pride Center. (2024). Learn the 2-SLGBTQ+ Lingo. *GR Pride Center* Retrieved from: [grpride.org/resources/2-slgbtq-glossary/](http://grpride.org/resources/2-slgbtq-glossary/)

Grand Rapids Trans Foundation. (2024, September 27). *HOME - Grand Rapids Trans Foundation*. [grtransfoundation.org/](http://grtransfoundation.org/)

Gutierrez J. Bar Chee Ampe and beyond: Uncovering two-spirit identity, Part 2. New-York Historical Society Museum & Library.

Hatchel T, Marx R. Understanding Intersectionality and Resiliency among Transgender Adolescents: Exploring Pathways among Peer Victimization, School Belonging, and Drug Use. *Int J Environ Res Public Health*. 2018 Jun 19;15(6):1289. doi: 10.3390/ijerph15061289. PMID: 29921806; PMCID: PMC6025184.

*Health Insurance - Appealing a denial - Trans health project*. (n.d.). <https://transhealthproject.org/trans-health-insurance-tutorial/appealing-a-denial/>

*Health Professionals | Trans Care BC*. (n.d.). [transcarebc.ca/health-professionals](http://transcarebc.ca/health-professionals)

Herman JL, Brown TNT, Haas AP. Suicide thoughts and attempts among transgender adults: Findings from the 2015

Herman JL, Flores AR, O'Neill KK. How many adults and youth identify as transgender in the United States. Williams Institute. June 2022.

*Home | Trans Care BC*. (n.d.). [transcarebc.ca/](http://transcarebc.ca/)

*IJTH | WPATH*. (n.d.). <https://wpath.org/publications/ijth/>

*Intersectionality and privilege*. (2024, March 6). The University of Edinburgh. [equality-diversity.ed.ac.uk/students/intersectionality#:~:text=By%20thinking%20about%20your%20own,increasingly%20globalised%20and%20international%20world](http://equality-diversity.ed.ac.uk/students/intersectionality#:~:text=By%20thinking%20about%20your%20own,increasingly%20globalised%20and%20international%20world).

Katy K. Miller, Morghan Park, Jess Peterson; Colonization and the Health of Lesbian, Gay, Bisexual, Transgender, Queer/questioning and Intersex (LGBTQI) Populations: A Narrative Review of Three Case Studies. *Pediatrics* February 2022; 149 (1 Meeting Abstracts February 2022): 585.

Kristina R. Olson, Lily Durwood, Rachel Horton, Natalie M. Gallagher, Aaron Devor; Gender Identity 5 Years After Social Transition. *Pediatrics* August 2022; 150 (2): e2021056082. 10.1542/peds.2021-056082

Lambda Legal. (2023, September 1). *Legal Help Desk - Lambda Legal*. [lambdalegal.org/helpdesk](http://lambdalegal.org/helpdesk)

*LGBTQ family acceptance*. (n.d.). LGBTQ Family Acceptance. [lgbtqfamilyacceptance.org/](http://lgbtqfamilyacceptance.org/)

*LGBTQ Rights | American Civil Liberties Union*. (2024, July 24). American Civil Liberties Union. [aclu.org/issues/lgbtq-rights](http://aclu.org/issues/lgbtq-rights)

Michigan LGBTQ Resources, Kalamazoo Gay and Lesbian Resource Center, OutCenter, Transgender Detroit, Triangle Foundation, Ozone House, The Ruth Ellis Center, Affirmations, The LGC Network of Western Michigan, TransGender Michigan, Washtenaw Rainbow Action Project, Child Welfare League of America (CWLA), Lambda Legal, Lambda Legal, Youth OUTreach, Ambiente Joven, Casey Family Programs, Life Skills Assessments, LGBTQ Supplement, Children of Lesbian and Gays Everywhere (COLAGE), Family Pride Coalition, . . . Parents, Families and Friends of Lesbians and Gays. (n.d.). *LGBTQ resources for caseworkers, youth, and family*. [michigan.gov/](http://michigan.gov/)

/media/Project/Websites/mdhhs/Folder3/Folder5/Folder2/Folder105/Folder1/Folder205/LGBTQ\_Resour ces.pdf?rev=e78aa8a754f54c888d057cb2e7b8ca5e

*Movement Advancement Project | Family Support: Resources for families of transgender & gender diverse children.* (n.d.). [lgbtmap.org/policy-and-issue-analysis/advancing-acceptance-for-parents](https://lgbtmap.org/policy-and-issue-analysis/advancing-acceptance-for-parents)

Movement Advancement Project. (2024). *Healthcare Laws and policies: Bans on best practice medical care for transgender youth.* [lgbtmap.org/img/maps/citations-youth-medical-care-bans.pdf](https://lgbtmap.org/img/maps/citations-youth-medical-care-bans.pdf)

Movement Advancement Project. [2024]. "Equality Maps: Bans on Best Practice Medical Care for Transgender Youth." [mapresearch.org/equality-maps/healthcare/youth\\_medical\\_care\\_bans](https://mapresearch.org/equality-maps/healthcare/youth_medical_care_bans). Accessed [10/09/2024].

National Center for Transgender Equality. (2016b). FAQ on the withdrawal of federal guidance on transgender students. In *National Center for Transgender Equality*. <https://universitylife.columbia.edu/sites/default/files/content/docs/faq-on-the-withdrawal-of-federal-guidance-on-transgender-students.pdf>

National LGBTQIA+ Health Education Center. (2024, October 9). *Care for transgender and gender diverse children whose parents are involved in a custody dispute » LGBTQIA+ Health Education Center.* LGBTQIA+ Health Education Center. [lgbtqiahealtheducation.org/publication/care-for-transgender-and-gender-diverse-children-whose-parents-are-involved-in-a-custody-dispute/](https://lgbtqiahealtheducation.org/publication/care-for-transgender-and-gender-diverse-children-whose-parents-are-involved-in-a-custody-dispute/)

Novotney, A. (2024, June 3). 'The young people feel it': A look at the mental health impact of transgender legislation. <https://www.apa.org>. <https://www.apa.org/topics/lgbtq/mental-health-anti-transgender-legislation>

Occam's razor. (n.d.). In *Merriam-Webster Dictionary*. [merriam-webster.com/dictionary/Occam%27s%20razor#:~:text=%3A%20a%20scientific%20and%20philosophical%20rule,in%20terms%20of%20known%20quantities](https://www.merriam-webster.com/dictionary/Occam%27s%20razor#:~:text=%3A%20a%20scientific%20and%20philosophical%20rule,in%20terms%20of%20known%20quantities)

*Parents for Transgender Equality Network.* (2024, October 4). HRC. [hrc.org/our-work/parents-for-transgender-equality-network](https://hrc.org/our-work/parents-for-transgender-equality-network)

*Parents of gender creative & trans children | Trans Care BC.* (n.d.). [transcarebc.ca/parents-families/parents-trans-kids](https://transcarebc.ca/parents-families/parents-trans-kids)

PFLAG National. (2024, July 8). *Supporting Trans & Nonbinary Loved Ones: What Would You Do? Recording & Training Toolkit - PFLAG.* PFLAG. [pflag.org/resource/pao-supportingtranslovedones/](https://pflag.org/resource/pao-supportingtranslovedones/)

Rainbow Pride Art Print Featuring Dinosaurs. *LanasShop, Etsy.* (2022) [etsy.com/listing/1078096055/rainbow-pride-art-print-featuring](https://etsy.com/listing/1078096055/rainbow-pride-art-print-featuring)

*Raising My Rainbow: Adventures in raising a fabulous, g. . .* (n.d.). Goodreads. [goodreads.com/book/show/17262398-raising-my-rainbow](https://goodreads.com/book/show/17262398-raising-my-rainbow)

*Resources for LGBTQI+ students.* (n.d.-b). U.S. Department of Education. <https://www.ed.gov/laws-and-policy/civil-rights-laws/resources-for-lgbtqi-students>

*Resources for Parents of Transgender Youth — Trans Youth Equality Foundation.* (n.d.). Trans Youth Equality Foundation. [transyouthequality.org/for-parents](https://transyouthequality.org/for-parents)

*Resources for Providers — Trans Youth Equality Foundation.* (n.d.). Trans Youth Equality Foundation. [transyouthequality.org/health](https://transyouthequality.org/health)

Restar A, Layland EK, Hughes L, et al. Antitrans Policy Environment and Depression and Anxiety Symptoms in Transgender and Nonbinary Adults. *JAMA Netw Open.* 2024;7(8):e2431306. doi:10.1001/jamanetworkopen.2024.31306

*Standards of Care 8 | WPATH.* (n.d.). <https://wpath.org/publications/soc8/>

Strangio, C., & Mullen, K. (2023, February 27). A conversation with trans rights activist Janet Mock | ACLU. *American Civil Liberties Union.* [aclu.org/news/lgbtq-rights/conversation-trans-rights-activist-janet-mock](https://aclu.org/news/lgbtq-rights/conversation-trans-rights-activist-janet-mock)

*Support resources for families of gender diverse youth.* (n.d.). HealthyChildren.org. [healthychildren.org/English/ages-stages/gradeschool/Pages/Support-Resources-for-Families-of-Gender-Diverse-Youth.aspx](https://healthychildren.org/English/ages-stages/gradeschool/Pages/Support-Resources-for-Families-of-Gender-Diverse-Youth.aspx)

*Supporting transgender, non-binary, and Gender-Expansive children.* (2024, October 9). HRC. [hrc.org/resources/supporting-trans-non-binary-gender-expansive-children](https://hrc.org/resources/supporting-trans-non-binary-gender-expansive-children)

*The benefits of gender-affirming care.* (2023, March 31). UW School of Public Health. [sph.washington.edu/news-events/sph-blog/benefits-gender-affirming-care](https://sph.washington.edu/news-events/sph-blog/benefits-gender-affirming-care)

*The Gender Creative Child: Pathways for Nurturing and S. . .* (n.d.). Goodreads. [goodreads.com/en/book/show/25810666-the-gender-creative-child](https://www.goodreads.com/en/book/show/25810666-the-gender-creative-child)

The GenderCool Project. (2024, November 19). *Home - the GenderCool Project.* The GenderCool Project - Who We Are, Not What We Are. <https://gendercool.org/>

The People of the State of Michigan. (1976). ELLIOTT-LARSEN CIVIL RIGHTS ACT. In *Michigan Compiled Laws.* [michigan.gov/-/media/Project/Websites/mdcr/public-act-453-of-1976-elliott-larsen.pdf?rev=c15451b0a9f943d78ae818259a38c8dc](https://www.michigan.gov/-/media/Project/Websites/mdcr/public-act-453-of-1976-elliott-larsen.pdf?rev=c15451b0a9f943d78ae818259a38c8dc)

The Trevor Project (2023). 2023 U.S. national survey on the mental health of LGBTQ young people. [Data set]. [thetrevorproject.org/survey-2023/](https://thetrevorproject.org/survey-2023/)

The Trevor Project (2023). Acceptance from Adults is Associated with Lower Rates of Suicide Attempts Among LGBTQ Young People. [thetrevorproject.org/research-briefs/acceptance-from-adults-is-associated-with-lower-rates-of-suicide-attempts-among-lgbtq-young-people-sep-2023/#:~:text=It%20is%20well%2Ddocumented%20that,related%20to%20lower%20rates%20of](https://thetrevorproject.org/research-briefs/acceptance-from-adults-is-associated-with-lower-rates-of-suicide-attempts-among-lgbtq-young-people-sep-2023/#:~:text=It%20is%20well%2Ddocumented%20that,related%20to%20lower%20rates%20of)

The Trevor Project (2024). 2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People. [thetrevorproject.org/survey-2024/](https://thetrevorproject.org/survey-2024/)

The Trevor Project (2024). Being an Ally to Trans and Nonbinary Young People. [thetrevorproject.org/wp-content/uploads/2021/07/2024\\_Guide\\_Being-an-Ally-to-Trans-and-Nonbinary-Young-People.pdf](https://thetrevorproject.org/wp-content/uploads/2021/07/2024_Guide_Being-an-Ally-to-Trans-and-Nonbinary-Young-People.pdf)

The Trevor Project (2024). Facts About Suicide Among LGBTQ+ Young People. [thetrevorproject.org/resources/article/facts-about-lgbtq-youth-suicide/](https://thetrevorproject.org/resources/article/facts-about-lgbtq-youth-suicide/)

*Title IX and sex discrimination.* (n.d.). U.S. Department of Education. [ed.gov/laws-and-policy/civil-rights-laws/sex-discrimination/Title-IX-and-Sex-Discrimination](https://ed.gov/laws-and-policy/civil-rights-laws/sex-discrimination/Title-IX-and-Sex-Discrimination)

*Title IX.* (2023, September 14). [justice.gov/crt/title-ix](https://justice.gov/crt/title-ix)

*Title VII of the Civil Rights Act of 1964.* (n.d.). US EEOC. <https://www.eeoc.gov/statutes/title-vii-civil-rights-act-1964#:~:text=Title%20VII%20prohibits%20employment%20discrimination,religion%2C%20sex%20and%20national%20origin.>

Tordoff, D. M., Wanta, J. W., Collin, A., Stepney, C., Inwards-Breland, D. J., & Ahrens, K. (2022). Mental health outcomes in transgender and nonbinary youths receiving Gender-Affirming Care. *JAMA Network Open*, 5(2), e220978. doi.org/10.1001/jamanetworkopen.2022.0978

*Trans Bodies, Trans Selves: A resource by and for trans. . .* (n.d.). Goodreads. [goodreads.com/book/show/57421716-trans-bodies-trans-selves](https://www.goodreads.com/book/show/57421716-trans-bodies-trans-selves)

*Trans Lifeline Library – Parents of Trans Youth – Welcome to the Club: Introduction – Article | Stand with Trans: Support for Trans Youth & their Families.* (n.d.). <https://standwithtrans.org/trans-lifeline-library-parents-of-trans-youth-welcome-to-the-club-introduction-article/>

TransFamily Alliance. (n.d.). FIVE KEYS TO NAVIGATING WHEN YOUR KID COMES OUT AS TRANS OR NON-BINARY. In *THE PARENT GUIDE*. <https://www.transfamilyalliance.com/wp-content/uploads/2022/06/THE-PARENT-GUIDE-FIVE-KEYS-TO-NAVIGATING-WHEN-YOUR-KID-COMES-OUT-AS-TRANS-OR-NON-BINARY.pdf>

*Transgender Children & Youth: Understanding the Basics.* (2024, March 20). HRC. [hrc.org/resources/transgender-children-and-youth-understanding-the-basics](https://hrc.org/resources/transgender-children-and-youth-understanding-the-basics)

Transgender Law Center. (2023, May 17). *Legal - Transgender Law Center.* [transgenderlawcenter.org/legal-work/](https://www.transgenderlawcenter.org/legal-work/)

*Transgender medicine for general medical providers.* (2022, September 5). Coursera. [coursera.org/learn/transgender-medicine](https://www.coursera.org/learn/transgender-medicine)

*TransPages Index | Transgender Michigan.* (n.d.). Transgender Michigan. [transgendermichigan.org/index](https://www.transgendermichigan.org/index)

TransParent. (2020, September 7). *Education - TransParent USA.* TransParent USA. [transparentusa.org/education/](https://www.transparentusa.org/education/)

U.S. transgender survey. Williams Institute. September 2019.

Ucl. (2021, September 22). *7 ways you can be a better LGBTQ+ ally.* Students. [ucl.ac.uk/students/news/2020/dec/7-ways-you-can-be-better-lgbtq-ally](https://www.ucl.ac.uk/students/news/2020/dec/7-ways-you-can-be-better-lgbtq-ally)

Unless otherwise stated, all images are licensed under Canva

*Video support groups – TransFamilies.* (n.d.). [transfamilies.org/video-support-groups/](https://www.transfamilies.org/video-support-groups/)

*Welcome | Gender Affirming Health Program.* (n.d.). [transcare.ucsf.edu/welcome](https://www.transcare.ucsf.edu/welcome)

*Working with schools | Trans Care BC.* (n.d.). <https://www.transcarebc.ca/parents-families/parents-trans-kids/working-with-schools>

Wpath. (n.d.). *SOC8 homepage - WPATH World Professional Association for Transgender Health.* [wpath.org/soc8](https://www.wpath.org/soc8)

Wpath. (n.d.-a). *International Journal of Transgender Health - WPATH World Professional Association for Transgender Health.* [wpath.org/publications/ijt](https://www.wpath.org/publications/ijt)