

## **Resources for Trans+ Adolescents/Teens**

### **Personal resources**

#### Chest Binders

- PointofPride.org: teens can request donated binders for free if they are unable to access them (financial reasons, lack of parental support, etc.)
- GC2B: can request donations from GC2B for safe binders for your organization

### **Name Change Help:**

Free name change help from Sara Fitouri at [sara.fitouri@gmail.com](mailto:sara.fitouri@gmail.com).

### **Changing Gender Markers at DMV:**

Fill out this form and have your doctor or mental health professional sign off on it:

[https://www.colorado.gov/pacific/sites/default/files/DR2083\\_0.pdf?fbclid=IwAR027rarlb9mjaD TTvhpH9g36SpXU KEvGH-d46E-MVZOfUnKaaQbqy3zfA](https://www.colorado.gov/pacific/sites/default/files/DR2083_0.pdf?fbclid=IwAR027rarlb9mjaD TTvhpH9g36SpXU KEvGH-d46E-MVZOfUnKaaQbqy3zfA)

### **Books**

#### *Boy Erased* by Gerald Conley

- Gerald's journey of being forced to undergo gay conversion therapy

#### *If I Was Your Girl* by Meredith Russo

- a book about a trans teen navigating dating and coming out

#### *Beyond Magenta: Transgender Teens Speak Out* by Susan Kuklin

- Stories of 6 transgender teens about their journies

#### *Transgender History, second edition: The Roots of Today's Revolution* by Susan Stryker

- Covers transgender history from the mid-20<sup>th</sup> century to today, including major events and turning points

#### *Parrotfish* by Ellen Wittlinger

- Recently updated to reflect new terms
- A story about a trans kid realizing they are trans and navigating reactions from friends and family

#### *Rethinking Normal:* by Katie Rain Hill

- Navigating being trans including undergoing gender reassignment surgery

#### *Being Jazz: My Life as a Transgender Teen* by Jazz Jennings

- Story of Jazz who came out as trans at 5 years old and began transitioning

#### *Some Assembly Required: The Not-So-Secret Life of a Transgender Teen* by Arin Andrews

- A memoir about 17-year old Arin navigating gender reassignment surgery as a high school student

### **Community Resources**

#### NoCo SPLASH <https://splashnoco.org>

- support groups (including for parents), queer prom

#### UNC's Gender and Sexuality Resource Center: <https://www.unco.edu/gender-sexuality-resource-center/>

**Out Boulder:** <https://www.outboulder.org>

- Youth program for 13+
- Trans-specific services
- Services for friends and Family
- Sometimes might have Binders to Donate

**NoCo Equality:** <https://nocoequality.org/whats-happening-noco-events/>

- List of resources and local events for LGBTQQIA+ persons

**Erik Lindstrom at Voltage Salon, Fort Collins, Colorado** (<http://eriklindstromhair.com>)

- Specializes in genderqueer, genderfluid, queer hair and is a safe space for the queer community
- Gives discounts to queer teens and kids

## Doctors

**Children's Hospital Denver: TRUE Center for Gender Diversity**

- Hormone therapy, puberty blocking, consultation with on-site therapists/social workers, referral to therapy and support groups, assistance with legal name changes and gender markers

**Colorado State University Associates in Family Medicine**

- Emma Richardson specializes in trans and pediatric care

## Internet Resources

**The Trevor Project:** offers 24/7 hotline for LGBTQQIA+ youth for suicide prevention, educational workshops, and information about various topics on their website

**The Gender Book (thegenderbook.com):** An online book and resources for exploring the differences between sex, gender identity and gender expression

**Huffington Post:** Has an entire queer section: <https://www.huffingtonpost.com/section/queer-voices>

- Often posts queer-friendly articles such as: “Ruby Rose Breaks Down what it Means to be Gender Fluid” and “17 LGBTQ-Friendly Books to Read to your kids in Honor of Pride”
- They have an entire Pride Section (in June)

### **Buzzfeed**

- Has an entire LGBT section: <https://www.buzzfeednews.com/section/lgbt>

**Jeffrey Marsh:** [www.jeffreymarsh.com](http://www.jeffreymarsh.com) : Jeffrey is a famous nonbinary person who has numerous videos, has done a TED talk, and has lots of resources on their website

**Neutrois.com:** An entire website for people who are Neutrois or questioning if this might be the gender identity for them

**LGBT Foundation:** <https://lgbt.foundation> Serves as support and resources for LGBT people; has a specific trans section including support for non-binary individuals as well. Links to support groups and other ways to get help.

**It gets better project:** <https://itgetsbetter.org> Nonprofit started to help young LGBTQ people struggling with acceptance around their sexual/romantic orientation and gender identity see videos and media from other LGBTQQIA+ people that ‘it gets better’.

**Gender Spectrum:** <https://www.genderspectrum.org> based in California and has online support groups for kids and teens; has tons of information geared towards family,

community members, mental health professionals, and medical services. Also has sections on how to navigate messages from various faith about gender identity

**CDC Resources for LGBTQIA+ :** <https://www.cdc.gov/lgbthealth/youth-resources.htm>

**GSA Clubs:** <https://gsanetwork.org>

- GSA clubs—originally called Gay-Straight Alliance clubs when they first established in the 1980s—are student-run organizations, typically in a high school or middle school, which provide a safe place for students to meet, support each other, and talk about issues related to sexual orientation and gender identity and expression. There are three typical functions of a GSA club: Support, Social, and Activist.
- have resources and trainings for youth to become leaders in their communities

**One Colorado:** <https://one-colorado.org/colorado-gsa-network/>

- Advocacy organization for LGBTQIA+ people
- Have Colorado Gay-Straight Alliance Groups that are student initiated and student run
- Have resources for students, educators

**National School Climate Survey: Colorado:**

<https://www.glsen.org/sites/default/files/Colorado%20State%20Snapshot%20-%20NSCS.pdf>

- Looks at statistics for the safety of LGBTQ kids and teens in schools in Colorado (2015)
- Run by GLSEN

**GLSEN:** <https://www.glsen.org/learn/about-glsen>

Advocates for safe schools for LGBTQ kids and teens

**Trans Student Educational Resources:** <http://www.transstudent.org/gender/>

- Trans resources and advocacy, the gender unicorn, help speak at conferences and schools

**Desmond Is Amazing** (<https://desmondisamazing.com>)

- 11 year old drag kid who advocates for the LGBTQ community. Website includes his story and advocacy projects

**Q Card Project:** (<http://www.qcardproject.com>)

- Helping to empower queer/trans\* youth in healthcare

## **Social Media Resources**

### **Twitter**

- @thejeffreymarsh: Jeffrey posts uplifting and inspiring messages for those who might be struggling with acceptance around their gender identity
- @Genderspectrum: companion twitter to their website and program. Posts about online support groups for adolescents and teens

### **Youtube**

**Ash Hardell:** Queer youtuber that does various informational videos about different identities, coming out, trans issues, gender dysphoria

- Fav videos: ABC's of LGBT series
- (Everything Gender Part one: <https://www.youtube.com/watch?v=81-FEauK9II>)

- Everything Gender Part two:  
<https://www.youtube.com/watch?v=kJ9ly4cK9tg>

- More for 14+ teens

**Jazz Jennings:** A trans teens celebrity, has information about her journey

- 16 plus

**Nemis:** 8 year old drag queen

- <https://www.youtube.com/watch?v=bdCXxUxI-WE>
- Video about 8 year old named Nemis who is a drag queen

**Buzzfeed LGBT channel (15+):** explores various aspects of LGBT life

- Favorite videos: Trans Teens Talk about What It's Like to Be Trans  
(<https://www.youtube.com/watch?v=umM1fu8-q50>)

**ABC News:** Occasionally has various videos about trans issues

- Fav Video: Transgender Teen Shares Powerful Message  
([https://www.youtube.com/watch?v=E0v\\_idyvjco](https://www.youtube.com/watch?v=E0v_idyvjco))
- Fav video: Transgender Teen Jazz Jennings Begins New Chapter  
(<https://www.youtube.com/watch?v=WA5n9YW4MVk>)
- Fav Video: Transgender at 11 (Jazz Jennings, 2013)  
(<https://www.youtube.com/watch?v=WA5n9YW4MVk>)

**Brendan Jordan:** 17 year old genderfluid youtuber

- Make up tutorials, gay slang

**Bretman Rock:** queer youtuber, does make-up tutorials, lifestyle videos

**Jeffrey Marsh:** The Official Jeffrey Marsh

- Youtube channel exploring gender fluidity
- Fav video: What is Genderfluid: (<https://www.youtube.com/watch?v=3Hj1Dm4sob4>)
- Fav Video: Jeffrey's Ted Talk: I'm a Genderfluid Activist. Here's How I Fight Back:  
(<https://www.youtube.com/watch?v=Asn2axwPz2g>)

**Instagram**

- @thejeffreymarsh: posts inspiring pictures
- @desmondiamazing: 11 year old 'drag kid' and LGBTQ advocate, founder of Drag House for youth for youth 20 and under who do drag
- @iamzoeyluna: Zoey Luna is a trans activist
- @jordvnhhaus: Brendan Jordan: 17-year old genderfluid youtuber
- @coreymaison: Trans teen model and activist that came out at the age of 11
- @bruiseboy: Carter Cheshier: lots of makeup and glitter selfies
- @georgiestone: Became the youngest person in Australia (age 10) to take hormone blockers; is now 16 and an activist for trans rights
- @bretmanrock: queer youtuber who does a lot of makeup tutorials
- @jazzjennings\_: famous trans advocate
- @alientheodore: 18 year old trans person who talks about his transition and struggles
- @crucifalex: trans teen who talks about his life as a trans teen and tries to spread positivity to other trans kids
- @spencerclaus: queer makeup and hair tutorials

**Facebook**

- PFLAG Greeley: <https://www.facebook.com/PFLAGGreeleyCO/>
- FLAG Fort Collins: <https://www.facebook.com/PFLAGFortCollins/>
- Colorado GSA Network: <https://www.facebook.com/coloradogsanetwork/>

**Movies/Documentaries/TV:**

- HBO Documentary + Vice News: 'Transgender Youth'
- Kuma Hina: follows the story of a Native Hawaiian two-spirit person on their journey through advocacy
- 'I am Jazz': TV series on TLC about Jazz Jennings, a trans teen
- Boy Erased: November 2018 movie about a boy who is forced to undergo a gay conversion therapy program