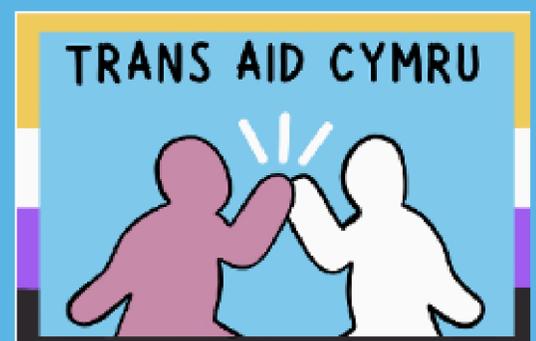
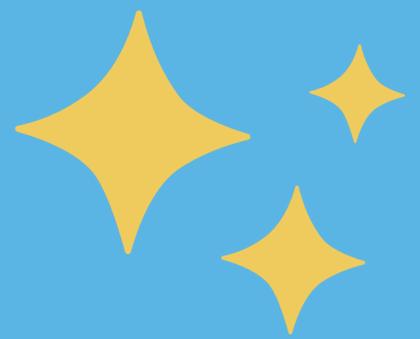
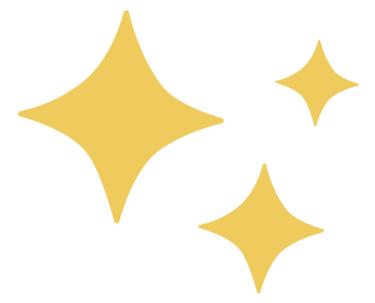


RESOURCES FOR TRANS AND NON-BINARY YOUNG PEOPLE



PODCASTS:



AVAILABLE ON PODCAST STREAMING SERVICES

TRANS AND TRANSPARENT

"TWO LIFELONG BEST FRIENDS—ONE A TRANS MAN, THE OTHER A TRANS WOMAN—SHARE HONEST, UNFILTERED CONVERSATIONS ABOUT TRANSITIONING, IDENTITY, AND EVERYTHING IN BETWEEN. FROM HORMONES TO RELATIONSHIPS, MISCONCEPTIONS TO EVERYDAY WINS, THEY BRING HUMOR, HEART, AND REAL-LIFE EXPERIENCE TO THE TABLE. IT'S NOT ALWAYS PRETTY, BUT IT'S ALWAYS REAL. TUNE IN FOR LAUGHS, INSIGHT, AND A DEEPER LOOK AT WHAT IT REALLY MEANS TO BE TRANS."

— TRANS AND TRANSPARENT

UNFILTERED 2025: VOICES AND STORIES OF TRANS YOUTH PODCAST

A PODCAST FOR EVERYONE, BROUGHT TO YOU BY THE VOICES AND STORIES OF TRANS YOUTH.

LISTEN ON FACEBOOK, TIKTOK, INSTAGRAM (@TRANSYOUTHEQUALITY) OR ON THE WEBSITE WWW.TRANSYOUTHEQUALITY.ORG

THE TRANS NARRATIVE PODCAST

PRESERVING TRANS VOICES, ONE STORY AT A TIME.

THE TRANS NARRATIVE PODCAST IS A GLOBAL ARCHIVE OF LIVED EXPERIENCE, HONORING AND DOCUMENTING TRANS AND GENDER-DIVERSE LIVES THROUGH LONG-FORM STORYTELLING. LISTEN, WITNESS, AND JOIN A COMMUNITY THAT REFUSES ERASURE.

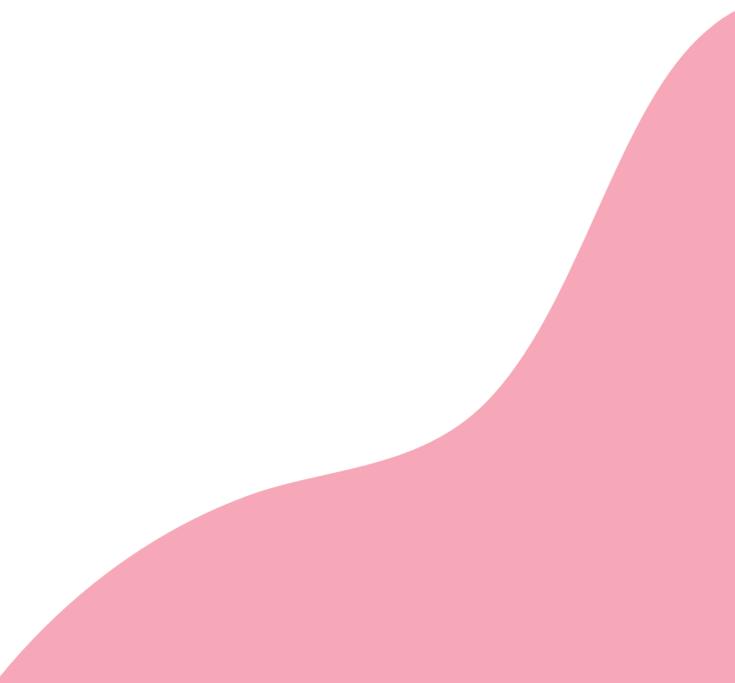


TRANSVOX

JOIN JENNY AND GILLIAN - BOTH AT DIFFERENT PLACES IN THEIR TRANSITION PROCESS TO HEAR ADVICE GUIDANCE, INTERVIEWS AND OPINION ON ALL THINGS TRANS+.

THE TRANSGENDER ZONE PODCAST

THIS PODCAST DIVES INTO ALL THINGS TRANSGENDER WITH IT'S HOSTS VICTORIA ROSE - TRANS EDUCATOR AND FOUNDER OF TRANSGENDER ZONE - AND HER HUSBAND, CHRISTOPHER. JOIN THEM AS THEY DISCUSS SUBJECTS LIKE GENDER DYSPHORIA, HEALTHY RELATIONSHIPS, AND MORE.



TRANS POSITIVE AND INFORMATIVE SOCIAL MEDIA ACCOUNTS:



@MILESCRONICLES ON YOUTUBE

@JAMMIDODGER ON YOUTUBE

@BASTROOMS ON INSTAGRAM

@GRAY_VACC ON INSTAGRAM

@SAMANTHA LUX ON YOUTUBE

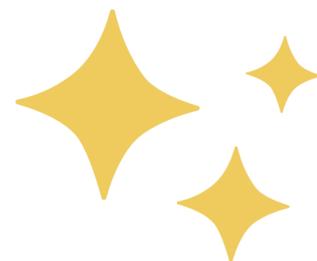
@THEROSEMONTOYA ON INSTAGRAM

@NOAHFINNCE ON INSTAGRAM

@MUNROEBERGDORF ON INSTAGRAM

@BOTTLENECKLOSER ON INSTAGRAM

BOOKS:



YOUNG ADULT AND TEEN BOOKS ABOUT THE TRANS EXPERIENCE AND BOOKS THAT FEATURE TRANS AND NON-BINARY CHARACTERS. AS ALWAYS, CONSIDER TRIGGER WARNINGS AND CONTENT WARNINGS BEFORE READING.

SOME ASSEMBLY REQUIRED: THE NOT-SO-SECRET LIFE OF A TRANSGENDER TEEN BY ARIN ANDREWS

SEVENTEEN-YEAR-OLD ARIN ANDREWS SHARES ALL THE HILARIOUS, PAINFUL, AND POIGNANT DETAILS OF UNDERGOING GENDER REASSIGNMENT AS A HIGH SCHOOL STUDENT IN THIS WINNING FIRST-OF-ITS-KIND MEMOIR.

IN THIS REVOLUTIONARY MEMOIR, ARIN ANDREWS DETAILS THE JOURNEY THAT LED HIM TO MAKE THE LIFE-TRANSFORMING DECISION TO UNDERGO GENDER REASSIGNMENT AS A HIGH SCHOOL JUNIOR. IN HIS CAPTIVATINGLY WITTY, HONEST VOICE, ARIN REVEALS THE CHALLENGES HE FACED AS A BOY IN A GIRL'S BODY, THE HUMILIATION AND ANGER HE FELT AFTER GETTING KICKED OUT OF HIS PRIVATE SCHOOL, AND ALL THE CHANGES BOTH MENTAL AND PHYSICAL—HE EXPERIENCED ONCE HIS TRANSITION BEGAN.

LILY AND DUNKIN BY DONNA GEPHART

LILY JO MCGROTHER, BORN TIMOTHY MCGROTHER, IS A GIRL. BUT BEING A GIRL IS NOT SO EASY WHEN YOU LOOK LIKE A BOY. ESPECIALLY WHEN YOU'RE IN THE EIGHTH GRADE.

DUNKIN DORFMAN, BIRTH NAME NORBERT DORFMAN, IS DEALING WITH BIPOLAR DISORDER AND HAS JUST MOVED FROM THE NEW JERSEY TOWN HE'S CALLED HOME FOR THE PAST THIRTEEN YEARS. THIS WOULD BE HARD ENOUGH, BUT THE FACT THAT HE IS ALSO HIDING FROM A PAINFUL SECRET MAKES IT EVEN WORSE.

ONE SUMMER MORNING, LILY JO MCGROTHER MEETS DUNKIN DORFMAN, AND THEIR LIVES FOREVER CHANGE.

MELISSA BY ALEX GINO

WHEN PEOPLE LOOK AT GEORGE, THEY THINK THEY SEE A BOY. BUT SHE KNOWS SHE'S NOT A BOY. SHE KNOWS SHE'S A GIRL.

GEORGE THINKS SHE'LL HAVE TO KEEP THIS A SECRET FOREVER. THEN HER TEACHER ANNOUNCES THAT THEIR CLASS PLAY IS GOING TO BE CHARLOTTE'S WEB. GEORGE REALLY, REALLY, REALLY WANTS TO PLAY CHARLOTTE. BUT THE TEACHER SAYS SHE CAN'T EVEN TRY OUT FOR THE PART . . . BECAUSE SHE'S A BOY.

WITH THE HELP OF HER BEST FRIEND, KELLY, GEORGE COMES UP WITH A PLAN. NOT JUST SO SHE CAN BE CHARLOTTE -- BUT SO EVERYONE CAN KNOW WHO SHE IS, ONCE AND FOR ALL.

THE OTHER BOY BY M. G. HENNESSEY

A HEARTFELT AND TIMELY MIDDLE GRADE STORY ABOUT A TRANSGENDER BOY'S JOURNEY TOWARD ACCEPTANCE AND EMPATHY. PERFECT FOR FANS OF MELISSA AND GRACEFULLY GRAYSON.

TWELVE-YEAR-OLD SHANE WOODS IS JUST A REGULAR BOY. HE LOVES PITCHING FOR HIS BASEBALL TEAM, WORKING ON HIS GRAPHIC NOVEL, AND HANGING OUT WITH HIS BEST FRIEND, JOSH. BUT SHANE IS KEEPING SOMETHING PRIVATE, SOMETHING THAT MIGHT MAKE A DIFFERENCE TO HIS TEAMMATES, TO JOSH, AND TO HIS NEW CRUSH, MADELINE. AND WHEN A CLASSMATE THREATENS TO REVEAL HIS SECRET, SHANE'S WHOLE WORLD COMES CRASHING DOWN. IT WILL TAKE A LOT OF COURAGE FOR SHANE TO IGNORE THE HATE AND SHOW THE WORLD THAT HE'S STILL THE SAME BOY HE WAS BEFORE. AND IN THE END, THOSE WHO STAND BESIDE HIM MAY SURPRISE EVERYONE, INCLUDING SHANE.

GRACEFULLY GRAYSON BY AMI POLONSKY

GRAYSON SENDER HAS BEEN HOLDING ONTO A SECRET FOR WHAT SEEMS LIKE FOREVER: "HE" IS A GIRL ON THE INSIDE, STUCK IN THE WRONG GENDER'S BODY. THE WEIGHT OF THIS SECRET IS CRUSHING, BUT SHARING IT WOULD MEAN FACING RIDICULE, SCORN, REJECTION, OR WORSE. DESPITE THE RISKS, GRAYSON'S TRUE SELF ITCHES TO BREAK FREE. WILL NEW STRENGTH FROM AN UNEXPECTED FRIENDSHIP AND A CARING TEACHER'S WISDOM BE ENOUGH TO HELP GRAYSON STEP INTO THE SPOTLIGHT SHE WAS BORN TO INHABIT?

BEING EMILY BY RACHEL GOLD

THEY SAY THAT WHOEVER YOU ARE IT'S OKAY, YOU WERE BORN THAT WAY. THOSE WORDS DON'T COMFORT EMILY, BECAUSE SHE WAS BORN CHRISTOPHER AND HER INSIDES KNOW THAT HER OUTSIDES ARE ALL WRONG.

THEY SAY THAT IT GETS BETTER, BE WHO ARE YOU AND IT'LL BE FINE. FOR EMILY, TELLING HER PARENTS WHO SHE REALLY IS MEANS A THERAPIST WHO INSISTS CHRISTOPHER IS NORMAL AND EMILY IS SICK. TELLING HER GIRLFRIEND MEANS LECTURES ABOUT HOW GOD DOESN'T MAKE THAT KIND OF MISTAKE. EMILY DESPERATELY WANTS HIGH SCHOOL IN HER SMALL MINNESOTA TOWN TO GET BETTER. SHE WANTS TO BE THE WOMAN SHE KNOWS IS INSIDE, BUT IT'S NOT UNTIL A SUBSTITUTE THERAPIST AND A GIRL NAMED NATALIE COME INTO HER LIFE THAT SHE BELIEVES SHE HAS A CHANCE OF ACTUALLY BEING EMILY.

A STORY FOR ANYONE WHO HAS EVER FELT THAT THE INSIDE AND OUTSIDE DON'T MATCH AND NO ONE ELSE WILL UNDERSTAND...

FELIX EVER AFTER BY KACEN CALLENDER

FELIX EVER AFTER IS A YOUNG ADULT NOVEL WRITTEN BY KACEN CALLENDER AND PUBLISHED IN 2020 BY BALZER + BRAY. THE STORY IS NARRATED BY A BLACK TRANS TEEN AS HE GRAPPLES "WITH IDENTITY AND SELF-DISCOVERY WHILE FALLING IN LOVE FOR THE FIRST TIME".

IF I WAS YOUR GIRL BY MEREDITH RUSSO

AMANDA HARDY IS THE NEW GIRL AT SCHOOL. LIKE EVERYONE, ALL SHE WANTS IS TO MAKE FRIENDS AND FIT IN. BUT AMANDA IS HOLDING BACK. EVEN FROM GRANT, THE GUY SHE'S FALLING IN LOVE WITH. AMANDA HAS A SECRET. AT HER OLD SCHOOL, SHE USED TO BE CALLED ANDREW. AND SECRETS ALWAYS HAVE A WAY OF GETTING OUT.

ACROSS A FIELD OF STARLIGHT: (A GRAPHIC NOVEL) BY BLUE DELLIQUANT

AN EPIC SCI-FI GRAPHIC NOVEL ROMANCE BETWEEN TWO NON-BINARY CHARACTERS AS THEY FIND ONE ANOTHER THROUGH TIME, DISTANCE, AND WAR. AN AMAZING STORY THAT EXPLORES THE COMPLEXITY OF HUMAN NATURE AND WHAT BRINGS US TOGETHER.

STAY GOLD BY TOBLY MCSMITH

TOBLY MCSMITH DELIVERS A COMING-OF-AGE TEEN LOVE STORY ABOUT A TRANSGENDER BOY WHO'S GOING STEALTH AT HIS NEW TEXAS HIGH SCHOOL AND A CISGENDER GIRL WHO IS DRAWN TO HIM, EVEN AS SHE'S COUNTING DOWN THE DAYS UNTIL GRADUATION. PERFECT FOR FANS OF DAVID LEVITHAN, BECKY ALBERTALLI, AND JENNY HAN.

TRANS TEEN SURVIVAL GUIDE BY FOX FISHER AND OWL FISHER

FRANK, FRIENDLY AND FUNNY, THE TRANS TEEN SURVIVAL GUIDE WILL LEAVE TRANSGENDER AND NON-BINARY TEENS INFORMED, EMPOWERED AND ARMED WITH ALL THE TIPS, CONFIDENCE AND PRACTICAL ADVICE THEY NEED TO NAVIGATE LIFE AS A TRANS TEEN.

TRANS+: LOVE, SEX, ROMANCE, AND BEING YOU BY KATHRYN GONZALEZ, MBA AND KAREN RAYNE, PHD

TRANS+ : LOVE, SEX, ROMANCE, AND BEING YOU BY KAREN RAYNE, PHD, AND KATHERINE GONZALES, MBA, IS AN ALL-INCLUSIVE, UNCENSORED GUIDE FOR TEENS WHO ARE TRANSGENDER, NONBINARY, GENDER-NONCONFORMING, GENDER-FLUID, QUEER, OR QUESTIONING THEIR SEXUAL AND GENDER IDENTITY. TRANS+ ANSWERS ALL YOUR QUESTIONS, EASY AND HARD, ABOUT GENDER AND COVERS MENTAL HEALTH, PHYSICAL HEALTH AND REPRODUCTION, TRANSITIONING, RELATIONSHIPS, SEX, AND LIFE AS A QUEER INDIVIDUAL. IT'S FULL OF ESSENTIAL INFORMATION YOU NEED - AND WANT - TO KNOW AND INCLUDES REAL-LIFE STORIES FROM TEENS LIKE YOU!

I WISH YOU ALL THE BEST BY MASON DEEVER

WHEN BEN DE BACKER COMES OUT TO THEIR PARENTS AS NONBINARY, THEY'RE THROWN OUT OF THEIR HOUSE AND FORCED TO MOVE IN WITH THEIR ESTRANGED OLDER SISTER, HANNAH, AND HER HUSBAND, THOMAS, WHOM BEN HAS NEVER EVEN MET. STRUGGLING WITH AN ANXIETY DISORDER COMPOUNDED BY THEIR PARENTS' REJECTION, THEY COME OUT ONLY TO HANNAH, THOMAS, AND THEIR THERAPIST AND TRY TO KEEP A LOW PROFILE IN A NEW SCHOOL.

BUT BEN'S ATTEMPTS TO SURVIVE THE LAST HALF OF SENIOR YEAR UNNOTICED ARE THWARTED WHEN NATHAN ALLAN, A FUNNY AND CHARISMATIC STUDENT, DECIDES TO TAKE BEN UNDER HIS WING. AS BEN AND NATHAN'S FRIENDSHIP GROWS, THEIR FEELINGS FOR EACH OTHER BEGIN TO CHANGE, AND WHAT STARTED AS A DISASTROUS TURN OF EVENTS LOOKS LIKE IT MIGHT JUST BE A CHANCE TO START A HAPPIER NEW LIFE.

OTHER

MERMAIDS IS A BRITISH CHARITY THAT SUPPORTS TRANSGENDER, NON-BINARY, AND GENDER-DIVERSE CHILDREN, YOUNG PEOPLE, AND THEIR FAMILIES, PROVIDING VITAL SUPPORT AND RESOURCES.

[HTTPS://MERMAIDSUK](https://mermaidsuk.org.uk)
[.ORG.UK](https://mermaidsuk.org.uk)

**FIVE WAYS TO MANAGE GENDER
DYSPHORIA. A RESOURCE PROVIDED BY
ALLSORTS YOUNG PEOPLE AND STAFF.**

**[HTTPS://UPLOADS-
SSL.WEBFLOW.COM/5888A640D61795123F8192DB/5EE0
C0E5DFCB7E4E476FDAF1 ALLSORTSYOUTHPROJECT%2
0-
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20GENDER%20DYSPHORIA.PDF](https://uploads-ssl.webflow.com/5888a640d61795123f8192db/5ee0c0e5dfcb7e4e476fda1_allsortsyouthproject%20-%205%20ways%20dysphoria%20to%20manage%20gender%20dysphoria.pdf)**

**TRANS YOUTH EQUALITY FOUNDATION PROVIDES
EDUCATION, ADVOCACY AND SUPPORT FOR
TRANSGENDER, NONBINARY AND GENDER NON-
CONFORMING CHILDREN AND YOUTH AND THEIR
FAMILIES.**

**[HTTPS://WWW.TRANS
YOUTHEQUALITY.ORG](https://www.transyouthequality.org)**

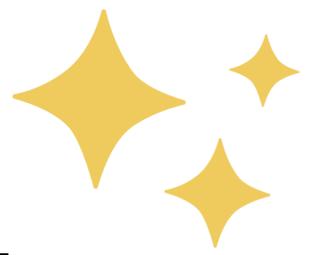
A YOUNG PERSON'S GUIDE TO TRANSITION, GENDER EXPRESSION, SELF-ACCEPTANCE AND COMING OUT BY LGBT YOUTH SCOTLAND.

**[HTTPS://LGBTYOUTH.ORG.UK/WP-
CONTENT/UPLOADS/2023/12/YP20-
TRANS-AND-NON-BINARY-COMING-
OUT-GUIDE-1.PDF](https://lgbtyouth.org.uk/wp-content/uploads/2023/12/YP20-trans-and-non-binary-coming-out-guide-1.pdf)**

**YOUNG MINDS IS A MENTAL HEALTH CHARITY. THIS LINK
OFFERS A GUIDE TO GENDER IDENTITY, PERSONAL FEELINGS
ABOUT GENDER, COMMUNICATING WITH OTHERS, ACCESSING
HEALTHCARE AND SUPPORTING YOUR MENTAL HEALTH.**

**[HTTPS://WWW.YOUNGMINDS.ORG.
UK/YOUNG-PERSON/COPING-
WITH-LIFE/GENDER-AND-MENTAL-
HEALTH/](https://www.youngminds.org.uk/young-person/coping-with-life/gender-and-mental-health/)**

VIDEOS:



FOLLOWING ARE SOME YOUTUBE VIDEOS THAT OFFER ADVICE ON A RANGE OF TRANS-RELATED TOPICS. INCLUDING DYSPHORIA, IDENTITY, SELF-ACCEPTANCE AND MORE.

**WHAT ARE THE SYMPTOMS OF GENDER DYSPHORIA?
TRANSGENDER MAN EXPLAINS
BY PINKNEWS**

LINK:

**[HTTPS://YOUTU.BE/RGRSSLQUUKA?
SI=8ESEJ41XQ2ACMBRZ](https://youtu.be/RGRSSLQUUKA?SI=8ESEJ41XQ2ACMBRZ)**

**7 THINGS I WISH I KNEW BEFORE COMING OUT AS TRANS
BY STEPHEN MORGAN**

LINK:

**[HTTPS://YOUTU.BE/CCB3MAI4XIC?
SI=BQKOYX7WF3TVWYNQ](https://youtu.be/CCB3MAI4XIC?SI=BQKOYX7WF3TVWYNQ)**

**FTM: ADVICE IF YOU THINK YOU MIGHT BE TRANSGENDER
BY JAMMIDODGER**

LINK:

**[HTTPS://YOUTU.BE/JQQRKRW_S1W?
SI=MWWY0PMCIHZ1-XZ](https://youtu.be/JQQRKRW_S1W?SI=MWWY0PMCIHZ1-XZ)**

HOW TO KNOW IF YOU'RE TRANSGENDER | HOW I KNEW | MTF BY MATHILDA HOGBERG

LINK:

**[HTTPS://YOUTU.BE/7CUA3CIAR1G?SI=Q0-
FEK8MBMFJVLKF](https://youtu.be/7CUA3CIAR1G?si=Q0-FEK8MBMFJVLKF)**

HOW TO TELL IF YOU'RE TRANS BY ICKY

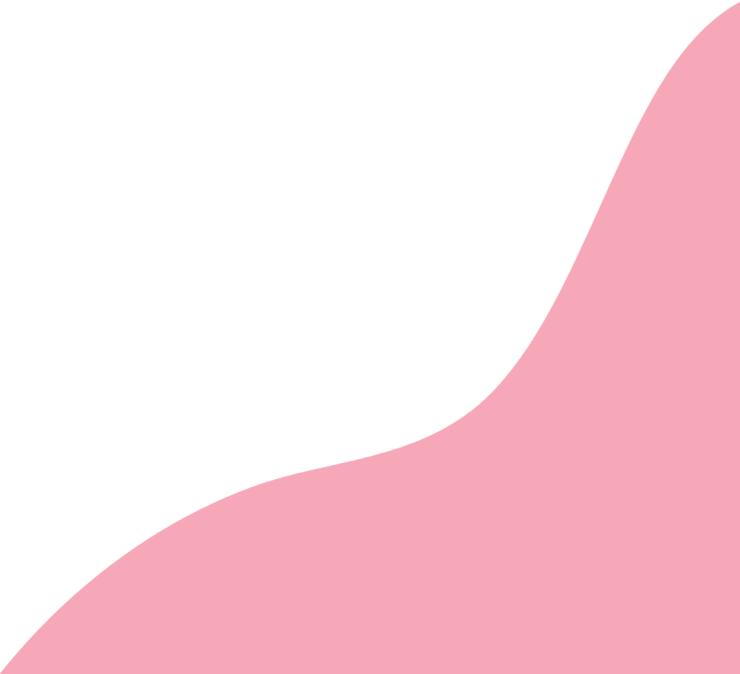
LINK:

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SI=D8KCIZJWWCXRGOOB](https://youtu.be/x4DUABDVLZC?si=D8KCIZJWWCXRGOOB)**

YOU'RE TRANS, WHAT NEXT? BY ICKY

LINK:

**[HTTPS://YOUTU.BE/JAHTG P-NLS?
SI=BIMSBY7JKZEIVBZ](https://youtu.be/jahtg_p-nls?si=bimsbby7jkzeivbz)**



FOR FURTHER SUPPORT GO TO:

[HTTPS://TRANSAID.CYMRU](https://transaid.cymru)

