



Department of Transgender Medicine

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Recommended Books & Media

The following books, movies, videos, and TV shows are generally considered to be trans-affirming and/or provide more education about gender identity and transgender people.

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Television Series

TRANSitioning

Life coach and trans man Tony Ferraiolo helps other transgender people through their transitions. – Hulu

Three Generations

Hoping to get support from his mother (Naomi Watts) and grandmother (Susan Sarandon), a New York teen (Elle Fanning) prepares to transition from female to male. – Netflix

Pose

In 1987 New York, LGBTQ ball fixture Blanca starts her own house, soon becoming mother to a gifted dancer and a sex worker in love with a yuppie client. – Netflix

TransGeneration

TransGeneration is an eight-episode documentary series depicting the lives of four transgender college students during the 2004/2005 school year as they attempt to balance college, their social lives, and their struggle "to merge their internal and external selves" while gender transitioning. Two of the students are transitioning from male to female and two from female to male. All four are living on campus at four different colleges. – Logo TV or on DVD

Transparent

When the Pfefferman family patriarch makes a dramatic admission, the entire family's secrets start to spill out, and each of them spin in a different direction as they begin to figure out who they are going to become. Starring Jeffrey Tambor, Judith Light, Amy Landecker, Jay Duplass, and Gaby Hoffman. – Amazon Prime

Films/Documentaries

Boys Don't Cry

Young female-to-male transgender teen Brandon Teena (Hilary Swank) leaves his hometown under threat when his ex-girlfriend's brother discovers that he's biologically female. Resettling in the small town of Falls City, Nebraska, Brandon falls for Lana (Chloë Sevigny), an aspiring singer, and begins to plan for their future together. But when her ex-convict friends, John (Peter Sarsgaard) and Tom (Brendan Sexton III), learn Brandon's secret, things change very quickly. – Amazon

Boy Meets Girl

Boy Meets Girl is a poignant, sexy, romantic coming of age comedy about three twenty year-olds living in Kentucky. Robby (Michael Welch, *Twilight*) and his best friend since childhood, Ricky, a gorgeous transgender girl, have never dated. Lamenting the lack of eligible bachelors, Ricky considers dating a girl. In walks Francesca, a beautiful young debutante waiting for her Marine fiancé to return from the war. Ricky and Francesca strike up a friendship, and maybe a little more, which forces Robby to face his true feelings for Ricky. – Amazon

Gender Revolution: A Journey with Katie Couric

In this two-hour documentary, Katie Couric sets out to explore the rapidly evolving complexities of gender identity. Gender and sexuality are fluid. In 2016, transgender issues are altering the nature of day-to-day interactions. Newscasting legend Katie Couric takes us on a unique journey - from birth to death - to discover the dynamics of gender in 2016. – National Geographic TV

Books: Personal Accounts (all audiences)

Becoming a Visible Man

Jamison Green, PhD

Amazon: "Written by a leading activist in the transgender movement, *Becoming a Visible Man* is an artful and compelling inquiry into the politics of gender. Jamison Green combines candid autobiography with informed analysis to offer unique insight into the multiple challenges of the female-to-male transsexual experience, ranging from encounters with prejudice and strained relationships with family to the development of an FTM community and the realities of surgical sex reassignment. (Vanderbilt Press, 2004)

Becoming Nicole: The Transformation of an American Family

Amy Ellis Nutt

Amazon: The inspiring true story of transgender actor and activist Nicole Maines, whose identical twin brother, Jonas, and ordinary American family join her on an extraordinary journey to understand, nurture, and celebrate the uniqueness in us all. (Nicole appears as TV's first transgender superhero on CW's *Supergirl*.) This heartwarming story of an ordinary family fighting to make a safer world for their transgender daughter is both engaging and informative. The Maines family's journey includes conflict with the schools, a landmark court case, the kids' growing up, Nicole's transition, and Wayne's finally coming to terms with having a transgender

daughter. It's an inspiring story and it's likely to make you think about gender in ways you haven't before. (Random House, 2015)

Tomorrow Will Be Different

Sarah McBride

From the publisher: Before she became the first transgender person to speak at a national political convention in 2016 at the age of twenty-six, Sarah McBride struggled with the decision to come out—not just to her family but to the students of American University, where she was serving as student body president. She'd known she was a girl from her earliest memories, but it wasn't until the Facebook post announcing her truth went viral that she realized just how much impact her story could have on the country. Foreword by Joe Biden (Penguin Random House, 2019)

Trans Like Me: Conversations for All of Us

CN Lester

From the publisher: In *Trans Like Me*, CN Lester takes readers on a measured, thoughtful, intelligent yet approachable tour through the most important and high-profile narratives around the trans community, turning them inside out and examining where we really are in terms of progress. From the impact of the media's wording in covering trans people and issues, to the way parenting gender variant children is portrayed, Lester brings their charged personal narrative to every topic and expertly lays out the work left to be done.

Trans Like Me explores the ways that we are all defined by ideas of gender—whether we live as he, she, or they—and how we can strive for authenticity in a world that forces limiting labels. (Seal Press, 2018)

Trans Bodies, Trans Selves: A Resource for the Transgender Community

Laura Erickson-Schroth, Editor

Amazon: *Trans Bodies, Trans Selves* is a revolutionary resource—a comprehensive, reader-friendly guide for transgender people, with each chapter written by transgender or genderqueer authors. Inspired by *Our Bodies, Ourselves*, the classic and powerful compendium written for and by women, *Trans Bodies, Trans Selves* is widely accessible to the transgender population, providing authoritative information in an inclusive and respectful way and representing the collective knowledge base of dozens of influential experts. Each chapter takes the reader through an important transgender issue, such as race, religion, employment, medical and surgical transition, mental health topics, relationships, sexuality, parenthood, arts and culture, and many more.

Books: For Parents

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

Rachel Pepper

Amazon: *Transitions of the Heart* is the first collection to ever invite mothers of transgender and gender variant children of all ages to tell their own stories about their child's gender transition.

Often "transitioning" socially and emotionally alongside their child but rarely given a voice in the experience, mothers hold the key to familial and societal understanding of gender difference. Sharing stories of love, struggle, and acceptance, this collection of mother's voices, representing a diversity of backgrounds and sexual orientations, affirms the experience of those who have raised and are currently raising transgender and gender variant children between the ages of 5-50. Edited by Rachel Pepper, a gender specialist and co-author of the acclaimed book *The Transgender Child, Transitions of the Heart* will prove an invaluable resource for parents coming to terms with a child's gender variance or transition. (Cleis Press, 2012)

The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes

Diane Ehrensaft

Amazon: In this up-to-date, comprehensive resource, Dr. Ehrensaft explains the interconnected effects of biology, nurture, and culture to explore why gender can be fluid, rather than binary. As an advocate for the gender affirmative model and with the expertise she has gained over three decades of pioneering work with children and families, she encourages caregivers to listen to each child, learn their particular needs, and support their quest for a true gender self. *The Gender Creative Child* unlocks the door to a gender-expansive world, revealing pathways for positive change in our schools, our communities, and the world. (The Experiment, 2016))

The Transgender Child: A Handbook for Families and Professionals

Stephanie A. Brill & Rachel Pepper

Amazon: This comprehensive first of its kind guidebook explores the unique challenges that thousands of families face every day raising their children in every city and state. Through extensive research and interviews, as well as years of experience working in the field, the authors cover gender variance from birth through college. [Many] questions are answered in this book offering a deeper understanding of gender variant and transgender children and teens. (Cleis Press, 2008)

The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens

Stephanie A. Brill & Lisa Kenney

Amazon: Is it just a phase, a fad, or a real issue with your teen? This comprehensive guidebook explores the unique challenges that thousands of families face every day raising a teenager who may be transgender, gender-variant or gender-fluid. Covering extensive research and with many personal interviews, as well as years of experience working in the field, the author covers pressing concerns relating to physical and emotional development, social and school pressures, medical options, and family communications. Learn how parents can advocate for their children, find acceptable colleges and career paths, and raise their gender variant or transgender adolescent with love and compassion. (Cleis Press, 2016)

Raising the Transgender Child: A Complete Guide for Parents, Families, and Caregivers

Michele Angello & Alisa Bowman

Amazon: Written by Dr. Michele Angello, a leading therapist and go-to expert in the field of transgender parenting, and Ali Bowman, bestselling writer and parent advocate, *Raising the Transgender Child* helps readers champion and celebrate gender diverse children while at the same time shedding fear, anger, sadness, and embarrassment. With specific and actionable advice—including coming-out letters, identity challenges, school and caregiver communications, and more—the guide provides a wealth of science-backed information alongside friendly and practical wisdom that is sure to comfort, guide, and inspire the family and friends of transgender and gender diverse children. (Seal Press, 2016)

Books: For Teens

Some Assembly Required: The Not-So-Secret Life of a Transgender Teen

Arin Andrews

From the publisher: *Some Assembly Required* is a true coming-of-age story about knocking down obstacles and embracing family, friendship, and first love. But more than that, it is a reminder that self-acceptance does not come ready-made with a manual and spare parts. Rather, some assembly is always required. (Simon & Schuster Books for Young Readers, 2014)

Being Jazz: My Life as a (Transgender) Teen

Jazz Jennings

Jazz Jennings is one of the youngest and most prominent voices in the national discussion about gender identity. At the age of five, Jazz transitioned to life as a girl, with the support of her parents. A year later, her parents allowed her to share her incredible journey in her first Barbara Walters interview, aired at a time when the public was much less knowledgeable or accepting of the transgender community. Now a teen, Jazz reflects on these very public experiences and how they have helped shape the mainstream attitude toward the transgender community. (Ember, 2017)

Beyond Magenta: Transgender Teens Speak Out

Susan Kuklin

Amazon: Six teens tell what it is like for them to be members of the transgender community. Portraits and family photographs grace the pages, adding immediacy to the emotional and physical journeys of these unwaveringly honest young adults. (Candlewick Press, 2014)

Books: For Children

I Am Jazz

Jessica Herthel & Jazz Jennings

Amazon: The story of a transgender child based on the real-life experience of Jazz Jennings, who has become a spokesperson for transkids everywhere. From the time she was two years old, Jazz knew that she had a girl's brain in a boy's body. She loved pink and dressing up as a

mermaid and didn't feel like herself in boys' clothing. This confused her family, until they took her to a doctor who said that Jazz was transgender and that she was born that way. Jazz's story is based on her real-life experience and she tells it in a simple, clear way that will be appreciated by picture book readers, their parents, and teachers. (Dial Books, 2014)

Red: A Crayon's Story

Michael Hall

Amazon: [A crayon named] Red has a bright red label, but he is, in fact, blue. His teacher tries to help him be red (let's draw strawberries!), his mother tries to help him be red by sending him out on a playdate with a yellow classmate (go draw a nice orange!), and the scissors try to help him be red by snipping his label so that he has room to breathe. But Red is miserable. He just can't be red, no matter how hard he tries! Finally, a brand-new friend offers a brand-new perspective, and Red discovers what readers have known all along. He's blue! This funny, heartwarming, colorful picture book about finding the courage to be true to your inner self can be read on multiple levels, and it offers something for everyone. (Greenwillow Books, 2015)

Jacob's New Dress

Sarah Hoffman & Ian Hoffman

Jacob loves playing dress-up, when he can be anything he wants to be. Some kids at school say he can't wear "girl" clothes, but Jacob wants to wear a dress to school. Can he convince his parents to let him wear what he wants? This heartwarming story speaks to the unique challenges faced by boys who don't identify with traditional gender roles. (Albert Whitman & Company, 2104)

Who Are You?: The Kid's Guide to Gender Identity

Brook Pessin-Whedbee

Amazon: *What do you like? How do you feel? Who are you?* This brightly illustrated children's book provides a straightforward introduction to gender for anyone aged 5-8. It presents clear and direct language for understanding and talking about how we experience gender: our bodies, our expression and our identity. An interactive three-layered wheel included in the book is a simple, yet powerful, tool to clearly demonstrate the difference between our body, how we express ourselves through our clothes and hobbies, and our gender identity. Ideal for use in the classroom or at home, a short page-by-page guide for adults at the back of the book further explains the key concepts and identifies useful discussion points. (Jessica Kingsley Publishers, 2016)

All I Want to Be is Me

Phyllis Rothblatt MFT

Amazon: A beautifully illustrated children's book reflecting the diverse ways that young children experience and express their gender. The book gives voice to the feelings of children who don't fit into narrow gender stereotypes, and who just want to be free to be themselves. This book is a celebration of all children being who they are, and is a positive reflection of children, wherever they experience themselves on the gender spectrum. *All I Want To Be Is Me* offers a wonderful

way for all children to learn about gender diversity, embracing different ways to be, and being a true friend. (CreateSpace Independent Publishing Platform, 2011)

The Other Boy

M. G. Hennessey

Meet Shane Woods. He is twelve-years old. He loves playing baseball and drawing his own graphic novel. Oh, and one more thing – he’s transgender, something he’s kept a secret even from his best friend Josh. But when he’s found out, everything comes crashing down, and Shane has to learn how to be strong and love himself in a world that is constantly trying to push him down. (HarperCollins, 2016)

Be Yourself Book

Jackie Swirsky

From the website (beyourselfbook.ca): “Jackie Swirsky has done what no one else before her has in *Be Yourself* - written an accessible, lively book that lets young children know that children can be ever so creative when it comes to their gender, and all of us should feel proud of who we are and love everyone else for who they are – and learn that clothes and toys and what you like to do are not for boys or girls, but for all people. A must read for children and parents, and a book that should be in the library of every early childhood program.” — Diane Ehrensaft, PhD Author of *Gender Born, Gender Made*. (BeYourselfBook.ca, 2019)