

Resources for Parents with Gender-Confused Children

There are two approaches to treating gender-confused children: (1) managing and stabilizing known mental health issues, such as OCD, depression, anxiety, puberty distress, ADHD, eating disorders and autism prior to consideration of gender interventions; and (2) social transition, in conjunction with or followed by, puberty blockers, cross-sex hormones, and plastic surgeries (which is what most gender clinics do), in hopes that medical transition alleviates the co-morbid mental health issues. As you determine what is in your child's best interest, you may wish to review the resources listed below.

Organizations

- **Genspect** is an international organization dedicated to the health and well-being of gender dysphoric children and their parents. (genspect.org)
- **Society for Evidence Based Gender Medicine** is an international group of over 100 clinicians and researchers concerned about the lack of quality evidence for the use of hormonal and surgical interventions as first-line treatment for young people with gender dysphoria. They represent expertise from a range of clinical disciplines. ([SEGM.org](https://segm.org))
- **Our Duty** is an international organization dedicated helping parents of trans-identified children find support. Our Duty has no religious or political affiliation. ([OurDuty.group](https://ourduty.group))
- **Parents for Ethical Care** is an international group of parents and individuals arising awareness about gender-confused children. It is a non-partisan group. (partnersforethicalcare.com)
- **Gender Exploratory Therapy Association** provides support to clients who wish to deepen their own self-understanding with therapists who apply established, evidence-based principles of therapy to individuals experiencing gender-related distress. (genderexploratory.com)
- **Gender Dysphoria Support Network (GDSN)** is an international group that aims to offer psychoeducation and support to families of individuals affected by gender dysphoria. GDSN offers weekly, small-group support meetings, providing information, understanding, and encouragement to our members. GDSN is not allied with any religion, sect, denomination, political entity, organization or institution. (genderdysphoriasupportnetwork.com)
- **Advocates Protecting Children** is a non-profit (501c3) organization dedicated to fighting the gender industry, and especially its predation on children in the form of unethical social and medical transition for the sake of political and financial profit. We serve and support churches, schools, organizations, families, and individuals who seek facts and guidance on responding to gender ideology and activism. (www.advocatesprotectingchildren.org)

Books

- **Irreversible Damage** by Abigail Shrier
- **Transing Our Children** by Erin Brewer
- **Trans** by Helen Joyce
- **Gender Dysphoria** by Susan Evans and Marcus Evans
- **TRANS: Exploring Gender Identity and Gender Dysphoria** by Dr. Az Hakeem

Films (available on YouTube)

- **The Detransition Diaries: Saving Our Sisters**
- **Affirmation Generation: The Lies of Transgender Medicine**
- **Transmission: What's the Rush to Reassign Gender**
- **The Trans Train** (a Swedish four-part documentary)

Podcasts

- **Gender: A Wider Lens** (<https://gender-a-wider-lens.captivate.fm>)
- **The Witness Podcast** (<https://www.partnersforethicalcare.com/podcast>)