

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)
- **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)
- **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)

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 Vimeo and/or 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** (gender-a-wider-lens.captivate.fm)
- **The Witness Podcast** (partnersforethicalcare.com/podcast)