



## Info Rx

# Gender Identity

Most people's gender identity matches their anatomy. However, for some people this is not the case. Below are some resources that can be helpful in understanding those experiences as well as how to support those around you.

**Borrow these books from the FCRC or check your local library!**

### **Gender Born, Gender Made: Raising Healthy Gender Nonconforming Children**

*Diane Ehrensaft*

Dr. Ehrensaft draws on her experience as a psychologist for gender nonconforming and transgender children in this guidebook for parents.

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

*Diane Ehrensaft*

In this book the interconnected effects of biology, nurture, and culture to explore why gender can be fluid, rather than binary are explained. Ehrensaft also addresses the rapidly changing cultural, medical, and legal landscape of gender and identity.

### **The Transgender Child: A Handbook for Families and Professionals**

*Stephanie A. Brill and Rachel Pepper*

This comprehensive handbook for parents of gender variant or transgender children was written to help families through the unique challenges they may face.

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

*Stephanie A. Brill and Lisa Kenney*

There is a generational divide in our understandings of gender. This comprehensive guidebook helps to bridge that divide by exploring the unique challenges that thousands of families face every day raising a teenager who may be transgender, non-binary, gender-fluid or otherwise gender-expansive.

### **Helping Your Transgender Teen: A Guide for Parents**

*Irwin Krieger*

Written by a clinical social worker with experience helping transgender teens, this book will help parents understand and support their child.



## Be Who You Are

Jennifer Carr

This children's book tells the story of how Nick became Hope, the girl she was meant to be.

## Who Are You?

Brook Pessin-Whedbee

This brightly illustrated children's book provides a straightforward introduction to gender for anyone aged 5+. It presents clear and direct language for understanding and talking about how we experience gender: our bodies, our expression and our identity.

## When Kathy is Keith

Wallace Wong

This children's book is about a young girl named Kathy who does not see a girl when she looks in the mirror. Instead, she sees a boy and knows she is meant to be Keith, but nobody believes her. Later Kathy and her parents learn that she is not the only child to feel this way. Kathy's parents support her as she transitions to living life as a boy named Keith.

## I am Jazz

Jessica Herthel and Jazz Jennings

This simple picture book for young readers is about a transgender girl named Jazz and her transition.

## Beyond Magenta

Susan Kuklin

Six teens share their personal stories of transition. Contains language and sexual content.

## Trans Bodies, Transelves: A Resource for the Transgender Community

Laura Erickson-Schroth

This thorough book addresses various aspects of life for transgender or gender-queer individuals. Contains language and sexual content.

Need more information?

## Child Health Information Specialist

 403-955-7745  [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca)

 [frcr.ahs.ca/rx/gender-identity/](http://frcr.ahs.ca/rx/gender-identity/)

### Family & Community Resource Centre

2<sup>nd</sup> Floor, Alberta Children's Hospital  
28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.



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