

Basic Trans Resources

Compiled by Avery Arden (they/ze).

Suggest further resources, ask me questions, or reach out just to chat by emailing me at queerlychristian36@gmail.com or avery@mlp.org.

My Christian-specific trans resources can be found here:

[☰ Trans Resources for Christians Masterpost](#)

Internet Resources

SUICIDE HOTLINES:

- TransLifeline - a hotline specifically for trans persons: <https://translifeline.org/>
- Trevor Project's hotlines for LGBTQA+ persons (and specifically youth) - there's a chat option as well as phone number! <https://www.thetrevorproject.org/get-help-now/>
- Website that lists out some other hotline options: <https://www.glbthotline.org/>

Trans 101:

- **Glossary of most basic trans terms and concepts:**
<https://glaad.org/reference/trans-terms/>
- **Being a Good Trans Ally with your Language:**
<https://docs.google.com/document/d/13y9K5wABf-m3W3m-oJHVD-CsDmxvGai1oVK2Ae5xNXw/edit?usp=sharing>
- **Trans 101** - basic terminology and things to know:
<https://www.youtube.com/watch?v=-3ZzpTxjgRw>
- What questions are inappropriate to ask a trans person? -
<https://www.youtube.com/watch?v=PKNdgizeJmc>
- Tips for treating trans people with basic respect: <https://glaad.org/transgender/allies/>

Nonbinary Specific

Here's a masterpost including tips on explaining being genderqueer/nonbinary and a reflection on why loved ones should respect your pronouns:

<http://blessedarethebinarybreakers.tumblr.com/post/155957723341/coming-out-resources-for-nonbinary-folks>

An example of how we use singular they pronouns all the time in everyday speech:

<http://blessedarethebinarybreakers.tumblr.com/post/159692216224>

An article on using neopronouns


<https://www.bustle.com/articles/121131-i-switched-to-gender-neutral-pronouns-and-this-is-what-i-learned>

A video on neopronouns: https://youtu.be/OwfzKPza_fE

Pronouns Practice:

- <https://www.mypronouns.org/what-and-why> - what are personal pronouns and why do they matter?
- <https://minus18.org.au/pronouns-app/> - choose a set of pronouns you want to practice getting right
- https://www.practicewithpronouns.com/#/?_k=q17hoj — another site where you select pronouns to practice with
- How to apologize when you accidentally misgender someone:
<https://thingofthings.wordpress.com/2016/07/25/etiquette-about-accidentally-misgendering-trans-people/>
- See the PowerPoint linked near the top of this document for advice for asking someone for their pronouns in the hospital setting

Issues the Trans Community Faces

- A PowerPoint that deconstructs various common political arguments against trans people:  Anti-Trans Legislation presentation.pptx
- Summary of issues — lack of legal protection & healthcare, poverty, stigma, violence, etc.: <https://www.hrc.org/resources/understanding-the-transgender-community>
- What's with all the anti-trans bills?
<https://www.them.us/story/2022-anti-trans-bills-history-explained>

- Latest info on laws & policies and how you can help: <https://transequality.org/issues>

Books

101

[*Everything You Ever Wanted to Know about Trans \(But Were Afraid to Ask\)*](#) by Brynn Tannehill

[*Trans Bodies. Trans Selves: A Resource by and for Transgender Communities*](#), edited by Laura Erickson-Schroth

Gender Exploration

[*How to Understand Your Gender: A Practical Guide for Exploring Who You Are*](#) by Alex Iantaffi and Meg-John Barker

“This down-to-earth guide is for anybody who wants to know more about gender, from its biology, history and sociology, to how it plays a role in our relationships and interactions with family, friends, partners and strangers. It looks at practical ways people can express their own gender, and will help you to understand people whose gender might be different from your own. With activities and points for reflection throughout, this book will help people of all genders engage with gender diversity and explore the ideas in the book in relation to their own lived experiences.”

[*Beyond the Gender Binary*](#) by Alok Vaid-Menon

“Alok Vaid-Menon challenges the world to see gender not in black and white, but in full color. Taking from their own experiences as a gender-nonconforming artist, they show us that gender is a malleable and creative form of expression. The only limit is your imagination.”

[*Gender Identity Workbook for Teens: Practical Exercises to Navigate Your Exploration, Support Your Journey, and Celebrate Who You Are*](#)

Trans History

[*Transgender History*](#) by Susan Stryker

Covers US history from the mid-1900s through today

[Before We Were Trans: A New History of Gender](#) by Dr. Kit Heyam

“*Before We Were Trans* illuminates the stories of people across the globe, from antiquity to the present, whose experiences of gender have defied binary categories. Blending historical analysis with sharp cultural criticism, trans historian and activist Kit Heyam offers a new, radically inclusive trans history, chronicling expressions of trans experience that are often overlooked, like gender-nonconforming fashion and wartime stage performance. *Before We Were Trans* transports us from Renaissance Venice to seventeenth-century Angola, from Edo Japan to early America, and looks to the past to uncover new horizons for possible trans futures.”

Personal Accounts

[Gender Euphoria](#), edited by Laura Kate Dale

“In this groundbreaking anthology, nineteen trans, non-binary, agender, gender-fluid and intersex writers share their experiences of gender euphoria...What they have in common are their feelings of elation, pride, confidence, freedom and ecstasy as a direct result of coming out as non-cisgender, and how coming to terms with their gender has brought unimaginable joy into their lives.”

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