

# Local and National Resources for Supporting Transgender and Gender Diverse Youth in Southern Arizona

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*Compiled by:*

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# Local Resources

## 1. Schools

- a. **GLSEN Tucson:** Nationally, GLSEN works to ensure safe schools for ALL students, regardless of sexual orientation and gender identity. There are 39 Chapters around the country, which work closely with the national staff of GLSEN to implement programs, and to keep national staff informed of local events. The work that chapters do covers a variety of subjects and issues, from public policy to teacher training to supporting students and educators around the country. See: <https://www.glsen.org/chapters/tucson>

## 2. Families

- a. **Camp Born This Way:** Annual camp for transgender youth and their families in Southern Arizona. Their website also has several links to national resources. See: <http://www.campbornthisway.org/>
- b. **PFLAG Tucson:** PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through: Support, to cope with an adverse society; Education, to enlighten an ill-informed public; and Advocacy, to end discrimination and to secure equal civil rights. Phone: 520-360-3795, See: <http://www.pflagtucson.org/>
- c. **TransParents (aka Parents of Rainbow Kids):** Support group and closed/secret Facebook group for parents of trans and gender diverse youth (there's also an adolescent Facebook group). Great group for parents to meet other parents who are learning about issues related to parenting transgender youth. Email: [transparent@sagatucson.org](mailto:transparent@sagatucson.org)

## 3. Community:

- a. **Eon Youth Program, Thornhill-Lopez Center on 4<sup>th</sup>:** 526 N. 4<sup>th</sup> Avenue, Tucson; Open M-F 3pm to 7pm, and some Saturdays. The Thornhill

Lopez Center provides a free safe space for LGBTQ+ youth and allies, complete with a lounge, computers, performance stage, patio, laundry facilities, full kitchen, and bathrooms with showers. Free services include skills-building, advocacy, and culturally competent care to LGBTQ youth and their allies ages 13-26.

- b. **101Space, Joel Valdez Main Library**, 101 N Stone Ave; Workshop center hours M-Th 3pm-6pm, Fri 3pm-5pm. 101Space is a youth center and makerspace and is part of the Pima County Public Library. They offer workshop hours and programs after school each weekday with comfortable seating for teens to hang out, computers, 3D Printers, button makers, podcasting and sound recording, after school snacks and more. Staffed by LGBTQ+-affirming librarians and paid teen mentors, 101Space is a safe and inclusive spot for youth ages 12-18.
- c. **Mariposas Sin Fronteras**: A Tucson-based group that seeks to end violence and abuse of LGBTQ people in prison and immigration detention. See: <https://mariposassinfronteras.org/about-us/>
- d. **Southern Arizona Gender Alliance (SAGA)**: One of the oldest organizations in the US working with transgender people and their families. The website includes resource lists of health and service providers in Southern Arizona that specialize in transgender care or who are affirmative providers. See: <http://sagatucson.org/wp/>

## National Resources

### 1. Overview of Gender Identity

- a. **Answers to your questions about transgender people, gender identity, and expression** (American Psychological Association):  
See <https://www.apa.org/topics/lgbt/transgender.pdf>
- b. **The health and rights of transgender youth** (Advocates for Youth): See  
<http://www.advocatesforyouth.org/storage/advfy/documents/the%20health%20and%20rights%20of%20transgender%20youth.pdf>

### 2. Books and Online Activities about Gender

- a. **Maya Gonzalez, The Gender Wheel.** See:  
<http://www.mayagonzalez.com>

### 3. Schools

- a. **A Queer Endeavor:** Information for educators on how to ensure that your classroom is inclusive. See:  
<http://aqueerendeavor.org/for-educators/>
- b. **GLSEN:** An international organization striving to create safe and affirming school for all, regardless of sexual orientation, gender identity, or gender expression. See: <https://www.glsen.org>
  - i. GLSEN's Transgender Model District Policy:  
[https://www.glsen.org/sites/default/files/Model-School-District-Policy-on-Transgender-and-Gender-Nonconforming-Students-GLSEN\\_0.pdf](https://www.glsen.org/sites/default/files/Model-School-District-Policy-on-Transgender-and-Gender-Nonconforming-Students-GLSEN_0.pdf)
- c. **Gender Spectrum:** An organization that aims to create gender inclusive spaces for all children and teens. See:  
<https://www.genderspectrum.org/>

- d. **Human Rights Campaign Foundation’s Welcoming Schools Project:** A fee-based professional development program for elementary school educators. See <http://www.welcomingschools.org/>
- e. **Safe Schools Coalition:** A national organization that helps schools become safe places where everyone can belong, teach, and learn , regardless of gender, gender identity, or sexual orientation. Their website has several resources for teachers, administrators, parents, and youth. See: <http://www.safeschoolscoalition.org>
- f. **Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools:** Recommendations based on specific ages and stages of students’ development that affect transgender students’ experiences in school. See: <https://assets2.hrc.org/files/assets/resources/Schools-In-Transition.pdf>
- g. **Trans Student Educational Resources:** Resources, including the widely-used Gender Unicorn, dedicated to transforming educational environments for trans and gender nonconforming students. See: <http://www.transstudent.org/>
- h. **U.S. Department of Education:** Resources and guidance for LGBTQ students related to Title IX. See: <https://www2.ed.gov/about/offices/list/ocr/lgbt.html>

## 4. Families

- a. **Family Acceptance Project:** Research-backed guides that provide “best practices” for developing and maintaining healthy family relationships with LGBT children. See: <http://familyproject.sfsu.edu/>

- b. **Gender Odyssey:** A conference focused on meeting the needs and interests of trans and gender diverse children and their families. See: <http://www.genderodyssey.org/>

## Resources in Spanish/Recursos en Español

### 1. Overview of Gender Identity and Terms in Spanish/Visión general de la identidad de género y términos

- a. **Terms/Terminos:** See: <http://sinetiquetas.org/glosario/>
- b. **Resources and guides from CHRYSALLIS: Asociación de Familias de Menores Transexuales.** See: <https://chrysallis.org.es> and <https://www.scribd.com/doc/203390619/Una-guia-para-familias>
- c. **PLAG Mexico:** Resources for parents of transgender and LGBTQ youth/Recursos para padres de hijos trans y LGBTQ. See: [http://members.efn.org/~lanegg/education/Nuestros\\_Hijos\\_Trans.pdf](http://members.efn.org/~lanegg/education/Nuestros_Hijos_Trans.pdf)

### 2. Books and Stories/Libros y Cuentos

- a. **CONAPRED** (El Consejo Nacional para Prevenir La Discriminación), es un órgano de Estado creado por la Ley Federal para Prevenir y Eliminar la Discriminación (LFPED). A National Advisory Board to Prevent Discrimination. See: <https://www.conapred.org.mx/index.php>
- b. **Ten stories of transgender children/Diez historias de niñas y niños transgénero:**

[https://www.conapred.org.mx/index.php?contenido=registro\\_encostrado&tipo=2&id=5600](https://www.conapred.org.mx/index.php?contenido=registro_encostrado&tipo=2&id=5600)

c. ***Citlalli has three grandmothers/ Citlalli tiene tres abuelas.***

Creado por Silvia Susana Jácome, una mujer transexual de 63 años, que busca explicar a los niños qué es ser una persona transexual. El cuento retrata las conversaciones entre una abuela y su nieta. Created by Silvia Susana Jacome, a 63 year old transgender woman, that looks to explain to children what a trans person is through the story of a grandmother and her granddaughter. See:

[.https://www.conapred.org.mx/documentos\\_cedoc/Citlalli\\_tiene\\_tres\\_abuelas\\_WEB.pdf](https://www.conapred.org.mx/documentos_cedoc/Citlalli_tiene_tres_abuelas_WEB.pdf)

d. **Libros y cuentos de temática específicamente trans o con identidades LGBTQ/Books with trans themes or with LGBTQ identities:** <https://chrysallis.org.es/recursos/recomendaciones/>