

Suggested Resources For Gender Independent Children and Transgender Youth/Adults

Gender Independent Children: Gender independent children are those whose gender expression and/or gender identity differs from what others expect of their assigned birth sex.

While some kids are content to dress and do the activities typically associated with boys and girls, others express themselves in ways that the adults around them find surprising or confusing. Some boys love dresses, some girls insist on short hair and balk at the colour pink, and others say that they are or want to be another gender. These kids are sometimes called *gender independent*. Other terms are *gender variant*, *gender non-conforming*, *gender creative*, *transgender* and for some FMNI children, *Two-Spirited*.

Transgender: An umbrella term that describes people with diverse gender identities and gender expressions that do not conform to stereotypical ideas about what it means to be a girl/woman or a boy/man in society. “Trans” can mean transcending beyond, existing between or crossing over the gender spectrum. It includes but is not limited to people who identify as transgender, transsexual, cross-dresser or gender non-conforming (gender variant or gender queer).

Organizations

- [Two-Spirited People of the First Nations](#) - Assists Indigenous LGBTQ2S individuals with different services, programming and events
- [Atlohsa Native Family Healing Services Incorporated](#) - Two-Spirit support
- [Central Toronto Youth Services \(CTYS\)](#) - Provides programs for Toronto-based youth, young adults and their families
- [CHEO Diversity Clinic](#) - Provides health care and support for gender nonconforming children and youth in Eastern Ontario
- [Children's Centre Thunder Bay](#) - Provides services and support for children and youth
- [Family Services York Region](#) - Counselling for LGBTQ2S individuals
- [Gender Variant Working Group](#) - Provides support and information
- [Griffin Centre](#) - Provides support services
- [Kids Help Phone](#) - Home, web and online support
- [LGBT Youth Line](#) - Offers confidential peer support through telephone, text and chat services
- [LGBT2Q+ Network of London and Area](#) - Provides resources and support
- [LGBT2Q+ Around the Rainbow](#), Family Services Ottawa (FSO) - Creating inclusive spaces for LGBTQ+ families in Ottawa
- [Native Youth Sexual Health Network](#) - Organization by and for Indigenous youth that offers programs and services for Two-Spirited and LGBTQ youth

- [Ode](#) - LGBTQ group for Indigenous youth
- [OK2BME](#) - Provides services for LGBTQ+ identified children, teens and their families
- [Ontario Aboriginal HIV/AIDS Strategy \(OAHAS\)](#) - Provides services and supports designed to meet the needs of Indigenous Peoples
- [Out on the Shelf](#) - Social supports and resources
- [PARN Rainbow Youth](#) - Community-based programs and support
- [Positive Space Network \(PSN\)](#) - Provides services and programs for LGBTQ youth in Halton region
- [Quest Community Health Centre](#) - Provides medical care and support
- [Rainbow Resource Centre](#) - Provides services with Northwestern Ontario
- [reachOUT](#), Griffin Centre - Program for LGBTTGNCQ people in the Greater Toronto Area
- [Salaam Canada](#) - Muslim LGBTQ youth organization
- [Skylark](#) - Provides support services
- [Supporting Our Youth \(SOY\)](#), Sherbourne Health Centre - Works to support the health and well-being of LGBTQ youth
- [The 519](#) - Offers leadership and innovation in LGBTQ2S and trans specific programs
- [The Gilbert Centre](#) - LGBTQ resources in the Muskoka area
- [The Well Hamilton](#) - Provides social supports
- [Toronto PFlag](#) - Parents, families, friends and allies of Toronto's LGBTQ community
- [TransFamily Kingston](#) - Provides local resources and information
- [Trans Fusion Crew](#), Supporting Our Youth (SOY) - A weekly drop-in group to explore, learn about and share experiences of gender
- [Trans Lifeline](#) - Support line for transgender people
- [Trans Support Collective](#) - Support centre in Thunder Bay
- [Trans Youth London](#) - Support and social group in London
- [Trans Wellness Ontario](#) – Mental Wellness Support Organization
- [Windsor-Essex Pride Fest](#) - Support group
- [Youth Services Bureau \(YSB\) of Ottawa](#) - LGBT youth group

Resources and Websites

- [*Creating Authentic Spaces: A Gender Identity and Gender Expression Toolkit to Support the Implementation of Institutional and Social Change*](#), The 519
- [Egale Canada Human Rights Trust](#) - Working with families of trans students webinars
- [*Families in TRANSition: A Resource Guide for Families of Transgender Youth*](#), Central Toronto Youth Services (CTYS)
- [Gender Creative Kids Canada](#) - Resources for gender creative kids and their families, schools and communities
- [Gender Identity Hotline](#), PFLAG Canada
- [Gender Spectrum](#) - Resources for families
- [LGBTQ Parenting Network](#) - Resources for families and educators

- [Parents, Families and Friends of Lesbians and Gays \(PFLAG\) Canada](#) - Resources for families of LGBTQ children
- [Policy on preventing discrimination because of Gender Identity and Gender Expression](#), Ontario Human Rights Commission (OHRC)
- [Questions and Answers: Gender Identity in Schools](#), Public Health Agency of Canada
- Resources from [RHO \(Rainbow Health Ontario\)](#)
 - *Are you worried about your child's gender expression?*
 - *Transition Options for Gender Independent Children and Adolescents*
 - *Advocating for Your Gender Independent Child*
 - *Evidence Brief: Supporting Gender Independent Children and Their Families*
 - *Evidence Brief: Two-Spirit and LGBTQ Indigenous Health*
- [Service Directory](#), RHO - Lists health providers, social service providers and programs for LGBTQ people
- [Settlement.org](#) - Services and supports for LGBTQ newcomers in Ontario
- [SOGI 123](#) - Provides resources and materials on sexual orientation and gender identity
- [Supporting Transgender and Transsexual Students in K-12 Schools. A Guide for Educators](#), Canadian Teachers' Federation
- [The 519 and Rainbow Health Ontario Media Reference Guide](#) - Discussing trans and gender diverse people
- [The Gender Book](#) - Understanding basic concepts of gender
- [The Genderbread Person](#) - Teaching tool to better understand gender
- [The Queer Ismaili](#) - Support for Ismaili Muslims in the LGBTQ+ community
- [Trans Pulse](#) - Community-based research
- [Trans Student Educational Resources](#) - National youth lead organization
- [Umbrella Mental Health Network](#) - Queer and trans-identified mental health professionals who work primarily in the LGBTQIA2S community within Toronto
- [Welcoming Schools](#) - Resources for educators

United States of America Based Resources

- [GLSEN](#) - Supporting Black LGBTQ youth
- [Trans Women of Color Collective \(TWOCC\)](#) - Support for trans people of color
- [Transgender Law Center \(TLC\)](#) - National trans-led organization advocating for transgender and gender nonconforming people

School Boards

For school board policies on gender identity, gender expression and on transgender students, visit the following [site](#).

Please note: This is a list of organizations, resources and websites that provide information to the public. This is by no means an exhaustive list. Please share

suggestions not listed to msinclair@etfo.org. Every effort has been made to make sure all the links in the document are working.

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