



TRANS KIDS, OUR KIDS

BOOK CLUB GUIDE



TRANS KIDS, OUR KIDS

Trans Kids, Our Kids: Stories and Resources from the Frontlines of the Movement for Transgender Youth is a powerful and moving book that explores the lives of trans youth, their families, and the people who advocate for and support them. Through personal stories and reflections, the book sheds light on the challenges, triumphs, and resilience of the transgender community. We hope this guide will facilitate meaningful conversations and insights as you reflect on the book's themes.

TABLE OF CONTENTS

01

DISCUSSION QUESTIONS

02

ACTIVITIES

03

TAKE ACTION

04

ADDITIONAL RESOURCES

DISCUSSION

INITIAL THOUGHTS

- What were your initial thoughts after finishing the book? Which stories or passages stood out to you the most?
- How did the book challenge or reinforce your existing perceptions about trans youth and/or the trans community?

STORYTELLING AND STRUCTURE

- How did the structure of the book (e.g., interweaving personal stories, interviews, and commentary) affect your reading experience?
- Were there any storytelling techniques that you found particularly effective or impactful?

PERSONAL JOURNEYS

- How did the stories of the trans youth and their families resonate with you? Were there any particular stories that stood out to you?
- What common themes or struggles did you notice among the youth and families featured in the book?
- Were there any specific stories of providers that stood out to you? How did they navigate challenges in their work?

SUPPORT SYSTEMS

- How did the youth describe their support systems, including family, friends, and community? What role did these supports play in their journeys?
- How did the book portray the experiences of families with trans children? What challenges and joys did they encounter?
- What did you learn about the importance of affirming and supportive environments for trans youth?

POLICY AND PRACTICE

- How did the book address the intersection of personal stories with broader social and political issues affecting trans youth?
- What changes in policy or practice did the book advocate for, and how do you see these changes impacting the lives of trans individuals?
- What did the book teach you about being an effective ally to trans youth? How did the book's portrayal of activism inspire you to think about how you might support the trans community?



ACTIVITIES

PERSONAL REFLECTION

Take a few moments to reflect on how the book has impacted your understanding of the trans community. Write down any thoughts or questions that arose during your reading.

ACTION PLAN

As a group, brainstorm ways to support trans youth and advocate for their rights in your own community. What specific actions can you take individually or collectively? (For ideas, see “Take Action”)

ART IN ACTION

- Craft a poem exploring feelings of gender identity that existed before you had language to describe them.
- Write a poem or design a map of a safe space from a micro to macro perspective.
- Create a visual representation or poem based on barriers trans youth face from a micro to macro perspective.
- Letter to your younger self as a wiser and happy adult version of yourself and what led to this happiness.
- Create a visual postcard or letter for a legislator, who you wish would change their actions in order to create a safer place for all of their constituents.



TAKE ACTION

There are many ways to take action in support of transgender youth at this critical time. Here are just a few things you can do to make a difference in your community:

BE AN ADVOCATE

- Get involved in LGBTQ+ advocacy efforts in your community by connecting with local and statewide organizations
- Join coalitions that actively work with lawmakers through:
 - Personal testimony sharing
 - Rally and protest organization
 - Legal challenges to discriminatory legislation

Where to Start:

To find an organization aligned with effectively supporting the trans people in your life, visit the [Equality Federation](#) - a comprehensive hub connecting statewide LGBTQ+ advocacy organizations across the country.

START SMALL

Small acts of kindness and resistance add up. So, if you're not ready to head to the statehouse (or you've already done so and need a break), think of the small things you can do to become a firefly in the world. Perhaps you can show support to a trans or queer friend who's having a hard time. Or maybe you can support a trans BIPOC artist by buying or sharing their work. Support organizations that serve trans and queer youth in your own community.

Where to Start: Find a local LGBTQ+ center in your area with [Centerlink](#), and see what's happening in your community.

SHARE STORIES

Stories are what truly change hearts and minds. The stories in this book represent diverse experiences but are only a handful of trans people's stories and those who love them. Many more stories remain to be told—including perhaps your own.

- Seek out stories from people who are both like and unlike you
- Express your own story through writing, drawing, or singing
- Share your story with others when it's safe and you're able to do so
- Listen—especially to friends and loved ones who are furthest on the margins
- Center marginalized voices whenever possible

Where to Start:

If you're looking for advice on storytelling, check out this article from NPR's [Life Kit](#).

Please find additional resources and support on our website:
[**https://southernequality.org/trans-kids-our-kids/resources/**](https://southernequality.org/trans-kids-our-kids/resources/)



ADDITIONAL RESOURCES

BOOKS

◦ For Adults/Teens

- **American Teenager** by Nico Lang
- **Becoming Nicole: The Inspiring Story of Transgender Actor-Activist Nicole Maines and Her Extraordinary Family** by Amy Ellis Nutt
- **Free to Be Understanding Kids and Gender Identity** by Jack Turban
- **Gender Queer** by Maia Kobabe
- **The Risk It Takes to Bloom** by Raquel Willis
- **Free to Be: Understanding Kids & Gender Identity** by Jack Turban
- **It Gets Better . . . Except When It Gets Worse** by Nicole Maines
- **Seeing Gender** by Iris Gottlieb and Kacen Callender

◦ For Younger Readers

- **Becoming Who We Are: Real Stories About Growing Up Trans** by Sammy Lisel, Lilah Sturges, Hazel Newlevant, Cynthia Yuan Cheng, Naomi Rubin, Victor Martins, Sunmi, Ravi Teixeira, Higu Rose, and Kameron White
- **The Boy and the Bindi** by Vivek Shraya and Rajni Perera
- **I Am Jazz!** by Jessica Herthel and Jazz Jennings
- **Jacob's New Dress** by Sarah Hoffman, Ian Hoffman, and Chris Case
- **My Name Is Troy** by Christian A'Xavier Lovehall and Chamar M. Cooper
- **My Rainbow** by DeShanna Neal, Trinity Neal, and Art Twink (Kokila)
- **One of A Kind, Like Me / Único Como Yo** by Laurin Mayeno and Robert Liu-Trujillo
- **The Pants Project** by Cat Clarke
- **Rebel Girls Celebrate Pride** by multiple authors and artists
- **Sylvia and Marsha Start a Revolution! The Story of the Trans Women of Color Who Made LGBTQ+ History** by Joy Ellison and Teshika Silver
- **They, She, He, Me Free to Be!** by Maya Christina Gonzalez and Matthew Sg

DOCUMENTARY

- **Love to the Max** (Short film about the Briggie family featured in TK,OK)
- **Disclosure**
- **For They Know Not What They Do**
- **Trans in Trumpland**
- **The Trans List**
- **Summer Qamp**





THE LANDSCAPE FOR TRANS YOUTH IN THE UNITED STATES IS RAPIDLY EVOLVING. STAY INFORMED ABOUT THE LATEST POLICY CHANGES AND HOW TO GET INVOLVED



SOUTHERNEQUALITY.ORG



@SOUTHERNEQUALITY

**CAMPAIGN FOR
SOUTHERN
EQUALITY**

