

# Information Sheet:

## Resources about transgender/gender diverse youth for parents of autistic young people

### What is transgender/gender diverse?

Transgender/gender diverse is a term used to describe a person who doesn't identify with the gender they were assigned at birth. Transgender/gender diverse people may identify with being male, female, both, or a gender that doesn't fit into either of those.

### Trans 101

A collection of resources created by transgender and gender diverse youth, including a series of videos and a booklet.

Topics covered include:

- An introduction to the language used around gender, and their meanings.  
<https://www.trans101.org.au/video1.html>
- Neurodivergence in which transgender and gender diverse young people discuss autism and mental health. <https://www.trans101.org.au/video5.html>



You can download the booklet as a PDF, as well as the videos, at their website:

<https://www.trans101.org.au/>

Trans 101 is a collaboration between Minus 18 and YGender.

<https://www.minus18.org.au/>

### Australian Psychological Society

Information Sheet: Transgender and gender diverse children 2018

Information for parents and caregivers of transgender and gender diverse children on supporting your child.

<https://www.psychology.org.au/getmedia/03213f59-9b8f-45b9-8575-2605958fd791/Trans-and-gender-diverse-children.pdf>

# Resources about transgender/gender diverse youth

## Parents of Gender Diverse Children

This organisation provides direct support to parents or those parenting a transgender or gender diverse person. Founded by families, they provide information, referrals, peer support and connections within the community.

<http://www.pgdc.org.au>

## Royal Children's Hospital Gender Service

The service focuses on the optimal health and well-being of all children referred to it. The website clearly sets out the referral and further processes and explains the range of services available.

There are links to support groups for parents and for young people, community information and support services, and education, sport and other information links.

<https://www.rch.org.au/adolescent-medicine/gender-service/>

## Transcend

A parent led peer support network for the families of transgender children in Australia.

It works alongside other community organisations to promote and support programs which help transgender and gender diverse kids reach their full potential.

Among these organisations are the Royal Children's Hospital Gender Service, Justice Connect, Safe Schools Coalition and the Victorian Government LGBTIQ Reference Group.

<http://www.transcendsupport.com.au>

## Sisterhood of The Autistic Girl

A Facebook group to support parents of autistic girls.

<https://www.facebook.com/groups/581453665321975/>

## The Rainbow Owl

This website has created a collection of the growing number of books for and about gender diverse children. It lists available books and the contact details to buy them for example *The Gender Fairy* by Australian author Jo Hirst, who has experience on the subject. The language is suitable for young children age 4 and over, and there's a section at the back for parents.

<http://www.the-rainbow-owl.com>

# Resources about transgender/gender diverse youth

## Safe Schools

This is a program from the Victorian Department of Education that can help with any difficulties your child has at school in their new identity.

<https://www.education.vic.gov.au/about/programs/Pages/safeschools.aspx>

The Student Well-being hub provides other resources, and help.

<https://studentwellbeinghub.edu.au>

## References

YGender & Minus 18 (2017). *Trans 101 Gender Diversity Crash Course*. Retrieved from <https://www.trans101.org.au/pdf/Trans101-PDF-Web.pdf>

## Resources

You might also be interested in this information sheet:  
*When your child is transgender/gender diverse*

## Acknowledgements

This information sheet was developed in consultation with autistic transgender/gender diverse people and their families. We thank Spectrum Intersections for their contribution.