

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 might 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 First Nations, Metis, and Inuit 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

- [2-Spirited People of the 1st Nations](#) - Assists Indigenous 2SLGBTQ+ individuals with different services and programming
- [Atlohsa Native Family Healing Services Incorporated](#) - Provides physical, mental, emotional, and spiritual support for Indigenous Peoples based on acceptance, safety, family, empowerment, and integrity
- [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 children, youth, and families at all stages of their journey with gender identity
- [Children's Centre Thunder Bay](#) - Provides children's mental health, child development, and parenting services to infants, children, youth, and their families
- [Family Services York Region](#) - Counselling and community support services for 2SLGBTQ+ individuals
- [Gender Variant Working Group](#) - Provides support and information that is inclusive of gender variant individuals
- [Griffin Centre](#) - Provides programs and support services
- [Kids Help Phone](#) - Home, web, and online support
- [LGBT Youth Line](#) - Offers confidential peer support through telephone, text, and chat services

- [Directory of LGBTQ2+ Friendly Resources](#) - Provides resources and support for the Middlesex-London area
- [2SIGBTQI+ Around the Rainbow](#) of Family Services Ottawa (FSO) - Creating inclusive spaces for 2SLGBTQI+ families in Ottawa
- [Native Youth Sexual Health Network](#) - Works across issues around reproductive health, rights, and justice by and for Indigenous youth and offers programs and services for Two-Spirited and LGBTQ youth
- [Ode](#) - LGBTQ group for Indigenous youth in the Greater Toronto Area
- [OK2BME](#) - Provides supportive services for 2SLGBTQIA+ kids, teens, adults, and their families in the Waterloo Region
- [Ontario Aboriginal HIV/AIDS Strategy \(OAHAS\)](#) - Provides culturally respectful and sensitive programs and strategies for Indigenous Peoples
- [Out on the Shelf](#) - Queer library and resource centre
- [PARN Rainbow Youth](#) - Community-based programs and support in Peterborough
- [Positive Space Network \(PSN\)](#) - Provides LGBTQ+ youth drop-in programs and services in the Halton region
- [Quest Community Health Centre](#) - Provides medical care and support that is community-based in the St. Catharines area and Niagara Region
- [Rainbow Collective of Thunder Bay](#) - An inclusive, supportive, and empowering home for the Gender and Sexual Diversity (GGSD) communities, including those in the Two-Spirit and Intersex community with various forms of attraction and other intersecting identities of Thunder Bay
- [Rainbow Resource Centre](#) - Provides services in Winnipeg, Manitoba with Northwestern Ontario resources
- [LGBT youthline](#) – Offers peer support through text and chat services
- [Salaam Canada](#) - National volunteer-run organization dedicated to creating and cultivating safe and supportive spaces for LGBTQ Muslims
- [Skylark](#) - Provides support services for children, young people, and their families struggling with mental health and developmental needs
- [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 2SLGBTQ youth programs
- [The Gilbert Centre](#) - LGBTQ resources in the Simcoe Muskoka area
- [Toronto Pflag](#) - Toronto Pflag promotes the health and well-being of LGBTQ2S+ people by helping to keep families together through support and education
- [TransFamily Kingston](#) - Provides support and resources for transgender, nonbinary, and gender diverse individuals and their loved ones
- [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 that provides trans peer support run by and for trans people
- [Trans Care +](#) - Access to education and resources through online directory and workshops in surrounding areas
- [Trans Youth London](#) - Support and social group in London

- [Trans Wellness Ontario](#) – Mental Wellness Support Organization
- [Windsor-Essex Pride Fest](#) - Support group
- [Youth Services Jeunesse](#) - LGBTQ+ youth group in Ottawa

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 Resources](#) – Resources for 2SLGBTI people and communities, service providers, schools, and companies
- [Families in TRANSition: A Resource Guide for Families of Transgender Youth](#), Central Toronto Youth Services (CTYS)
- [Gender Creative Kids Canada, Resources](#) - Created for gender kids, youth, and their families, schools and communities
- [Gender Identity Hotline](#), PFLAG Canada
- [Gender Spectrum](#) - Resources for families and some specific resources for grandparents
- [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)
- [Reaffirming Rights: 2SLGBTQINA+ Inclusive Sexual Health Education Contributes to a Safer School Environment for All](#), Sex Information & Education Council of Canada
- Resources from [RHO \(Rainbow Health Ontario\)](#)
- [Service Directory](#), RHO - Lists health providers, social service providers and programs for LGBTQ people
- [Settlement.org](#) - Services and supports for LGBTQIA+ 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

American-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 mbromfield@etfo.org. Every effort has been made to make sure all the links in the document are working.

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MB:EYO