Trans Books/Films for Insight and Joy

Essential Non-Fiction & Guides

Transgender History by Susan Stryker
Covering American transgender history from the mid-twentieth century to today, *Transgender History* takes a chronological approach to the subject of transgender history, with each chapter covering major movements, writings, and events. Chapters cover the transsexual and transvestite communities in the years following World War II; trans radicalism and social change, which spanned from 1966 with the publication of *The Transsexual Phenomenon,* and lasted through the early 1970s; the mid-'70s to 1990, the era of identity politics and the changes witnessed in trans circles through these years; and the gender issues witnessed through the '90s and '00s

The T in LGBT+ by Jamie Raines
I want to welcome you to *The T in LGBT* where you can explore and learn about so many topics surrounding gender identity: realizing you're trans, starting hormones, considering surgery, and everything in between. Whether you're questioning your own identity and are looking for advice on certain stages of transition, or whether you're wanting to learn about the trans experience to support someone or understand allyship, I hope this book can be your one-stop guide to everything trans related.

And don't just take my word for it either - this book is packed full of advice, tips, and the personal stories of a range of trans voices, because no one journey is the same.

Whipping Girl by Julia Serano
A landmark of trans and feminist nonfiction, *Whipping Girl* is Julia Serano's indispensable account of what it means to be a transgender woman in a world that consistently derides and belittles anything feminine. In a series of incisive essays, Serano draws on gender theory, her training as a biologist, her career in queer activism, and her own experiences before and after her gender transition to examine the deep connections between sexism and transphobia. She coins the term *transmisogyny* to describe the specific discrimination trans women face—and she shows how, in a world where masculinity is seen as unquestionably superior to femininity, transgender women's very existence becomes a threat to the established gender hierarchy.

Redefining Realness by Janet Mock
With unflinching honesty and moving prose, Janet Mock relays her experiences of growing up young, multiracial, poor, and trans in America, offering readers accessible language while imparting vital insight about the unique challenges and vulnerabilities of a marginalized and misunderstood population. Though undoubtedly an account of one woman's quest for self at all costs, *Redefining Realness* is a powerful vision of

possibility and self-realization, pushing us all toward greater acceptance of one another —and of ourselves—showing as never before how to be unapologetic and real.

Trans Bodies, Trans Selves by Laura Erickson-Schroth
Trans Bodies, Trans Selves is a revolutionary resource-a comprehensive, reader-friendly guide for transgender people, with each chapter written by transgender or genderqueer authors. Inspired by *Our Bodies, Ourselves*, the classic and powerful compendium written for and by women, *Trans Bodies, Trans Selves* is widely accessible to the transgender population, providing authoritative information in an inclusive and respectful way and representing the collective knowledge base of dozens of influential experts. Each chapter takes the reader through an important transgender issue, such as race, religion, employment, medical and surgical transition, mental health topics, relationships, sexuality, parenthood, arts and culture, and many more.

Beyond the Gender Binary by Alok Vaid-Menon
In Beyond the Gender Binary, poet, artist, and LGBTQIA+ rights advocate Alok Vaid-Menon deconstructs, demystifies, and reimagines the social definition of gender, challenging the world to view it not in black and white, but in full color. Taking from their own experiences as a gender-nonconforming artist, Alok shows readers that gender is a flexible and creative form of expression—the only limit is your imagination

Gender Queer: A Memoir by Maia Kobabe
In 2014, Maia Kobabe, who uses e/em/eir pronouns, thought that a comic of reading statistics would be the last autobiographical comic e would ever write. At the time, it was the only thing e felt comfortable with strangers knowing about em. Then e created *Gender Queer*. Maia's intensely cathartic autobiography charts eir journey of self-identity, which includes the mortification and confusion of adolescent crushes, grappling with how to come out to family and society, bonding with friends over erotic gay fanfiction, and facing the trauma and fundamental violation of pap smears.

Started as a way to explain to eir family what it means to be nonbinary and asexual, *Gender Queer* is more than a personal story: it is a useful and touching guide on gender identity—what it means and how to think about it—for advocates, friends, and humans everywhere.

Trans Like Me by C.N. Lester - A collection of essays providing a thoughtful, comprehensive look at trans issues and identity.

Yes, You Are Trans Enough by Mia Violet - A personal memoir about transitioning, focusing on self-acceptance and love.

I'm Afraid of Men by Vivek Shraya - A short, intense memoir exploring the impact of toxic masculinity and transphobia.

The Trans and Gender Diverse Teen Resilience Guide - A practical guide for navigating mental health and building community.

For Parents of Trans Children

Raising Trans Kids: What to Expect When You Weren't Expecting This by Rebecca Minor
Raising Trans Kids is the essential guide for parents, families, and educators committed to creating a world where transgender and nonbinary youth can thrive. With compassionate insights, evidence-based research, and practical advice, this groundbreaking book provides the clarity and reassurance needed to navigate the complex journey of raising trans and gender-expansive children.

Beyond Pronouns: The Essential Guide for Parents of Trans Children by Tammy Plunkett
If your child or teen recently told you they are transgender, non-binary, or genderfluid, you're bound to have questions. You may wonder how best to support your child's transition and doubt whether you are making the right decisions. Beyond Pronouns will help you find ways to face common fears, have important conversations with your child, be a good ally, and much more.

The Gender Identity Guide for Parents: Compassionate Advice to Help Your Child Be Their Most Authentic Self by Tavi Hawn
Talking with your child about gender identity can seem overwhelming—but with the right guidance, you can have healthy conversations and create an affirming environment for them as they grow. Whether your child is cisgender, gender expansive, transgender, or still unsure, this guide provides practical advice and strategies to help you embrace them for who they are and support them as they approach puberty.

My Child is Trans: Now What? A Joy Centered Approach to Support by Ben V. Greene
In *My Child is Trans, Now What?*, Greene breaks the mold by offering a judgement-free guide to people across generations who want to support their trans youth but aren't sure of the best way to do so. Greene focuses on providing two key resources in this book: information and emotional support. He details what families can expect, what systems exist to support trans youth, and what loved ones can do to help.

Transformed: Parenting Your Gender Non-Conforming Child with Pride by Wendy Jones
If you or a loved one are on a Transgender journey this real and personal book by author and gender therapist Wendy Jones LCSW, will be the perfect read to help guide you through showing support in the Transgender community.

Free To Be: Understanding Kids and Gender Identity by Jack Turban
By combining the latest scientific research, stories of transgender children, and the intricacies of today's political gender wars, *Free to Be* is an essential "resource that will empower trans and non-binary people everywhere, as well as those who love and want to support them" (Jazz Jennings, author of *Being Jazz* and star of *I Am Jazz*).

The Gender Creative Child: Pathways for Nurturing and Supporting Children Who Live Outside Gender Boxes by Diane Ehrensaft
Dr. Ehrensaft explains the interconnected effects of biology, nurture, and culture to explore why gender can be fluid, rather than binary. As an advocate for the gender affirmative model and with the expertise she has gained over three decades of pioneering work with children and families, she encourages caregivers to listen to each child, learn their particular needs, and support their quest for a true gender self.

Trans Joy & Fiction Highlights

I Wish You All the Best by Mason Deaver
When Ben De Backer comes out to their parents as nonbinary, they're thrown out of their house and forced to move in with their estranged older sister, Hannah, and her husband, Thomas, whom Ben has never even met. Struggling with an anxiety disorder compounded by their parents' rejection, they come out only to Hannah, Thomas, and their therapist and try to keep a low profile in a new school.

But Ben's attempts to survive the last half of senior year unnoticed are thwarted when Nathan Allan, a funny and charismatic student, decides to take Ben under his wing. As Ben and Nathan's friendship grows, their feelings for each other begin to change, and what started as a disastrous turn of events looks like it might just be a chance to start a happier new life.

Gender Euphoria edited by Laura Kate Dale - An anthology showcasing joyous, positive stories from trans, non-binary, and intersex writers.

Cemetery Boys by Aiden Thomas - A popular fantasy novel featuring a trans and gay main character navigating ghosts and magic.

Light from Uncommon Stars by Ryka Aoki - A science fiction novel that weaves together themes of identity, music, and the supernatural.

Paul Takes the Form of a Mortal Girl by Andrea Lawlor - A queer novel following a gender-fluid protagonist in the 1990s.

If I Was Your Girl by Meredith Russo - A young adult novel about a trans girl trying to start over and find acceptance at a new school.

Foundational & Historic Read

Stone Butch Blues by Leslie Feinberg - A classic, gritty novel detailing the life of a butch lesbian navigating gender in the 1970s.

Gender Outlaw by Kate Bornstein - A classic text that challenges the boundaries of gender from an activist perspective.

Nevada by Imogen Binnie - A significant early 2010s novel often cited for its influence on trans literature.

Young Adult Books:

Gender Queer, Mai Kobabe

The Magic Fish, Trung Le Nguyen

Metatron's Children: Book 1, Chy Ryan Spain

It's a Hit, Arin and Marika Barth

Welcome to St. Hell: My Trans Teen Misadventure, Lewis Hancock

Felix Ever After, Kacen Callander

If I was Your Girl, Meredith Russo

Lakelore, Anna-Marie McLemore

Some Strange Music Draws Me In, Griffin Hansbury

The Passing Playbook, Isaac Fitzsimmon

Children's Books:

Julian is a Mermaid, Jessica Love

Not Quite Narwhal, Jessie Sima

Backwards Day, S. Bear Bergman

Is that for a Boy or a Girl?, S. Bear Bergman

Jack, Not Jackie, Holly Hatam

Introducing Teddy: A Gentle Story about Gender and Friendship, Jessica Walton

Casey's Ball, Kit Yan

Not He or She, I'm Me, A.M. Wild

My Gender My Rules, Andy Passchier

Films:

Ma Vie en Rose (Alain Berliner, 1997)

Beautiful Boxer (Ekachai Uekrongtham, 2003)

I Saw the TV Glow (Jane Schoenbrun, 2024)

Paris is Burning (Jennie Livingston, 1990)

Tangerine (Sean Baker, 2015)

Kokomo City (D. Smith, 2023)

Screaming Queens: The Riot at the Compton Cafeteria (Susan Stryker/Victor Silverman, 2016)

Kinky Boots (Julian Jarrod, 2005)

Sauna (Matthias Broe, 2025)

T Blockers (Alicia Mao McKay, 2024)

The Aggresives, (Daniel Peddle, 2005)

Disclosure (Sam Feder, 2020)