

Annotated Bibliography of Teen Books About Gender Diversity

Almost Perfect. Katcher, Brian. Delacorte Books for Young Readers. 2010.

You only hurt the ones you love. Logan Witherspoon recently discovered that his girlfriend of three years cheated on him. But things start to look up when a new student breezes through the halls of his smalltown high school. Sage Hendricks befriends Logan at a time when he no longer trusts or believes in people. Sage has been homeschooled for a number of years and her parents have forbidden her to date anyone, but she won't tell Logan why. One day, Logan acts on his growing feelings for Sage. Moments later, he wishes he never had. Sage finally discloses her big secret: she's actually a boy. Enraged, frightened, and feeling betrayed, Logan lashes out at Sage and disowns her. But once Logan comes to terms with what happened, he reaches out to Sage in an attempt to understand her situation. But Logan has no idea how rocky the road back to friendship will be. (Grades 8 – 12)

Being Emily. Gold, Rachel. Bella Books (June 26, 2012)

They say that whoever you are it's okay, you were born that way. Those words don't comfort Emily, because she was born Christopher and her insides know that her outsides are all wrong. They say that it gets better, be who you are and it'll be fine. For Emily, telling her parents who she really is means a therapist who insists Christopher is normal and Emily is sick. Telling her girlfriend means lectures about how God doesn't make that kind of mistake. Emily desperately wants high school in her small Minnesota town to get better. She wants to be the woman she knows is inside, but it's not until a substitute therapist and a girl named Natalie come into her life that she believes she has a chance of actually Being Emily. A story for anyone who has ever felt that the inside and outside don't match and no one else will understand... (Grades 8 – 12)

Beyond Magenta: Transgender Teens Speak Out. Kuklin, Susan. Candlewick. 2014. Author and photographer Susan Kuklin met and interviewed six transgender or gender-neutral young adults and used her considerable skills to represent them thoughtfully and respectfully before, during, and after their personal acknowledgment of gender preference. Portraits, family photographs, and candid images grace the pages, augmenting the emotional and physical journey each youth has taken. Each honest discussion and disclosure, whether joyful or heartbreaking, is completely different from the other because of family dynamics, living situations, gender, and the transition these teens make in recognition of their true selves. (Grades 8 – 12)

George. Gino, Alex. Scholastic Press (August 25, 2015)

When people look at George, they think they see a boy. But she knows she's not a boy. She knows she's a girl. George thinks she'll have to keep this a secret forever. Then her teacher announces that their class play is going to be *Charlotte's Web*. George really, really, REALLY wants to play Charlotte. But the teacher says she can't even try out for the part . . . because she's a boy. With the help of her best friend, Kelly, George comes up with a plan. Not just so she can be Charlotte -- but so everyone can know who she is, once and for all. (Grades 4 – 7)

Gracefully Grayson. Polonsky, Ami. Disney-Hyperion (November 4, 2014)

What if who you are on the outside doesn't match who you are on the inside? Grayson Sender has been holding onto a secret for what seems like forever: "he" is a girl on the inside, stuck in the wrong gender's body. The weight of this secret is crushing, but sharing it would mean facing ridicule, scorn, rejection, or worse. Grayson was orphaned in preschool and lives with her aunt and uncle in Chicago. She's becoming more and more aware of a nagging feeling that she should be living as a girl, despite being male-assigned, and on a daring whim decides to audition for the part of Persephone in the school play. She has a supportive teacher and a new friend, but also has to contend with school bullies and disapproving adults. Despite the risks, Grayson's true self itches to break free. Will new strength from an unexpected friendship and a caring teacher's wisdom be enough to help Grayson step into the spotlight she was born to inhabit? Debut author Ami Polonsky's moving, beautifully-written novel about identity, self-esteem, and friendship shines with the strength of a young person's spirit and the enduring power of acceptance. (Grades 5 – 9)

I Am J. Beam, Cris. Little, Brown Books for Young Readers. 2011. J always felt different. He was certain that eventually everyone would understand who he really was; a boy mistakenly born as a girl. Yet as he grew up, his body began to betray him; eventually J stopped praying to wake up a "real boy" and started covering up his body, keeping himself invisible - from his family, from his friends...from the world. But after being deserted by the best friend he thought would always be by his side, J decides that he's done hiding - it's time to be who he really is. And this time he is determined not to give up, no matter the cost. An inspiring story of self-discovery, of choosing to stand up for yourself, and of finding your own path - readers will recognize a part of themselves in J's struggle to love his true self. (Grades 9 – 12)

Luna. Peters, Julie Ann. Little, Brown Books for Young Readers. 2006. Regan's brother Liam can't stand the person he is during the day. Like the moon from which Liam has chosen his female namesake, his true self, Luna, only reveals herself at night. In the secrecy of his basement bedroom Liam transforms himself into the beautiful girl he longs to be, with help from his sister's clothes and makeup. Now, everything is about to change-Luna is preparing to emerge from her cocoon. But are Liam's family and friends ready to welcome Luna into their lives? Compelling and provocative, this is an unforgettable novel about a transgender teen's struggle for self-identity and acceptance. (Grades 8 – 12)

Parrotfish. Wittlinger, Ellen. Simon & Schuster Books for Young Readers. 2007. Last week I cut my hair, bought some boys' clothes and shoes, wrapped a large ACE bandage around my chest to flatten my fortunately-not-large breasts, and began looking for a new name. Angela Katz-McNair has never felt quite right as a girl. Her whole life is leading up to the day she decides to become Grady, a guy. While coming out as transgendered feels right to Grady, he isn't prepared for the reaction he gets from everyone else. His mother is upset, his younger sister is mortified, and his best friend, Eve, won't acknowledge him in public. Why can't people just let Grady be himself? Grady's life is miserable until he finds friends in some unexpected places -- like the school geek, Sebastian, who explains that there is precedent in the natural world (parrotfish change gender when they need to, and the newly male fish are the alpha males), and Kita, a senior who might just be Grady's first love. (Grades 7 – 12)

Rethinking Normal: A Memoir in Transition. Hill, Katie Rain. Simon & Schuster Books for Young Readers (September 30, 2014)

In her unique, generous, and affecting voice, nineteen-year-old Katie Hill shares her personal journey of undergoing gender reassignment. Have you ever worried that you'd never be able to live up to your parents' expectations? Have you ever imagined that life would be better if you were just invisible? Have you ever thought you would do anything—*anything*—to make the teasing stop? Katie Hill had and it nearly tore her apart. Katie never felt comfortable in her own skin. She realized very young that a serious mistake had been made; she was a girl who had been born in the body of a boy. Suffocating under her peers' bullying and the mounting pressure to be "normal," Katie tried to take her life at the age of eight years old. After several other failed attempts, she finally understood that "Katie"—the girl trapped within her—was determined to live. In this first-person account, Katie reflects on her pain-filled childhood and the events leading up to the life-changing decision to undergo gender reassignment as a teenager. She reveals the unique challenges she faced while unlearning how to be a boy and shares what it was like to navigate the dating world and experience heartbreak for the first time in a body that matched her gender identity. Told in an unwaveringly honest voice, *Rethinking Normal* is a coming-of-age story about transcending physical appearances and redefining the parameters of "normalcy" to embody one's true self. (Grades 7 – 12)

Some Assembly Required: The Not-So-Secret Life of a Transgender Teen. Andrews, Arin. Simon & Schuster Books for Young Readers (September 30, 2014)

Seventeen-year-old Arin Andrews shares all the hilarious, painful, and poignant details of undergoing gender reassignment as a high school student in this winning memoir. We've all felt uncomfortable in our own skin at some point, and we've all been told, "it's just a part of growing up." But for Arin Andrews, it wasn't a phase that would pass. He had been born in the body of a girl and there seemed to be no relief in sight... In this revolutionary memoir, Arin details the journey that led him to make the life-transforming decision to undergo gender reassignment as a high school junior. In his captivatingly witty, honest voice, Arin reveals the challenges he faced as a girl, the humiliation and anger he felt after getting kicked out of his private school, and all the changes—both mental and physical—he experienced once his transition began. Arin also writes about the thrill of meeting and dating a young transgender woman named Katie Hill...and the heartache that followed after they broke up. *Some Assembly Required* is a true coming-of-age story about knocking down obstacles and embracing family, friendship, and first love. But more than that, it is a reminder that self-acceptance does not come ready-made with a manual and spare parts. Rather, some assembly is always required. (Grades 7 – 12)

The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity . Testa, Rylan Jay; Coolhart, Deborah; Peta, Jayme. Instant Help; 1 edition (December 1, 2015)

If you are a transgender and gender nonconforming (TGNC) teen, you may experience unique challenges with identity and interpersonal relationships. In addition to experiencing common teen challenges such as body changes and peer pressure, you may be wondering how to express your unique identity to others. *The Gender Quest Workbook* incorporates skills, exercises, and activities from evidence-based therapies—such as cognitive behavioral therapy (CBT)—to help you address the broad range of struggles you may encounter related to gender identity, such as anxiety, isolation, fear, and even depression. Despite outdated beliefs, gender no longer implies being simply male or female, but rather a whole spectrum of possibilities. This fun, engaging workbook is designed

specifically for teens like you who want to explore the concept of gender and gender identity and expression—whether you already identify as TGNC or are simply questioning your gender identity. The activities in this book will help you explore your identity internally, interpersonally, and culturally. And along the way, you’ll learn how to effectively express yourself and make informed decisions on how to navigate your gender with family, friends, classmates, and coworkers. The book also includes chapters on sex and dating, balancing multiple identities, and how to deal with stressful challenges when they arise. *The Gender Quest Workbook* also features a brief downloadable guide for clinicians that explains ways professionals can better serve gender-expansive youth. The guide will address ways to help youth working with gender identity build resilience against gender minority stress, among other topics.