

The following links are reliable sources to learn more about gender identity. These are not created by OUT Maine, but are resources that we have found helpful in understanding the basics of gender from a scientific as well as cultural lens.

Websites and Articles

<https://www.healthychildren.org/English/ages-stages/gradeschool/Pages/Gender-Identity-and-Gender-Confusion-In-Children.aspx>

An American Academy of Pediatrics article about gender development in children.

<https://www.pnas.org/doi/10.1073/pnas.1909367116>

An article published in the November 2019 issue of The Proceedings of the National Academy of Sciences (PNAS), a peer-reviewed journal of the National Academy of Sciences (NAS), on the similarity in transgender and cisgender children's development.

<https://www.genderspectrum.org/articles/myths>

Article debunking common myths about gender and transgender identities in children.

<https://www.glsen.org/activity/gender-triangle-education-guide>

Article by GLSEN explaining gender identity and gender expression

<https://www.hrc.org/resources/transgender-and-non-binary-faq>

The Human Rights Campaign FAQs about gender identity, transgender, and non-binary identities.

<https://www.thetrevorproject.org/resources/article/understanding-gender-identities/>

The Trevor Project is the world's largest crisis intervention and suicide prevention agency for LGBTQ+ youth. This is a 2021 article on understanding gender identities.

<https://thebodyisnotanapology.com/magazine/gender-identity-101-the-definitive-guide-to-discussing-gender-in-the-21st-centu/>

A very comprehensive article about modern gender identity.

<https://genderspectrum.org/articles/understanding-gender>

A short article about understanding gender.

<https://www.nbcnews.com/nbc-out/out-health-and-wellness/social-contagion-isnt-causing-youths-transgender-study-finds-rcna41392>

August 2022 article debunking the "social contagion" theory based on a study published in Pediatrics.

<https://transstudent.org/gender/>

The Gender Unicorn - A visual exploration of the different components of gender

<https://www.plannedparenthood.org/learn/gender-identity/sex-gender-identity>

Planned Parenthood's article explaining the differences between sex, gender, and gender identity

<https://www.upworthy.com/heres-what-having-gender-dysphoria-feels-like-using-an-analogy-that-everyone-can-understand>

Upworthy article about what gender dysphoria feels like.

Podcasts

Gimlet Media: Science VS - The science of being transgender

The Gender Reveal Podcast - Especially episodes titled Gender 101, Gender 102, Gender 202, Gender 301, and Gender 501.

The Gender Rebels Podcast - Especially episodes titled "Explaining Non-Binary"

The ACLU podcast - Alok Vaid Menon Wants You to Reimagine Gender

The Laverne Cox Show - Moving Beyond the Gender Binary with Alok

iWeigh with Jameela Jamil - Alok

Trevor Noah - The Gender Bind

Getting Curious with Jonathan Van Ness - episodes 11, 115, 189

TedTalks/Videos/TV

Getting Curious with Jonathan Van Ness - Season 1 Episode 3: Can we say Bye-Bye to the Binary?

<https://www.youtube.com/watch?v=AqEgsHGiK-s>

6 minute video exploring non-binary gender identities within 3 modern indigenous cultures

https://www.ted.com/playlists/459/the_gender_spectrum

A playlist of Ted Talks about the gender spectrum

https://www.ted.com/talks/archie_crowley_language_around_gender_and_identity_evolves_and_always_has

A non-binary linguist explores how language around gender and identity evolves

https://www.ted.com/talks/jackson_bird_how_to_talk_and_listen_to_transgender_people

How to talk (and listen to) transgender people

https://www.ted.com/talks/norman_spack_how_i_help_transgender_teens_become_who_they_want_to_be

Dr. Norman Speck talks about helping transgender teens be who they are

<https://www.youtube.com/watch?v=NI0yARyFoIM>

A TedxYouth Talk titled "Gender is not a straight line".

Books

Beyond the Gender Binary - Alok Vaid-Menon

Seeing Gender: An Illustrated Guide to Identity and Expression - Iris Gottlieb and Kacen Callender

Transgender 101 - A Simple Guide to a Complex Issue - Nicolas Teich

Becoming Nicole - Amy Ellis Nutt