



GENDER-AFFIRMING CARE

FROM EDUCATION TO
LEGISLATION

RESOURCE WORKSHEETS

MARCH 2023

The following worksheets have been created by the panel of speakers and moderator. The following pages are meant to be used for educational purposes.

The Trevor Project

Resources

Twitter: [@TrevorProject](https://twitter.com/TrevorProject)

- The Trevor Project's [Guide to Being an Ally to Transgender and Nonbinary Youth](#) covers topics related to gender identity and best practices on how to support transgender and nonbinary young people.
 - The Trevor Project's [2022 National Survey on LGBTQ Youth Mental Health](#) amplifies the experiences of nearly 34,000 LGBTQ youth across the country, underscoring the unique challenges faced by transgender and nonbinary young people and the importance of having affirming homes and schools.
 - [Facts About LGBTQ Youth Suicide](#) provides top-line statistics and an overview of key research on both risk and protective factors for LGBTQ youth suicide, including transgender medical care.
 - Crisis services contact info: *If you or someone you know needs help or support, The Trevor Project's trained crisis counselors are available 24/7 at 1-866-488-7386, via chat at [TheTrevorProject.org/Get-Help](https://www.thetrevorproject.org/get-help), or by texting START to 678678.*
 - [Here](#) is a collection of one-pagers and brochures to promote The Trevor Project's resources and 24/7 crisis services.
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Dr. Crystal Beal

Resources

Website: queerdoc.com/links/

Organizations doing this work:

- [ACLU](#)
- [Equality Federation](#)
- [Local LGBTQ+ non-profits](#)
- Medical societies

Training Resources:

- <https://www.lgbtqihealtheducation.org/>
- <https://wpath.org/>
- <https://queercme.com/group-memberships>
- <https://queercme.com/opt-in>

Watch:

- [Watch Dr. Meredith McNamera](#)
- <https://erininthemorn.substack.com/>
- <https://www.aclu.org/legislative-attacks-on-lgbtq-rights>
- <https://queerdoc.com/blog/>

Read:

Science-Based Medicine Gender Affirming Care is Not Experimental

- [Part 1](#)
- [Part 2](#)

Additional tips:

- Do testimony training (PACT coalition, Physicians For Reproductive Health, Doctors For America)
- Have your testimony reviewed by the teams on the ground so you don't hurt the cause
- Stay kind and focused on the facts- disinformation