



FOLLOW UP RESOURCES

Thank you for attending our training session.

Please fill out this 2-3 min [Training Feedback Survey](#) if you haven't already.

Feel free to reach out directly if you have any additional questions or resource needs:

Shannon McKay: shannon@heshezewe.org

Want to support HSZ&W's work?

- [Donate Here](#)
- Interested in volunteering with us? [HSZ&W Volunteer Application](#)

Website: [He She Ze and We](#) - You can sign up to receive our monthly newsletter.

Families that would like more information can visit our website to fill out our [confidential contact form](#). They will get an auto reply with directions to set up an initial video Welcome Meeting. Virtual meetings allow for nationwide support.

Statistics of risk and protective factors: [The Trevor Project](#) (suicide prevention)

History & Culture:

[World Gender Customs: interactive world map](#) by PBS

[PBS Hawaii presents A Place in the Middle](#)-video (24:42)

[The Meaning of Mahu](#)-video (2:12)

Article:

[Supporting the Transgender People in Your Life: A Guide to Being a Good Ally](#)

Why Pronouns Matter? [Article](#) and [Video](#)

More Videos: listening and learning directly from transgender and nonbinary individuals is important:

[Alok Vaid-Menon](#)-finding freedom in body hair, mini skirts, and dressing for joy

[Elliot Page on Coming Out as Trans and Finding Hope](#)

[The Way We Talk about Biological Sex is Wrong](#)-Ted Talk by Emily Quinn (*mature*)

[Little Justice Leaders-What is Gender Identity?](#) (it's never too early to learn)

Recommended children's books:

- [Red, A Crayon's Story](#), by Michael Hall--a personal favorite, opening the possibilities of being someone different than how everyone else perceives you
- [Who Are You?](#) (families with younger kids)

- [Calvin](#) by JR Ford, Vanessa Ford and illustrated by Kayla Harren

Recommended Book for Adults/Parents/Caregivers:

- [The Transgender Teen/Transgender Child](#) (a guide for families, teachers, providers)
- [Beyond the Binary](#) by Alok Vaid-Menon

Podcast:

<https://www.wildheartsociety.org/podcast>

[Shannon McKay with River City Podcast](#)

[Shannon McKay on VPM/PBS](#)

HSZ&W's Public facing Social Media: Educational, positive & uplifting messaging! If you feel comfortable, *follow us & share to spread awareness of He She Ze and We and Trans Rights!*
[HSZ&W Instagram](#) & [HSZ&W Public Facing Facebook page](#) Thank you!