



Gender Dysphoria Resources

Best Overall

- **Catholic:**
 - www.PersonAndIdentity.com
 - Faithfully Catholic, well-researched, up-to-date information for Parents, Pastors, Schools, etc.
 - “**Vocare – Gender Identity**” online course at My Catholic Faith Delivered.
 - Faithfully Catholic online course to train ministers, catechists, educators, etc. on how to deal with issues pertaining to gender identity and gender ideology in young people. Hosted by Damon Owens.
 - Available at www.MyCatholicFaithDelivered.com. Search for “gender” in the Adult Formation Courses section.

- **Secular:**
 - **Genspect:** genspect.org
 - Extensive information, resources, and guidance for parents of gender-questioning kids as well as medical & mental health professionals and schools.
 - **Partners for Ethical Care:** www.PartnersforEthicalCare.com
 - Great secular website with many, many helpful resources for parents including handouts, books, videos, etc.
 - **Transgender Trend:** www.TransgenderTrend.com
 - Great secular website based in the UK with many, many helpful resources for parents, educators, schools, and others.

Catholic Teaching

- Vatican Instruction: “Male and Female He Created Them”
 - Congregation for Catholic Education: tinyurl.com/y4514mbm
- Vatican Instruction: “Collaboration of Men and Women in the Church and the World”
 - Congregation for the Doctrine of the Faith: tinyurl.com/6h979
- ***Catechism of the Catholic Church***: nos. 362-372, 383, 2331-2336, 2393
- ***Compendium of the Social Doctrine of the Church***: no. 224
- USCCB document “Gender theory/Gender ideology – Select Teaching Resources”:
goo.gl/8u7MFn
- USCCB letter “Created Male and Female”:
goo.gl/7uKn9w
- Bishop Burbidge (Arlington, VA): “A Catechesis on the Human Person & Gender Ideology”
 - tinyurl.com/c47576ka

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- Bishop Doerfler (Marquette, WI): “Created in the Image and Likeness of God”
 - tinyurl.com/2h7brn7p
- National Catholic Bioethics Center: www.ncbcenter.org/bioethics-resources
 - Many resources regarding the morality of transitioning
 - Scroll down to ‘gender identity’
- Courage: truthandlove.com
 - Many Catholic resources for those ministering to individuals or families affected by gender dysphoria.

Medical and Social Science

- Special Report on Sex & Gender in *The New Atlantis*: goo.gl/v7au4d
- Special Report on Puberty Suppression in *The New Atlantis*: goo.gl/oXca8P
- *When Harry Became Sally* (book) by Ryan T. Anderson
 - Excellent analysis of gender ideology and the problems with transitioning.
- *Irreversible Damage* (book) by Abigail Shrier
 - A secular critique of transitioning for those affected by Rapid Onset Gender Dysphoria.
- American College of Pediatricians: www.acpeds.org
 - A conservative group of pediatricians with excellent resources (articles, statements, etc.) to combat gender dysphoria as well as a referral network.
- Christian Medical & Dental Association: cmda.org
 - Helpful resources (articles, statements, podcasts) on gender dysphoria and transitioning.
- Gender Dysphoria Working Group: gdworkinggroup.org
 - An international group of secular scientists concerned about the push toward transitioning as a response to gender dysphoria in youth.
- **Society for Evidence Based Gender Medicine: segm.org**
 - Professional organization that opposes the physical / chemical transitioning as the first-line treatment of youth with gender dysphoria. Great compilation of research and analysis.
- **Stats For Gender: <https://www.statsforgender.org/>**
 - Extensive collection and analysis of research on gender dysphoria and related issues
- The Public Discourse: www.thepublicdiscourse.com/category/transgender
- “Trans Mission: What’s the Rush to Reassign Gender?” (video): tinyurl.com/Trans-Mission
 - Documentary investigation of the current phenomenon.
 - By the Center for Bioethics and Culture, released June 2021.
- “Transgender Kids: Who Knows Best?” (video): www.dailymotion.com/video/x58s24i
 - BBC documentary released in 2017 that includes a review of the firing of Dr. Kenneth Zucker and the shuttering of his clinic in Toronto.

Desisting and Detransitioning

- *Desist, Detrans, Detox: Getting Your Child Out of the Gender Cult* (book) by Maria Keffler
- Detrans Voices: www.detransvoices.org
 - Resources and stories of desistance and detransition.
- International Association of Therapists for Desisters and Detransitioners: iatdd.com

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- Group of therapists working together to better serve the needs of desisters and detransitioners.
- Post Trans: www.post-trans.com
 - Resources for and stories from female desisters and detransitioners.
- Sex Change Regret: www.sexchangeregret.com
 - Founded by detransitioner Walt Heyer, this site provides resources and support for those struggling with gender dysphoria and/or have transitioned.
- “I Want My Sex Back” (video): rtd.rt.com/films/i-want-my-sex-back
 - Documentary film featuring the personal story of three men who detransitioned.
- “TranZformed” (video): www.restoredhopenetwork.org/transgender-articles
 - Award winning documentary.
 - Available for purchase from various sellers or view it free on YouTube: tinyurl.com/tranZformed

Finding Psychological and Medical Care

- Upper Room Crisis Hotline: 1-888-808-8724, www.catholichotline.org
- www.CatholicTherapists.com
- Catholic Psychotherapy Association: www.catholicpsychotherapy.org
- Focus on the Family’s Christian Counselor Network: ccn.thedirectorywidget.com
- Catholic Medical Association: www.cathmed.org
- Christian Medical & Dental Association: cmda.org
- American College of Pediatricians: www.acpeds.org
- Alliance for Therapeutic Choice and Scientific Integrity: www.therapeuticchoice.com
- Gender Exploratory Therapy Association: genderexploratory.com
- International Association of Therapists for Desisters and Detransitioners: iatdd.com

Grassroots Support for Parents, Families, and Individuals

- **Cardinal Support Network:** www.cardinalsupportnetwork.com
 - Resources and support for parents and loved ones of someone with gender dysphoria.
- ***Desist, Detrans, Detox: Getting Your Child Out of the Gender Cult*** (book) by M. Keffler
- **EnCourage:** couragerc.org/for-families
 - Catholic support groups for family and friends of people who experience same-sex attractions and/or gender dysphoria.
- Gender Dysphoria Support Network: genderdysphoriasupportnetwork.com
 - Secular international group that aims to support families affected by gender dysphoria
- Genspect: genspect.org
 - Secular website with information, resources, and guidance for parents of gender-questioning kids as well as medical & mental health professionals and schools.
- Healing from Crossdressing: healingfromcrossdressing.org
 - A safe haven for Christians to discuss crossdressing, gender dysphoria, etc. and seek resources for healing.
- Help 4 Families: www.help4families.org/help4families
 - Christian ministry for families impacted by transgenderism.

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- Inspired Teen Therapy: inspiredteentherapy.com
 - Website of counselor Sasha Ayad who supports therapy to resolve gender dysphoria rather than transitioning. She provides parent resources as well.
- Parents of ROGD Kids: www.parentsofrogdkids.com
 - Resources for parents of teens with “Rapid Onset Gender Dysphoria”

Legal / Policy Considerations

- Alliance Defending Freedom: www.adflegal.org/resources
 - World’s largest legal organization committed to protecting religious freedom, free speech, marriage and family, parental rights, and the sanctity of life.
 - ADF also has free resources to help craft policies to protect organizations and individuals.
- Cardinal Newman Society: NewmanSociety.org
 - Policy guidelines for Catholic schools
- Child & Parents’ Rights Campaign: childparentrights.org
 - Nonprofit law firm defending parents’ rights to shield their children from gender ideology.
- Genspect: genspect.org
 - Resources on parent advocacy and local laws. Guidelines for schools.
- **Person and Identity:** www.PersonAndIdentity.com
 - Also provides sample policy documents for Catholic dioceses, parishes, schools.
- Transgender Trend: www.TransgenderTrend.com
 - Secular website based in the UK provides policy guidance and related resources for schools.

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