



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE



## Supporting Transgender Staff and Students

The National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine (UMSOM) compiled the following list of websites and free resources to help support transgender youth and adults.

**International Transgender Day of Visibility – March 31.** Support your transgender staff and students by helping boost visibility and awareness about transgender people, their contributions, and the challenges they face. Learn more with the resources below from the following organizations.

- [GLBTQ Legal Advocates and Defenders \(GLAD\)](#)
- [Gay, Lesbian, and Straight Education Network \(GLSEN\)](#)
- [Parents and Friends of Lesbians and Gays \(PFLAG\)](#)
- [Trans Student Educational Resources \(TSER\)](#)

### **American Psychological Association (APA)**

[Supporting Transgender and Gender Diverse Students in Schools: Key Recommendations for School Administrators](#) sets out best practices for educators, school counselors, administrators, and personnel.

### **Gay & Lesbian Alliance Against Defamation (GLAAD)**

[6 Ways Teachers Can Support Trans Students](#) outlines six quick tips for educators to support transgender students and make schools safer places for all.

### **Gay, Lesbian, and Straight Education Network (GLSEN)**

[Model School District Policy on Transgender and Gender Nonconforming Students](#) provides model language with commentary and resources to promote best practices for school policies.

[Separation and Stigma: Transgender Youth & School Facilities](#) outlines how excluding transgender students from the school facilities that match their gender is not only unnecessary but profoundly harmful. The report also examines the

existing federal, state, and local landscape for transgender students and their ability to access facilities at school across the country.

[Supporting Trans and Gender-Nonconforming Students](#) is a collection of video and resources for students, educators and more and contains an introduction to pronouns, classroom and GSA (gay-straight alliance or gender and sexuality alliance) activities, and inclusive policies.

### **Human Rights Campaign (HRC)**

[Schools in Transitions: A Guide for Supporting Transgender Students in K-12 Schools](#) is a first-of-its kind resource providing a blueprint for safe, supportive, and inclusive school environments for transgender youth.

### **Lambda Legal**

[How Schools Can Support Transgender Students](#) outline considerations for schools to ensure they are best supporting transgender students.

### **National Center for Transgender Equality (NCTE)**

[Know Your Rights | Schools](#) outlines legal protections for transgender people at school, include rights and avenues to address discrimination.

[School Action Center](#) addresses illegal discrimination toward transgender people with tips for making a difference at your schools, resources to share with school officials, and organizations that support transgender students.

### **Welcoming Schools**

[Gender Inclusive Schools and Supporting Transgender and Non-Binary Students](#) is a list of resources and articles include *Supporting & Caring for Transgender Children*, *Ready-to-Use Lesson Plans to Help Students Understand Gender*, and *Gender Support Checklist for Transgender and Non-Binary Students*.

### **World Professional Association of Transgender Youth**

[Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People](#) is the 7<sup>th</sup> version (2012) from WPATH, with the goal of providing clinical guidance to mental health professionals to support the health and well-being of transgender and gender-nonconforming individuals.