



## Gender Dysphoria Resources

### Best Overall

- **Catholic:**
  - [www.PersonAndIdentity.com](http://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](http://www.MyCatholicFaithDelivered.com). Search for “gender” in the Adult Formation Courses section.
  
- **Secular:**
  - **Advocates Protecting Children** [www.advocatesprotectingchildren.org](http://www.advocatesprotectingchildren.org)
    - Nonprofit organization that provides a wealth of resources to support parents and teachers in protecting children from the harms of gender ideology as well as sensitively helping young people affected by gender dysphoria. Be sure to check out their [extensive collection of videos for parents and for teachers](#) (under ‘Resources’).
  - **Genspect:** [genspect.org](http://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](http://www.PartnersforEthicalCare.com)
    - Great secular website with many, many helpful resources for parents including handouts, books, videos, etc.
  - **Transgender Trend:** [www.TransgenderTrend.com](http://www.TransgenderTrend.com)
    - Great secular website based in the UK with many, many helpful resources for parents, educators, schools, and others.

### Catholic Teaching

- *Catechism of the Catholic Church:* nos. 362-372, 383, 2331-2336, 2393
- *Compendium of the Social Doctrine of the Church:* no. 224
- Vatican Instruction: “Male and Female He Created Them”
  - Congregation for Catholic Education: [tinyurl.com/y45l4mbm](http://tinyurl.com/y45l4mbm)
- Vatican Instruction: “Collaboration of Men and Women in the Church and the World”

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- Congregation for the Doctrine of the Faith: [tinyurl.com/6h979](https://tinyurl.com/6h979)
- USCCB document “Gender theory/Gender ideology – Select Teaching Resources”: [goo.gl/8u7MFn](https://goo.gl/8u7MFn)
- USCCB letter “Created Male and Female”: [goo.gl/7uKn9w](https://goo.gl/7uKn9w)
- Person and Identity Project’s extensive list of Church documents: [bit.ly/3sQxNR6](https://bit.ly/3sQxNR6)
- National Catholic Bioethics Center: [www.ncbcenter.org/bioethics-resources](https://www.ncbcenter.org/bioethics-resources)
  - Many resources regarding the morality of transitioning
  - Scroll down to ‘gender identity’
- Courage: [truthandlove.com](https://truthandlove.com)
  - Many Catholic resources for those ministering to individuals or families affected by gender dysphoria.

### **Medical and Social Science**

- **Society for Evidence Based Gender Medicine:** [segm.org](https://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
- Special Report on Sex & Gender in *The New Atlantis*: [goo.gl/v7au4d](https://goo.gl/v7au4d)
- Special Report on Puberty Suppression in *The New Atlantis*: [goo.gl/oXca8P](https://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](https://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](https://cmda.org)
  - Helpful resources (articles, statements, podcasts) on gender dysphoria and transitioning.
- Gender Dysphoria Working Group: [gdworkinggroup.org](https://gdworkinggroup.org)
  - An international group of secular scientists concerned about the push toward transitioning as a response to gender dysphoria in youth.
- The Public Discourse: [www.thepublicdiscourse.com/category/transgender](https://www.thepublicdiscourse.com/category/transgender)
- “Trans Mission: What’s the Rush to Reassign Gender?” (video): [tinyurl.com/Trans-Mission](https://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](https://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

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- Detrans Voices: [www.detransvoices.org](http://www.detransvoices.org)
  - Resources and stories of desistance and detransition.
- International Association of Therapists for Desisters and Detransitioners: [iatdd.com](http://iatdd.com)
  - Group of therapists working together to better serve the needs of desisters and detransitioners.
- Post Trans: [www.post-trans.com](http://www.post-trans.com)
  - Resources for and stories from female desisters and detransitioners.
- Sex Change Regret: [www.sexchangeregret.com](http://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): [rttd.rt.com/films/i-want-my-sex-back](http://rttd.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](http://www.restoredhopenetwork.org/transgender-articles)
  - Award winning documentary.
  - Available for purchase from various sellers or view it free on YouTube: [tinyurl.com/tranZformed](http://tinyurl.com/tranZformed)

### **Finding Psychological and Medical Care**

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

### **Grassroots Support for Parents, Families, and Individuals**

- **Cardinal Support Network:** [www.cardinalsupportnetwork.com](http://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](http://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](http://genderdysphoriasupportnetwork.com)
  - Secular international group that aims to support families affected by gender dysphoria
- Genspect: [genspect.org](http://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](http://healingfromcrossdressing.org)
  - A safe haven for Christians to discuss crossdressing, gender dysphoria, etc. and seek

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- resources for healing.
- Help 4 Families: [www.help4families.org/help4families](http://www.help4families.org/help4families)
    - Christian ministry for families impacted by transgenderism.
  - Inspired Teen Therapy: [inspiredteentherapy.com](http://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](http://www.parentsofrogdkids.com)
    - Resources for parents of teens with “Rapid Onset Gender Dysphoria”

### **Legal / Policy Considerations**

- Alliance Defending Freedom: [www.adflegal.org/resources](http://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](http://NewmanSociety.org)
  - Policy guidelines for Catholic schools
- Child & Parents’ Rights Campaign: [childparentrights.org](http://childparentrights.org)
  - Nonprofit law firm defending parents’ rights to shield their children from gender ideology.
- Genspect: [genspect.org](http://genspect.org)
  - Resources on parent advocacy and local laws. Guidelines for schools.
- **Person and Identity:** [www.PersonAndIdentity.com](http://www.PersonAndIdentity.com)
  - Also provides sample policy documents for Catholic dioceses, parishes, schools.
- Transgender Trend: [www.TransgenderTrend.com](http://www.TransgenderTrend.com)
  - Secular website based in the UK provides policy guidance and related resources for schools.

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