Thank you for your interest in this PFLAG Book recommendation list. Over the years, our parents, family members, friends, and gay, lesbian, bisexual, and transgender members have found the books on this list to be very helpful when they a) found out that their loved one is LGBT, or b) need to find a way to tell their family members and friends that they were LGBT. We have listed books for parents, for youth, for young children and for general education. We hope you might consider having these books as part of your collection.

There is also a free publication about gay issues that is available on the web. The book is called: **What We Wish We Had Known - Breaking the Silence and Moving Toward Understanding: A Resource for Individuals and Families (Fifth Edition)**. The book is published by The Presbyterian Church in Mt. Kisco, New York. It is available online at: [http://www.pcmk.org/Blue_Book/Blue_Book.html](http://www.pcmk.org/Blue_Book/Blue_Book.html). This free publication is a most helpful compendium of all the questions people have about the LGBT community.

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### For Parents

- **Always My Child** by Kevin Jennings: Adult Reference Shelf book for parents and teachers. A guide to understanding your gay, lesbian, bisexual, transgender or questioning son or daughter by the executive director of GLSEN (Gay, Lesbian and Straight Education Network)
- **Beyond Acceptance: Parents of Lesbians and Gays Talk About their Experiences** by Carolyn Welch Griffin and Marian J. and Arthur G Wirth
- **Coming Out as Parents: You and Your Homosexual Child** by David K Switzer
- **A Family and Friend’s Guide to Sexual Orientation: Bridge the Divide between Gay and Straight** by Bob Powers and Alan Ellis
- **The Family Heart: A Memoir of When Our Son Came Out** by Robb Forman Dew
- **Just a Mom** by Betty DeGeneres
- **Now That You Know: What Every Parent Should Know About Homosexuality** by Betty Fairchild and Nancy Hayward
- Out of the Closet-Into Our Hearts by Laura Siegel and Nancy Lamkin Olson
- Straight Forward by Ian Ayres and Jennifer Gerarda Brown
- 50 Ways to Support Lesbian and Gay Equality edited by Meredith Maran and Angela Watrous
- Fortunate Families Catholic Families with Lesbian Daughters and Gay Sons by Mary Ellen Lopata with Casey Lopata. Fortunate Families tells the stories of parents who often believe they must choose between their gay children and their church.
- My Child is Gay How parents react when they hear the news, Edited by Bryce McDougall
- Free Your Mind by Ellen Bass and Kate Kaufman
- Mom, Dad I’m Gay: How Families Negotiate Coming Out. By Ritch C. Savin-Williams
- How Homophobia Hurts Children: Nurturing Diversity at Home and at School, by Jean M. Baker
- Straight Parents, Gay Children: Inspiring Families to Live Honestly and with Pride, by Robert Bernstein
- Family Outing by Chastity Bono
- Adolescence: A Guide For Parents by Michael Carr-Gregg and Erin Shale
- Our Daughter Martha: A Family Struggles with Coming Out by Marcy Clements Henrickson
- A Mother Looks At A Gay Child by Jesse Davis
- Not Like Other Boys: Growing Up Gay —A Mother and Son Look Back by Marlese Fanta Shyer and Christopher Shyer
- Coming Out ,Coming Home by Joan Golding and Peter Wood
- Out Of The Twilight : Father’s of Gay Men Speak by Andrew Gottlieb
- Different Daughters: A Book by Mothers of Lesbians by Louise Rafkin
- Coming Out as Parents: You and your Homosexual Child by David. K. Switzer
- Friends and Family: True Stories of Gay America’s Straight Allies by Dan Woog
- Families Like Mine: Children of gay parents tell it like it is by Abigail Garner
- Love Makes a Family: Portraits of lesbian, gay, bisexual, and transgender parents and their families by Peggy Gilespie, Kath Veston
- Ready Or Not They’re Gay: Stories from a Midwestern family by Paul and Hjordy Wagner Both their sons, Brad and Andrew are gay. The Wagner’s share their journey.
- Families Like Mine: Children of gay parents tell it like it is by Abigail Garner
- Love Ellen, A Mother/ Daughter Journey by Betty DeGeneres
- Coming Out, Coming Home: Helping families adjust to a gay or lesbian child by M.C. LaSala
- Something To Tell You: The Road families travel when a child is gay by Gilbert Herdt and Bruce.
- God Believes In Love by Gene Robinson, From the Bishop of the Diocese of New Hampshire in the Episcopal Church, the first openly gay person elected (in 2003) to the historic episcopate and the world's leading religious spokesperson for gay rights and gay marriage—a groundbreaking book that lovingly and persuasively makes the case for same-sex marriage.
- It Gets Better edited by Dan Savage and Terry Miller
- This Is a Book for Parents of Gay Kids—A question and Answer Guide to Everyday Life by Dannielle Owens-Reid and Kristin Russo
For Parents of Transgender Children

- Trans Forming Families by Mary Boenke
- He’s My Daughter: A Mother’s Journey to Acceptance by Eve Langley
- Transgender Emergence: Therapeutic Guidelines for Working With Gender Variant Youth and Their Families by Arlene Istar Lev

This comprehensive book provides you with a clinical and theoretical overview of the issues facing transgendered/transsexual people and their families. Transgender Emergence: Therapeutic Guidelines for Working with Gender-Variant People and Their Families views assessment and treatment through a nonpathologizing lens that honors human diversity and acknowledges the role of oppression in the developmental process of gender identity formation.

- Helping Your Transgender Teen : A guide for parents by Irwin Krieger
- True Selves: Understanding Transsexualism for Families, Friends, Coworkers, and Helping Professionals by Mildred L. Brown and Chloe Ann Rounsley
- The Transgender Child A Handbook for Families and Professionals by Stephanie Brill and Rachel Pepper
- Raising My Rainbow by Lori Duron

General Education on Transgender Issues

- Gender Situations, Gender Selves by Judith Howard Jocelyn
- Transgender Explained for Those Who Are Not by Joanne Herman
- Transgender 101: A simple guide for a Complex Issue by Nicholas Teich
- Transgender Warriors by Leslie Feinberg
- Transgender Emergence: Therapeutic Guidelines for Working with Gender Variant People and their Families by Arlene Lev
- Becoming a Visible Man by Jamison Green
- FTM- Female –to-Male Transsexuals in Society by Holly Dover
- Trans Liberation: Beyond Pink or Blue by Leslie Feinberg
- Finding The Real Me by Tracie O’Keefe and Katrina Fox
- The Nearest Exit May Be Behind You by S. Bear Bergman
- Gender Outlaws-The Next Generation by Kate Bornstein and S. Bear Bergman
- Sex Changes: Transgender Politics by Patrick Califia
- Transforming Families: Real Stories About Transgendered Loved Ones edited by Mary Boenke
- She’s Not There-A Life in Two Genders by Jennifer Finney Boylan
- The Transgender Guidebook: Keys to a Successful Transition by Anne L. Boedecjer, PhD

Movies

- “Becoming Chaz” (2011)
- “Boys Don’t Cry” (1999) The True Story of Brandon who was murdered by his buddies when they discovered he was a female to male transgender man.
- “XXY” (2007) This is the dramatic story of intersexed 15-year-old. She lives with her parents, who have to cope with the challenges of her medical condition.
- “She’s a Boy I Knew “ (2007) Using interviews, animation, old family footage, and voice mail, Vancouver filmmaker Gwen Haworth documents her male-to-female gender transition partially through the voices of her anxious but loving family, best friend, and wife.
- ”Soldier’s Girl” (2003)
- “Transamerica” (2007) A pre-operative Male to female transsexual takes an unexpected journey when she learns she fathered a son, now a teenage runaway in New York.
- “Tomboy” 2011 A 10 year old settling into her new neighborhood outside of Paris is mistaken for a boy and has to live up to this new identity.
- “Southern Comfort” (2001)
- “Normal” (2003) A Midwestern husband and father announce his plan to have a sex change operation.
- “Middle Sexes: Redefining He and She” (2005) Examines the diversity of human sexual and gender variance around the globe.
- “Red Without Blue” (2007) The intimate bond between two identical twin bothers is challenged when one decides to transition from male to female.

For LGBT Youth
- Am I Blue? Coming Out from the Silence By Marion Dane Bauer
- Free Your Mind; The Book for Gay, Lesbian and Bisexual Youth and Their Allies By Ellen Bass and Kate Kaufman
- My Heartbeat by Garret Freymann-Weyr, Ellen’s older brother Link loves his best friend James.
- The Bermudez Triangle by Maureen Johnson, Three young women have a memorable summer before their senior year.
- Boy Girl Boy by Ronald Koertge, Seniors Elliot, Teresa and Larry want to get out of Illinois after high school graduation.
- Rainbow Boys by Alex Sanchez
- The God Box by Alex Sanchez
- Coming Out to Parents By Mary Borhek
- GLBTQ : The Survival Guide for Queer and Questioning Teens By Kelly Huegel
- Free Your Mind; The book for Gay,Lesbian and Bisexual Youth and Their Allies, bu Ellen Bass and Kate Kaufman
- Misfits by James Howe, ages 10-14, Best friends, who were targets of cruel name calling are now in 7th grade and not going to take it anymore. The students run against popular peers in the up coming student council election.
- Totally Joe by James Howe ages 10-14
- Boy Meets Boy by David Levithan, Paul is a normal boy who has an innocent crush on another boy.
- Not the Only One: Lesbian and Gay Fiction for Teens by Jane Summer, Stories with coming-of-age themes, leaving home, confronting secrets.
- The Arizona Kid by Ron Koertge, A straight teenage boy spends the summer living with his gay uncle in Arizona while working at a horse ranch. The uncle’s story is a back drop to the boy’s story
- Keeping You a Secret by Julie Anne Peters, A gay love story that deals with self-knowledge, acceptance and pride.
- Luna by Julie Anne Peters, Story of a transgender teen told from the perspective of her sister.
- Getting It by Alex Sanchez, Fifteen year old Carlos crazy for gorgeous Roxy decides he needs a makeover and turns to gay senior Sal for advice.
- So Hard To Say by Alex Sanchez, The cute new boy in school should be thrilled with all the
attention from Xio and her friends. So why can’t he stop thinking about Victor the captain of the soccer team?

- **Bait** by Alex Sanchez, Diego keeps getting into trouble because of his explosive temper until he finally finds a probation officer who helps him get to the root of his anger so that he can stop running from his past.
- **Baby Be-Bop** by Francesca Lia Block
- **Geography Club** by Brent Hartinger grades 7-12, Knowing that any wrong action could reveal their true identities, students band together for support forming the one club NOBODY would be interested in.
- **It Gets Better** edited by Dan Savage and Terry Brown
- **The Letter Q Queer writers’ notes to their younger selves** edited by Sarah Moon
- **Boy Meets Boy** by David Levithan (young adult fiction) Paul is a normal boy who has a sweet, innocent high school crush on a boy.
- **The Journey Out: A guide for and about lesbian, gay and bisexual teens** by Rachel Pollack
- **The Year of Ice** by Brian Malloy (young adult fiction)
- **Sunday You Learn to Box** by Bill Wright - A Black boy commits the unforgivable social crime of sissyhood.
- **Freak Show** by James St. James (young adult fiction) Billy Bloom is gay, but it’s mostly theoretical, as he hasn’t had much experience. When he has to move to Florida, he can’t believe his bad luck. His new school is a mix of Bible Belles, Aberzombies, and Football Heroes, none of which are exactly his type. Billy’s efforts to fit in and stand out at the same time are both hilarious and heartrending.
- **Split Screen: Attack of the Soul- Sucking Brain Zombies; Split Screen: Bride of the Soul-Sucking Brain Zombies**
- **Kissing Kate** by Lauren Myracle (young adult fiction)
- **The Last Exit to Normal** by Michael B. Harmon (young adult fiction)
- **My Most Excellent Year: A novel of love , Mary Pippins, and Fenway Park** by Rachel Cohn (young adult fiction)
- **Naomi and Ely’s No Kiss List** by Rachel Cohn (young adult fiction)
- **One of Those Hideous Books Where the Mother Dies** by Sonya Sones (young adult fiction)
- **Out Of Pocket** by Bill Koningsberg (young adult fiction)
- **Empress of the World** by Sara Ryan (young adult fiction)
- **Rainbow Road** by Alex Sanchez (young adult fiction)
- **What they always Tell Us** by Martin Wilson (young adult fiction)
- **Two Parties, One Tux and a Very Short Film About the Grapes of Wrath** by Steven Goldman (young adult fiction)

_for Children – age appropriate material to begin conversations about GLBT issues_

- **The Sissy Duckling** By Harvey Fierstein, Ages 5-8: Elmer is not like the other boy ducklings. While they like to build forts, he loves to bake cakes. While they like to play baseball he wants to put on a halftime show. Elmer is a great big sissy. Buy when his father is wounded by a hunters shot, Elmer proves the biggest sissy can also be the greatest hero.
o **And Tango makes Three** by Justin Richardson and Peter Parnell, Ages 4-8: In the zoo there are all kinds of animal families. But Tango’s family is not like any of the others. “A little miracle for children. Funny, tender and true. The story of Tango will delight young readers and open their minds.” John Lithgow

o **Pinky and Rex** by James Howe, A level 3 Ready to Read book: Pinky’s favorite color is pink, and his best friend Rex is a girl. Kevin, the third-grade bully, says that makes Pinky a sissy. Deep down, Pinky thinks Kevin is wrong, but he is still worried. Does Pinky have to give up his favorite things? Does he have to give up his best friend?

o **Just Kidding** by Trudy Ludwig, Grades 1-5: Just Kidding, that’s what D. J. Friend, Vince says when he does something to hurt D. J’s feelings. “Trudy Ludwig has not only captured the heart of boy taunting, but also the best solutions.” Susan Wellman, Founder, The Ophelia Project.

o **Heather Has Two Mommies** 10th Anniversary edition By Leslea Newman and Diana Sauza, Ages 2-6: A preschooler has two Moms and discovers some of her friends also have very different sorts of families.

o **Chrysanthemum** by Kevin Henkes, Ages 4-8: On the first day of school, Chrysanthemum begins to suspect that her name is far less than perfect, especially when her class dissolves into giggles upon hearing her name read aloud. Pretty soon the girls are making playground threats to "pluck" Chrysanthemum and "smell her." A story that has great compassion for the victims of childhood teasing and cruelties.

o **It’s OK to Be Different** by Todd Parr, ages 4-8

o **The Family Book** by Todd Parr, ages 4-8

o **If You Believe In Mermaids…Don’t Tell** by A. A. Philips, ages 9-12 A portrayal of a preteen boy trying to keep secret his love of dolls, mermaids and dressing in girl’s clothes.

o **Zero** by Kathryn Otoshi- She wanted to count too! How could a number worth nothing become something. **Zero** felt empty inside.

o **One** by Kathryn Otoshi –When no one takes a stand, things get out of hand. Until **One** comes along and shows all the colors how to stand up and count!

o **In Our Mothers’ House** by Patricia Polacco- Marmee, Meema and the kids are just like any other family on the block. But one family does not accept them. Maybe because they think they are different. How can a family have two moms and no dad?

o **Uncle Bobby’s Wedding** by Sarah S Brannen

o **Who’s In My Family-All about Our Families** by Robie H. Harris

o **Molly’s Family** by Nancy Garden

o **The Different Dragon** by Jennifer Bryan This bedtime story about bedtime stories shows how the wonderful care and curiosity of a little boy, with some help from his willing moms, can lead to magical and unexpected places. Join Noah and his cat, Diva, on this nighttime adventure and you too will leave with an unforgettable new dragon friend!

o **Be Who You Are** by Jennifer Carr

o **My Princess Boy** by Cheryl Kilodavis

o **I am Jazz** by Jessica Herthel

o **Morris Micklewhite and the Tangerine Dress** by Christine Baldacchino

**General Education about LGBT issues**

o **Becoming Visible: A reader in Gay and Lesbian History for High School and College**
Students, By Kevin Jennings
- One Teacher in 10: Gay and Lesbian Educators Tell Their Stories by Kevin Jennings
- Understanding Homosexuality, Changing Schools: A Text for Teachers, Counselors and Administrators by Arthur Lipkin
- When the Drama Club is Not Enough: Lessons from the Safe Schools Program for Gay and Lesbian Students by Jeff Perrotti and Kim Westheimer
- True Selves: Understanding Transexualism, For Families, Friends, Coworkers and helping professionals, by Mildred L Brown and Chloe Ann Rounsley
- Transgender Child A Handbook for Families and Professionals, by Stephanie Brill and Rachel Pepper
- Crisis, Forty stories revealing the personal, social and religious trauma of growing up gay in America, edited by Mitchell Gold
- What Is Marriage For The strange social history of our most intimate institution by E. J. Graff “Essential reading on sane-sex marriage.”
- Becoming Visible: A reader in Gay and Lesbian for High School and College Students by Kevin Jennings
- One Teacher in10: Gay and Lesbian Educators Tell Their Stories, by Kevin Jennings
- Understanding Homosexuality, Changing Schools: A Text for teachers, Counselors and Administrators by Arthur Lipkin
- When the Drama Club is Not Enough: Lessons from the Safe Schools Program for Gay and Lesbian Students by Jeff Perrotti and Kim Westheimer
- Lesbian and Gay Youth: Care and Counseling, Handbook on the care counseling and support needs of gay youth providers, advocates, parents and interested readers.
- Straightforward by Ian Ayres and Jennifer Gerarda Brown
- Is It A Choice? Answers to the Most Frequently Asked Questions About Gay and Lesbian People by Eric Marcus
- The Right To Be Parents-LGBT Families and the Transformation of Parenthood by Carlos A. Ball In 1975, California courts stripped a lesbian mother of her custody rights because she was living openly with another woman. Twenty years later, the Virginia Supreme Court did the same thing to another lesbian mother. …these courts ruled that it was not possible for a women to be both a good parent and a lesbian.
- From the Closet to the Courtroom by Carlos A. Ball
- The Morality of Gay Rights by Carlos A. Ball
- A Queer History of the United States (ReVisioning American History) by Michael Bronski- More than a “who’s who” of queer history it is a book that radically challenges how we understand American History.
- Queer America: A People’s GLBT History of the United States by Vicki L. Eaklor
- The L Life: Extraordinary Lesbians Making a Difference by Erin McHugh and Jennifer May
- Getting Bi: Voices of Bisexuals Around the World by Robyn Ochs and Sarah Rowley – Getting Bi collects 220 essays from around the world that explore bisexual identity
- Irresistible Revolution: Confronting Race, Class and the Assumptions of LGBT Politics by Urvashi Vaid - The LGBT movement is one of the most active, contested ,and engaging social movements in the world. This optimistic book challenges advocates to LGBT rights in the U.S. to aspire beyond the narrow framework of equality.

GLBT Memoir
- Unbearable Lightness-A story of Loss and Gain by Portia De Rossi
Like Me: Confessions Of A Heartland Country Singer by Chely Wright – Country music star writes in this moving memoir about her life and career; about growing up in America’s heartland and about barely remembering a time when she didn’t know she was different.

The Commitment: Love, Sex, Marriage, and My Family by Dan Savage – Dan’s mother wants him to get married. His boyfriend, Terry says “no thanks” he does not want to act like a straight person. This rollicking family memoir will have everyone- gay, straight, right or left married or single- howling with laughter and rethinking their notions of marriage and all it entails.

Mama’s Boy, Preacher’s Son: A memoir of Growing Up, Coming Out and Changing America by Kevin Jennings-Poor son of a preacher gets a scholarship to Harvard and becomes a teacher.

**Pamphlets**

- “What Does Gay Mean?” How to Talk with Kids about Sexual Orientation and Prejudice by Lynn Ponton, M.D. from Mental Health America
  www.mentalhealthamerica.net  800-969- 6642
- The Agony of Nurturing the Spirit a mother’s recount of raising a transgender child 10 most asked questions A Publication of PFLAG Philadelphial pflagphila@yahoo.com 215 572 1833 or write PFLAG Philadelphial PO Box 15711 Phildelphia,PA 19103
- The PFLAG Store free downloadable booklets www.PFLAG.org
  Safe Schools, Be Yourself, Faith in Our Families, Our Daughters and Sons and more.

We would like to express our thanks to Women and Children First, 5233N Clark, Chicago IL, www.womenandchildrenfirst.com and Anderson’s Bookshops, 5112 Main St., Downers Grove IL, www.andersonsbookshop.com, and www.360youthservices.org for their help in compiling this list.

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For chapter locations and dates www.pflagillinois.org