



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**

- **The ABC’s of LGBT+** by Ashley Mardell. This is a #1 Best Seller for those seeking a deeper understanding of gender identity and sexual identity.
- **Adolescence: A Guide For Parents** by Michael Carr-Gregg and Erin Shale
- ***Always My Child: A Parent’s Guide to Understanding Your Gay, Lesbian, Bisexual, Transgendered or Questioning Son or Daughter***, 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

- **Coming Out ,Coming Home** by Joan Golding and Peter Wood
- **Coming Out, Coming Home: Helping families adjust to a gay or lesbian child** by M.C. LaSala
- **Different Daughters: A Book by Mothers of Lesbians** by Louise Rafkin
- **Families Like Mine: Children of gay parents tell it like it is** by Abigail Garner
- **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
- **Family Outing** by Chastity Bono
- **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.
- **Free Your Mind** by Ellen Bass and Kate Kaufman
- **Friends and Family: True Stories of Gay America's Straight Allies** by Dan Woog
- **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.
- **How Homophobia Hurts Children: Nurturing Diversity at Home and at School**, by Jean M. Baker
- **It Gets Better** edited by Dan Savage and Terry Miller
- **Just a Mom** by Betty DeGeneres
- **Love Ellen, A Mother/ Daughter Journey** by Betty DeGeneres
- **Love Makes a Family: Portraits of lesbian, gay, bisexual, and transgender parents and their families** by Peggy Gilespe, Kath Veston
- **Mom, Dad I'm Gay: How Families Negotiate Coming Out.** By Ritch C. Savin-Williams
- **A Mother Looks At A Gay Child** by Jesse Davis
- **My Child is Gay** How parents react when they hear the news, Edited by Bryce McDougall
- **Not Like Other Boys: Growing Up Gay –A Mother and Son Look Back** by Marlese Fanta Shyer and Christopher Shyer
- **Now That You Know: What Every Parent Should Know About Homosexuality** by Betty Fairchild and Nancy Hayward
- **Our Daughter Martha: A Family Struggles with Coming Out** by Marcy Clements Henrickson
- **Out of the Closet-Into Our Hearts** by Laura Siegel and Nancy Lamkin Olson
- **Out Of the Twilight : Father's of Gay Men Speak** by Andrew Gottlieb
- **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.
- **Something To Tell You: The Road families travel when a child is gay** by Gilbert Herdt and Bruce.
- **Straight Forward** by Ian Ayres and Jennifer Gerarda Brown
- **Straight Parents, Gay Children: Inspiring Families to Live Honestly and with Pride**, by Robert Bernstein
- **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***

- **Helping Your Transgender Teen : A guide for parents** by Irwin Krieger
- **He's My Daughter: A Mother's Journey to Acceptance** by Eve Langley
- **Raising My Rainbow** by Lori Duron
- **Trans Forming Families** by Mary Boenke
- **The Transgender Child A Handbook for Families and Professionals** by Stephanie Brill and Rachel Pepper
- **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.
- **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.
- **True Selves: Understanding Transsexualism for Families, Friends, Coworkers, and Helping Professionals** by Mildred L. Brown and Chloe Ann Rounsley

### ***General Education on Transgender Issues***

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

### ***Movies with Transgender Subject Matter***

- **"Beautiful Boxer"** (2004) The real life story of a Muaythai boxer who underwent a sex change operation to become a women.
- **"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.
- **“Middle Sexes: Redefining He and She”** (2005) Examines the diversity of human sexual and gender variance around the globe.
- **“Normal”** (2003) A Midwestern husband and father announce his plan to have a sex change operation.
- **“Red Without Blue”** (2007) The intimate bond between two identical twin brothers is challenged when one decides to transition from male to female .
- **“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)
- **“Southern Comfort”** (2001)
- **“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.
- **“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.
- **“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.

### ***For LGBT Youth***

- **Am I Blue? Coming Out from the Silence** By Marion Dane Bauer
- **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
- **Baby Be-Bop** by Francesca Lia Block
- **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.
- **Boy Girl Boy** by Ronald Koertge, Seniors Elliot, Teresa and Larry want to get out of Illinois after high school graduation.
- **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 Bermudez Triangle** by Maureen Johnson, Three young women have a memorable summer before their senior year.
- **Coming Out to Parents** By Mary Borhek
- **Empress of the World** by Sara Ryan ( young adult fiction)
- **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.
- **Free Your Mind: The Book for Gay, Lesbian and Bisexual Youth and Their Allies** By Ellen Bass and Kate Kaufman
- **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.
- **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.

- **GLBTQ : The Survival Guide for Queer and Questioning Teens** By Kelly Huegel
- **The God Box** by Alex Sanchez
- **It Gets Better** edited by Dan Savage and Terry Brown
- **Keeping You a Secret** by Julie Anne Peters, A gay love story that deals with self-knowledge, acceptance and pride.
- **Kissing Kate** by Lauren Myracle (young adult fiction)
- **The Last Exit to Normal** by Michael B. Harmon (young adult fiction)
- **The Letter Q Queer writers' notes to their younger selves** edited by Sarah Moon
- **The Journey Out: A guide for and about lesbian, gay and bisexual teens** by Rachel Pollack
- **Luna** by Julie Anne Peters, Story of a transgender teen told from the perspective of her sister.
- **My Heartbeat** by Garret Freymann-Weyr, Ellen's older brother Link loves his best friend James.
- **Misfits** by James Howe, ages 10-14, Best friends, who were targets of cruel name calling are now in 7<sup>th</sup> grade and not going to take it anymore. The students run against popular peers in the up coming student council election.
- **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)
- **Not the Only One: Lesbian and Gay Fiction for Teens** by Jane Summer, Stories with coming-of-age themes, leaving home, confronting secrets.
- **One of Those Hideous Books Where the Mother Dies** by Sonya Sones ( young adult fiction)
- **Out Of Pocket** by Bill Koningsberg (young adult fiction)
- **Rainbow Boys** by Alex Sanchez
- **Rainbow Road** by Alex Sanchez ( young adult fiction)
- **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?
- **Split Screen: Attack of the Soul- Sucking Brain Zombies; Split Screen: Bride of the Soul-Sucking Brain Zombies**
- **Sunday You Learn to Box** by Bill Wright -A Black boy commits the unforgivable social crime of sissyhood.
- **Top 250 LGBTQ Books For4 Teen** , Michael Cart and Christine A Jenkins ALA American Library Association (2015)
- **Totally Joe** by James Howe ages 10-14
- **Two Parties, One Tux and a Very Short Film About the Grapes of Wrath** by Steven Goldman (young adult fiction)
- **What they always Tell Us** by Martin Wilson (young adult fiction)
- **The Year of Ice** by Brian Malloy (young adult fiction)

***For Children – age appropriate material to begin conversations about GLBT issues***

- **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

- **Be Who You Are** by Jennifer Carr
- **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,
- **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!
- **The Family Book** by Todd Parr, ages 4-8
- **Heather Has Two Mommies** 10<sup>th</sup> 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.
- **I am Jazz** by Jessica Herthel
- **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.
- **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?
- **It's OK to Be Different** by Todd Parr, ages 4-8
- **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.
- **Molly's Family** by Nancy Garden
- **Morris Micklewhite and the Tangerine Dress** by Christine Baldacchino
- **My Princess Boy** by Cheryl Kilodavis
- **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!
- **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?
- **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.
- **Uncle Bobby's Wedding** by Sarah S Brannen
- **Who's In My Family-All about Our Families** by Robie H. Harris
- **Zero** by Kathryn Otoshi- She wanted to count too! How could a number worth

nothing become something. **Zero** felt empty inside.

### **General Education about LGBT issues**

- **Becoming Visible** : A reader in Gay and Lesbian for High School and College Students by Kevin Jennings
- **Becoming Visible: A reader in Gay and Lesbian History for High School and College Students**, By Kevin Jennings
- **Crisis**, Forty stories revealing the personal, social and religious trauma of growing up gay in America, edited by Mitchell Gold
- **From the Closet to the Courtroom** by Carlos A. Ball
- **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.
- **Is It A Choice?** Answers to the Most Frequently Asked Questions About Gay and Lesbian People by Eric Marcus
- **The L Life: Extraordinary Lesbians Making a Difference** by Erin McHugh and Jennifer May
- **Lesbian and Gay Youth: Care and Counseling**, Handbook on the care counseling and support needs of gay youth providers, advocates, parents and interested readers.
- **The Morality of Gay Rights** by Carlos A. Ball
- **One Teacher in 10: Gay and Lesbian Educators Tell Their Stories** by Kevin Jennings
- **Queer America: A People's GLBT History of the United States** by Vicki L. Eaklor
- **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.
- **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 woman to be both a good parent and a lesbian.
- **Straightforward** by Ian Ayres and Jennifer Gerarda Brown
- **Transgender Child** A Handbook for Families and Professionals, by Stephanie Brill and Rachel Pepper
- **True Selves: Understanding Transsexualism, For Families, Friends, Coworkers and helping professionals**, by Mildred L Brown and Chloe Ann Rounsley
- **Understanding Homosexuality, Changing Schools: A Text for Teachers, Counselors and Administrators** by Arthur Lipkin
- **What Is Marriage For** The strange social history of our most intimate institution

by E. J. Graff “Essential reading on sane-sex marriage.”

- **When the Drama Club is Not Enough: Lessons from the Safe Schools Program for Gay and Lesbian Students** by Jeff Perrotti and Kim Westheimer

### ***GLBT Memoir***

- **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.
- **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.
- **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.
- **Unbearable Lightness-A story of Loss and Gain** by Portia De Rossi

### ***Pamphlets***

- **The Agony of Nurturing the Spirit a mother’s recount of raising a transgender child** 10 most asked questions A Publication of PFLAG Philadelphia [pflagphila@yahoo.com](mailto:pflagphila@yahoo.com) 215 572 1833 or write PFLAG Philidelphia PO Box 15711 Phildelphia,PA 19103
- **The PFLAG Store free downloadable booklets** [www.PFLAG.org](http://www.PFLAG.org) Safe Schools, Be Yourself, Faith in Our Families, Our Daughters and Sons and more.
- **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](http://www.mentalhealthamerica.net) 800-969- 6642

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For chapter locations and dates [www.pflagillinois.org](http://www.pflagillinois.org)