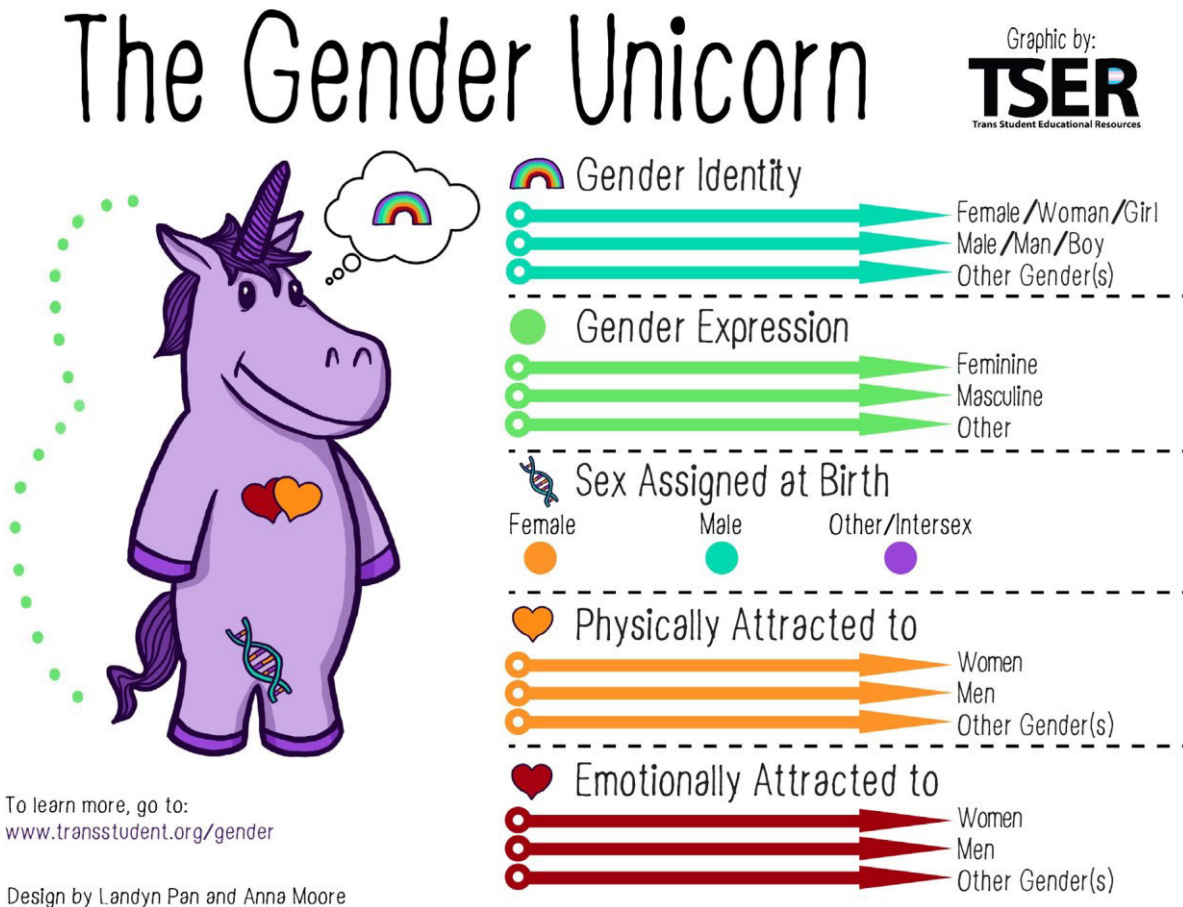


# The Gender Unicorn



**Gender Identity:** One's internal sense of being male, female, neither of these, both, or another gender(s).

**Gender Expression:** The physical manifestation of one's gender identity through clothing, hairstyle, voice, body shape, etc.

**Sex Assigned at Birth:** The assignment and classification of people as male, female, intersex, or another sex based on a combination of anatomy, hormones, chromosomes.

**Physical Attraction:** Sexual orientation.

**Emotional Attraction:** Romantic/emotional orientation.

## Resources for Transitioning



### Trans Equality Self-Help Guides

A list of helpful guides for ID documents, health coverage, and legal services.

[www.transequality.org/self-help-guides](http://www.transequality.org/self-help-guides)



### Transgender Map

Information on how to transition socially, legally, and medically.

[www.transgendermap.com](http://www.transgendermap.com)



### Mapping Transgender Equality

Information on gender-affirming care for youth by state.

<https://www.lgbtmap.org/mapping-trans-equality>

## Resources for Transitioning



### Gender Affirming Care Policy Tracker

Provides an up-to-date detailed description of each state's laws focused on restricting access to gender affirming care for youth and young adults.

[Policy Tracker: Youth Access to Gender Affirming Care](#)



### Seattle Children's Hospital Gender Clinic

Provides a list of resources on how youth can socially and medically transition.

[Seattle Children's Hospital Gender Clinic](#)



### Trans Health Project

List of hospitals and providers that provide gender-affirming care.

[Trans Health Project](#)

## Resources for Diverse Families



### Culture-Based Resources

A list of resources for LGBTQ+ family support based on family culture (e.g., Arabic-language helplines, Black queer pride groups)

<https://lgbtqfamilyacceptance.org/culture-based-resources/>



### Faith-Based Resources

A list of resources for LGBTQ+ family support for families of diverse faiths.

<https://lgbtqfamilyacceptance.org/faith-based-resources/>

## Resources for LGBTQ+ Affirming Providers



### LGBTQ+ Healthcare Directory

A database with listings for LGBTQ+ affirming medical professionals.

<https://lgbtqhealthcaredirectory.org/>



### OutCare Health

Another database with listings for LGBTQ+ affirming providers.

<https://www.outcarehealth.org/outlist/>



### Psychology Today

Site with listings for counselors and psychiatrists. You can filter by LGBTQ+ to find an affirming provider.

<https://www.psychologytoday.com/us>