

Working With Transgender and Gender Expansive Youth

Transgender and other gender expansive youth are particularly vulnerable to experiencing prejudice, discrimination, and other barriers when accessing health care—and in all other spheres of their lives (e.g., at home, at school, and in their communities). These experiences result in disproportionately poor mental and physical health outcomes.

1. [American Academy of Pediatrics](#)
American Academy of Pediatrics (AAP) policy statement on comprehensive care for transgender and gender-diverse youth.
2. [American Academy of Pediatrics](#)
American Academy of Pediatrics (AAP) policy statement on office-based care for LGBTQ+ youth.
3. [World Professional Association for Transgender Health Standards of Care](#)
The World Professional Association for Transgender Health's (WPATH's) seventh version of the Standards of Care (SOC) for the Health of Transsexual, Transgender, and Gender Nonconforming People. The SOC are based on the best available science and expert professional consensus.
4. [Basic Tips for Expanding Your Allyship](#)
This practical guide from the LGBTQIA Resource Center at UC Davis provides suggestions for increasing transgender allyship.
5. [Patient-Centered Care for Transgender People: Recommended Practices for Health Care Settings](#)
This site by the Centers for Disease Control provides recommended practices for working with transgender people.
6. [Practical Guidelines for Transgender Hormone Treatment](#)
This practical guide is provided by the Boston University School of Medicine, based on Gardner et al.'s (2013) article in *Current Opinion in Endocrinology, Diabetes and Obesity*.
7. [Feminizing Hormone Therapy](#)
This practical guide is provided by the Mayo Clinic.
8. [Masculinizing Hormone Therapy](#)
This practical guide is provided by the Mayo Clinic.
9. [Chest Binding: A Physician's Guide](#)
This practical guide is by Pride in Practice. The site contains many other clinical education and resources on providing excellent care to LGBT patients.