# Transgender Family/Friends

Coming out to family, friends, and colleagues can be stressful and overwhelming. You're not alone - here are resources to help you through this journey.

## Understanding the Transgender Community

> “Transgender people come from all walks of life. We are dads and moms, brothers and sisters, sons and daughters. We are your coworkers, and your neighbors. We are 7-year-old children and 70-year-old grandparents. We are a diverse community, representing all racial and ethnic backgrounds, as well as faith backgrounds.” *A topic page from the HRC website*

## Understanding Transgender People FAQ

This is a great resource for trying to help a family member or friend understand what being transgender is….and isn’t. There is also an online pamphlet in PDF format that can be printed to give to someone. *This resource is from the National Center for Transgender Equality*

## Coming Out

There is no one right or wrong way to come out. It’s a lifelong process of being ever more open and true with yourself and others — done in your own way and in your own time!  This is a well written booklet on the issue and timing of coming out. *HRC (Human Rights Campaign)*

## The Transgender Guidebook: Keys to a Successful Transition

Chapter Thirteen Allies and Challengers (available from Amazon)This Chapter of the book speaks about your “coming out” process and the different reactions you are likely to experience from people as they find out you are transgender. They suggest appropriate strategies for dealing with all of these different types of reactions you are likely to experience.

## Local Public Library Systems

This page includes a link to Local Public Library Systems and a listing of books and other resources of potential interest that exist.

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