



***Trans+* by Kathryn Gonzales and Karen Rayne**

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*Age Range: 13 – 18 (Suggested by Publisher)

Grade Range: Gr 9 up (Recommended by *School Library Journal*)

BOOK SYNOPSIS

A groundbreaking all-inclusive, uncensored, must-have guide for teens who are living in this world, who identify as transgender, nonbinary, gender non-conforming, gender fluid, or are questioning their gender identity or how they express themselves, and for their cis-allies and advocates.

Gender is hard. Really hard, because it is made up; it's a way that humans have developed over the millennia to simplify how we see and interact with our complex and messy world and to classify and categorize all the people in it. The concept of gender has changed over time and not everyone agrees on the ways gender works or how to define it. But individuals alone are the ones who get to determine for themselves what gender means and how to live it.

Trans+ answers hard questions about gender expression and identity, covers mental health and wellness as well as developing bodies and reproduction, transitioning medically, socially and legally, healthy v. unhealthy relationships, sex and pleasure, and life as a trans or nonbinary individual. It's full of essential information teens need--and want--and includes up close and personal stories from the authors and trans youth, evocatively relating their own experiences of love, sex, romance, and just being their wonderful selves. But perhaps most importantly, Trans+ will remind readers that no matter where they may live and who they are, transgender and non-binary people have often held a revered place in their societies as shamans, healer, leaders, and esteemed rulers. And just like their ancestors, they are perfect, whole and complete beings, no less than the stars and stardust covering the entire universe.

REVIEWS AND PRAISE

An easy to read useful guide that highlights the personal nature of gender identity and expression. —The Advocate

Comprehensive guidebook...Aimed at readers of all gender identities, this empowering, essential guide arms teens with the knowledge they need to make informed decisions not only about transition but about their bodies and lives in general, and to prioritize their safety on the journey to self-discovery. —Publishers Weekly

Rayne and Gonzales have created a detailed, easy-to-read guide to gender identity written for young people who may be questioning their own identity. The book goes beyond definitions and tackles issues that will impact every

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Contact jwells@apa.org

trans person including coming out, transitioning, relationships, and sex... While this book is geared toward trans teens, it also has value for teens who wish to learn more about the subject... Gonzales and Rayne treat their trans readers with respect and offer information in a down-to-earth and relatable way. —School Library Journal

A comprehensive guide for transgender teens. Without access to resources, growing up as a transgender person can feel isolating. However, the authors emphasize that transgender people exist as "part of a strong, important global history"...While the guide covers a broad range of topics, a central theme unites them: Transgender people of all identities have their own valuable narratives to share that are deserving of respect. Honest, inclusive, and essential. —Kirkus Reviews

Gentle and affirming from start to finish, the book addresses complicated and sensitive topics in reassuring language. It neither sugarcoats nor exaggerates the difficulties of being transgender in today's world...For transgender and gender-nonconforming young adults seeking guidance as they navigate in the world, Trans+ is a clear and welcoming text. —Foreword Reviews

In media, it can sometimes seem as if there is only one way to be trans, and that is to be passing as cisgender, but Gonzales and Rayne break this misconception down... Gonzales and Rayne break down stigma surrounding the discussion of gender and sexuality and approach it in an understandable manner, and yet the readers are never babied or talked down to. Trans+ is an excellent book... it should be in all schools and libraries for teens and adults alike of all identities to access. —SDSU Children's Literature

AWARDS AND ACCOLADES

- 2020 ALA Rainbow Book List Selection
- A Bank Street College Best Book of the Year, Starred Outstanding Merit Title

MEDIA AND RESOURCES

- [The Making of TRANS+: Interview with the Authors \(PDF, 251KB\)](#)
- [Words Matter: Respectful and Accurate Vocabulary for Discussing Gender Identity With Your Teen \(PDF, 246KB\)](#)

AUTHOR STATEMENT (OPTIONAL)

I am always filled with grief when I hear that one of my books, like GIRL or TRANS+, has been banned. These books provide basic, lifesaving information about people's experiences with their bodies and with their hearts. Access to this type of information should be considered a basic human right. Removing it diminishes people's abilities to make their own decisions authentically, and in ways that support health, autonomy, and human connections. —Karen Rayne

***A NOTE ON AGE RANGES**

A publisher-suggested age range covers the gamut of readers that publishers envision using the book, whether for independent reading, family sharing, group study, or in other ways. Educators have the best sense of the appropriate age range for the diverse learners they work with and understand these ranges vary depending on a book's intended use.

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