

I need your help! I'm writing a book with the working title, "**Where's MY Book? A Guide for Transgender and Gender Variant Youth.**" It will address:

- The Gender Continuum and Sexual Orientation Continuum
- What Happens to Genetic Girls and Genetic Boys in Puberty
- What Can be Done to Help Gender Variant Kids, i.e., Puberty Blockers, Cross Hormones
- What Can you Expect from Hormones?
- What is "Presentation?" How can you get your presentation to match your own Gender Identity?
- Non-Surgical Tricks to Help a Person look more Masculine/more Feminine
- Surgical Approaches to Masculinize/Feminize
- What is Meant by Intersex?
- Surviving and Thriving

It's in the Surviving and Thriving Category that I need the most help!

This section will include:

- Coming Out to Self/Family/Friends
- School Issues
- Learning the best Presentation for You
- Dealing with Bathrooms
- Dealing with Exercise/Gyms
- Safety
- Name Changes/Gender Marker Changes/Passport Changes
- Sex
- Fertility Preservation: Saving Sperm or Eggs for Later
- Health Care
- Housing
- Depression: Getting Help/Getting Through

.....and on!

Stories from individuals (less than one paragraph), survival tips, and things that helped/hurt in your process are extremely helpful. Even little, seemingly inconsequential tips can be very helpful to someone else.

I am also looking for illustrations. ***Nobody will be getting paid for any of this – probably including me and Cover Artist Jacqui Beck.*** But published illustrations would make great resume pieces. Also, anything submitted can be entered with your name as a contributor of record – or entered confidentially, if desired! Use the back of this page to submit a written paragraph or tip (Your age doesn't matter here: the point is "What Helped You?"). Thank you so much for your help! LG

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