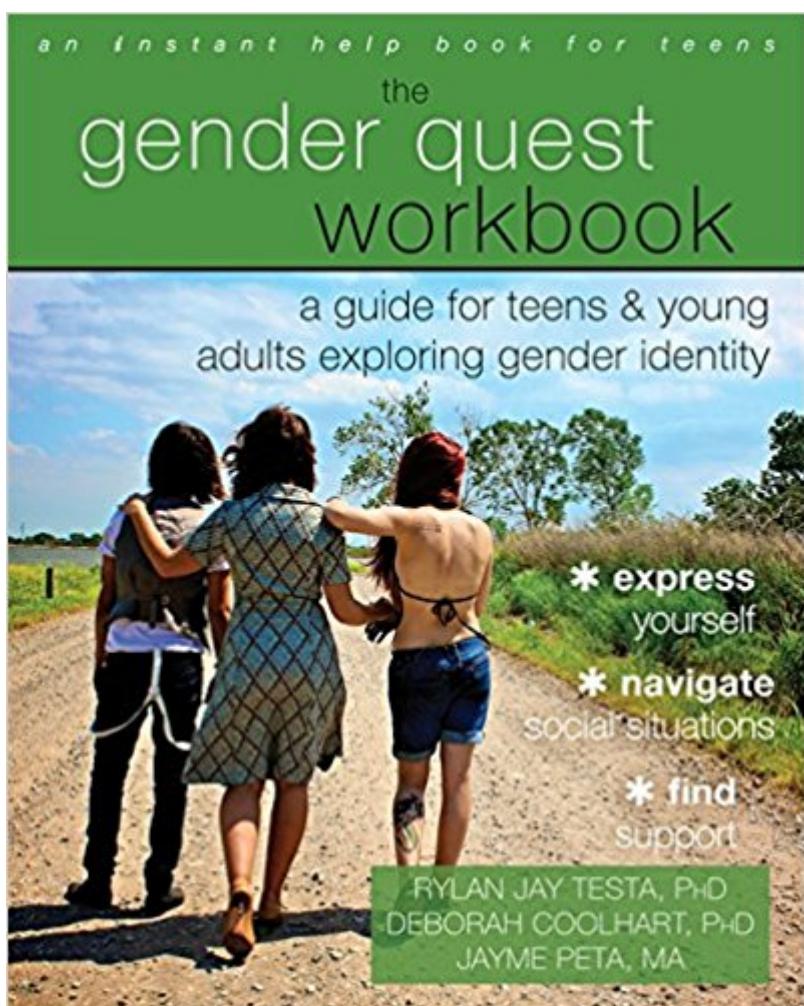


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# The Gender Quest Workbook: A Guide For Teens And Young Adults Exploring Gender Identity



## Synopsis

This one-of-a-kind, comprehensive workbook will help you navigate your gender identity and expression at home, in school, and with peers. If you are a transgender and gender-nonconforming (TGNC) teen, you may experience unique challenges with identity and interpersonal relationships. In addition to experiencing common teen challenges such as body changes and peer pressure, you may be wondering how to express your unique identity to others. The Gender Quest Workbook incorporates skills, exercises, and activities from evidence-based therapies—such as cognitive behavioral therapy (CBT)—to help you address the broad range of struggles you may encounter related to gender identity, such as anxiety, isolation, fear, and even depression. Despite outdated beliefs, gender no longer implies being simply male or female, but rather a whole spectrum of possibilities. This fun, engaging workbook is designed specifically for teens like you who want to explore the concept of gender and gender identity and expression—whether you already identify as TGNC or are simply questioning your gender identity. The activities in this book will help you explore your identity internally, interpersonally, and culturally. And along the way, you'll learn how to effectively express yourself and make informed decisions on how to navigate your gender with family, friends, classmates, and coworkers. The book also includes chapters on sex and dating, balancing multiple identities, and how to deal with stressful challenges when they arise. The Gender Quest Workbook also features a brief downloadable guide for clinicians that explains ways professionals can better serve gender-expansive youth. The guide will address ways to help youth working with gender identity build resilience against gender minority stress, among other topics.

## Book Information

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## Customer Reviews

Gr 9 UpÃ¢ •A guide designed for teens who are interested in exploring gender. The authors present readers with steps to begin a "gender quest," giving the impression that developing one's identity and feeling comfortable with oneself is as easy as following a set of instructions. Through eight chapters, the writers cover gender identity, gender expression, family, school and work, friends and peers, dating and sex, multiple identities, and challenges. The definition and discussion of several terms are helpful for those unfamiliar with the subject as well as for those who are looking for ways to understand and accept their identities and expressions. Activities and exercises are provided in each chapter to help readers incorporate their discovery, exploration, and expression and reflect on the subjects discussed. The writing and layout are textbooklike, and the lack of illustrations might be a limitation for visual learners. The tone of the book is generally light but sometimes seems overly upbeat, considering the serious subject matter. VERDICT Recommended for collections seeking a "Gender 101" workbook for young adults.Ã¢ •Sujei Lugo, Boston Public Library, MA

Ã¢ "What makes this book so powerful is the balance the authors strike between asking open-ended questions and offering readers tools from which to build answers... An invaluable resource for all young people on a gender quest.Ã¢ •Ã¢ •Kirkus starred review"From inconspicuous activities such as people watching to more task-oriented ideas for encouraging young people to broach their concerns to family members, this volume serves as a valuable resource."Ã¢ •Library JournalÃ¢ "The Gender Quest Workbook is an excellent resource for any young person who would like to explore gender. The authors really cover all the bases and bring to life the process by which a person can feel supported in bringing self-determination and creativity to expressing their gender. The language used is clear and user-friendly. I would absolutely recommend this to my clients. Testa, Coolhart, and Peta make excellent tour guides through this journey!Ã¢ •Ã¢ •Sand Chang, PhD, clinical psychologist and gender specialist in the Kaiser Permanente Multi-Specialty Transitions Department, chair of the American Psychological Association (APA) Committee on Sexual Orientation and Gender Diversity (CSOGD), and coauthor of the APA Guidelines for Psychological Practice with Transgender and Gender Nonconforming PeopleÃ¢ "We invite youth today to embark on their own unique gender journey. But imagine hiking into the wilderness without a map. Now, with the publication of The

Gender Quest Workbook, Rylan Jay Testa, Deborah Coolhart, and Jayme Peta have provided just such a detailed topographical map for gender exploration. The Gender Quest Workbook is an invaluable resource for any youth wanting to explore their gender, and for the professionals and family members accompanying the youth on their venture. Just a generation ago, youth gender quests remained a topic of which we did not speak. The Gender Quest Workbook has broken that sound barrier by giving youth a place for their voice, inviting them to put words to their own journey as they engage in the exercises so brilliantly laid out by Testa, Coolhart, and Peta.

•Diane Ehrensaft, PhD, director of mental health at the Child and Adolescent Gender Center, associate professor of pediatrics at the University of California, San Francisco, and author of *Gender Born, Gender Made* and *The Gender Creative Child*“This workbook is an important resource for the transgender community. I wish I’d had something like it when I was coming out to myself.”

•Greta Gustava Martela, cofounder and executive director of Trans Lifeline, the first national crisis line for transgender people

“Informative, supportive, and fun. These playful and engaging exercises are powerful tools for self-discovery. I wish I’d had this guide as a teenager. Any young adult exploring gender will find freedom in these pages.”

•Nick Krieger, author of *Nina Here Nor There*“The only book of its kind, The Gender Quest Workbook is an invaluable resource for transgender and gender-questioning youth, their families, the professionals in their lives, and anyone who is interested in undoing gender brainwashing.”

•Zander Keig, LCSW, coeditor of *Letters for My Brothers and Manning Up*, and featured in the documentary *Zanderology*“The Gender Quest Workbook is a wonderful new resource for exploring the evolving landscape of gender. Providing a road map for young people of any gender to examine their own experiences and understanding of this core aspect of self, this important tool also affirms the authenticity of individuals who find themselves in the less crowded terrain somewhere along the gender spectrum. Whether cisgender or gender expansive, more and more young people are personalizing their gender stories.”

•Joel Baum, MS, senior director of professional development and family services at Gender Spectrum, and founding member and director of education and advocacy at the Child and Adolescent Gender Center at the University of California, San Francisco“The Gender Quest Workbook is the perfect answer for anyone who is tired of textbooks and looking for a little fun! What better way to explore this topic than to get a chance to think about all the aspects of your gender in a step-by-step book.”

•Laura Erickson-Schroth, MD, MA, psychiatrist and editor of *Trans Bodies, Trans*

Selves. "The Gender Quest Workbook took me, a well-balanced adult transsexual, on a journey of gender discovery, showing me parts of myself I did not know existed. The overwhelming benefit of this kind of self-examination for our transgender youth is an utmost necessity for early identification. A positive future for our transgender children is greatly enhanced by teachers, clinicians, and parents utilizing this outstanding resource." • Rachael Rose Luckey, filmmaker and transgender rights advocate

I have purchased this for three clients and all three have loved the book and found it very useful. I also purchased a copy for my supervisees and supervisor! The book does a great job of walking clients through the process of self-identification and coming out, or simply meeting them where they are at. It's a high-quality therapist resource.

Great book!

great book, seems to rely a bit on gendered stereotypes though. recommend it regardless

Wonderful book! Great orientations.

This book has helped many of my clients tell the story of their Gender experience!

Very good guide

Just fine.

This workbook is a wonderful resource for teens and young adults who have questions about their gender. The authors present complex information in clear language with plenty of examples, followed by questions and exercises to help each youth develop deeper self-understanding. The writing is gentle, wise, affirming, cautious when it needs to be, and inclusive of a wide range of gender identities and experiences. While The Gender Quest Workbook is presented as a self-help book for teens, it is also a sophisticated how-to book for parents and professionals who want to engage a young person in discussion about how they experience gender and what they need to do to live safely and authentically. I wholeheartedly recommend this book!

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