



## The Gender Identity Workbook for Kids: A Guide to Exploring Who You Are (Paperback)

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By Kelly Storck

New Harbinger Publications, United States, 2018. Paperback. Condition: New. Workbook. Language: English . Brand New Book. The Gender Identity Workbook for Kids offers fun, age-appropriate activities to help your child explore their identity and discover unique ways to navigate gender expression at home, in school, and with friends. Transgender and gender-nonconforming (TGNC) children need validation and support on their journey toward self-discovery. Unfortunately, due to stigma and misinformation, these kids can be especially vulnerable to bullying, discrimination, and even mental health issues such as anxiety or depression. The good news is that there are steps you can take to empower your child as they explore, understand, and affirm their gender identity. This important workbook will guide you both. In this guide, a licensed clinical social worker who specializes in gender-nonconforming youth offers real tools to help your child thrive in all aspects of life. You and your child will discover a more expansive way of understanding gender; gain insight into gender diverse thoughts, feelings, and experiences; and find engaging activities with fun titles such as, Apple, Oranges, and Fruit Bowls and Pronoun Town to help your child to explore their own unique identity in a way that is age-appropriate and...



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