

Gender-Affirming Care Resources

This overview document was developed as a supplemental resource alongside the Oregon Department of Education's (ODE) [Supporting Gender Expansive Students: Guidance for Schools](#) released in 2023, and is intended to offer resources to aid school-based health professionals and school staff in supporting gender-affirming care for students and families. Please refer to the [Gender-Affirming Care in Schools section](#) of the guidance to understand how gender-affirming care appears within districts and schools and the [Student Health Records section](#) to understand requirements relating to student records.

Statements of Support for Gender-Affirming Care

With continued attacks on young people's access to gender-affirming services and care, the support, affirmation, and critical care provided by school-based health professionals and community based organizations is more important than ever.

- [Supporting the Rights of Transgender Students and Their Families](#), Oregon School Nurses Association (OSNA), February 2022 (blog post)
- [Gender Affirming Care and Young People](#), The U.S. Health and Human Services (HHS), Office of Population Affairs, March 2022 (pdf)
- [Evidence-Informed & Federal Guidance on Gender-Affirming Care](#), National SOGIE Center and University of Maryland School of Social Work (web page)
- [Standards of Care for the Health of Transgender and Gender Diverse People, Version 8 \(SOC8\)](#), International Journal of Transgender Health, September, 2022

Accessing Gender-Affirming Care for Students and Families in Oregon

The Oregon Health Plan (OHP) provides coverage for an array of gender affirming medical care and supports. It is important to support any youth seeking care with this important coverage, should they qualify for it. To find a community OHP assister in your area, visit the [OregonHealthcare.gov Website](#).

- [Understanding Minor Consent and Confidentiality in Health Care in Oregon](#), Oregon Health Authority, November 2022 (pdf)
- [Randall Children's Gender Care Center](#), Legacy Health (web page)
- [Transgender Health Program: For Parents, Children and Teens](#), OHSU (web page)
- [The Gender Pathways Clinic](#), Kaiser Permanente Northwest (web page)
- [LGBTQIA Services](#), Outside In, Portland, OR (web page)
- [Resources and Self Advocacy](#), TransActive Gender Project (web page)
- [Trans & Gender Diverse Resource Directory](#), TransPonder, Eugene, OR (web page)

Gender-Affirming Care Resources for School-Based Health Professionals

- [Trans & Gender Affirming Care ECHO Program](#), Indian Country ECHO, A project of the Northwest Portland Area Indian Health Board (NPAIHB) (web page)
- [Medical and Mental Health Resources](#), Gender Spectrum (web page)

- [Establishing Trust with Youth Seeking Gender Affirmative Medical Care](#), Gender Spectrum
- [Gender Inclusive School FAQs](#), National Association of School Psychologists and Gender Spectrum
- [Gender-Affirming Care Is Trauma-Informed Care](#), National Center for Child Traumatic Stress (pdf guide with resources)
- [Improving Care for LGBTQ+ Communities](#), The Center of Excellence: LGBTQ+ Behavioral Health Equity (web page with free PD opportunities)
- [Supporting Safe and Healthy Schools for Lesbian, Gay, Bisexual, Transgender, and Queer Students: A National Survey of School Counselors, Social Workers, and Psychologists](#), GLSEN 2019 (pdf)

Gender-Affirming Care Education Resources for Educators

- [Advocating for LGBTQ Students with Disabilities: A Guide for Educators and Parents/Guardians on Supporting LGBTQ Students with an IEP or 504 Plan](#), HRC Foundation, National Education Association, National Association of School Psychologists and National Center for Lesbian Rights
- [Creating Safer Spaces for LGBTQ Youth: A Toolkit for Healthcare, Education, and Community-Based Organizations](#), Advocates for Youth (pdf toolkit)
- [Principles for Gender Inclusive Puberty and Health Education](#), Gender Spectrum
- [Puberty & Transgender Youth](#), Amaze (student video, educator and family resources)
- [Rights, Respect, Responsibilities \(3Rs\) Curriculum: 2021 Supplemental Lessons](#), Advocates for Youth (lesson plan pdfs)
 - It's All About the Hormones, 5th grade
 - Sexual Systems I - Parts & Sexual Systems II - Processes, 9-12th grade
 - Showing Kindness & Support to Transgender and Nonbinary People, 9-12th grade
- [Gender, Body Science and Conception](#), Blume (lesson plan pdf)
- [What happens during puberty if I'm intersex?](#), Planned Parenthood (web page)

Crisis and Response Resources

The following phone, text, and chat crisis lines and resources may be shared with gender expansive students or families who need emergency intervention for suicide and to support mental health more broadly.

- [Oregon LGBTQ2SIA+ Crisis Lines](#), Oregon LGBTQ Youth and Family Resources & Family Acceptance Project (web page)
- [988 Suicide and Crisis Lifeline](#), Oregon Health Authority (web page)
 - LGBTQ2SIA+ populations are priority populations for suicide prevention and crisis response, not just for Oregon, but nationwide, [as directed by HHS](#).
- [Culturally Specific Behavioral Health Resources](#), Multnomah County Health Department, 2021 (web page)
- [Mental Health Resources](#), OHSU, 2022 (pdf)