

Trans Resources Hub

Welcome to our growing collection of resources for transgender individuals and those questioning their gender. These pages aim to provide clear, supportive, and affirming information.

General Topics

- [Coming Out Tips](#)
- [Understanding Pronouns](#)
- [HRT Overview](#)
- [What Is Gender Identity?](#)
- [Social, Medical, and Legal Transitioning](#)

Myths and Misinformation

- [Autogynephilia \(AGP\) - Discredited and Harmful](#)
- [Transmedicalism - Gatekeeping in the Community](#)
- [Common Myths About Being Trans](#)
- [The Desistance Myth - What the Data Really Shows](#)
- [Regret and Detransition - Context and Reality](#)

Medical Topics

- [Hormone Replacement Therapy \(HRT\)](#)
 - [Types of HRT](#)
 - [Expected Effects and Timelines](#)
 - [Risks and Considerations](#)
- [Gender-Affirming Surgeries](#)
 - [Top Surgery](#)
 - [Bottom Surgery](#)
 - [Voice Surgery](#)
- [Finding Trans-Affirming Providers](#)
- [Navigating Insurance for Transition-Related Care](#)

Legal & Documentation

- [Legal Rights](#)
- [Name Change Process](#)
- [Gender Marker Changes](#)
- [Trans Laws by Region or Country](#)

Support & Community

- [Support Groups](#)

- [Resources for Parents and Family](#)
- [Support for Trans Teens](#)
- [Helping Someone Come Out](#)

▢ **Employment & Education**

- [Workplace Rights and Discrimination](#)
- [Coming Out at Work](#)
- [Navigating School as a Trans Student](#)
- [College Resources for Trans Students](#)

▢ **Additional Reading**

- [Books and Articles](#)
- [Films and Documentaries](#)
- [Personal Blogs and Stories](#)
- [Scientific Studies and Reports](#)

▢ **Navigating Life**

- [Dating While Trans](#)
- [Staying Safe in Public and Online](#)
- [Trans and Religion/Spirituality](#)
- [Traveling While Trans](#)

This section is always growing — if there's a topic you'd like us to add, reach out on IRC!

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