

STARTING YOUR JOURNEY

A SMALL DIRECTORY

STEP 1: WATCH AND LEARN

The film "[I am They](#)" is a beautiful exploration of the intersection of gender and faith, marriage, politics, and personal stories that you can watch for free on YouTube! "[Intersexion](#)" (also available on YouTube) is a powerful reminder that biological sex has never fit neatly into a binary.



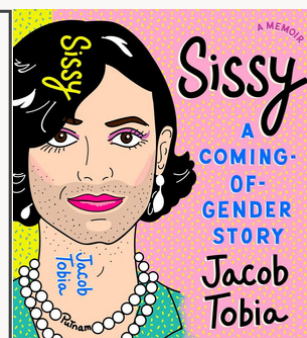
STEP 2: FOLLOW THOUGHT LEADERS

A must-follow is the incomparable and incredible [Alok Vad Menon](#), who you can find across all major platforms (Tik Tok, YouTube, Instagram). Watching [StyleLikeU](#), and in particular their "What's Underneath" series, can teach you about the power of style and its connection to gender expression.



STEP 3: READ OUR STORIES

Begin with the hilarious and poignant memoir "[Sissy: A Coming of Gender Story](#)" by Jacob Tobia. For a more in-depth and personal resource, try "[The Book of Non-Binary Joy](#)" by Ben Peachey, which aims to be a guide to "help you thrive as your authentic - and most fabulous - non-binary self."



STEP 4: SUPPORT SYSTEMIC CHANGE

Of course, the [Institute for Gender and the Economy](#) is a powerful resource that continues to advance the conversation on trans and non-binary people in the workplace. [TransPulse](#) is another great resource that catalogues the shocking marginalization of trans and non-binary people in Canada.

