



GenderSpaceUK Trans & Nonbinary Resource Guide Edition 2026 | Version 1.0



A curated collection of resources, literature, films, documentaries, support organisations and allyship tools designed to promote understanding, inclusion, belonging and meaningful action.

Christian Owens (He/Him) Founder, GenderSpaceUK

Discover. Enlighten. Inspire.

Welcome

Thank you for taking the time to access this GenderSpaceUK Resource Guide. Whether you are transgender, nonbinary, questioning, an ally, a family member, friend, colleague or leader, I hope these resources help deepen understanding, provide support and encourage meaningful conversations. As someone who has navigated my own journey of transition, I understand the importance of access to trusted information, authentic representation and supportive communities.

Visibility matters. Education matters. Allyship matters. This guide brings together a range of organisations, literature, films, documentaries, podcasts and learning resources that offer valuable perspectives on gender diversity and inclusion.

My hope is that you leave with a greater understanding, increased confidence and a renewed commitment to creating spaces where everyone feels seen, respected and able to live authentically.

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Meet Christian Owens



Founder of GenderSpaceUK, retired Detective Sergeant, National Diversity Awards Lifetime Achiever 2020 Finalist and LCR Pride Business Person of the Year 2023.

Christian Owens is an award-winning speaker and advocate who uses his personal lived experience of gender transition, to educate, inspire and create meaningful conversations around inclusion, equity and allyship.

Christian's lived experiences as a gay trans man help audiences understand, empathise and gain greater insight into the journey of transition, supporting the creation of inclusive cultures built on belonging, respect, acceptance and support.



Understanding Gender Diversity

- **Transgender** – A person whose gender identity differs from the sex assigned at birth.
- **Nonbinary** – An umbrella term used by people whose gender identity does not fit exclusively into male or female categories.
- **Gender Identity** – A person's deeply held understanding of their own gender.
- **Gender Expression** – How individuals express gender through appearance, behaviour or presentation.
- **Pronouns** – Words used to refer to someone and respect their identity, such as he/him, she/her, or they/them.
- **Allyship** – Taking intentional action to support, advocate for and stand alongside others



National Support, Education & Signposting

- Gendered Intelligence ✨
- Mermaids ✨
- LGBT Foundation ✨
- TransActual UK ✨
- Switchboard LGBT+ ✨
- The Trans Learning Partnership ✨
- Stonewall ✨
- MindLine Trans+ ✨
- TRUK Listens ✨
- GenderSpaceUK ✨
- Transcend Merseycare ✨
- Trans Support Service (TSS) ✨



Books & Literature

Fiction

- Detransition, Baby
- Felix Ever After
- Cemetery Boys

Non-Fiction

- The Transgender Issue – Shon Faye
- Gender Euphoria – Laura Kate Dale
- Trans Like Me – CN Lester
- Nonbinary: Memoirs of Gender and Identity – Edited by Micah Rajunov & Scott Duane
- Life as a Unicorn – Amrou Al-Kadhi
- None of the Above – Travis Alabanza
- The Trans Guide to Mental Health and Wellbeing – Katy Lees
- What It Feels Like for a Girl – Paris Lees
- Trans Britain – Christine Burns



Films & Documentaries

- Disclosure
- Will & Harper
- Seahorse
- No Ordinary Man
- My Genderation
- Anything's Possible
- The Dads
- What Keeps You Up at Night?
- What is Trans Joy?
- What is Gender Dysphoria?
- Belonging(Christian Owens)- Rocket Badger Productions



Podcasts – Further Learning

- What The Trans?! ✨👉
- NB: My Non-Binary Life ✨👉
- Gender Stories ✨👉
- The Great in You (Christian Owens Episodes 8 & 9) ✨👉
- Pride & Joy ✨👉
- Gender Reveal ✨👉
- Queer Talk ✨👉
- The T Pod ✨👉



From Allyship to Action

- Respecting names and pronouns
- Listening without judgement
- Challenging discriminatory language
- Continuing to learn
- Amplifying trans and nonbinary voices
- Supporting inclusive policies
- Creating safe environments
- Allyship is not a title we give ourselves. Allyship is demonstrated through our actions.



Inclusive Leadership

- Create psychological safety
- Lead with empathy
- Set expectations for respect
- Review policies and procedures
- Support colleagues through transition
- Invest in education and awareness
- Inclusion is not about making people fit in.
Inclusion is about creating environments where people can belong.



Let's Reflect...

Trans and nonbinary people have always existed, contributed, created and thrived.

Pause for Thought -

- How might it feel to be trans or nonbinary?
- What assumptions might need challenging?
- How well equipped do you feel to be a positive ally?
- What more could you do as a leader?
- How inclusive is your organisation in practice?

What Can You Do?

As an Individual: Learn. Listen. Challenge assumptions. Use inclusive language.

As an Ally: Respect pronouns. Speak up. Advocate for inclusion. Continue learning.

As a Leader: Review policies. Create psychological safety. Model inclusive behaviours. Invest in education.



Continue the Conversation



Scan the QR code to access GenderSpaceUK website, social media platforms, speaker information, further resources and contact information.



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Inclusion starts with awareness. Allyship is strengthened through action.
Belonging is created when everyone feels seen, heard and valued.

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