

**2024-25 SCHOOL YEAR**

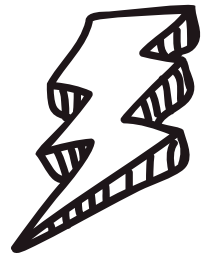
**A RESOURCE FOR TRANS & GENDER-DIVERSE  
MIDDLE AND HIGH SCHOOL STUDENTS IN  
THE JUNEAU SCHOOL DISTRICT**







# TABLE OF CONTENTS



A letter from the authors.....3

JSD Anti-Discrimination Policy.....4

Juneau-Douglas High School.....5-6

Yaakoosgé Daakahídi High School.....7-8

Montessori Borealis Public School.....9

Juneau Community Charter School.....10

Thunder Mountain Middle School.....11-12

Self Advocacy Tips.....13-14

Local and National Resources .....15-17



**If you have an update for this resource zine  
please contact Zach Gordon Youth Services at  
907-586-2635**



# Hey, you!

So glad you are here. Welcome to a resource for trans youth in the Juneau School District. This resource was made with love by trans adults in your community for you and your peers. We know that the world is a tricky place and as trans people, we have to face some particularly unique challenges when we encounter places that may not be quite ready for us.

School is hard enough as it is without having to worry about things like where to find a bathroom and who to talk to about changing your name. This zine will answer some common questions about your specific school and provide you with information that will make your experience a little easier.

We have also included some additional resources for support groups, scholarships, and social spaces, just for you.

The information you'll find here about JSD schools was gathered from a survey we conducted in 2024. This survey was sent to the JSD superintendent, principals, and some staff at each school. When creating this resource we aimed to stay as true as possible to what JSD staff wrote in their surveys. Some information may not feel complete, and some information may not be what you want it to be. We want to express our gratitude to the JSD staff who completed this survey. We also recognize there is more work to be done to make school both safe and easy to navigate.

The world is a better place with you in it. You are worthy of support and deserve to be able to be safe and comfortable at school and everywhere. Don't forget you are powerful, brave, and full of magic. You are not alone.

Sincerely,  
Zach Gordon Youth Services & NAMI Juneau Staff



# DID YOU KNOW?

The Juneau School District has a policy specifically protecting trans students and staff from discrimination!

Reading through this policy can help you know your rights and the ways in which the district is required to protect you.

It can also be a little confusing, so don't hesitate to reach out to someone you trust for clarification.\*

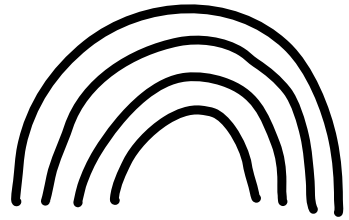
## **People to know:**

***Frank Hauser - Superintendent***

frank.hauser@juneauschools.org  
(907) 523-1702



**Read the  
policy here!**



## **What is a grievance?**

A Student Grievance is the formal procedure you can use to report violation of the non-discrimination policy. You have the right to file a grievance if school staff is not following the policy. If you think you might need to file a grievance, get a trusted adult\* involved to see if it's the right next step for you. A parent, guardian, or advocate can file a grievance for you, if you want. You deserve to have your rights respected!



**Find the grievance  
policy here!**

# JUNEAU-DOUGLAS HIGH SCHOOL: YADAA.AT KALÉ

*School Phone Number: (907) 523-1501*

## People to know:

**Paula Casperson** - Principal

paula.casperson@juneauschools.org

**Jennifer Knaggs** - Counselor, last names A-G

jennifer.knaggs@juneauschools.org

**Kristi Sycks** - Counselor, last names H-N

kristi.sycks@juneauschools.org

**Natalia Bucher** - Counselor, last names O-Z

natalia.bucher@juneauschools.org

**Donna Leigh** - Registrar

donna.leigh@juneauschools.org

**Laura Clark** - Wellness Clinician

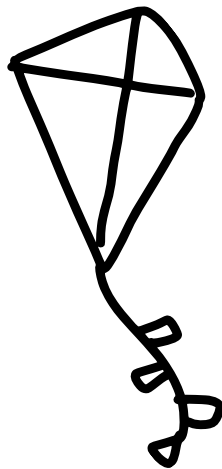
laura.clark@juneauschools.org

**Christine Lowery** - Wellness Clinician

christine.lowery@juneauschools.org

**Heidi Mitchell** - Teen Health Center Counselor

**Sandy West** - Teen Health Center Counselor



## **Name Changes**

Any teacher can input your chosen name into the "nickname" field in PowerSchool. This will inform other teachers, but will not change your name or remove your legal name in the system. This does not require parent or guardian consent.

Your name can be changed in PowerSchool even if it is not changed legally. To do this, you can request the name change form from the registrar, Donna Leigh in the counseling office or the principal, Paula Casperson. Complete the form and return it to the principal. She will sign it and forward the form to the district office who will make the adjustment in PowerSchool. This form also allows you to update your school ID. Students under 18 must

have a parent or guardian's signature on the form.

Mandatory permanent records will still require a legal name.

## Gender Neutral Restrooms

There are single stall restrooms near the gendered restrooms on each level of the building that are typically unlocked unless they are occupied. Locked single stall restrooms can be unlocked by a staff member. There are 2 gender neutral restrooms in the gym that are unlocked when the gym is open. There are also gender neutral restrooms in the nurse's office (RM 228) and Teen Health Center (RM 124) that are available when these offices are open (check page 16 for Teen Health hours at your school). The school nurse, your counselor or another adult that you trust\* can help you navigate regular access to a bathroom.

## Locker Rooms

You can use the locker room that you feel most comfortable using. If you have questions or concerns about locker room access, you can talk to the adult that is organizing or leading the activity. If you experience discrimination when using a locker room, refer to the info below to address the situation.

## WHO SHOULD YOU TALK TO IF...

### Another student or teacher is disrespecting you?

An adult that you *trust*\* or someone in the main office.

Teen Health Center Counselors, Heidi Mitchell or Sandy West, scheduled by appointment 523-1634



### Your counselor, principal or other school staff is disrespecting you?

An adult that you *trust*\* and/or the superintendent, Frank Hauser

## Grievance

It is helpful to have adult support\* to navigate the grievance procedure. See page 4 for more info on the grievance process.

\*Refer to page 14 for more info about supportive adults

# YAAKOOSGÉ DAAKAHÍDI HIGH SCHOOL

*School Phone Number: (907) 796-5800*

## People to know:

**John Paul** - Principal

john.paul@juneauschools.org

**Mary Robidoux** - Front Office Admin

mary.robidoux@juneauschools.org

**Eli Wray** - School Counselor

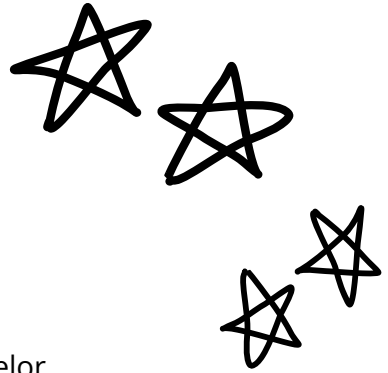
eli.wray@juneauschools.org

**Megan Whitley** - School Psychologist

megan.whitley@juneauschools.org

**Kelly Niemann** - Teen Health Center Counselor

kelly.niemann@juneauschool.org



## **Gender Support Plan**

The YDHS counselor will meet with trans & gender diverse students to develop a gender support plan. During this meeting, things like bathroom access and name change processes can be discussed directly with the counselor.

## **Name Changes**

Your name can be changed in PowerSchool even if it is not changed legally. To do this, you can talk to the counselor or the principal. The principal will meet with you and your guardian to sign the form and go over it in detail to explain what will change and what is unable to be changed. If you are 18 or older, you will not need a guardian signature on the form. The form is then submitted to district staff who will make the change in PowerSchool.

If you would like to change the name that students and staff use for you, you can tell your advisor or the counselor and they will communicate this change to the rest of the staff.



## Gender Neutral Restrooms

There is a gender neutral bathroom in the gym that is unlocked and available when the gym is open. The gym is almost always open during the school day. There is also a gender neutral bathroom in the nurses office that is available when the office is open. Staff from the front office or the counselors can let you into this bathroom if the nurse is not there.

## Locker Rooms

If you have questions or concerns about locker rooms or other activities that are separated by gender, such as sports teams, you can talk to the principal, John Paul.



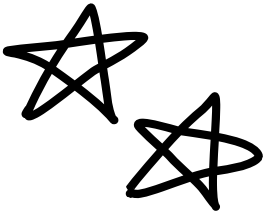
## WHO SHOULD YOU TALK TO IF...

### Another student or teacher is disrespecting you?

The principal, John Paul

The school psychologist, Megan Whitley

The Teen Health Center counselor, Kelly Neimann (8:30AM-3:30PM, Tues-Thurs) First floor across from Nurse's Office



### The counselor, principal or other school staff is disrespecting you?

The Juneau School District Superintendent,  
Frank Hauser

## Grievance

You can get information about the grievance process from the YDHS main office or on the district website. If you would like help filing a grievance, the counselor and the principal can assist. See page 4 for more information.

# MONTESSORI BOREALIS PUBLIC SCHOOL

School Phone Number: (907) 796-5800

## People to know:

*John Paul* - Principal,  
john.paul@juneauschools.org



## **Name Changes**

Your name can be changed in PowerSchool even if it is not changed legally. To do this, you can talk to the counselor or the principal. The principal will meet with you and your guardian to sign the form and go over it in detail to explain what will change and what is unable to be changed. The form is then submitted to district staff who will make the change in PowerSchool. If you would like to change the name that students and staff use for you, you can tell your teacher or the counselor and they will communicate this change to the rest of the staff.

## **Gender Neutral Restrooms**

There is one gender neutral bathroom that is designated for staff, but can also be used by students as needed. This bathroom is unlocked and available throughout the school day. If you have questions or concerns about this, you can talk to your teacher, the counselor or the principal, John Paul.

## **Locker Rooms and Activities Divided by Gender**

Montessori does not have locker rooms. You can talk to your classroom teacher, the counselor or the principal if you have questions or concerns about other activities separated by gender.

## **WHO SHOULD YOU TALK TO IF...**

### **Another student is disrespecting you?**

A classroom teacher, the counselor or principal.

### **A teacher is disrespecting you?**

A classroom teacher, the counselor or principal.

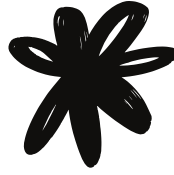
**Your counselor, principal or other school staff is disrespecting you?** A supportive adult\* or the superintendent, Frank Hauser

# JUNEAU COMMUNITY CHARTER SCHOOL

School Phone Number: (907) 796-5816

## People to know:

**Corey Weiss** - Principal,  
corey.weiss@juneauschools.org



## **Name Changes**

If you would like to go by a new name, you can speak to your teacher, the counselor or the principal. They will communicate your name change to other staff. You can change your name in PowerSchool by talking to the principal, Corey Weiss. They will set up a meeting with the principal, counselor, you and your family to fill out the required form.

## **Gender Neutral Restrooms**

There is a gender neutral bathroom in the gym that is unlocked and available when the gym is open. The gym is almost always open during the school day. There is also a gender neutral bathroom in the nurses office that is available when the office is open. Staff from the front office or the counselors can let you into this bathroom if the nurse is not there.

## **Locker Rooms and Activities Divided by Gender**

JCCS does not have locker rooms. You can talk to the principal, Corey Weiss, if you have questions or concerns about other activities separated by gender.

## **WHO SHOULD YOU TALK TO IF...**

**Another student is disrespecting you?** A trusted adult\*

**A teacher is disrespecting you?** The principal, Corey Weiss

**Your counselor, principal or other school staff is**

**disrespecting you?** The principal or someone on the charter school board.

# THUNDER MOUNTAIN MIDDLE SCHOOL

*School Phone Number: (907) 780-1900*

## People to know

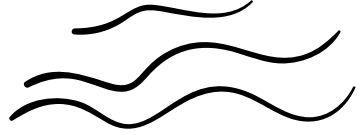
**Shawn Arnold** - Principal  
shawn.arnold@juneauschools.org

**Laura Scholes**- Vice Principal  
laura.scholes@juneauschools.org

**Melissa Dale**- Counselor  
melissa.dale@juneauschools.org

**Kelly Reed**- Counselor  
kelly.reed@juneauschools.org

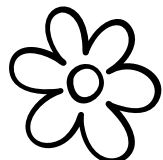
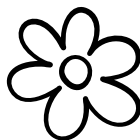
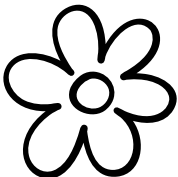
**Maria Keppler** - Registrar  
maira.keppler@juneauschools.org



## **Name Changes**

Admin staff, such as counselors and principals, can put your preferred name in a "nickname" field in PowerSchool. This will show your preferred name to other staff, but will not remove your legal name from the system.

Your name can be changed in PowerSchool even if it is not changed legally. To do this, contact the registrar, Brenda English, in the front office. This will only apply to non legal documents. Things like official transcripts will still require your legal name.



## Gender Neutral Restrooms

There is a gender neutral restroom in the library that is unlocked when the library is open. There is one single-user restroom located off of the commons by the art room that requires a code to access. You can request the code from the principal, vice principal or counselors. There is also a bathroom in the nurse's office.

## Locker Rooms

If you have questions or concerns about locker room use, you can talk to the principal, Shawn Arnold, vice principal, Kelly Stewart or the activities director for more information. You can also refer to the JSD anti-discrimination policy using the QR code on page 4 or 13.

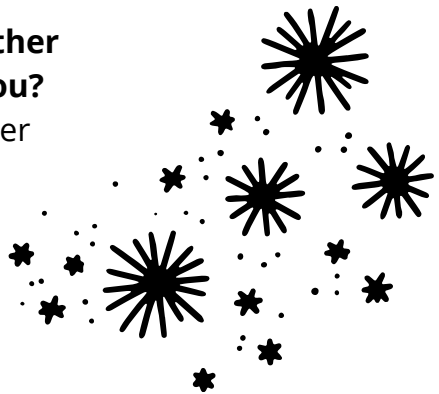
## WHO SHOULD YOU TALK TO IF...

### Another student or teacher is disrespecting you?

A teacher, your counselor, the vice principal, Kelly Stewart or the principal, Shawn Arnold

### Your counselor, principal or other school staff is disrespecting you?

The superintendent, Frank Hauser



## Grievance

Your counselor, the vice principal, Kelly Stewart or the principal, Shawn Arnold, can help you with the grievance process. See page 4 for more info.


# SELF-ADVOCACY TIPS


## Know Your Rights


There are certain protections you are entitled to. That means that ***there are things the school district has to do to protect and support you.*** Read, and have any supportive people in your life read, the Juneau School District's ***Nondiscrimination: Transgender Student's and Employees Policy.*** Refer to this policy when you are asking for things you need at school.


Read the full policy here!



 **RECORDS** On non-permanent school records or documents, the school will use the name and gender preferred by the student or employee...student ID cards should use the student's preferred name.

 **NAMES/PRONOUNS** Administrators/staff should respect the right of an individual to be addressed by a name and pronoun that corresponds to their gender identity, including the use of gender-neutral terms. Legal changes aren't required.

 **GENDER SEGREGATED SPACES** Upon request, the District will work with transgender students and parents (if applicable) to determine appropriate accommodations with regard to bathrooms and locker rooms...considerations can include safe and non-stigmatizing alternatives such as the addition of a privacy partition or curtain, use of a nearby private restroom or office, or a separate changing schedule.

 ***Students shall be permitted to participate in any such activities or conform to any such rule, policy, or practice consistent with their gender identity.***

## Make A Plan

Self-advocacy is about standing up for yourself and asking for, and sometimes fighting for, what you need. It can be hard, and it helps to make a plan. Write it out first!

1. What is the problem or issue?
2. What do I need to ask for? Can I pull something from the policy that relates to my need?
3. Who do I need to ask? That answer might be in this zine!
4. Who can help me ask (see notes below on trusted adults)?
5. What will I do if my need gets met? What will I do if I don't get the answer I was looking for?

## Take Care of Yourself

***You deserve to have support!*** Utilize the resources in this zine to find peers and supportive adults who can help you get what you need at school. Take care of yourself by ***finding spaces where you feel safe and comfortable being yourself***- that might be in an in person support group, an online space, or at the ZGYC. ***There are many trans adults and youth who want to connect with you and support you.***

## Lean on Adults That You Trust

Not everyone has supportive adults in their families or homes. It's important to find supportive adults who you can trust. You might find those supportive adults at your school, in the Teen Health Center, or at ZGYC. ***A supportive adult is someone you feel safe with, and someone who respects you.*** A supportive adult might go with you to a meeting at school, help you write an email, fill out a grievance with you, or talk to you about how you're feeling and be a good listener.



# LOCAL RESOURCES

## **The Zach Gordon Youth Center**

A free, drop-in center for youth. The center has a gender neutral bathroom and will ask for your name and pronouns when you sign in. There is also a pool table, foosball, art supplies, a library of free books, an Xbox, a variety of board games and a bunch more. Staff will always check in to see how you're doing, cook you food and cheer you on in life. After 6pm, you must be 14 or older to be at the center so the evenings are reserved specifically for teens. The center also hosts some LGBTQ2S+ specific groups and programs:

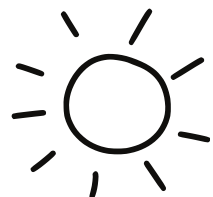
**The Alliance**, a drop-in, afterschool activity on Wednesdays for LGBTQ2S+ middle school students to connect weekly through the BAM (Body and Mind) Afterschool Program. Check in with the BAM coordinator at TMMS for more information.

**Wellness Wednesdays**, a drop-in lunchtime activity on Wednesdays for LGBTQ2S+ Youth and Black, Indigenous, and Youth of Color, and their allies to hang out, study, eat lunch, connect with other students, and be connected with resources alongside supportive adults. Room 214 (JOM Classroom)

**Gender Support Group**, this interactive psychotherapy support group is for individuals ages 12-19 who identify as transgender, gender expansive, genderqueer, and non-binary. It will provide a safe, affirming space to explore, process, and grow as we examine different aspects of our gender identity. Registration is required (see ZGYC staff). Groups gather on the 3rd Thursday of the month from 5-6 at the Zach Gordon Youth Center.

## **Gender Affirming Scholarship Fund**

This fund can provide gender-affirming items to any youth, such as clothing, binders, makeup, etc. If you have questions or want assistance accessing this fund, contact NAMI Juneau at <http://namijuneau.org/lgbtq2>.



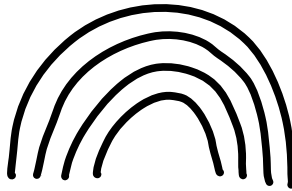


# THE MORE YOU KNOW

Did you know that if you go to JDHS or TMMS you can meet with a Mental Wellness Clinician at your school? These adults can provide support for you and your mental health. You can talk to a supportive adult\* in the school and they will connect you with the Mental Wellness Clinician, or you can email them directly using the contact information below.

**JDHS:** Laura Clark - [laura.clark@juneauschools.org](mailto:laura.clark@juneauschools.org)

**TMMS:** Emily Keithahn - [emily.keithahan@juneauschools.org](mailto:emily.keithahan@juneauschools.org)



## The Teen Health Center

An in-school service for high school students that offers both medical and counseling services. Comprehensive services are free and provided either directly or by referral to other providers. Staff at Teen Health can assist with gender affirming supports.

**For more information about hours and scheduling visit:**

**<https://juneauteenhealthcenter.weebly.com/>**

Appointments at the health center are best scheduled in advance and are easy to make. Teens can drop-in to during the school day or call to make an appointment. HomeBridge and Home School students and unenrolled teens that are high school age can access services at the Teen Health Center.

**JDHS:** Room 124, Schedule an appointment by calling 523-1634

**YDHS:** Located on the first floor across from the nurse's office,  
Schedule an appointment by calling 796-5800

# COMMUNITY CONTACTS FOR SUPPORT...

## **Zach Gordon Youth Center**

907-586-2635  
396 Whittier Ave

## **NAMI Juneau**

907-463-4251  
namijuneau@gmail.com

# NATIONAL RESOURCES

## **The Trevor Project**

24/7 call, text, and chat support for LGBTQ+ youth  
*thetrevorproject.org*  
1-866-488-7386

## **Trans Lifeline**

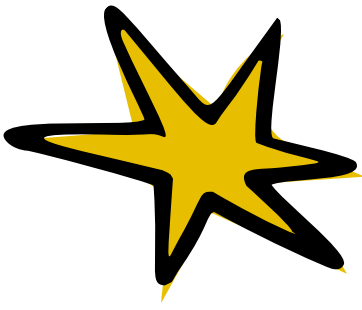
24/7 Trans peer support, by/for Trans people  
*translifeline.org*  
1-877-565-8860

## **TransFamilies**

Virtual support groups for Trans youth & their families  
*transfamilies.org*  
855-443-6337

## **Gender Diversity**

Provides education, increasing awareness, and offering insight  
*genderdiversity.org*  
1-833-3GENDER



This resource was created by ZGYC and NAMI Juneau.  
If you have questions about the resource or any  
information in it, feel free to contact us.

**ZGYC: 907-586-2635**  
**NAMI Juneau: 907-463-4251**

