



## BOOKS

# National bestseller coming to Cape Cod with book about lives of transgender kids



**[Rachael Devaney](#)**

Cape Cod Times

March 17, 2026, 5:04 a.m. ET



### Learn more about how to provide emotional support for transgender kids

Bex Streit, Transgender and Gender Non-Conforming Program Coordinator at Milwaukee LGBT Community Center, discusses a program that educates Milwaukeeans about support for LGBTQ people.

***CORRECTION:*** Please note that the article below incorrectly credits PFLAG Cape Cod with also hosting the Transgender Day of Remembrance vigil, which is organized and hosted by the Cape Cod Transgender Day of Remembrance Committee. In addition, PFLAG no longer uses the acronym Parents and Friends of Lesbians and Gays. We're now simply PFLAG.

To prepare for their first [book](#), author Nico Lang spent two weeks at a time with seven American households that included a [transgender](#) child in the family.

For Lang, (they/them), an LGBTQ-plus activist, the journey highlighted the "beautifully mundane and profoundly normal" lives of [transgender children](#).

"There is so much fearmongering about transgender children," said Lang during a phone interview with the Times. "They are human beings just like everyone else."

"American Teenager: How Trans Kids are Surviving Hate and Finding Joy in a Turbulent Era" documents the lives of eight teens: Wyatt, Rhydian, Mykah, Clint, Ruby, Augie, Jack and Kylie. They live all across the nation: South Dakota, Alabama, West Virginia, Texas, Florida and California. During Lang's visits, they recorded the kids' daily triumphs, struggles and messages of love with the world.

Lang will be on Cape Cod at the end of the month to mark the Transgender Day of Visibility, for book readings in Hyannis (March 26) and Provincetown (March 31).

## **Children are resilient, said Lang**

Throughout their time with the families, Lang was inspired by all the teenagers.

"This book was about planting seeds for the future. And hoping those seeds will grow into something beautiful," said Lang. "It was also about showing that these teen voices matter."

**Need a news break?** [Check out the all new PLAY hub with puzzles, games and more!](#)

Lang will be on Cape Cod at the end of the month to mark the Transgender Day of Visibility, for book readings in Hyannis (March 26) and Provincetown (March 31).

## **Children are resilient, said Lang**

Throughout their time with the families, Lang was inspired by all the teenagers.

But Jack, 19 years old at the time the book was written, had been through "more than most," Lang said. Jack's mother is a domestic violence survivor and was also unhoused for three months. Jack's sibling Augie was also being bullied at school. Through it all, Jack was also being de-transitioned by the state of Florida, Lang said.



PFLAG Cape Cod President Joe Lima photographed at his home in Osterville. PFLAG, or Parents, Families, and Friends of Lesbians and Gays will host author and activist Nico Lang for a book reading from 7 p.m. to 8:30 p.m. on Thursday, March 26, at the Hyannis Arts Hall. Lang will also appear at 6:30 p.m. on Tuesday, March 31, at Unitarian Universalist Meeting House of Provincetown. Photo taken on March 13, 2026 *Steve Heaslip/Cape Cod Times*

In 2023, [Florida banned health care for transgender people](#) under the age of 18, according to USA Today reporting. The state was also the first to pass a law restricting access to gender-affirming health care for transgender adults. Jack, said Lang, was horrified by the laws and policies that were being passed. But "she had to make the best of it. She didn't have a choice," said Lang.

"She would just sit in her room, in the dark, and worry about catching a glimpse of herself in the mirror," said Lang. "She watched this body that she had fought so hard for slip away."

## 'Like she had been through a nuclear blast'

When Lang finally met Jack in person, they said she radiated trauma.

"Like she had been through a nuclear blast. You could feel that energy across the room, it was so palpable," they said.

Several years after Lang's time with Jack's family, the two reconnected. She had moved away from Florida and is enrolled in college, said Lang. She's thoughtful, funny, and wise, and has an eclectic taste in books and music.

"All of these kids are trying to figure out how to make this all work. And it just shouldn't be this hard," said Lang.



Nico Lang, author of "American Teenager: How Trans Kids Are Surviving Hate and Finding Joy in a Turbulent Era," will do readings in Hyannis and Provincetown. Their visit to the Cape is sponsored by PFLAG Cape Cod. *Provided By Nico Lang*

## Book readings set for Hyannis, Provincetown

In honor of Transgender Day of Visibility, annually held on March 31, the group [Parents, Families, and Friends of Lesbians and Gays – PFLAG – Cape Cod](#) will host Lang for a book reading from 7 p.m. to 8:30 p.m. on Thursday, March 26, at the Hyannis Arts Hall. Lang will also appear at 6:30 p.m. on Tuesday, March 31, at Unitarian Universalist Meeting House of Provincetown.

Bringing Lang and their book to the Cape, said PFLAG president Joe Lima, is a way for the nonprofit to "continue to provide support, education and advocacy for LGBTQ-plus people and the trans community."

## **Why is Lang's book important?**

Lang's appearance on Cape, said Lima, is an opportunity for Cape Codders to recognize that they have transgender neighbors, friends and coworkers. Familiarity with the local LGBTQ-plus community, he said, can help people be more empathetic towards transgender people and their experiences.

"Nico can help people open their minds and hearts to their journey, their struggles, and to eventual acceptance," said Lima.

PFLAG also holds a Transgender Day of Remembrance every Nov. 20, a solemn day that honors the memory of transgender and gender-diverse people who have lost their lives to suicide or anti-transgender violence, he said. But Transgender Day of Visibility is an opportunity for the community to celebrate the LGBTQ-plus community and the transgender community.

"It's a more positive tone where we can gather to honor people's accomplishments and achievements," Lima said. "That's an important thing to do when there's been an incredible amount of anti-trans backlash."

## **'We have more power than we think'**

When Lang first approached different publishing houses about "American Teenager," publishers said they wanted transgender stories about families rejecting their children. Lang was told "over and over" that a positive book about transgender children wouldn't sell.

Stories of trauma can be important, said Lang, but for the purposes of this book, they said, they were looking for valuable stories that didn't feel painful.

"I didn't want the book to be another thing these children were fighting," said Lang.

The book was finally published by Abrams Press in October 2024, and Lang has been featured at roughly 176 book events across the country. The book has also become a national bestseller, according to the Abrams Press website, and a 2025 Stonewall Book Award honoree.

Since then, Lang said, they have been trying to take the book to as many communities as possible.

"I'm there with my homemade signs. And I'm fighting back just like everyone else is," Lang said. "We have more power than what we think and keeping that energy going is [expletive] worth it."

*Staff writer Rachael Devaney can be reached at [rdevaney@capecodonline.com](mailto:rdevaney@capecodonline.com).*