
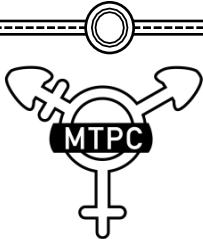


Introduction to Trans Identities



**MASSACHUSETTS
TRANSGENDER
POLITICAL
COALITION**

Mason J. Dunn | Massachusetts Transgender Political Coalition | May 24, 2017



**The Massachusetts
Transgender Political
Coalition (MTPC) is
dedicated to ending
discrimination on the
basis of gender
identity and gender
expression.**

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Objectives

- This session is designed to help clinicians:
- Discuss the diversity of trans identities and experiences;
- Recognize the struggles of trans people, and how those struggles impact health and wellness;
- Practice and utilize appropriate and compassionate language when working with trans people;
- Provide recommendations and tools in navigating care for trans youth and adults.

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Framing the Issue: Discrimination and Health

- Trans people face: double the rate of unemployment
- 14% report being refused medical care on the basis of their gender identity
- 35% report attempting suicide at some point in their life. That is 22 times the rate of the general population (1.6%).
- 70% report coping with mistreatment through drug or alcohol use
- 1 in 4 trans people delay medical treatment for fear of discrimination
- 50% of trans people report having to educate their providers about trans identities


Source: Injustice at Every Turn

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Understanding Identities

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SEX



*Intersex: a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male


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GENDER



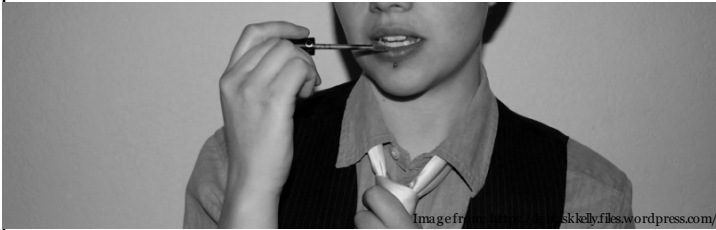
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GENDER IDENTITY



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GENDER EXPRESSION



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SEXUAL ORIENTATION



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Queer



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Transgender or Trans



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Cisgender



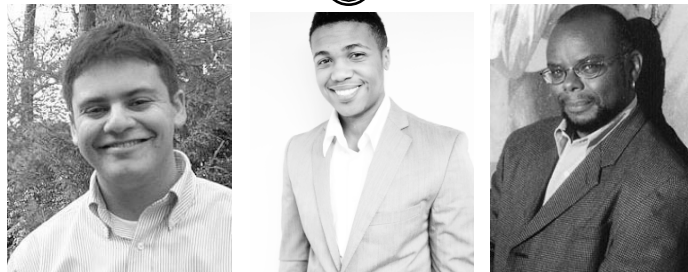
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TRANS WOMAN (MTF, TRANSGENDER WOMAN, TRANSFEMININE)



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TRANS MAN (FTM, TRANSGENDER MAN, TRANSMASCULINE)



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NON-BINARY IDENTITIES



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Non-Binary Gender Identities

- **Non-Binary:**
 - Meaning a person identifies as neither/both male or female, man or woman, masculine or feminine
- **Identities**
 - Genderqueer, Gender Non-Conforming, Third Gender, A-Gender, GenderFluid, and many more...

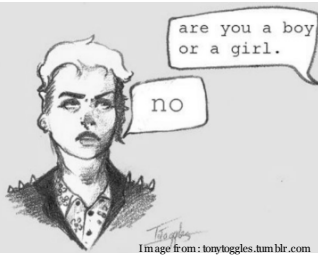



Image from: tonytoggles.tumblr.com

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The Gender Unicorn

Graphic by: **TSER**
Trans Student Education Resources



Gender Identity

Female/Woman/Girl
Male/Man/Boy
Other Gender(s)

Gender Expression/Presentation

Feminine
Masculine
Other

Sex Assigned at Birth

Female Male Other/Intersex

Sexually Attracted To

Women
Men
Other Gender(s)

Romantically/Emotionally Attracted To

Women
Men
Other Gender(s)

To learn more, go to: www.transstudent.org/gender

Design by Landyn Pan

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Names and Pronouns

- Gender Neutral Pronouns
- Usage:

SUBJECT “__ is a student”	OBJECT “I am proud of __”	POSSESSIVE “That is __ book”	REFLEXIVE “That person likes __”
He	Him	His	Himself
She	Her	Her	Herself
They (are)	Them	Their	Themselves
Xe	Hir	Hir/Hirs	Hirself
Name	Name	Name’s	Name

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Practice Makes Perfect

PART 1: TURN TO ONE NEIGHBOR AND ASK THEM WHAT PRONOUNS THEY USE

PART 2: TURN TO A DIFFERENT NEIGHBOR AND INTRODUCE YOURSELF INCLUDING YOUR PRONOUNS.

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Recommendations

1. DEFAULT TO GENDER NEUTRAL PRONOUNS (THEY, THEM, THEIRS)

2. INCLUDE PRONOUNS IN ALL INTRODUCTIONS



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Transition

- Personal process in which a person begins to openly identify and live as the gender they know themselves to be.
- This can include (but may not always):
 - Changing name
 - Changing gender presentation
 - Changing pronouns
 - For some, medical transition

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Of the documented murders of trans people annually, **transwomen of color have almost always been the majority of victims**, and in recent years have occasionally even been the victims of every documented murder.



**Racism + Transphobia =
Even greater harm to transgender
people of color**

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Etiquette

**HOW TO BE AN ALLY AND
ADVOCATE FOR TRANS
PEOPLE**

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Scenario 1

A genderqueer identified sophomore in high school, Alex (they/them/theirs), has come to you with some concerns about how they are treated in their high school. They describe several situations they've had with a teacher, Ms. Warren (she/her/hers), where they were continuously misgendered, including name and pronouns, despite frequent corrections. Ms. Warren even went so far as to say that Alex's genderqueer identity is a phase, and that they will never be successful until they "make a decision: man or woman." Now Alex is thinking about dropping out, given this treatment. They haven't had much bullying from other students, mostly staff and faculty.

On top of all this, Alex hasn't come out to their parents, knowing that they will likely be kicked out, or worse, if they do. Alex has a history of depression, anxiety, and although they've never disclosed any attempts, you know they've struggled with suicidality in the past. Since coming out as genderqueer, you've noticed they seem happier overall, but these anxieties about school and home life have started a downward spiral.

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Share your ideas!

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Scenario 1: Thoughts and Ideas

- **First and foremost: autonomy and teamwork**
- **Support systems**
 - Who does Alex have in their life that is supportive?
 - GSA, local LGBTQ youth group, etc
 - Trans-specific support group
- **Understanding Student's rights**
 - DESE guidance addresses issues like names, pronouns, harassment, and bullying
 - Contacting MTPC or Safe Schools to provide school-based training, information, or outreach
- **Parents**
 - Prioritize safety, and make a safety plan
 - Be ready with resources for parents that could be helpful: PFLAG, Trans Youth and Family Allies (TYFA), and others.

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Scenario 2

After today's workshop, you go back to your office and notice that your intake forms aren't very inclusive. Here are a few things you notice:

Name: _____
(as listed on your insurance or other legal documents)

Sexual Orientation: <ul style="list-style-type: none"> <input type="checkbox"/> Straight/Heterosexual <input type="checkbox"/> Gay <input type="checkbox"/> Lesbian <input type="checkbox"/> Transgender 	Gender: <ul style="list-style-type: none"> <input type="checkbox"/> Male <input type="checkbox"/> Female
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Forms and Gender Markers

- **Example:**
 - What is your sex/gender:
 - Male
 - Female
- **Better Ways:**
- Sex/Gender: _____
- or
- What sex was listed on your birth certificate?
 - Male
 - Female
 - None
 - Decline to state
- What is your gender identity?
 - Man
 - Woman
 - Transgender Man or Transman
 - Transgender Woman or Transwoman
 - Genderqueer/Non-Binary
 - Different Identity: _____
 - Decline to state

Fenway Institute, "Collecting Sexual Orientation and Gender Identity Data in Electronic Health Records: Taking the Next Steps" August 2015

Williams Institute, "Best Practices for Asking Questions to Identify Transgender and Other Gender Minority Respondents on Population-Based Surveys" September 2014

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Other Form Thoughts

- ◇ Pronouns
- ◇ Common use name (versus "legal" name)

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Other notes: Being an Ally

- "Need to Know" vs. "Want to Know"
- Not making assumptions about someone's gender identity and/or sexual orientation
- Not outing trans people to others
- Speaking up when other people are making assumptions or providing care
- Correct mis-used pronouns
 - Consider/clarify where people are out and to whom

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Problematic Terms

- "Tranny"
- He/She, It, etc.
- "The Surgery"
- Pre-Op/Post-Op
- Sex Change
- Transvestite
- Man that wants to be a woman

- Man in a dress
- Transgendered, Transgendering, etc.
- Questions:
 - What was your name before
 - Questions about surgery
 - When did you feel like a woman/man?

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Other Ally Tools

Restrooms
#I'llGoWithYou

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Summary

COMPASSION, UNDERSTANDING, AND ALLYSHIP

WHAT WILL YOU TAKE HOME WITH YOU?

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Questions?

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