

Transgender Education

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Gender vs. Sex:

It's very important to understand the difference between *gender* and *sex*.

These two terms refer to completely different things, and ***cannot be used interchangeably.***

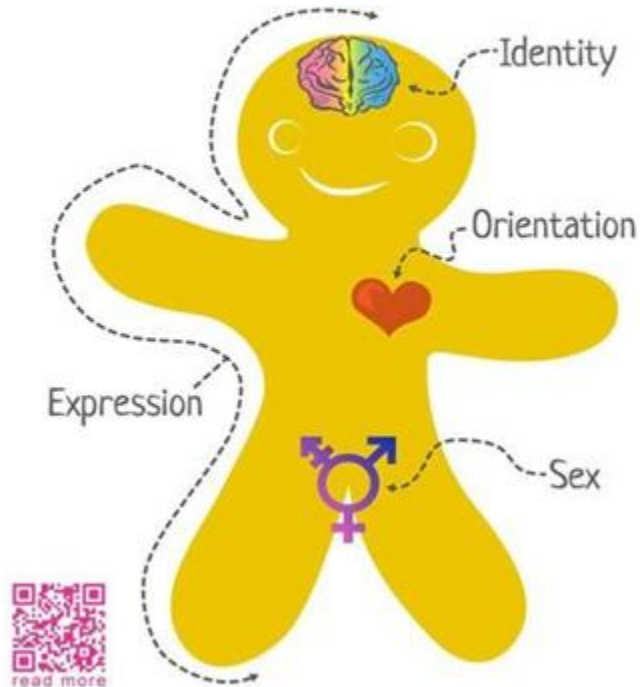
Sex refers to a person's biology (XX-female; XY-male).

Gender is how someone identifies (as a man, as a woman, or anywhere in between).

Gender vs. Sex:

The Genderbread Person

by www.ItsPronouncedMetrosexual.com



Gender Identity
Woman Genderqueer Man

Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

Gender Expression
Feminine Androgynous Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

Biological Sex
Female Intersex Male

Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

Sexual Orientation
Heterosexual Bisexual Homosexual

Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

Gender vs. Sex:

Many people assume that body parts determine whether someone is a man or a woman.

The reality?

Gender isn't that simple.

The biological sex of a person and their gender identity do not always align as society would expect them to, and it's important to understand that ***sex does not automatically determine gender.***

Gender is...



a spectrum



a range of expression



how you relate to yourself



Me!

a personal identity

Gender is not..



just male or female



defined by body parts



sexual orientation



determined by chromosomes


What does “transgender” mean?

A transgender person is someone whose assigned sex at birth (either Male, Female, or Intersex) differs from their internal sense of gender identity.


What does “transgender” mean?

Gender 101


Gender Binary:
The categorization of gender into two distinct, opposite sexes.




Trans/Transgender:
An umbrella term applied to those whose gender identity is not the same as the sex they were assigned at birth.




Cisgender:
Someone who identifies exclusively as their sex assigned at birth.





Genderqueer:
A term applied to individuals who do not identify within the gender binary.



Transition:
The process of changing one's gender expression to match their gender identity.



 transstudent
 /transstudent
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For more information,
go to transstudent.org/graphics

TSER
Trans Student Educational Resources

Design by Lindya Pan

What does “transgender” mean?

FTM (female-to-male or Transgender man):

-A transgender individual who was born biologically female, but has transitioned (either socially, medically, or both) to male.

What does “transgender” mean?

MTF (male-to-female or transgender woman):

-A transgender individual who was born biologically male, but has transitioned (either socially, medically, or both) to female.

What does “dysphoria” mean?



What does “dysphoria” mean?

Gender dysphoria is a clinical diagnosis in which a person experiences a great deal of anxiety, discomfort, and/or distress as a result of the “mismatch” between that individual’s biological sex and their gender identity. It can severely affect a person’s life and sense of well being, and as a result many transgender people choose to alter their physical bodies to help ease this dysphoria, and to feel more comfortable in their bodies.



What does intersex mean?

Intersex is a condition in which an individual is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of strictly male or female.

Examples:

- A person born with both male and female genitalia
- A person born with male genitalia but xx chromosomes
- A person born with female genitalia but xy chromosomes
- A person born with the outside genitalia of one sex, but the inside sexual organs of the other

Why do people transition?

Transgender people often feel “trapped” inside of the wrong body, and socially transition to begin living their lives as the people they have always been inside. The steps taken towards social transition usually include adopting a new name and pronouns (he, him, she, her, etc.) most appropriate with that person’s gender identity.



Why do people transition?

Transgender people choose to medically transition in order to feel more physically connected with their internal sense of gender identity, to be socially recognized as the gender they identify with, and to help take away the “dysphoria” that often results from feelings of being trapped inside of the wrong body.



Why do people transition?

Transgender men may choose to start taking the male sex hormone testosterone, which causes their bodies to go through the typical male puberty. Transgender women often take estrogen supplements.



FTM (female-to-male) sex hormone testosterone



MTF (male-to-female) sex hormone estrogen

Hormones: FTM

Testosterone causes female-bodied people to go through male puberty. Changes include a deeper voice, facial and body hair growth, and body fat redistribution.

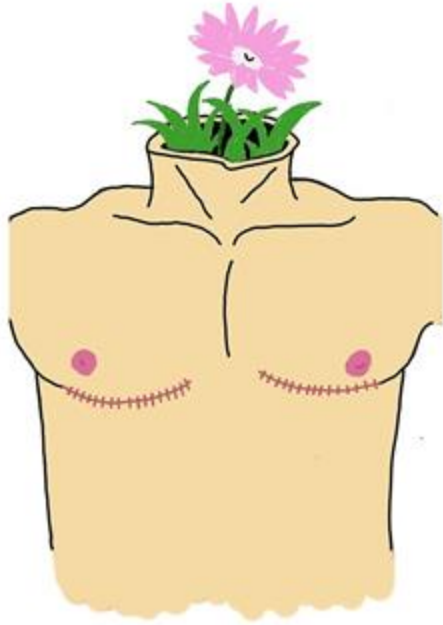
Hormones: MTF

Estrogen causes male-bodied people to go through female puberty. Changes include breast tissue growth, skin changes, and body fat redistribution.

Surgeries:

There are many different surgeries available for both transgender men and women to help them feel more comfortable with their bodies, but it's important to know that not *all* transgender people choose to take hormones or have these surgeries.

Chest Surgery (FTM):



It's very common for transgender men to undergo a double mastectomy surgery (also known as "top surgery"), which is the removal of breast tissue to create a flat, masculine chest. This surgery is incredibly important to many people, as it helps take away the intense discomfort we experience with our physical bodies.

“The Surgery”?

Medically transitioning takes many years, and usually requires a medical diagnosis of Gender Dysphoria and/or up to a year of counseling. It's also important to understand that ‘fully transitioning’ is not simply defined as having a lower surgery; a transgender person is ‘fully transitioned’ when they feel happy and content with their body.

“The Surgery”?

Despite common misconceptions, there is truly no such thing as a ‘sex change operation.’

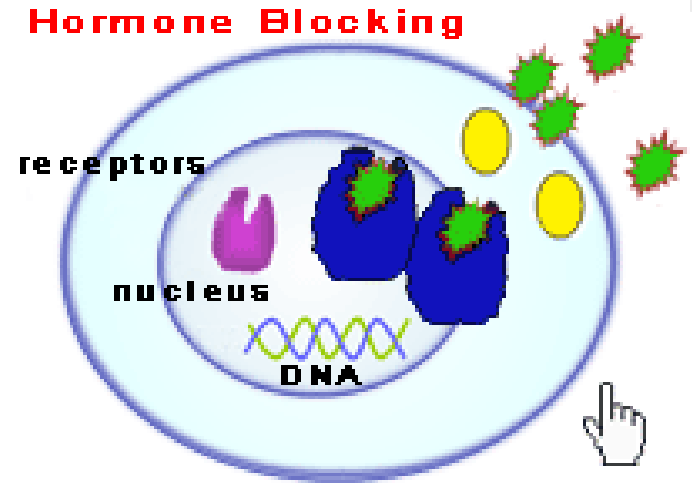
Transgender people do not simply walk into an operating room as one sex, have one magical surgery to change everything, and walk out as the other sex.

NOT HOW IT WORKS



Hormone Blockers:

Children who realize they are transgender during childhood (under the age of 14) are eligible to begin taking hormone blockers. Hormone blockers prevent a child's biological puberty from starting. In other words, they prevent young transgender boys from developing breasts and young transgender girls from experiencing a voice change or growing facial hair.



Hormone Blockers:

Once these children have turned 14 or 15 years old, they are then able to begin cross-sex hormone therapy (estrogen and testosterone). Hormone blockers are incredibly important, because they make medical transition significantly easier further down the road, and allow young transgender children to go through the correct puberty as opposed to the puberty matching their sex assigned at birth.



Hormone Blockers:

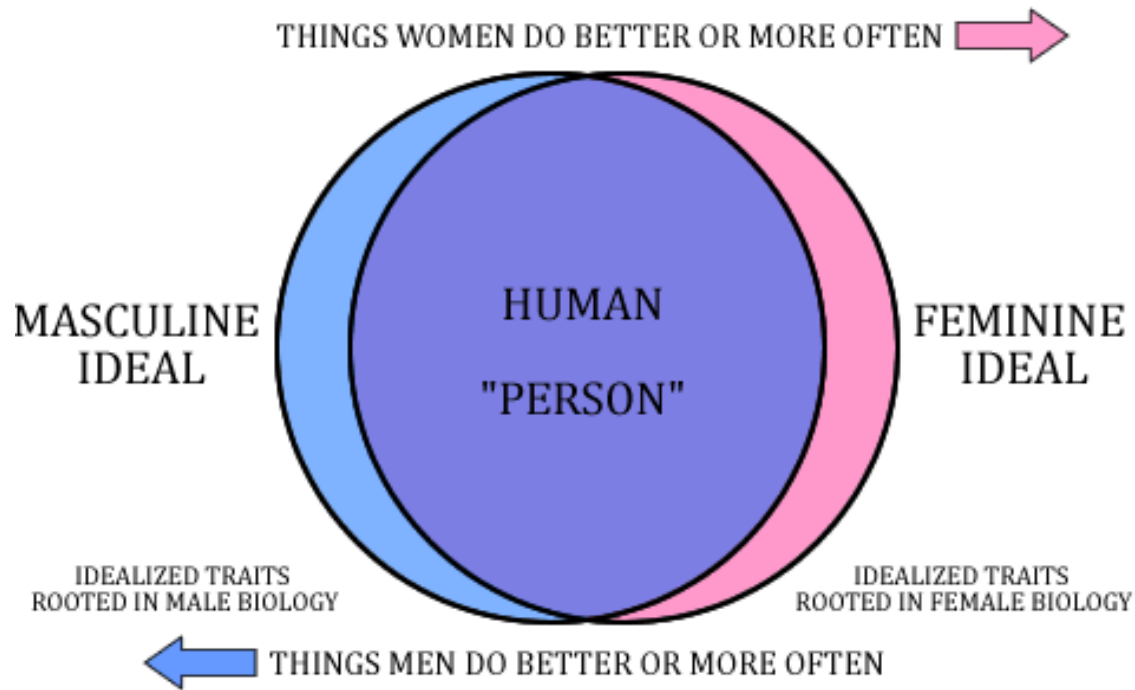


Hormone blockers are a safe, effective way to prevent a transgender child from developing characteristics of their biological sex, and allow that child to 'pass' much better as their identified gender later on in life. Hormone blockers are also 100% reversible, meaning that any child who stops taking them will soon begin their biological puberty.

Hormone Blockers:

Blockers do not *cause* any physical changes in a child. They simply *prevent* unwanted physical changes from developing. Most children begin blockers around ages 10-12, and continue taking them for several years before hormones are prescribed.

Gender Roles:



Gender Roles:

The reality?

Not everyone fits into the boxes of gender roles.

Many women possess stereotypically “masculine” traits, and many men possess stereotypically “feminine” traits.

When a person’s gender expression doesn’t follow the strict expectations of society, it often becomes difficult for others to understand and accept.

Why are gender roles harmful?

Because we think a man who has a negative body image is unmanly



Because we think men hurt by women are pathetic



Because boys are bullied for being weak



Because we think boys with girly interests are shameful

Because even girls insult guys for being "sissy"



Because we think showing weakness is girly



Because we think men who dress like women are jokes



Because most insults towards men attack their masculinity

Because we think a guy who is a virgin is sad



Why are gender roles harmful?

Because the idea that 'pink is for girls' and 'blue is for boys' discourages children from playing with toys that society hasn't assigned to their gender.



What are pronouns?

Why pronouns are important:

Gendered pronouns are often used to differentiate between men and women.

Masculine pronouns: He, his, him, sir, man, mister

Feminine pronouns: She, her, hers, ma'am, woman, miss

Why pronouns are important:

Pronouns are *especially* important to transgender individuals, because the usage of correct pronouns demonstrates respect and recognition of someone's gender identity. Using preferred pronouns helps people feel safe and comfortable in their gender identity/expression.

Why pronouns are important:



Misgendering: referring to a person using terms or pronouns that express the wrong gender, either accidentally or deliberately.

Examples of misgendering:

- Calling a *transman* “she” or “her.”
- Calling a *transwoman* “he” or “him.”

Why pronouns are important:

Being misgendered can cause a great amount of discomfort and can even be devastating to transgender individuals earlier into transition. Being misgendered can trigger sad, unwanted feelings of heightened dysphoria and bring back painful memories of life pre-transition.



Gender-neutral pronouns:

Not everyone identifies as just a man or woman.

The term ***genderqueer*** is an umbrella term for all gender identities outside of the gender binary. This may include, but is not limited to:

- Bigender** (both man and woman)
- Genderless/Agender** (a distinct lack of any gender identity)
- Genderfluid** (moving between gender identities or expressions of femininity and masculinity)



Gender-neutral pronouns:

Some people prefer to use gender-neutral pronouns rather than “he” or “she.”

Such as:

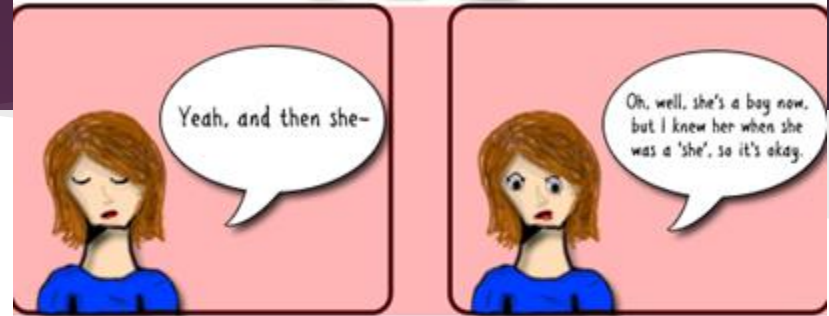
They/theirs/them



Misgendering:

Misgendering
is *NEVER*
okay.

NO



YES



There's no excuse to call someone by the wrong pronoun.

What causes someone's identity to differ from their assigned sex at birth?

Many transgender children feel they have identified as their innate gender from their earliest memories, although many do not come to terms with or realize they are transgender until later on in life.



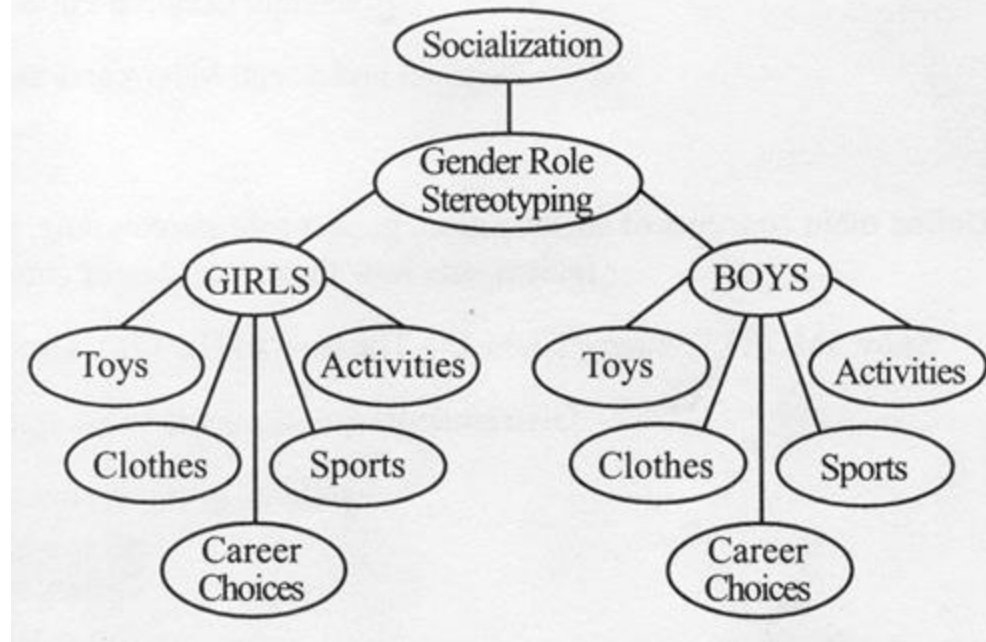
What causes someone's identity to differ from their assigned sex at birth?

Not everyone realizes they are transgender early on in life. Many people feel confused, isolated, alone, and trapped inside of their bodies for years before coming to terms with their gender identity. It's usually quite a process figuring all that out, and as a result, many people do not come out as transgender until their teenage years or even well into adult life.



What causes someone's identity to differ from their assigned sex at birth?

Additionally, it is often difficult for transgender children to discover their true identity when they are raised according to their biological sex; nearly all children are socialized based on their assigned sex at birth.



What causes someone's identity to differ from their assigned sex at birth?

Females are raised and socialized to become young women, and males are socialized to become young men. Therefore, when a child withholds a gender identity that differs from their sex, it may take that individual child years to realize and understand their true internal sense of identity.



Example of gender role socialization

Is environment a factor?

No. Although no direct “cause” is entirely certain, Gender Dysphoria is not the result of an individual’s environment.

Is environment a factor?

There is no way to somehow ***change or convert*** a person's identity to match their biological sex. Instead, medical doctors strive towards correcting the physical body of an individual to match their identity through hormones and surgery. This allows transgender people to finally feel normal and comfortable in their own skin.



Is it just a phase?

For some children, expressions of gender outside of the gender binary may be simply a phase. For others, it is not. Children who are truly transgender will typically identify as and express their innate gender *consistently* and *with persistence*, often from a very young age.



Is it just a phase?

For example, if your child was assigned male at birth but has self-identified as female for a number of years, it is *likely* your child will still identify as female as an adult. However, if you have a son who simply enjoys playing with dolls or your daughter prefers 'boy' clothing, this doesn't necessarily indicate your child is transgender. Most transgender children are insistent upon transitioning or living their lives as the gender they best identify with.

Accepting your transgender child:

It's very important for parents of transgender children and teenagers to create a safe, open, supportive family environment. A strong and loving support system is the **single most important factor** in a child's overall well-being and happiness.



Accepting your transgender child:

Supporting your child means:

- Requiring and accepting only kindness and respect towards your child
- Expressing love and support for your child's gender expression
- Allowing zero tolerance for disrespect or negative comments
- Maintaining open and honest communication with your child
- Using your child's chosen name and preferred gender pronouns



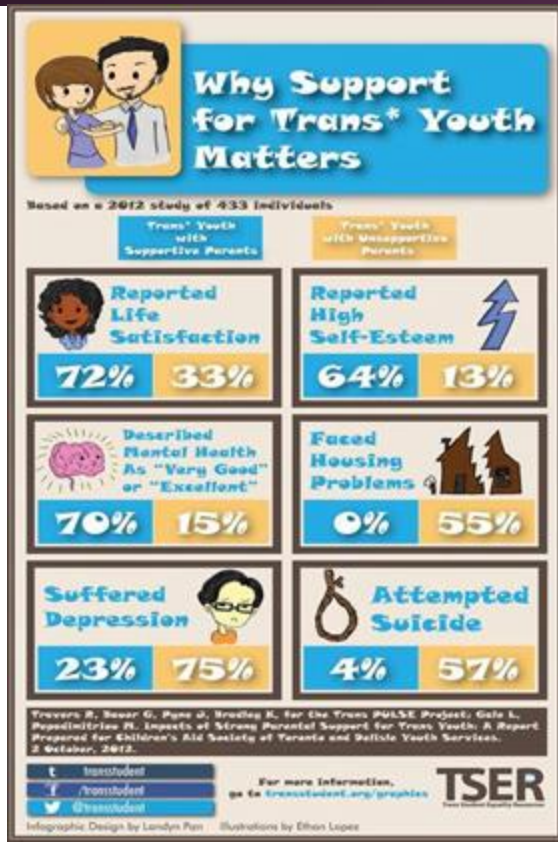
Accepting your transgender child:

DO NOT:

- Physically, verbally, or emotionally abuse your child
- Exclude your child from family activities
- Blame or punish your child for being transgender
- Condemn your child based on religious viewpoints
- Express feelings of denial and/or shame
- Tell your child there is something inherently wrong with being transgender
- Try and force your child to live according to their assigned sex at birth



Why is transgender equality important?



According to "Injustice at Every Turn," a report by the National Center for Transgender Equality and The Task Force:

- Transgender people are four times more likely to live in poverty.
- Transgender people experience unemployment at twice the rate of the general population, with rates for people of color up to four times the national unemployment rate.
- 90% of transgender people report experiencing harassment, mistreatment or discrimination on the job.
- 22% of respondents who have interacted with police reported harassment by police, with much higher rates reported by people of color. Almost half of the respondents (46%) reported being uncomfortable seeking police assistance.
- 41% of respondents reported attempting suicide, compared to 1.6% of the general population.
- Transgender people still cannot serve in the US Military.

What can I do to help?

1) Be a trans ally!

This means:

- Always asking someone's preferred name and pronouns
- Standing up for the transgender community when hearing or witnessing transphobic comments, slurs, discrimination or violence
- Never** asking a transgender person about their genitalia, surgical status, birth name, or sex life
- Respecting confidentiality and not disclosing the fact that someone is transgender to other people who may not know (including friends, family, coworkers, etc.)

What can I do to help?

2) Educate others!

- Teach other people about the transgender community and what it means to be an ally
- Refuse to be a part of transphobia

