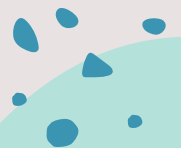
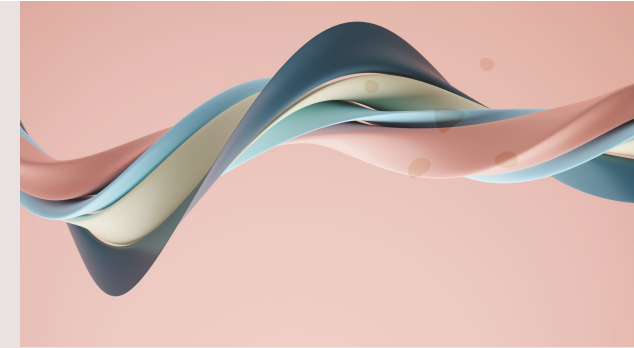




Understanding Our Transgender Friends and Family Members

Lolma Olson, she/her/hers
Transgender Facilitator & Ally

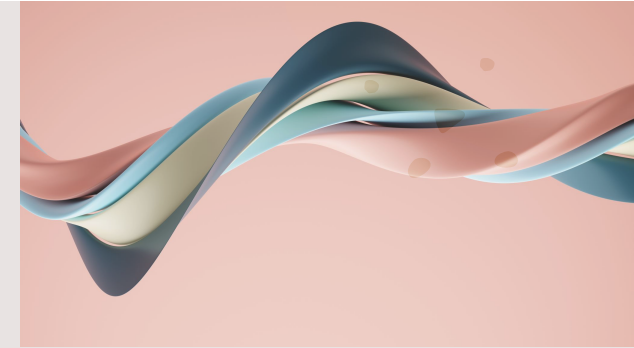




***When you take care of the
most-often labeled, marginalized,
you take care of all of us.***

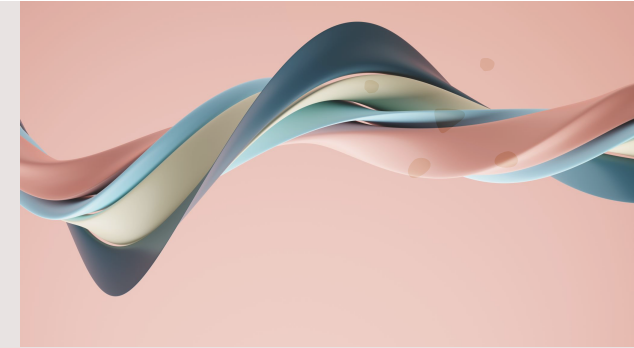
Cellphone with Gay4U

A teal wave graphic at the bottom left of the slide.



Agenda

- **Terms: Transgender, non-binary, queer and more**
- **Pronouns**
- **Our judgments/assumptions**
- **Q & A**

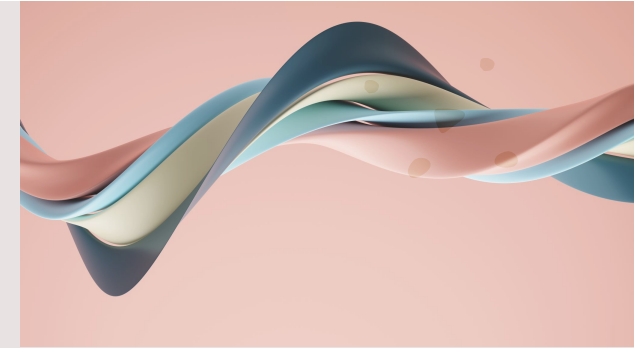


What is gender?

Internal sense of how a person identifies in the world.

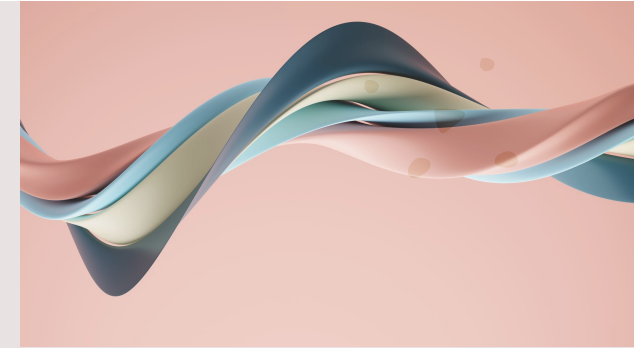
What gender is Not:

Our sexual orientation, a choice, outwardly obvious.



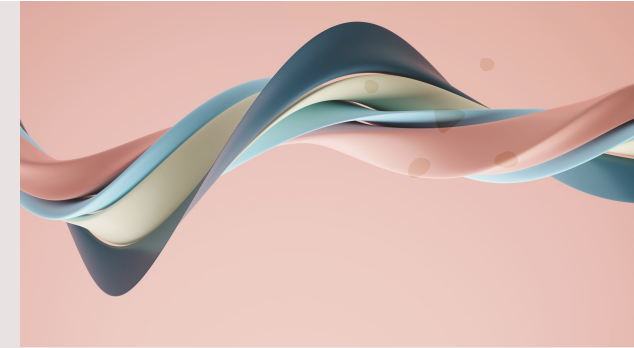
Assigned Sex at Birth:

Label given to infants based on external genitalia.



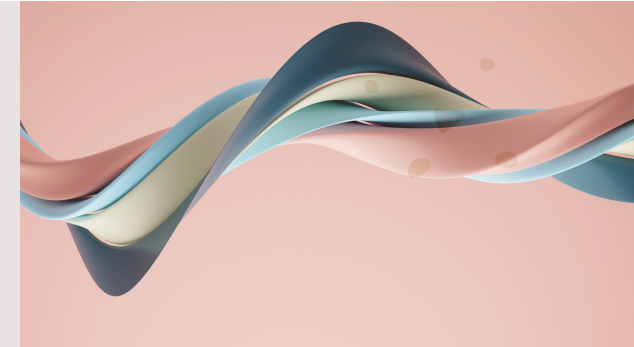
Cisgender:

Someone who identifies as the gender they were assigned at birth.



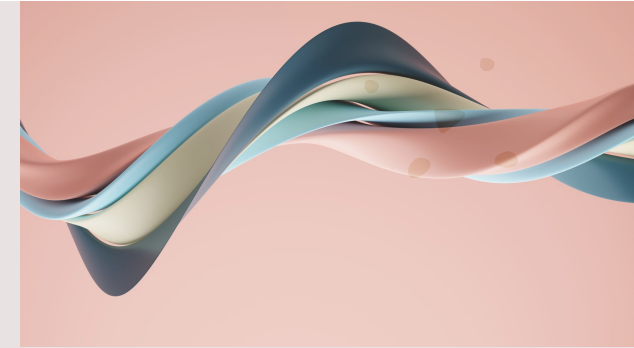
— **Transgender, a.k.a. trans:**

Someone whose gender identity does not align with the gender they were assigned at birth.

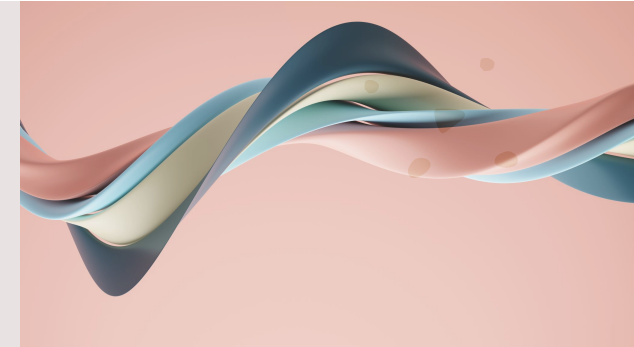


Nonbinary, a.k.a. NB or enby:

- **Person whose gender identity is neither male nor female. Under the transgender umbrella**
- **Some NB people align with masculinity or femininity; others with androgyny or something else entirely.**
- **Common set of pronouns are they/them.**



—— **Transition = An evolving process:**
Includes Social, Legal and/or Medical transition.



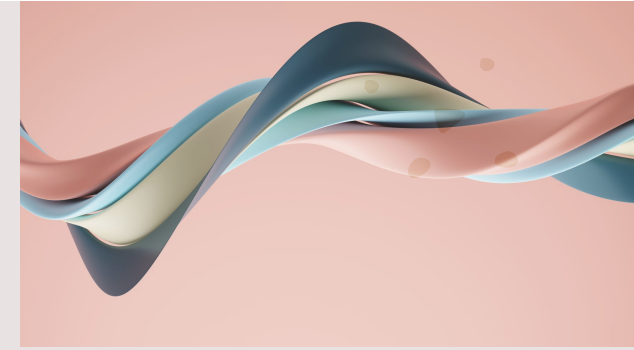
“Typically, a child knows a year before they tell you.”

Trans support group parent

Social Transition:

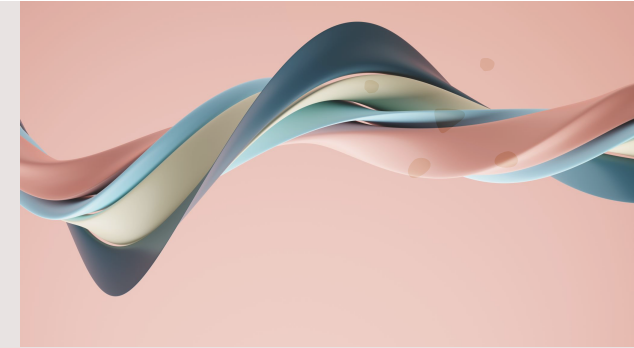
Transition, especially for minors, is mostly social, not medical. Person begins to:

- **Live their true gender in day-to-day life, e.g. with new name, pronouns, clothing, haircut.**



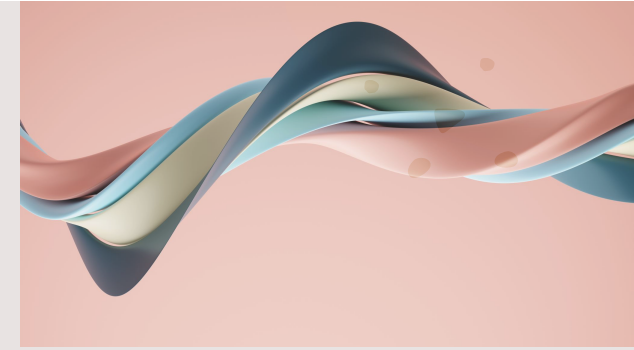
Medical Transition:

- **Under 16, typical medical intervention: Safe and reversible puberty blockers with visible changes of puberty.**
- **Hormone Replacement Therapy (HRT) given mid to late teens or later.**
- **Surgery decisions made with a team of doctors and a support group.**



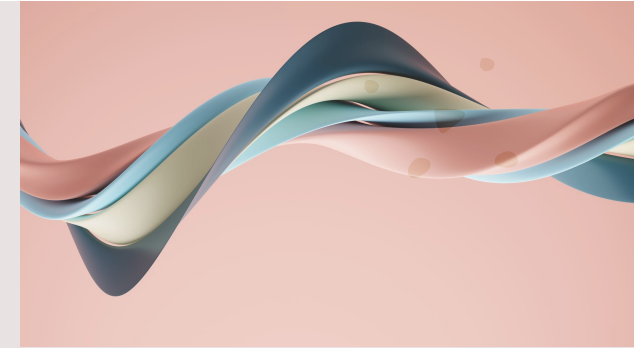
Legal Transition:

Trans and NB folks may designate a new name and gender on their passport, birth certificate and driver's license.



Gender fluid:

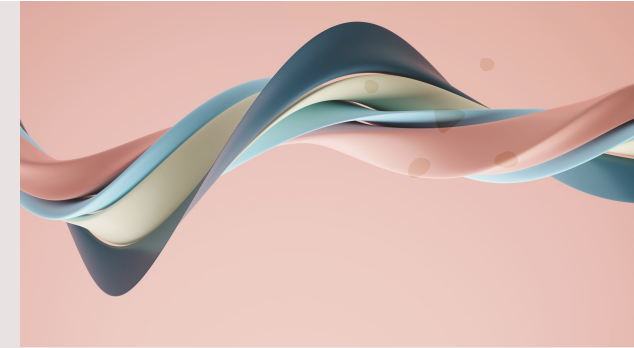
Somebody who experiences more than one gender, usually at different points in time.



Genderqueer:

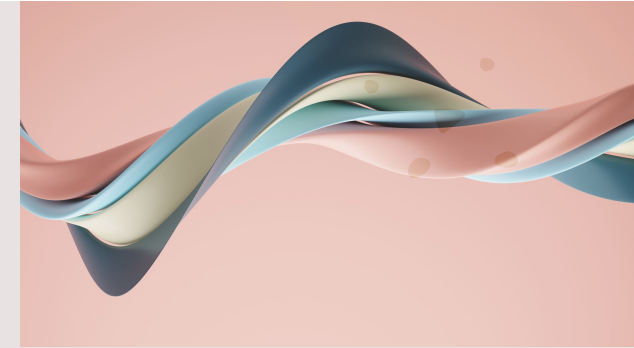
Person who doesn't identify with conventional gender identities, roles, expression and/or expectations.

- **Some genderqueers identify as nonbinary.**



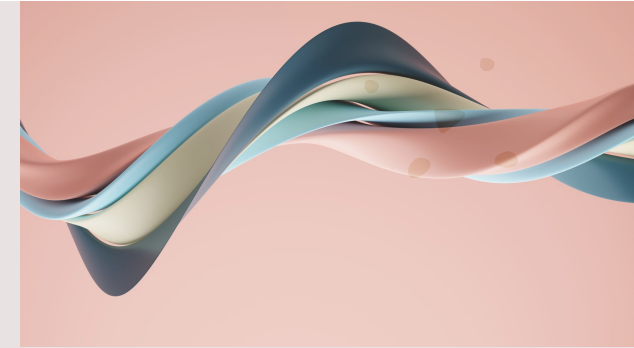
Sexual Orientation and Gender
are separate, though related, parts of our
identity.

- **Sexual orientation is interpersonal = Who we are physically, emotionally and/or romantically attracted to.**
- **Gender is personal = How we see ourselves.**



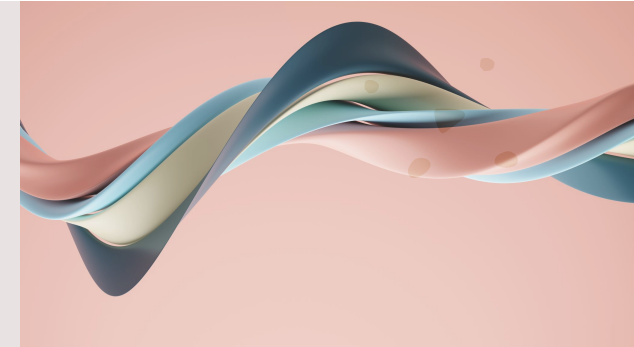
Transphobia

- **Fear, dislike of, and/or prejudice against transgender people.**



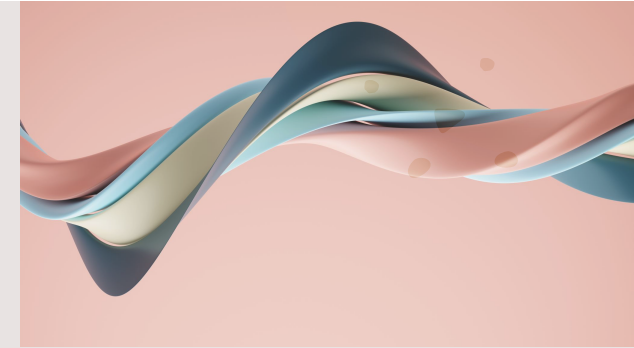
What is an Ally?

- **An action, not an identity.**
- **Actively learning and consistently supporting non-binary, queer and trans people in your life and in the world.**



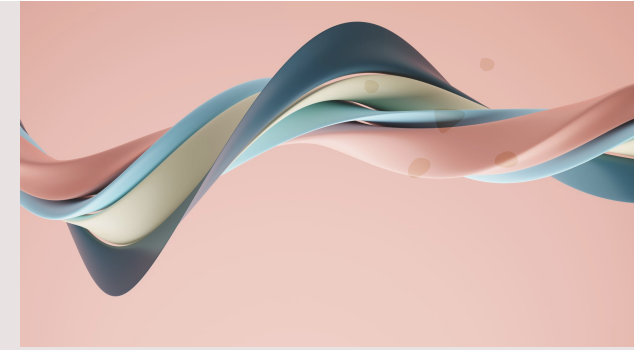
Pronouns are the ways we refer to people in the third person: she/her; he/him; they/them.

- **They/them = gender neutral version of she/her and he/him.**
- **Learn the pronouns and practice using them. If you make a mistake, apologize.**

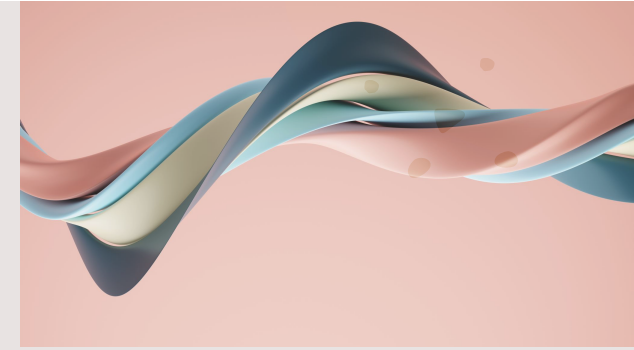


Discussion Questions:

-
1. What are your blind spots concerning transpeople?
 2. What opportunities do you have to be an ally?
 3. What are your pronouns?



— Questions?



Resources

- **Books:** *True Selves, Transgender Teen, She's Not There, Gender Queer: A Memoire*
- **Documentaries, films, and TV shows:** *Always Jane, Sort of, Woman on Fire, Disclosure, Ma Vie en Rose, Passing (short), Just Call Me Kade, Transparent*

Links

www.hrc.org/resources/glossary-of-terms

[www.ted.com/talks/](http://www.ted.com/talks/paula_stone_williams_and_jonathan_williams_the_story_of_a_parent_s_transition_and_a_son_s_redemption)

[paula_stone_williams_and_jonathan_williams_the_story_of_a_parent_s_transition_and_a_son_s_redemption](http://www.ted.com/talks/paula_stone_williams_and_jonathan_williams_the_story_of_a_parent_s_transition_and_a_son_s_redemption)

www.parents.com/parenting/dynamics/lgbtq/gender-identity-terms-to-know-and-understand/

www.parents.com/parenting/dynamics/lgbtq/parents-we-need-to-change-the-way-we-discuss-gender-sexuality-and-identity/

www.npr.org/2021/06/02/996319297/gender-identity-pronouns-expression-guide-lgbtq

www.thetrevorproject.org/wp-content/uploads/2021/07/Guide-to-Being-an-Ally-to-Transgender-and-Nonbinary-Youth.pdf

genderspectrum.org/articles/language-of-gender

