

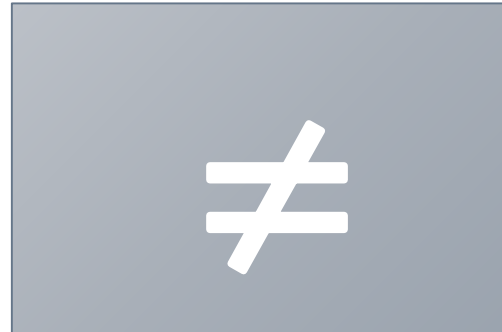
# Trans 101

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# The basics

Sex is biological (a combination of genitalia, chromosomes and hormonal make-up)

Sexual Orientation is who a person is attracted to romantically, emotionally and/or physically

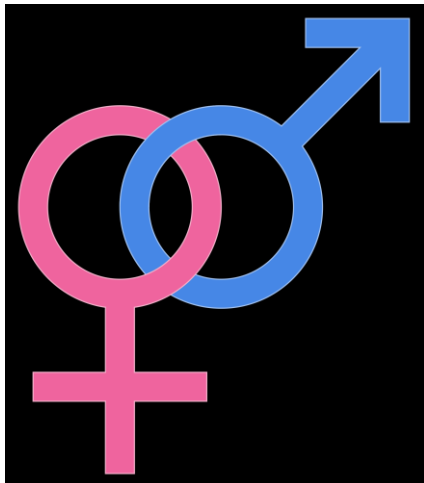


Gender Identity is a person's internal sense of self

Gender Expression is how a person's chooses to show their gender (hair, make-up, clothing)

# Because of the Binary

Gay vs. Straight



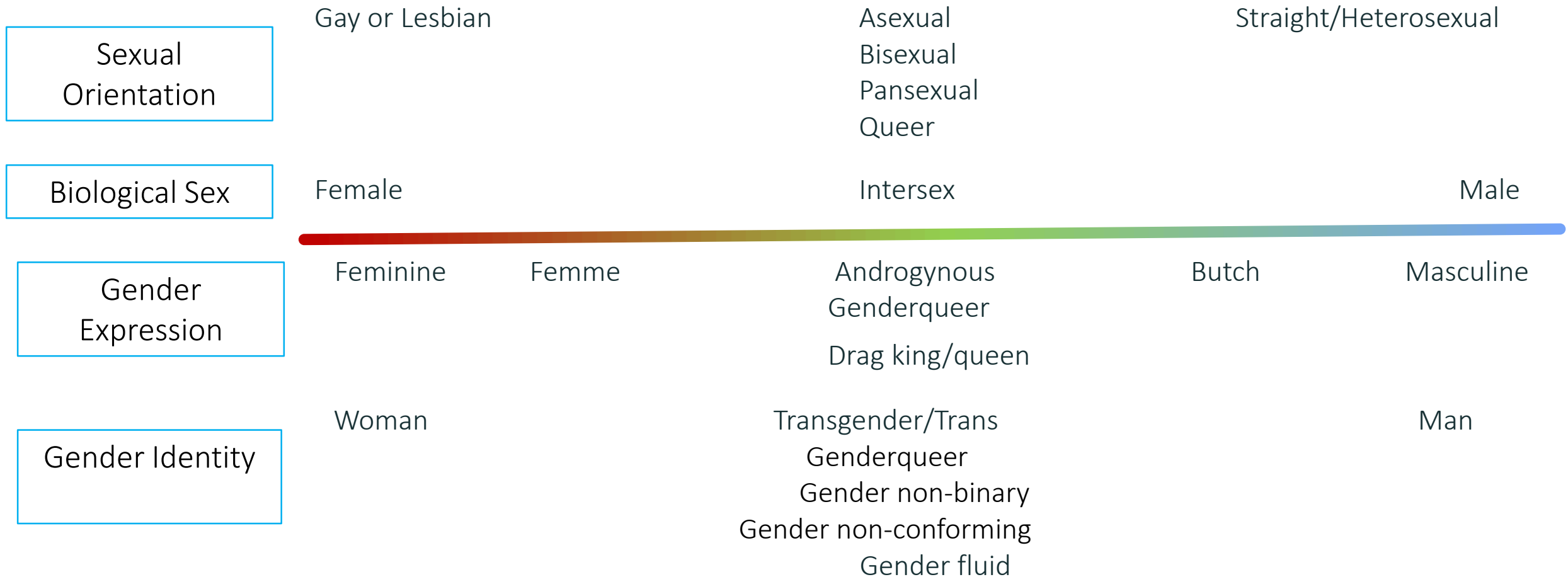
Black vs. White



Woman vs. Man



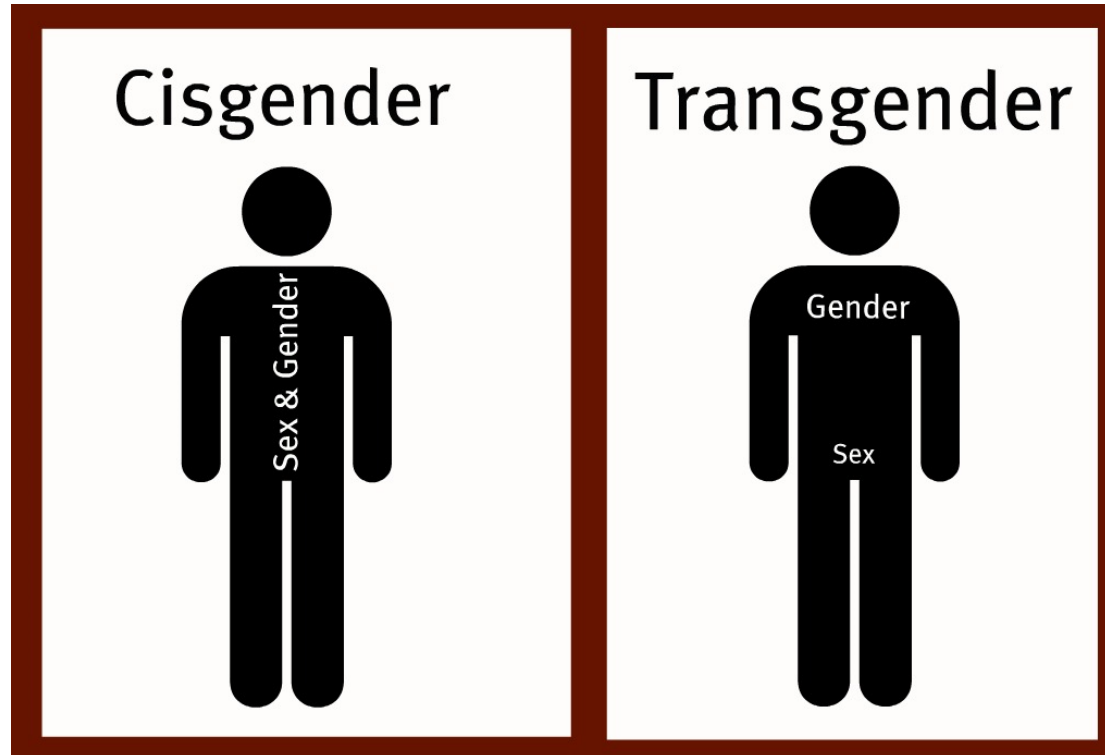
# All identities are on a spectrum



# Remember:

Transgender people identify as  
queer, straight, bi, gay, lesbian, asexual,  
pansexual, etc.,  
just as non-trans people do.

Refers to people who feel their assigned sex at birth and their gender are congruent.



Refers to people who feel their assigned sex at birth and their gender identity are not congruent.

In other words, if your birth certificate says you're male and you identify yourself as a man or if your birth certificate says you're female and you identify as a woman then you are cisgender

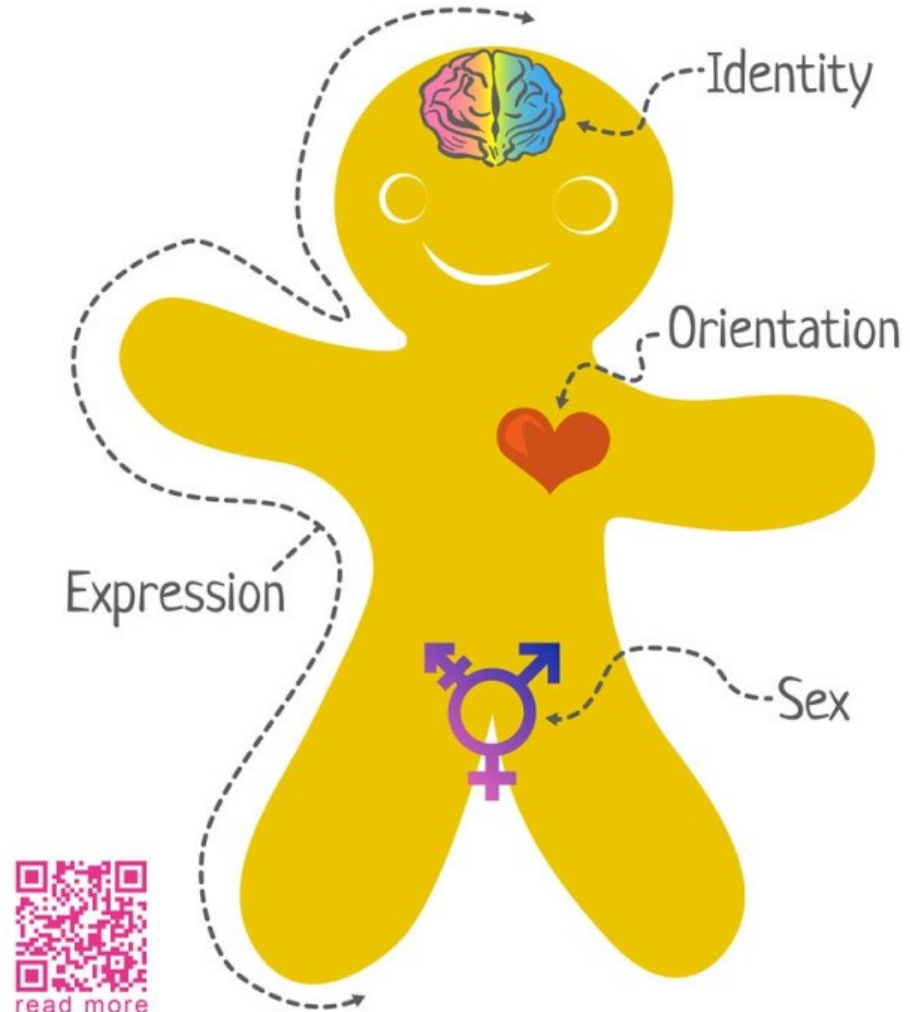
# Agender



- A person without gender.
- An agender individual's body does not necessarily correspond with their lack of gender identity.
- Often, agender individuals are not concerned with their physical sex, but some may seek to look androgynous.

# The Genderbread Person

by [www.ItsPronouncedMetrosexual.com](http://www.ItsPronouncedMetrosexual.com)



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



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



read more



# What is the population of transgender people?

We don't know for sure:

- No one is collecting this data

- US Census doesn't track it

- Many trans people are not public about their identities

National Center for Transgender Equality estimates between ¼ and 1% of the population is transsexual.

American Psychological Association estimates the prevalence of transsexualism are about 1 in 10,000 for biological males and 1 in 30,000 for biological females.

# How do children know?

What does society tell children about gender?

For girls?

For boys?

Are they...

Insistent?

Persistent?

Consistent?



# Privilege

A special advantage or right possessed by an individual or group

A right or advantage gained by birth, social position, or effort.

This means a person does **not do** anything to earn it. It is automatically given to them

It can be either legal or personal

Unless a person is actively cognizant of their privilege they do not notice it or appreciate it

# Cisgender Privilege

## Personal/Social

What do I wear today?

Which bathroom do I use?

What do I do if I can't find a gender neutral/single occupancy bathroom?

What do I do if my professor doesn't use my preferred name?

How do I respond to someone who misgenders me?

## Legal

Policies pertaining to transgender healthcare

State laws pertaining to nondiscrimination

State school laws pertaining to nondiscrimination

Other school policies pertaining to nondiscrimination

Laws and policies pertaining to identity documentation



# Some Definitions

Transition: A complicated, multi-step process that can take years as people who are transgender/transsexual align their anatomy/body with their sex identity; this process may ultimately include Sex Reassignment Surgery (SRS).

Female-to-Male (FtM): Female-to-Male – Now referred to as Assigned female at Birth (AFAB)

Male-to-Female (MtF): Male-to-Female – Now referred to as Assigned male at birth (AMAB)

# Transition Process

## Social Transition

Name Change

Pronoun Change

Documentation changes (drivers license, passport, birth records etc.)

## Physical Transition-Beginning

Haircut/hair growth

Binding/padding chest

Vocal training

Medical transition: Remember...not all Trans individuals desire to or have surgeries or choose to take medications such as hormones or hormone blockers.

# How to be an Ally to Trans Individuals

Validate people's gender expression by using their chosen pronouns

Use non-gendered language to avoid making gender assumptions. Refer to people by name, instead of calling them "Sir"/"Ma'am" or "Mr.,"/"Ms."

Do not expect people to conform to society's beliefs about "women" and "men."

Do not assume that someone who is transgender is lesbian, gay, or bisexual, or that a person will seek to transition to become heterosexual.

# More ways to be an ally

Never ask transgender people about how they have sex or what their genitals look like.

Do not share the gender identity of individuals without their permission.

When you learn about someone's transgender identity, do not assume that it is a fad or trend.

Trust that someone's decision to present themselves as differently gendered is not made lightly or without due consideration.



# More ways to be an ally

Educate yourself and others about the experiences of transgender people.

Introduce trainings (like this one), readings, and other resources to your peers to continue educational efforts.

Work to change policies in areas such as housing, employment, and health care that discriminate against transgender people and seek to include “gender identity/expression” in school, company, city, and state nondiscrimination policies.

# Yes or No?

## YES

What name do you go by?

Someone's medical history is none of your business. Just do not ask this.

What pronouns do you go by?

You have a great smile. You always look so happy!

Should I disclose your trans status? Or when is it ok or to whom can I share this with?

## NO

- So what is your “Real” Name
- Have you had “The surgery” yet?
- Well she looks like a girl so I'll just use she/her.
- You're so pretty for a trans woman! I would have never known!
- I should tell all of my friends that Ty is trans so they know before they meet her!

# Etiquette

Respectfully ask someone how they would like to be addressed if you are not sure.

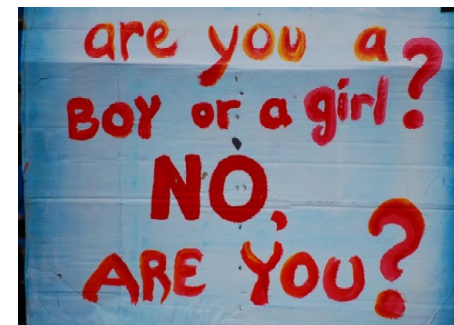
“Which pronoun do you use?”

“How would you like to be referred to, in terms of gender?”

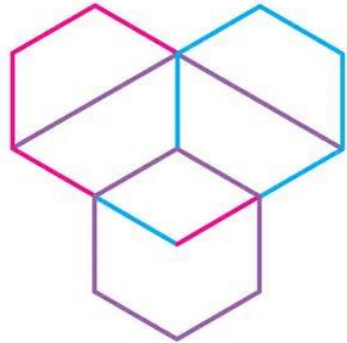
Always call a person by their chosen name and chosen pronoun.

If you do make a mistake, apologize briefly and move on.

Don't assume that because someone is transgender that they want to talk about it constantly. Some people just want to be the man or woman or neither and don't want anyone to know or would rather not talk about it with everyone.



# Symbols



# Resources (FIND MORE AT SITES.UDEL.EDU/LGBTQ-SUPPORT

## Local

Therapists who specialize in Trans issues:

[https://therapists.psychologytoday.com/rms/prof\\_results.php?state=DE&spec=187](https://therapists.psychologytoday.com/rms/prof_results.php?state=DE&spec=187)

Renaissance (Transgender Support) Meets the second Saturday of each month. 302-376-1990 -

<http://www.ren.org/rende.html>

Youth Support Hotline: For ages 13-18, Sponsored by AIDS Delaware. 800-810-6776 -

<http://www.youthresource.com/>

## Philadelphia

The Attic Youth Center - <https://www.atticyouthcenter.org/>

The Mazzoni Center - <https://mazzonicenter.org/>

The Penn Medicine Program for LGBT Health - <http://www.pennmedicine.org/lgbt/>

The William Way LGBT Community Center - <http://waygay40.org/>

## National

The National Center for Transgender Equality - <http://www.transequality.org/>

# Rebekah's contact information

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