

HAPPINESS AND GENDERS



Hello! My name is Dr. Sharon Fair. I am a “Dr” (doctor) because I have a Psychology Doctorate degree. I am also a physical therapist.

This is me and my two dogs: JoJo and Mica. JoJo is the white male dog and Mica is the dark female dog. Guess which one had puppies last year?

Silly question you might be thinking, but not in today’s topsy-turvy world!

I’d like to talk with you a little about how biology and the psychology of happiness are related. Sounds like science, doesn’t it? You’re right, it is science!

There are 6,500 species of **mammals** in the world –dogs, cats, lions, tigers, bears and people! And each of these 6,500 species of mammals has two sexes: a **male** and a **female**.

Do you some differences between male and female grizzly bears? The females tend to weigh between 250 to 350 pounds, while the males tend to weigh 400 to 600 pounds! The biggest difference between the two, however, is female bears can have cubs, but male bears cannot. And, also very importantly, the bodies of female bears make milk for their cubs to grow!



Next, let’s talk about the biology of a super important mammal: **humans**. Yes, people! It will be helpful for me to tell you about my daughter. This is a picture of her when she was 12 years old. She doesn’t look that happy, does she? Well, she was just going through an awkward phase.

My daughter felt a little awkward sometimes because she was a “**tomboy**.” The word tomboy is not used as much today as it was in the past, but it is a nickname for girls who have some masculine (male) “characteristics.”

For instance, my daughter hated to wear dresses and **ONLY** wanted to wear pants and boots or sneakers. And she never wanted to wear make-up! When some of the girls in her school started to carry a purse, she did not want one. Also, she liked to skateboard, and she never wanted to play with dolls – even when she was little! She even played football! My daughter didn’t even want to wear a girl’s bathing suit. She wanted to wear a boy’s bathing suit, so that’s what her dad and I bought her.

Was my daughter a boy? No, way! She was 100% girl! She was just a girl who happen to like a lot of “boy things.”



What is scary is if my daughter were a young girl today, she might have thought she was a boy because a lot of people today are talking about “**transgender**.” She might have thought she should “transition” and change her pronouns from “she” and “her” to “he” and “him.” Or, she might have thought she was “**non-binary**,” which is the word someone made-up to mean neither a boy nor a girl. Ridiculous, right?



A physician (a medical doctor) might have asked my daughter if she wanted to take the drug testosterone so her body would become more like a boy – for example, make her voice lower to sound more like a boy’s voice rather than a girl’s voice. She would probably have been offered a “binder” to flatten her breasts.

Boys’ bodies make testosterone naturally and it helps them mature into men, but if a girl takes testosterone, it will harm her body. For example, it will cause her bones to become very brittle. This is called osteoporosis and it usually doesn’t happen until a woman is very, very old – and not every woman gets it, anyway! Testosterone harms girls’ bodies in other ways. For example, it usually causes them to start to go bald, like some men do when they get older.

This is a picture of a girl who took testosterone for five years. She now realizes she is not transgender and was never a boy, but was just confused. But now, because she took testosterone, her hair will always be like a balding older man! She shares this picture of herself to warn other girls not to make the same mistake she did. She hopes other girls will get help to feel better about their female bodies, instead of trying to change them!

This is a picture of my daughter when she was ~25. She’s kind of a “grown up tomboy” and is very happy! Both my daughter and I are super happy that other people weren’t saying all of these things about transgender when she was young because she might have thought she was “transgender” or “non-binary”!

Because people talk so much about the transgender today, **tomboys** might think they are transgender just because other people ask them if they are transgender! Other girls that might think they are transgender are girls who are “**late bloomers**” (that is, don’t need a bra as soon as other girls do); have **autism, depression, and/or anxiety**; or have been **pressured by boys** to do things they don’t want to do.

If you feel uncomfortable about who you are as a boy or a girl, it is important to talk about it with your parents. If they are “pro-transgender,” then your grandparents. When you were first born, the obstetrician (doctor to help women birth babies), the nurses and the pediatrician (doctor to help newborns) saw with their own eyes if you were a boy or a girl! They did not “assign” your sex, they **SAW** your sex.



Love yourself and your body exactly how you are!
You might not feel like it right now, but you are perfect!