

Trans + Nonbinary Care

IN REPRO

Trans + Nonbinary People and Abortion: Research & Resources

Evidence suggests that transgender and nonbinary people face significant barriers in accessing sexual and reproductive health care - just as they face barriers in accessing general health care - due to bias, stigma, and lack of training of providers and health systems.

High rates of discrimination, denials of care, and limited provider knowledge often lead to additional layers of trauma, delays in care, stressors around navigating identification mismatches, undue burdens navigating insurance coverage, and receiving inaccurate health information. Given this, the challenges and delays people seeking abortion face in many states are amplified for trans and nonbinary people seeking abortion.

Building abortion care on a foundation of understanding and working to dismantle the ways that trans and nonbinary people may not be expected, included, or cared for in the ways they deserve, is a critical step in improving access and patient experience.

Where can we find research?

Ibis Reproductive Health's [Understanding the contraception and abortion needs and experiences of transgender and gender-expansive people in the United States](#) Project: "In collaboration with a team of diverse, multi-disciplinary partners, Ibis is leading a multi-phase project to fill this gap in understanding and offer recommendations for creating higher-quality, gender-affirming sexual and reproductive health care for transgender and gender expansive individuals in the United States."

[Abortion experiences and preferences of transgender, nonbinary, and gender-expansive people in the United States](#) Moseson, Heidi et al. American Journal of Obstetrics & Gynecology, Volume 224, Issue 4, DOI 376.e1 - 376.e11

Background: Transgender, nonbinary, and gender-expansive (TGE) people who were assigned female or intersex at birth experience pregnancy and have abortions. No data have been published on individual abortion experiences or preferences of this understudied population.

Objective(s): To fill existing evidence gaps on the abortion experiences and preferences of TGE people in the United States to inform policies and practices to improve access to and quality of abortion care for this population.

Conclusion(s): These data contribute significantly to the evidence based on individual experiences of and preferences for abortion care for TGE people. Findings can be used to adapt abortion care to better include and affirm the experiences of this underserved population.

[Pregnancy intentions and outcomes among transgender, nonbinary, and gender-expansive people assigned female or intersex at birth in the United States: Results from a national, quantitative survey](#) Moseson, Heidi et al. *International Journal of Transgender Health*. 22:1-2, 30-41, November 2020. doi: [10.1080/26895269.2020.1841058](https://doi.org/10.1080/26895269.2020.1841058)

Background: Transgender, nonbinary, and gender-expansive (TGE) people experience pregnancy. Quantitative data about pregnancy intentions and outcomes of TGE people are needed to identify patterns in pregnancy intentions and outcomes and to inform clinicians how best to provide gender-affirming and competent pregnancy care.

Discussion: TGE people in the United States plan for pregnancy, experience pregnancy (intended and unintended) and all pregnancy outcomes, and are engaged in family building. Sexual and reproductive health clinicians and counselors should avoid assumptions about pregnancy capacity or intentions based on a patient's presumed or stated gender or engagement with gender-affirming hormone therapy.

[Abortion attempts without clinical supervision among transgender, nonbinary and gender-expansive people in the United States](#) Moseson H, Fix L, Gerdtz C, et al. *BMJ Sex Reprod Health*. doi:10.1136/bmjsex-2020-200966

Background: Transgender, nonbinary and gender expansive (TGE) people face barriers to abortion care and may consider abortion without clinical supervision.

Discussion: Data from our study provide new and critical insights about non-clinical abortion experiences among TGE people including the nuanced and often fraught contexts in which abortion attempts take place. The reported experiences highlight systemic discrimination and barriers to abortion care for TGE individuals that clinicians, researchers, policymakers and advocates must urgently work to address. Building on the findings of this study, additional research is needed to understand how to facilitate information access so that any person who chooses to self-manage an abortion has the information to do so safely and effectively.

[Transgender abortion patients and the provision of transgender-specific care at non-hospital facilities that provide abortions](#) Jones R, Witwer E, Jerman J. *Contraception: X, Elsevier*, July 2020. doi: 10.1016/j.conx.2020.100019

Objective: To estimate the number of transgender and gender non-binary (TGNB) individuals who obtained abortions in the United States and the extent to which abortion facilities offer transgender-specific health services.

Conclusion: Several hundred abortions were provided to TGNB individuals in 2017, primarily at facilities that did not provide transgender-specific health services.

Implications: Findings from this study support efforts to implement and expand gender-inclusive and affirming care at health care facilities that provide abortion.

[The Imperative for Transgender and Gender Nonbinary Inclusion](#) Moseson, Heidi et al. *Obstet Gynecol*. May 2020; 135(5):1059-1068. doi: 10.1097/AOG.0000000000003816. PMID: 32282602; PMCID: PMC7170432.

Abstract: We aim to make evident that solely referencing cisgender women in the context of sexual and reproductive health—particularly pregnancy planning and care—excludes a diverse group of transgender and gender nonbinary people who have sexual and reproductive health needs and experiences that can be similar to but also unique from those of cisgender women. We call on clinicians and researchers to ensure that all points of sexual and reproductive health access, research, sources of information, and care delivery comprehensively include and are accessible to people of all genders. We describe barriers to sexual and reproductive health care and research participation unique to people of marginalized gender identities, provide examples of harm resulting from these barriers, and offer concrete suggestions for creating inclusive, accurate, and respectful care and research environments—which will lead to higher quality health care and science for people of all genders.

Conclusion: Clinical care and research are closely linked; questions that arise in clinical care motivate much research, and research subsequently informs changes and innovations in clinical care. If people are left out of either space, they are left out of both. In this commentary, we have endeavored to highlight key barriers to inclusion of transgender and gender nonbinary people in sexual and reproductive health care and research and to provide suggestions for addressing these barriers. We have by no means covered all barriers and, indeed, know that more is needed to understand barriers faced by more vulnerable and differently resourced communities within the larger transgender and gender nonbinary umbrella, including barriers specific to youth and adolescents, such as parental involvement and consent, coming out or disclosure to parents, and more, as well as barriers unique to transgender and gender nonbinary people of color, people with disabilities, and people who do not speak English.

What organizations offer trans specific abortion resources?

Shout Your Abortion

Normalizing abortion and elevating safe paths to access, regardless of legality. SYA makes resources, campaigns, and media intended to arm existing activists, create new ones, and foster collective participation in abortion access all over the country. There are multiple posts by trans and nonbinary people who have had abortion experiences, click and look around. One specific example: [Being Trans & Needing an Abortion, by Masen](#)

Abortion Rights Coalition of Canada (ARCC): Position Paper #101 Transgender Inclusivity

Since some trans men and nonbinary people are able to become pregnant, and all trans people deserve access to sexual and reproductive health services, ARCC fully supports their right to abortion care and healthcare delivered in an inclusive manner that respects their identities, and to their specific inclusion when discussing or advocating for reproductive justice.

Trans-Inclusive Abortion Services: A manual for providers on operationalizing trans-inclusive policies and practices in an abortion setting

This manual was produced for Options for Sexual Health in British Columbia, Canada, as part of their commitment to expanding discussions of sexual and reproductive health to include trans people and their families. It was created for professionals working in the fields of sexual and reproductive health, especially those working in abortion service provision.

Trans Inclusive Abortion: A Knowledge Translation Case Study

From the Canadian Association for Global Health, a case study that framing services as “women-only” spaces may not recognize that people in need of such services may not identify as women and thus reproduce patterns of exclusion that affect access to safe abortions. These patterns of exclusion affect a wide range of people with the capacity of becoming pregnant, including those who are not cisgender women.

Transgender Law Center’s A Language Guide for Journalists and Communities: Abortion and Reproductive Care

“We want a world where all of us have autonomy over our bodies. Whether it’s abortion access or gender-affirming care, our bodies are our own. But that’s something the far-right has attempted to take from us again and again. Over the past several decades, they’ve significantly escalated their attacks on reproductive justice—while attempting to limit the rights of trans people in healthcare, schools, and athletics more broadly. Exerting control over marginalized people and our bodies upholds a patriarchal, ableist, white supremacist society. Whether we’re Black, brown, or white, we have to show up for one another, as we’ve always done. Our families, no matter where we come from, deserve to live authentically, free from harm.”

TransLash's Trans-Affirming Guide to Roe v. Wade

TransLash Media's three-part video series *Trans Bodies, Trans Choices*, features transgender people speaking out about their abortion experiences. The videos not only highlight a variety of experiences trans people have, but the challenges they may face navigating a system set up largely for cisgender women.

- Watch [Trans Bodies, Trans Choices](#) and access the transcript.
- Watch [I Didn't Think I'd Make It](#) and access the transcript.
- Watch [My Abortion Saved My Life](#) and access the transcript.
- Listen to [TransLash Podcast Episode 38, 'Trans Bodies, Trans Choices'](#), and access the transcript.

Why We Use Inclusive Language to Talk About Abortion: Women aren't the only people impacted by the fall of Roe v. Wade, ACLU Blog, June 29, 2022

GLAAD Media Guide: Abortion As An LGBTQ Issue, July 6, 2022

Abortion is an LGBTQ issue. Many lesbians, bisexual and queer women, nonbinary and intersex people, and transgender men can and do get pregnant—and can and do seek abortion services. The Supreme Court overturned *Roe v. Wade* on June 24 in its ruling in *Dobbs v. Jackson*, igniting a series of state bans on abortion around the country, a wave of activism, and a heightened area of media coverage. Inclusive language is a necessary part of thorough and accurate coverage of abortion, whether specifically covered as an LGBTQ issue or not.

Queering Reproductive Justice at the National LGBTQ Task Force

The National LGBTQ Task Force recognizes that everyone has a fundamental right to sexual and bodily autonomy, which includes the right to decide whether or when to become a parent, parent the children we have, and to do so with dignity and free from violence and discrimination. We support the reproductive health, rights, and justice (“repro*”) movements because LGBTQ people need access to reproductive healthcare and services, but we continue to face pervasive discrimination designed to block recognition of our identities and relationships and to hinder our ability to access the healthcare we need, including gender-affirming care and sexual and reproductive healthcare.

An Inclusive Approach to LGBTQ+ Abortion Rights, April 25, 2022, Harvard Advanced Leadership Initiative Social Impact Review

Abuse, Discrimination, Exclusion: Transgender Men Explain Domino Effect of Losing Reproductive Care Post-Roe, July 5, 2022, 19th News



This collection of links and resources was updated in July 2023 and is free and available to all from [MaureenKellyConsulting.com](https://maureenkellyconsulting.com).