



3 Visions Farm

Cocoagranola LLC

Transgender Visibility

Issue 7 - April 3, 2021

With transgender visibility day having been the 31st, we'd like to dedicate our newsletter to informing about why it's important to us. 3 Visions Farm will always embrace diversity as it is created from diverse people themselves. We've watched the news, we've heard from friends and we have people around us, in our cities and neighborhoods, directly impacted by the senseless violence that has erupted. Transgender women of color in particular have been targeted the worst, many of which we saw in 2020. As many as 44 trans lives were taken in the US and we don't even know what the true count is due to improper reporting. A global study found as many as 350 trans lives last year were lost due to hate crimes, 79% of which were people of color. This is why it's so important to inform. The resistance of such knowledge only brings an unhealthy defensiveness, one which could result in backlash that leads to loss of a life.



What is the term Transgender?

When we're talking about "transgender", what does it mean? Gender is what you identify with whether it's male, female, both, neither or something different. Sex is the biological parts you were born with and is assigned using the "X" and "Y" chromosomes before birth. There are cultures that have existed for thousands of years that already had trans

individuals and/or nonconforming but they were known by different names. In

Tonga, a Polynesian island south of the American Samoas, they have "fakaleitis", loosely translated into "like a lady" taken by men who identify as a woman or adopt characteristics seen as feminine. Then there's "two spirit", a recently adopted exclusively Indigenous term that not only embodies the male and female spirit and queerness but so much more. The person is able to take part fluidly in society and in spirituality in a way that isn't restrained by binary gender roles. It's a complicated term that's very hard to describe in western culture. In northern Nigeria, there's the "yan daudu", or the "sons of Daudu", who are men that dress up as women and are famed for their playfulness, artistry and sexual ambiguity. (Remember in this case that this refers to androgyny and not the physical act of sex.) Those are just a few examples of trans presence in global culture with likely many more we haven't discovered yet.



But How and Why?

The question most often asked is what causes a person to be trans? This is a matter still hotly debated between scientists but they recognize that the relationship between a person's sex and gender is extremely complicated. Being trans is not a mental illness; it's a complex part of human biology that weaves into human personification and culture in different ways. For one thing, people are born with differing hormone productions which has implications in the child/babies development. This could be a subtle change or a major one as hormones literally shape how a person thinks, feels and experiences the world around them and themselves. Hormones such as estrogen and testosterone play a crucial role in not only how the sex organs develop but they have the power to change a person's brain and body. For example; whenever hormones are thrown off, the imbalance causes mood swings and psychological disorders, evidence of which is seen when women have a low estrogen count. Sometimes women can develop manic depression, anxiety disorders, debilitating menstrual

pain or migraines as a result. Similar things can happen to men when there's not enough testosterone, causing depression, decreased muscle mass and even cognitive decline. Estrogen and testosterone both also affect how the body will be shaped and where the fat and development of muscles will be distributed. Paring this with how "X" and "Y" chromosomes in a persons DNA can further affect a persons sex, and even cells of your body, means the biological possibilities are even greater. This is still something largely misunderstood because we haven't had enough research done on sex and gender due to backlash against research of the topic when it applies outside of the binary roles.

We need to Learn

This is all a constant learning process. We, as humans, must always be curious. We must be open. We must strive to learn about ourselves as a species; not just the culture that we live in but others. When we look outside to the vastness of the ecosystem, we can clearly see the staggering variance between living organisms and that they too don't all exist in a binary way. Nature does not exist purely in absolutes. It can't. It's always changing and always shifting. To call a trans person "unnatural" or worse is not nor will ever be true. They are a result of nature just like everyone else and they need our assistance to live as they are. If you've never gone through the terrifying things that they have, please try to imagine what it would be like in their shoes.

What would you do if you looked in the mirror and you didn't see you? How would you prepare to go outside? How would it feel? How might you react when a person confronts you about it? What if they tried to hurt you even though you were just being you? Wouldn't you feel like you were going mad too? Wouldn't you feel trapped?

Links to resources will be below and thank you for reading. If I've misspoken in any way, I truly apologize as I too am constantly learning. I'm here to listen.

-3 Visions Farm
Celena Meland

Sex Redefined:
[Click Here](#)

Chromosomes:
[Click Here](#)

Two Spirit:

[Click Here](#)

[Or here for more \(and podcasts\)](#)

[Planned Parenthood: Gender Resources](#)

[Click Here](#)

[Trevor Support Center:](#)

[Click Here](#)



©2021 3 Visions Farm | n/a

[Web Version](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®