

TRANS* IN COLLEGE

A handbook
for transgender
students
in Singapore's
universities



DIRECTOR'S NOTE

This booklet was produced by Inter-University LGBT Network's (IULN) Research and Advocacy arm, which constantly works to develop resources relevant to LGBTQ+ undergraduates in Singapore. It was written in close consultation with transgender students from universities across the country, whom we would like to thank for their time and candour.

This also would not have been possible without the staff of the National University of Singapore (University Health Centre, Office of Student Affairs, Office of Housing Services), who gladly set up a meeting with our researchers.

To the team who has worked tirelessly to put this together: Chloe, Jordan, Laura, Liying and Tiffany. Your hard work and commitment has been invaluable.

The information in this booklet has been verified to the best of our ability, and is accurate at the time of printing. That said, our goal is to keep the information in this resource fresh and updated. Please do not hesitate to get in touch with us at interunilgbt@gmail.com if you know something we don't!

Rachel Yeo
Executive Director 2018-2019
Inter-University LGBT Network

Contents

01	Introduction	1
02	Definitions and Terminology	3
03	All About Gender Pronouns!	5
04	General Campus Climate	7
05	Dealing with Discrimination	11
06	Transitioning in University	17
07	Name and Pronoun Change	22
08	Dormitories, Washrooms, Toilets	24
09	Professional Counselling Services	27
10	Trans-specific Support Groups	30

01 INTRODUCTION

This guide aims to provide trans* students with information that will help them navigate the social, emotional, administrative and medical terrains of university with greater ease.

It is separated into sections — each section addressing a different issue and answering different questions (look to the Content Page for more information). The handbook will provide information such as the contact details of relevant support networks, medical and social transitioning tips and living situations in halls/hostels. It will also suggest possible courses of action when discrimination is experienced in university.

** Note: Only students from National University of Singapore (NUS), Yale-NUS and Nanyang Technological University (NTU) signed up for our research. Therefore, we only had the opportunity to speak to individuals from these schools. Some information may thus be missing or lacking for other universities in Singapore.*

How Did This Guide Come About?

Our team began conceptualising this handbook in late 2017. Before we started to write parts of this guide we decided it was best for us to first consult trans* students currently enrolled in local universities to gain a better understanding of the complex challenges faced by trans* students. We spoke to a total of 9 students, then transcribed and analysed these interviews. The themes touched on in this handbook are the common themes that emerged from our interviews.

Who Is This Guide For?

Even though information in this guide is trans-centred and is focused on providing accurate and important information to trans* students in universities, it may also be used by anyone who needs it, whether or not they identify as trans*. This guide allows university alumni, staff, faculty, administration or anyone else to learn how they can better support trans* individuals.

Why Is There A Need For This Guide?

Although there are some resources available for trans* students, they are often disparate and not university-specific. There is currently no trans* focused handbook for incoming and current university students in Singapore. We thus sought to produce an easily accessible, comprehensive and practical guide.

Entering university is both exciting and scary. It was evident from the interviews that this can be even more challenging for a trans* student who has to manage gender dysphoria, social and/or medical transitioning and a new campus environment all at the same time. We may not be able to answer all queries and questions, but we hope that this handbook can help in some way, however small.

Most importantly, we want you to know that you are not alone. You are important, you are valid, your identity/identities is/are valid and you are very loved by all of us here at Inter-University LGBT Network!

Drop us a note anytime at interunilgbt@gmail.com, and we will do what we can to assist you.

02 DEFINITIONS AND TERMINOLOGY

Heard or read these terms before but don't know what they mean? We are here to help! We understand that some terminology used in this guide (and terminology related to transgender, gender non-conforming or genderqueer identities) can be new or hard to grasp. So let's begin with explaining them!

These definitions are adapted from sources such as the APA (American Psychological Association). Note that terms are defined differently by various sources. These should be read as guides and not as fixed or unchangeable terminology!

Cisgender: Refers to individuals who have a match between the sex they were assigned at birth, their bodies and their gender identity.

Gender: Gender refers to the attitudes, feelings, and behaviours that a given culture associates with a person's biological sex. Behaviour that is compatible with cultural expectations is referred to as gender-normative; behaviours that are viewed as incompatible with these expectations constitute gender non-conformity. (APA)

Gender Binary: A model which refers to the norms derived from the idea of a dichotomy of two mutually exclusive and biologically defined sexes to whom different roles and behaviour are traditionally ascribed.

Genderqueer: Refers to a person whose gender identity falls outside of the gender binary (i.e. identifies with neither or both genders). This term can be used as a specific identity, or an umbrella term. Individuals may also refer to themselves as "gender fluid" or "non-binary" (more on "non-binary" in the next page).

Gender Dysphoria: Refers to the discomfort and distress that is associated with a discrepancy between a person's gender identity and that person's sex assigned at birth.

Gender Identity: A person's inherent, and/or deeply-felt sense of being a boy, man, or male; a girl, woman, or female; or an alternative gender (eg. Genderqueer, boygirl, non-binary) which may or may not correspond to a person's sex assigned at birth or to a person's primary or secondary sex characteristics. Since gender identity is internal, a person's gender identity is not necessarily visible to others.

Gender-Neutral: Refers to something that does not possess or have any specific genders. For instance, gender neutral toilets or bathrooms do not include any "male" or "female" figures as their signage. A common term you may hear in Singapore in association with gender-neutral is "unisex".

Gender Non-Conforming: An adjective and umbrella term to describe individuals whose gender expression, gender identity, or gender role differs from gender norms associated with their assigned birth sex. (APA)

Sex Reassignment: Process that includes transitioning and/or medical supervision to reassign a person's gender by changing their physical sexual characteristics. This may involve some or all of the processes: hormone therapy, chest/genital surgery, hair removal etc.

Non-Binary/ Nonbinary: This term might mean different things to different individuals because each person has their own explanation of how they view their gender identity. Generally speaking though, nonbinary is a term used to describe genders or gender identities that do not fall in the strict gender binary of "male" and "female".

Passing: Refers to a transgender person's ability to be correctly perceived as the gender they identify and to not be perceived as transgender.

Transgender: An umbrella term for people whose gender identity and/or expression differs from that of their sex assigned at birth. Transgender individuals may feel as if they are in the wrong gender, but it is important to note that this perception may not correlate with a desire for surgical or hormonal reassignment.

Trans*: Trans* (Pronounced as 'Trans star' or 'Trans asterisk') is a term used to capture all identities that fall outside traditional gender identities. Some individuals may prefer to identify as or use the term 'Trans*' instead of 'Transgender' because the removal of -gender helps transcend the strict traditional notions of gender binary and provide more space for those who are in the middle, who move back and forth or those who do not identify with the binary at all.

Transitioning: The term used to describe an individual taking up a gender role and/or presentation that is different from the one they were assigned at birth. This may or may not involve medical intervention. Transition may include some (or all) of the following: social, medical, legal, voice therapy, clothing style, coming out etc.

Transphobia: The irrational fear of and/or hostility towards people who are or perceived to be transgender. This can take the form of harassment (verbal, physical, emotional or otherwise), contributing to misconceptions/myths that disadvantage transgender and/or trans* individuals.

03 ALL ABOUT GENDER PRONOUNS!

Some individuals feel like common gender pronouns (she/her, he/him) or the pronoun they are socially ascribed do not represent their gender identities and expressions. These common gender pronouns are typically assigned based on binary conceptions of sex (male/female) and gender (man/woman).

** This has been adapted from LGBT Campus Centre's Pronouns Guide at the University of Wisconsin-Madison*

Gender Neutral Pronouns

ae
aer
aer
aers
aerself

e/ey
em
eir
eirs
eirself

ze/zie
hir
hir
hirs
hirsself

xe
xem
xyr
xyrs
xemself

they
them
their
theirs
themself

per
per
pers
pers
perself

ve
ver
vis
vis
verself

Why is it important to get pronouns right?

Using the correct pronoun is one key way to show that you respect a person's identity. For some trans people, being referred to by the wrong pronoun can be invalidating, hurtful, and humiliating. Furthermore, using the wrong pronoun for someone can be dangerous if it results in outing them to others who don't know their gender status.

Learning how to use new types of pronouns or learning to use a different set of pronouns for someone you already know can take some getting used to, but it is important that you make the effort.

Image adapted from KW Counselling Services

How do I know which pronouns to use?

You should not assume a person's pronouns. You cannot and will not know which pronouns someone uses or what gender they identify as just by their physical appearance and by simply looking at them. If you are unsure about what pronouns someone uses, you can:

Ask respectfully.

"May I know what pronouns you use?"

"What are your preferred pronouns?"

Use their name.

You can also just refer to the individual by their name:

"I've invited Alex to join us for dinner. Alex is the new colleague that has just joined our team."

Is it possible that people identify with more than one type of pronoun?

Yes, of course! You may hear someone say, "My pronouns are he/him/his or they/them/theirs". Also, in some instances, individuals may use different pronouns in different spaces and circumstances. This may be because of safety, comfort and/or the way they identify themselves. If this is the case, just ask them where and when you should use which set of pronouns just to be respectful always.

How should I correct myself and others when we use the wrong pronouns?

Make sure to apologise and correct yourself if you mis-pronoun someone. This can be a simple, "Sorry, I meant she," and then moving on with the conversation. If you notice a peer mis-pronoun someone, you can offer a brief correction: "Remember, Sam goes by 'he' and 'him.'" If you realize after the fact, apologize to the person in private and let them know you'll make every effort to get their pronouns right in the future.

It is important that the conversation does not become centered on your feelings after making a mistake (such as difficulty or confusion you feel). Instead, it should be about validating the gender identity of the person you are apologising to. A simple and genuine apology will suffice.

04 GENERAL CAMPUS CLIMATE


WHAT IS IT REALLY LIKE FOR TRANS PEOPLE IN SINGAPORE'S UNIVERSITIES?

How accepted or isolated you feel really varies from school to school, and even faculty to faculty! One thing is for certain: based on our conversations with trans* students, you will encounter a mixed bag of perceptions and corresponding behaviours.

There is a high chance that the people you encounter outside of LGBTQ+ support groups are uninformed with regards to gender and sexuality. While conversations with peers often expose transphobic and homophobic sentiments, remember that these often stem from ignorance. For instance, you will be hard-pressed to find students who understand what “non-binary” is... or of the various components of transitioning! Ignorance can but does not always lead to bad experiences. You could try to educate those who you think are genuinely interested to be better allies.

We know... it's exhausting to always be seen as representative of an entire community. And yes, the burden isn't on you to give people information that's already readily available on the internet! But taking the opportunity to educate others when you can means one less ignorant person in the room!

You probably already know this but there will be people who pass judgemental remarks and ask invasive questions. These are situations many of our interviewees found themselves in while in university. For example, when our respondent Mel introduced



herself to a fellow student, his disbelief led to denial and then to his asking intrusive questions about genitalia. Mel also had an encounter with a university staff member who tried to make her sign a form stating she would never use any women's bathroom on the premises.

Difficult and trying though these situations were, Mel refused to entertain the denial rooted in ignorance and judgement. In the first instance, she walked away from the insensitive student and in the second, she refused to follow instruction. It is important to determine where to draw the line between educating the ignorant and giving in to those who infringe on your rights.

Ultimately, it is a mixed bag, and every university journey has its ups and downs. Remember that there will good starting points such as student-led LGBTQ+ groups, and by being yourself in the wider university environment can draw the right (and sometimes unexpected) people to you.

** If you would like to read more about LGBT-inclusivity in Singapore's universities, you can look up a piece titled, "How LGBT-Inclusive Are Singapore Universities?", written by IULN's founding executive director Daryl Yang.*

04 GENERAL CAMPUS CLIMATE

Campus-Based LGBTQ+ Support Groups

In the past few years, many student-led groups have emerged as safe spaces for LGBTQ+ folk to find support and make friends. Reach out to them and better yet, volunteer your help as a committee member or an ad-hoc volunteer. Help sustain these groups for future generations!

If you are in distress and feel depressed and/or suicidal, please seek immediately available help. Consult professional counselling services available in your university and Singapore listed in Section 9.

SINGAPORE MANAGEMENT UNIVERSITY

Out To Care

f: @OutToCare

W: www.OutToCare.wix.com/OutToCare

E: OutToCare@gmail.com

Note: Open to all SMU students

SINGAPORE UNIVERSITY OF SOCIAL SCIENCES/ INSTITUTE OF MANAGEMENT

Sim-Suss Gay Straight Alliance *NEW*

f: @Gay-Straight Alliances

E: None at the moment. Join the group to get in touch.

Note: This is a small, newly-established online community that will welcome any help to get it going!

NANYANG TECHNOLOGICAL UNIVERSITY

Kaleidoscope

f: @NTUkaleidoscope

E: ntukaleidoscope@gmail.com

Note: Open to all NTU students

NATIONAL UNIVERSITY OF SINGAPORE

Gender Collective by students of University Scholars Program (USP)

f: @gendercollective

E: gendercollective@gmail.com

Note: The group is open to all NUS students, including those not from USP.

Tfreedom by students of Tembusu College

f: @tembusufreedom/

E: TembusuFreedom@gmail.com

Note: Exclusive to Tembusu residents but occasionally holds events open to all NUS students.

The G-Spot by Yale-NUS college

f: @GSpotSG

W: www.the-gspot.org/

E: reach@the-gspot.org

Note: Open to all NUS students

enCAPSulate *NEW* by students of College of Alice and Peter Tan

W: None at the moment

E: encapsulate@gmail.com

queerNUS *NEW*

W: None at the moment

E: encapsulate@gmail.com

Note: Open to all NUS students

SINGAPORE INSTITUTE OF TECHNOLOGY

Q-Space *NEW*

f: None at the moment

E: Please contact them via Instagram

Note: Follow them on Instagram at @_q.space

05 DEALING WITH DISCRIMINATION

Know your rights, and do not be afraid to report inappropriate behaviour. If you are an ally and witness any form of physical, verbal or cyber-bullying towards a trans individual, here's how you can help:

- Approach the victim and ask if they are doing okay. It is a good way to express your support and to let them know they're not alone.
- Ask if they would like support in the report-filing process.
- If they do not wish to report the incident, do not pressure them into doing so. They may not want to be outed to faculty members or the school administration.

SINGAPORE MANAGEMENT UNIVERSITY

University Code Of Conduct

See: SMU's Code of Conduct

"To respect the right of fellow students to participate in university organizations and in relationships with other students without fear or threat."

"To refrain from hate speech, epithets, and racial, ethnic, sexual and religious slurs. Student speech may be subject to discipline when it violates applicable laws or University regulations or policies."

"To respect the health and safety of others. This precludes acts of threats of physical violence against another person (including sexual violence) and disorderly conduct."

Report Violations Under

See: SMU's guideline for non-academic sanctions (recommended by the Student Council of Discipline)

Disrespectful Behaviour
to faculty/students

Hate Speech which includes
sexual slurs

Report Violations To

See: SMU's Disciplinary Procedure and SMU's Student Handbook

1. Student Council of Discipline:
scd@smu.edu.sg

2. University Council of Student Conduct (UCSC):

Any member of the university committee (trustees, faculty, staff or registered students) may bring a complaint about student conduct or academic integrity.

UCSC gives written notice of the complaint and its allegations to the students alleged to have violated University rules.

If the UCSC determines the complaint to have been maliciously made, the complainant shall be dealt with in accordance with the University's policies.

05 DEALING WITH DISCRIMINATION

SINGAPORE UNIVERSITY OF SOCIAL SCIENCES (PREVIOUSLY UNISIM)

University Honour Code

See: SUSS's Honour Code

"Not to conduct myself in a manner which may be regarded by SUSS as being in violation or breach of the Honour Code, or as misbehaviour or conduct unbefitting of a student member of SUSS. Misbehaviour includes acts ... compromising the rights of others ... to physical violence and assault, verbal or mental abuse, harassment ... against any SUSS student, staff and faculty;"

Report Violations To

Student handbooks are available in the SUSS student portal.

Alternatively, you can seek the advice of a counsellor at counsellingservices@suss.edu.sg or book an appointment through your student portal.

NANYANG TECHNOLOGICAL UNIVERSITY

University Code Of Conduct

See: NTU's University Code of Conduct

"Community members should treat each other, as well as persons outside the Community, fairly and with trust and respect ... In connection to this, no one shall discriminate against any individual on the grounds of race, ethnicity, religion, gender, age, disability, sexual orientation, national origin or any other personal characteristics in accordance with the Singapore law."

Student Code Of Conduct

See: NTU's Student Code of Conduct

"... the University is committed to providing an environment of equal opportunity, free of harassment and disruptive behaviour;

Students must treat fellow students and other community members with respect, courtesy and collegiality;

The University welcomes diversity ... Students are expected to show respect and be sensitive towards the beliefs, customs and cultures of others...."

Report Violations Under

See: NTU's Student Code of Conduct and NTU's Procedures Governing Breaches of Conduct

Discrimination: "Discrimination against a person or group on the basis of national origin, culture, ethnicity, religion, gender, age, disability, sexual orientation or any other trait is strictly prohibited."

Harassment and bullying: "All forms of harassment, including sexual harassment, and bullying are expressly forbidden in NTU, including by physical, verbal or electronic means."

Attempt to commit misconduct: "A student who attempts to commit misconduct (for example, by may be found guilty of misconduct. For the list what constitutes misconduct, please visit NTU's Student Code of Conduct for more details."

As well as: "Any other act or omission which shall be considered by Director of Students at his absolute discretion to be prejudicial to the order or interests of the University or to bring the University into disrepute."

Report Violations To

See: NTU's Student Code of Conduct and NTU's Whistleblowing Guidelines

Director of Student Affairs:
D-SAO@ntu.edu.sg

NTU Whistleblowing Committee:
ntuwhistleblowing@tkqp.com.sg

05 DEALING WITH DISCRIMINATION

NATIONAL UNIVERSITY OF SINGAPORE

The NUS Honour Code

See: NUS's Code of Student Conduct

"Students are expected to treat others with respect, courtesy and consideration [with regard to their gender, race, values, religion and disabilities]...

Students should not engage in conduct which violates another person's dignity or create an environment which is hostile, degrading, humiliating or offensive for another person. Conduct which insults, abuses, denigrates, victimizes, demeans, embarrasses or disparages any individual will not be acceptable to the University."

Report Violations Under

See: NUS's Statute 6: Discipline with Respect to Students

"Contravention of the Articles of Association, Statutes, Regulations, rules, policies, guidelines, codes of conduct, ... prescribed by the University."

"Sexual, racial, or any other kind of harassment of any employee or student of the University;"

Report Violations To

See: NUS's Regulation 10: Discipline with Respect to Students and NUS's Whistleblowing Policy

Minor/moderate offenses will be referred to the head of the relevant academic/non-academic unit. Serious offenses will be referred to the provost.

NUS Whistleblowing:
whistleblow@nus.edu.sg

SINGAPORE INSTITUTE OF TECHNOLOGY

University Student Handbook

See: SUTD's Student Handbook

"Ragging, which term shall, without prejudice to the generality of the term, include conduct intended: (i) to humiliate another student or hold such other student up to ridicule; or (ii) to interfere with another student's peaceable enjoyment of his/her privileges, benefits, rights or facilities;"

"Endangering or any attempt to endanger another student or other students or member of the Institute's student community or employees of the Institute"

"Harassment of any employee or student of the Institute"

Report Violations To

See: SIT's Student Handbook, SIT's Student Conduct document and SIT's Student Grievance Procedure

Arrange for an investigation by emailing: SITcounselling@SingaporeTech.edu.sg

Major offenses will be referred to an Associate Provost

SINGAPORE UNIVERSITY OF TECHNOLOGY AND DESIGN

University Honour Code

See: SUTD's Honour Code

Respect: "Part of being honourable is also respecting the beliefs and feelings of others, and to never demean or insult them... We will meet people of differing beliefs, backgrounds, opinions, and working styles... learn to accept others for who they are, and learn to appreciate diversity."

Community Responsibility: "... The actions of others that display immoral or unethical conduct should not be condoned nor ignored..."

Report Violations Under

See: SUTD's Whistleblowing Policy

Endangerment to health or safety of persons or environment

Any form of harassment

Report Violations To

See: SUTD's Whistleblowing Policy

SUTD's Whistleblowing Channel: whistleblowing@sutd.edu.sg or 6777 8324

06 TRANSITIONING IN UNIVERSITY — SOCIAL

Coming Out On Campus:

- People's coming out experiences vary widely. From the supportive to the downright vindictive, be prepared for both ends of the spectrum. It ain't right but it happens!
- You are not obligated to come out to anyone in school. Do so at your own time! If you are unsure about coming out in school, it may help to talk things through with your counsellor of choice before and during the process.
- Some people prefer to come out through a letter or a text — you could do that too.
- If you don't think you can tell your friends, find a support group you can fall back on. You may be able to meet fellow trans*students who have gone through the same thing.
- Feminine presentation allows for wearing both skirts and pants to formal school events whereas masculine presentation entails pants only. If you identify as female, you may wish to wear a skirt or dress but worry that it will draw attention away from your work. In that case, explain your situation to your professor beforehand via email or your preferred mode of communication.

F&B, NIGHTLIFE SPACES

Dorothy's

This is an IULN favourite! We sometimes hold our Q-mixers here. Lively spot in Chinatown for LGBTQ+ folk to mingle.

f: @DorothysSingapore

Epiphyte

An Asian fusion restaurant we've worked with before for our Qmixers.

f: @Epiphyte.sg

Intermission Bar @ The Projector

Singapore indie cinema with a cafe/bar space? Yes please! Perfect first date spot, we say. Did you know that they hosted the Out In Singapore exhibition by Leslie Kee in July 2018?

f: @intermissionbarsg

Out Bar

OUT Bar plays Mandarin hits too, if that's more your thing!

f: @OutBarSingapore

Taboo

Some would consider Taboo an

institution. The club has been around since 1997 and is an oldie but goodie!

W: www.taboo.sg

Tantric

Just across the road from Taboo, with a more quiet, laidback bar downstairs if loud music isn't up your alley.

W: www.homeofthebluespin.com/tantric

Well Dressed Salad Bar

Conveniently located in Chinatown, you can get fairly priced vegan meals and dessert here. We assure you — they offer up way more than just salads. We recommend the waffle and ice cream!

f: @WellDressedSaladBarSg

For weekly updates on LGBTQ+ events and news, follow **Prout** on Telegram at:

<https://t.me/proutapp>

For updates on LGBTQ+ events aimed at youths and/or students, follow us at:

<https://t.me/stayintouchwithiuln>

FASHION

New2U Thrift Store

Housed within the compounds of the Singapore Council of Women's Organisations, New2U is a thrift store that raises funds for Star Shelter and other SCWO initiatives. They have a good mix of clothing and are trans friendly! They are open Mondays to Fridays from 10.30am to 2.30pm. Psst... students enjoy 50% off on Tuesdays!

Tomscout House of Tomboy

Sells high quality and comfortable chest binders for Tomboy/FTM.

W: www.tomscout.com

Online shops/Carousell

Some transgender, and/or trans* individuals prefer buying clothing online (through blogshops or on Carousell) because they are able to buy anonymously

D'Corselet Singapore

Only shop in Singapore specialising in Corsets. Trans friendly according to some reviews.

f: @DCorselet

06 TRANSITIONING IN UNIVERSITY — MEDICAL

Here are some tips from other trans* individuals who have gone through medical transitioning:

- Note that unlike some universities in the UK and US, Singapore's universities do not have publicly available information on how and if they will provide assistance to students undergoing medical transitioning.

- You may wish to present as a particular gender but do not wish to undergo any medical procedures. This does not mean your identity is any less valid. Take your time.

- Never turn to unqualified healthcare providers even if they are less costly. A botched job could leave your body with irreversible damage and put your life at risk.

- Medical transitioning is a huge step. Perhaps you can consider seeing a trans-friendly counsellor first to talk through this decision and better understand the steps and procedures you can take.

ABOUT TRANS HEALTHCARE IN SINGAPORE

An extremely comprehensive guide to medical transitioning (including information about hormone therapy) is available at www.transgendersg.com but here is a brief summary of what is stated on the website:

“If you are seeking medical transition in Singapore, you have the option of either seeing a private doctor or going through the public healthcare system. There are, of course, pros and cons for each but essentially, private doctors tend to be a lot more expensive while general hospitals are much more affordable as a whole. However, private doctors may allow you to start hormone therapy (HRT) on the first visit while general hospitals require a much longer process that could take months. If you are in a hurry to start, one option would be to start going through the public system and see a private doctor in the meantime.”

PUBLIC HEALTHCARE

In order to benefit from subsidised public healthcare, you need to first obtain a referral instead of going directly to the hospitals.

General Hospitals

Polyclinics: Polyclinics generally do not ask too many questions – it's not their job to diagnose you – and you should be able to get a referral fairly easily.

Oogachaga: Oogachaga is a local LGBT counselling organisation. They provide counselling and referrals to healthcare providers for transgender clients.

W: www.oogachaga.com

CHAT Hub: A free community mental health screening programme for people under 30 housed at *SCAPE.

W: www.chat.mentalhealth.sg

E: chat@mentalhealth.sg

Online referrals: This site provides a list of doctors (primarily based in the US) who do online consultations through instant messenger or video chat, and who are able to write and mail you a letter of recommendation for hormone therapy or surgery after they have assessed you. However, these may not be valid in local hospitals.

W: www.tssurgeryguide.com/gender-therapists

06 TRANSITIONING IN UNIVERSITY — MEDICAL

IMH Gender Clinic

IMH runs a pilot gender clinic for transgender individuals to access psychiatric assessment and assistance. Extremely sensitive to needs of trans individuals, will ask for preferred pronouns and names (IMH itself might still be insensitive though). Minimal gatekeeping, will not advise conversion therapy or counselling, supportive and sensitive.

One of the most accessible routes is thus to visit a polyclinic, speak to a GP about gender dysphoria and ask to be referred to the IMH gender clinic. The gender clinic only runs psychiatric services (diagnosis, check-ins, prescriptions, referrals), but will write a referral to an endocrinologist for those seeking hormone therapy.

PRIVATE DOCTORS

Dr Tsoi Wing Foo

Tsoi Clinic

Tanglin Shopping Centre
T: 9062 6255

Most well-known psychiatrist in this field. Initial consultation fee of \$180. May allow you to start on the first day, but if you are under 21 parents have to sign a consent form first. He can also write psychiatric letters confirming you have been diagnosed. Dr Tsoi does not allow you to self-inject testosterone.

Dr Alex Fok Chun Kwok

Alex Fok Endocrine Practice

Mount Elizabeth Medical Centre
T: 67346116

Endocrinologist with long history of treatment. Initial consultation fee of \$180++ and requires you to bring along a letter from a psychiatrist before you can start HRT. Dr Fok allows you to self-inject testosterone.

NAME & PRONOUN 07

CHANGE

Changing your name on official school documents

Your school will allow you to change your name on official school records. However, without the appropriate documentary proof, your school (like many other organisations in Singapore) will not approve your request. If you wish to change your name on any or all official school records, the first step to doing so is to change your name on your Identification Card (IC).

Changing your legal name on your IC

To change your name on your IC, you will need a deed poll — a legal document drafted by a lawyer for formalising the change in name. You can contact TransgenderSG to be put in touch with a trans-friendly lawyer.

E: contact@transgendersg.com

If you are under 21, you will need the consent of at least one parent who will need to be present to sign the deed poll.

Once the deed poll has been executed, you can apply for a replacement identification card to reflect your new legal name. You may submit your application to the Immigrations and Checkpoint Authority (ICA) either online or in person (tip: an online application will save you the hassle of going to ICA twice). You must do so within 28 days of the name change. Getting a replacement IC will cost \$60.

Don't forget to update other legal documents such as your passport, driving license, will etc. and your records with other organisations such as banks etc.

On legal sex marker change: In Singapore, SRS is a prerequisite to legal sex marker change. As such, if you have not undergone SRS to legally changed your sex marker, you will not be able to change 'bin' to 'binte' or 's/o' to 'd/o'. You can however choose to drop those terms from your name.

07 NAME & PRONOUN CHANGE

Approaching School Administration

With your deed poll and updated IC, you are ready to approach your school. You will be able to see your name changed on all official school records (i.e. matriculation card, academic transcripts, certificates, class registry etc) as long as you are enrolled in the school at the time of your request. Once you have graduated, changing your name on official documents might not be possible.

Most schools will require you to submit one or more of the following documents to the school registry or student service centre: (i) original and/or copy of the deed poll, (ii) original and/or copy of your updated NRIC/passport, (iii) a form made available on your school website.

If you are in your final semester, you should submit your documents as soon as possible to ensure that your name will be correctly reflected on your academic transcripts/degree scrolls.

Name/Pronoun Change In Halls

Speaking to your college master or emailing the hall office to inform them of your preferred name and pronouns is a course of action you can take. This way, when you enroll in any college or halls activities, your preferred name and pronouns will be used.

Name/Pronoun Change In Classrooms

If you wish to have your professors, teaching assistants (TA) and/or classmates address you by your preferred name and pronouns, feel free to let them know. Your professors and TA's are obligated to create a safe and open classroom environment. You may wish to approach your professor or TA personally, or introduce yourself to the class/tutorial group with your preferred name and pronouns during the ice-breaker games or self-introductions.

Like coming out, it is your choice to decide who you would like to tell and when. You should never feel obligated to do so. It is perfectly fine if you chose not to do so if you feel like it is too dangerous or if you feel uncomfortable.

DORMITORIES, 08 WASHROOMS, TOILETS

NANYANG TECHNOLOGICAL UNIVERSITY

Our team has attempted to reach out to NTU's Undergraduate Housing but was unable to get a meeting to find out more about their housing policies. From our correspondence with Undergraduate Housing, they are only willing to speak to transgender students directly on a case-by-case basis.

Based on anecdotal accounts of NTU halls, there are all-male, all-female and mixed floors with toilets and showers for that floor's designated gender. On mixed floors, female rooms will be along the same corridor, and same for male rooms.

Some of the newer halls e.g. Tanjong, Binjai, Crescent, Pioneer, have handicap toilets that double as unisex toilets on each floor.

Each hall has faculty-in-residence who are "responsible for the well being of student residents" (see NTU's Undergraduate Housing for more information). However, we have no information on whether they are receptive to transgender students. Each hall also has a hall office they can approach for housing issues.

NATIONAL UNIVERSITY OF SINGAPORE

NUS has three different types of campus accommodation: Halls of Residence, Student Residences and Colleges. We've put together a list of the amenities available in these three types of campus accommodation (see next page).

If you are thinking of living in one of the halls with mixed gender floors, you can specifically request the allocation by approaching the housing office. It helps if you provide them with a referral letter from Oogachaga or a healthcare provider of your choice.

Person-of-Contact for Halls and Residential Colleges

Each Hall and Residential College has a Master and a team of Residential Fellows (RFs). They can be approached for various issues related to residential life. Although we do not have enough information on whether all the Masters and Residential Fellows are receptive to transgender students, some of our interviewees have had the opportunity to speak to their Masters/RFs regarding issues they may have.

Students can also reach out to the Vice Provost (Student Life) whom the team met during this project. She provided much of the information on unisex washrooms/toilets in NUS and has been very open to our queries.

NUS CAMPUS ACCOMODATION

HALLS OF RESIDENCE

Name	Rooms
Eusoff	There are 345 single and 70 double rooms. Each floor is designated for one gender (M/F) only.
Kent Ridge	Each floor is designated for one gender (M/F) only.
Sheares	
Temasek	
King Edward VII	There is an option for single or double room. Each floor is designated for one gender (M/F) only.
Raffles	There are 396 single rooms and 128 double rooms. The first floor is all-male, the second floor is all-female, and the third floor is mixed.

RESIDENTIAL COLLEGES

Ridge View Residential College (RVRC)	Most floors are designated for one gender, but there are some mixed floors. The mixed floors are separated by corridor.
Tembusu College	
Cinnamon College	
Residential College 4 (RC4)	There are 5 Houses, each house occupies 3 floors: one all-female, one all-male and one mixed. Mixed floors are separated by corridor (on each end of the floor).
College of Alice & Peter Tan (CAPT)	
Yale-NUS College	

OTHER RESIDENCES

UTown Residence	All floors are either all-male or all-female. Residents live in single rooms within a 4-person suite which are either all-male or all-female.
Prince George's Park Residence (PGPR), and N-House (housed in PGPR)	Floors are separated by gender. Only by using the stairs can a person access a floor/block they do not live on; a card key is required to access the lift

Toilets/Bathrooms	Unisex/Universal Toilet
Toilets on each floor are designated only for that floor's gender	Block E Level 1 (with shower facilities).
	Block F Level 2 (with shower facilities) and Block A Level 1
	Block A Level 2, unit A223 (with shower facilities) and Block F Level 1, 2, 3
	Block D Level 1 (with shower facilities)
Single-gender floors: Toilets on each floor are designated only for that floor's gender. Mixed floors: Separate toilets for each gender.	Kuok Foundation House Level 1 (with shower facilities)
For single-gender floors, toilets on each floor are designated only for that floor's gender. For mixed floors, there are separate toilets for each gender.	Block E E hub and Block G Level 1, 2, and 3
	Level 3, shower facilities currently under installation
	Level 3 (with shower facilities)
There are two toilets on each floor. For single-gender floors: Toilets on each floor designated only for that floor's gender. For mixed floor: one toilet for males, one toilet for females.	Level 2 (with shower facilities)
	Level 2
There is one washroom in each suite shared by all students in the suite. The washroom comes with a toilet and a shower.	There are gender-neutral single stall toilets across the Yale-NUS campus.
There are common toilets and shower facilities in each suite shared by all occupants of the suite.	
One toilet per floor for each block of around 12 rooms	Block 3 Level 2, Block 4 Level 2, Block 13 Level 1, Block 22 Level B1, Block 22 Level 1, Block 26 Level B1, Non-aircon Canteen, MPH Level B2

09 PROFESSIONAL COUNSELLING SERVICES

You are not alone, and you should never have to feel ashamed about seeking emotional support and advice. We know cost is a concern for many students so here's a list of FOC counselling services available on-campus and the cost of engaging an off-campus LGBTQ-affirming counsellor.

SINGAPORE MANAGEMENT UNIVERSITY

Mrs Wong Kwok Leong Student Wellness Centre

Li Ka Shing Library, B1-44

T: 6828 0786 (general enquiries)

W: [www.smu.edu.sg/campus-life/
student-wellness](http://www.smu.edu.sg/campus-life/student-wellness)

E: counselling@smu.edu.sg

Mon – Thurs: 9.30am – 5.30pm

Fri: 9.30am – 3.30pm

Closed on Sat, Sun, and PH

Cost: Free for all SMU students

Note: IULN has yet to make contact with the wellness centre in SMU.

SINGAPORE UNIVERSITY OF SOCIAL SCIENCES (SUSS)

C-three (Counselling)

SUSS, Room A.3.05B, Block A

T: 6248 1600 (general enquiries)

W: www.suss.edu.sg/C-three

E: counsellingservices@suss.edu.sg

Mon – Thurs: 8.30am – 8.30pm

Fri: 8.30am – 5.30pm

Closed on Sat, Sun and PH

Cost: Free for all SUSS students.

Note: IULN has yet to make contact with the counselling centre in SUSS.

NANYANG TECHNOLOGICAL UNIVERSITY

Student Wellbeing Centre

University Health Service, #02-01

T: 6790 4462 (general enquiries)
or 6338 3383 (24 hour) for
psychological emergencies.

W: [www.ntu.edu.sg/studentwellbeing/
pages/index.aspx](http://www.ntu.edu.sg/studentwellbeing/pages/index.aspx)

E: studentwellbeing@ntu.edu.sg

Mon – Thurs: 8.30am – 5.45pm

Fri: 8.30am – 5.15pm.

Closed on Sat, Sun, and PH

Cost: Free for all NTU students

Note: Our researchers tried to set up a meeting with NTU SWC in 2018. However, they were unable to accede to our request due to their schedule. They have, however, assured us that “counsellors have gone through training in LGBT issues” and that they “will continue to ensure that our staff’s knowledge and skills remain relevant to best serve our students”.

NATIONAL UNIVERSITY OF SINGAPORE

Counselling and Psychological Services

Kent Ridge Campus, Level 2

University Health Centre

T: 6516 2376 (general enquiries)
or 6516 7777 (24 hour) for
psychological emergencies.

W: [www.nus.edu.sg/uhc/services/
mental-health/student.html](http://www.nus.edu.sg/uhc/services/mental-health/student.html)

E: cps@nus.edu.sg

Mon – Wed: 8.30am – 6pm

Thurs: 8.30am – 5pm

Fri: 8.30am – 5.30pm

Closed on Sat, Sun, and PH.

(Last walk-in appointment is
30mins before closing time).

Cost: Free for all NUS students

Note: A hard-copy of this booklet is stocked at NUS CPS! We’ve had a pleasant experience working with them and from what we know, their counsellors (including head of counselling) are LGBT-affirming.

We were pleased to find that they were highly receptive to increasing their outreach and support to LGBTQ+ students. We will continue to work with them to ensure that all LGBTQ+ students feel safe and welcome to use CPS’ services.

SINGAPORE UNIVERSITY OF TECHNOLOGY AND DESIGN (SUTD)

Well-being Services

Building 1, Level 5 (Near Lobby C)

W: [www.sutd.edu.sg/Campus-Life/
Well-being-Services/Well-being-Services](http://www.sutd.edu.sg/Campus-Life/Well-being-Services/Well-being-Services)

E: wellbeing@sutd.edu.sg

Mon – Thurs: 8.30am – 6pm

Fri: 8.30am – 5.30pm

Closed on Sat, Sun and PH

Cost: Free for all SUTD students.

Note: IULN has yet to make contact with the wellness centre in SUTD.

09 PROFESSIONAL COUNSELLING SERVICES

SINGAPORE INSTITUTE OF TECHNOLOGY (SIT)

Student Counselling Services

SIT@Dover, University Services Centre

T: 9336 0159 (24 hour)
for psychological emergencies

W: [www.singaporetech.edu.sg/
studentlife/student-support/student-
counselling-services](http://www.singaporetech.edu.sg/studentlife/student-support/student-counselling-services)

E: SITcounselling@SingaporeTech.edu.sg

Mon – Thurs: 8.30am – 6pm
Fri: 8.30am to 4.30pm
Closed Sat, Sun, and PH (Last walk-in
is one hour before closing time)

Cost: Free for all SIT students.
Note: IULN has yet to make contact
with the counselling centre in SIT.

OFF CAMPUS

Oogachaga

57B Pagoda Street

T: 6224 9373 (general enquiries),
8292 0609 (whatsapp counselling
on Tue, Wed, Thu from 7-10pm
and Sat from 2-5pm) or
6226 2002 (hotline counselling)

W: www.oogachaga.com

E: CARE@oogachaga.com
(email counselling)

Mon – Fri: 11am – 7pm
Closed on Sat, Sun and PH

Cost: Hotline, whatsapp and email
counselling are free. Face-to-face
counselling sessions cost \$80/session
which lasts approximately an hour.
Couple or family sessions are \$100.
Note: Oogachaga caters to individuals of all
sexual orientations and gender identities.

The Relational Counselling Studio

22 Eng Hoon Street

T: 9437 3705

W: www.therelational.com.sg

E: andreamayrhofer@therelational.com.sg

Open 8am to 8pm (by appointment only)

Cost: \$130-180 for a 60 min session.
Clients also have the option of working with
the centre's "supervised intern" for free.
Note: This was listed on transgendersg.
com, Singapore's leading online resource
for the trans community. They recommend
counsellor Andrea Mayrhofer.

TRANS-SPECIFIC SUPPORT GROUPS 08

Counsellors and school-based LGBT support groups are not the only people you can turn to for support. Over the years, quite a number of organisations catering to the trans (and wider LGBTQ+) community have been set up in Singapore. Here's where to look for them!

The Kopitiam Brothers: The Kopitiam Brothers is a bi-monthly meetup group for trans men. They also run a shelter.
f: @thekopibros.

The T Project: The T Project is Singapore's first dedicated shelter for the homeless transgender community. Please visit thetprojectsg.org for information on criteria for admission, donations and more.
W: www.thetprojectsg.org
E: June@thetprojectsg.org

Alicia Community Centre: Library, museum, peer counselling available. Located at 183 Jln Pelikat, #01-106.
W: <https://www.thetprojectsg.org/alicia-community-centre>

SGButterfly: SGButterfly is Singapore's first and largest transgender web portal and support group. There are threads that discuss movies, fashion, relationships etc.
W: www.sgbutterfly.org

SHE+PRIDE: She+PRIDE organises regular informal meet-ups for LBTQ womyn!
f: @shepluspride
E: sheplusco@gmail.com

SAFE Singapore: SAFE stands for Supporting, Affirming and Empowering our LGBTQ friends and family. It was established by Professor Khoo Hoon Eng, the mother of two gay sons. This might be helpful for your parents, co-workers or teachers who are trying to better understand what it means to be LGBTQ+.
W: www.safesingapore.blogspot.com
E: safesingapore@gmail.com

The Purple Alliance (Trans*it!): Trans* it! aims to support trans* identified individuals, be it their social or physical transition, or just to provide a listening ear and increase trans* visibility in Singapore. Trans* it! is run by The Purple Alliance and is advised by trans* identified individuals.
W: www.thepurplealliance.com/services/support/trans_it/
E: alex@thepurplealliance.com

TransgenderSG.com: Singapore's leading web resource for the Singaporean transgender community. There's information on things like travel, national service and career planning.
W: www.transgendersg.com
E: contact@transgendersg.com



The Inter-University LGBT Network (IULN) is a network for organisations in Singapore universities to collaborate in fostering safer and more inclusive school communities for everyone regardless of sexual orientation, gender identity and expression.

We aim to achieve our goal to foster safe and more inclusive school communities by:

- **Outreach:** Raising awareness and promoting understanding of gender and sexual diversity on campus
- **Support:** Supporting gender and sexually diverse students through creating safe and inclusive spaces for networking, peer support and social engagement
- **Research & Advocacy:** Conducting relevant and incisive research to effectively advocate for safer and more inclusive institutional policies and practices in the interest of gender and sexually diverse students.

f: @InterUniLGBTNetwork

W: <http://InterUniLGBT.wixsite.com/InterUniLGBT>

E: interunilgbt@gmail.com

UPDATED: MAR 2019