

TRANSGENDER VISIBILITY &

First Edition - May 2018



education

EDUCATION NETWORK



Sarah Flowers is a transgender woman and is the owner and operator of the Transgender Visibility & Education Network. A graduate of the University of California - Davis, Sarah has spent more than 20 years researching transgender topics and issues, and has dedicated herself to sharing all of the information that she finds with you, so that you can become even more educated about what it means to be transgender, non-binary, or one of our wonderful allies.

Welcome To Our First Issue!!!

You're probably wondering who we are and why we've developed this new quarterly magazine. Well, I guess now is the perfect opportunity for a short history lesson about who the Transgender Visibility & Education Network is, where we came from, and where we are going. In future issues, this Note From the Editor section might wax a little more poetic, but for this inaugural issue, I'll try to keep it short and sweet.

In early 2015, I was having a discussion with an incredible friend of mine, let's call her Gena, about her new job and the possibilities of frequent contact with transgender and non-binary individuals because of this job. After telling her about a lot of the research I had done during the previous 20 years, I offered to create a packet of information for her, just like this one, that might allow her to make even more supportive and compassionate choices with these individuals than I knew she already would. As you can imagine, she emphatically stated that she would love a packet of information like that.

After we ended our call, I started to think: "Why should I make a packet of information just for Gena, when I could gather and share this same information and even more with the whole world" (that's you, by the way). So, that very afternoon I started planning and developing the Transgender Visibility & Education Network on Facebook. Many of the initial articles that you will read in this issue and future issues were among our very first posts on our Facebook page (see back cover for more info).

Since that very first post on Facebook way back in April 2015, Transgender Visibility & Education Network has been dedicated to sharing all of the research, education, and topical issues that we believe can help to further the freedoms, rights, protections, and everyday lives of transgender and non-binary individuals like you and me. While this has primarily been a one transwoman operation for the last 3 years, I am always on the lookout for willing individuals who would be interested in occasionally contributing either as a moderator or researcher - both trans/NB and ally alike. If you would be interested in possibly helping out, please message me through the Facebook page so that we can discuss the possibilities.

Well, I've probably enticed you enough for now, so without further ado, welcome to the inaugural issue of the TVEN Quarterly magazine, an extension of the Transgender Visibility & Education Network. And thank you so very much for being the best and most amazing you that you could ever hope to be.

Faithfully Yours!!
Sarah Flowers
TVEN



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F.A.Q. About Transgender People

Transgender people come from every region of the United States and around the world, from every racial and ethnic background, and from every faith community. Transgender people are your classmates, your coworkers, your neighbors, and your friends. With approximately 1.4 million transgender adults in the United States—and millions more around the world—chances are that you've met a transgender person, even if you don't know it.

WHAT DOES IT MEAN TO BE TRANSGENDER?

Transgender people are people whose gender identity is different from the gender they were thought to be at birth. “Trans” is often used as shorthand for transgender.

Being transgender

means different things to different people. Like a lot of other aspects of who people are, like race or religion, there's no one way to be transgender, and no one way for transgender people to look or feel about themselves. The best way to understand what being transgender is like is to talk with transgender people and listen to their stories.

When we're born, a doctor usually says that we're male or female based on what our bodies look like. Most people who were labeled male at birth turn out to actually identify as men, and most people who were labeled female at birth grow up to be women. But some people's gender identity – their innate knowledge of who they are – is different from what was initially expected when they were born. Most of these people describe themselves as transgender.

A transgender woman lives as a woman today, but was thought to be male when she was born. A transgender man lives as a man today, but was thought to be female when he was born. Some transgender people identify as neither male nor female, or as a combination of male and female. There are a variety of terms that people who aren't entirely male or entirely female use to describe their gender identity, like non-binary or genderqueer.

Everyone—transgender or not—has a gender identity. Most people never think about what their gender identity is because it matches their sex at birth.

HOW DOES SOMEONE KNOW THAT THEY ARE TRANSGENDER?

People can realize that they're transgender at any age. Some people can trace their awareness back to their earlier memories – they just knew. Others may need more time to realize that they are transgender. Some people may spend years feeling like they don't fit in without really understanding why, or may try to avoid thinking or talking about their gender out of fear, shame, or confusion. Trying to repress or change one's gender identity doesn't work; in fact, it can be very painful and damaging to one's emotional and mental health. As transgender people become more visible in the media and in community life across the country, more transgender people are able to name and understand their own experiences and may feel safer and more comfortable sharing it with others.

For many transgender people, recognizing who they are and deciding to start gender transition can take a lot of reflection. Transgender people risk social stigma, discrimination, and harassment when they tell other people who they really are. Parents, friends, coworkers, classmates, and neighbors may be accepting—but they also might not be, and many transgender people fear that they will not be accepted by their loved ones and others in their life. Despite those risks, being open about one's gender identity, and living a life that feels truly authentic, can be a life-affirming and even life-saving decision.

Thought Exercise: Thinking About Your Own Gender

It can be difficult for people who are not transgender to imagine what being transgender feels like. Imagine what it would be like if everyone told you that the gender that you've always known yourself to be was wrong. What would you feel like if you woke up one day with a body that's associated with a different gender? What would you do if everyone else—your doctors, your friends, your family—believed you're a man and expected you to act like a man when you're actually a woman, or believed you're a woman even though you've always known you're a man?

WHAT'S THE DIFFERENCE BETWEEN SEXUAL ORIENTATION AND GENDER IDENTITY?

Gender identity and sexual orientation are two different things. Gender identity refers to your internal knowledge of your own gender—for example, your knowledge that you're a man, a woman, or another gender. Sexual orientation has to do with whom you're attracted to. Like non-transgender people, transgender people can have any sexual orientation. For example, a transgender man (someone who lives as a man today) may be primarily attracted to other men (and identify as a gay man), may be primarily attracted to women (and identify as a straight man), or have any other sexual orientation.

WHAT'S THE DIFFERENCE BETWEEN BEING TRANSGENDER AND BEING INTERSEX?

People sometimes confuse being transgender and being intersex. Intersex people have reproductive anatomy or genes that don't fit typical definitions of male or female, which is often discovered at birth. Being transgender, meanwhile, has to do with your internal knowledge of your gender identity. A transgender person is usually born with a body and genes that match a typical male or female, but they know their gender identity to be different.

Some people think that determining who is male or female at birth is a simple matter of checking the baby's external anatomy, but there's actually a lot more to it. Every year, an estimated one in 2,000 babies are born with a set of characteristics that can't easily be classified as "male" or "female." People whose bodies fall in the vast continuum between "male" and "female" are often known as intersex people. There are many different types of intersex conditions. For example, some people are born with XY chromosomes but have female genitals and secondary sex characteristics. Others might have XX chromosomes but no uterus, or might have external anatomy that doesn't appear clearly male or female. To learn more about what it's like to be intersex, check out this video (<https://youtu.be/cAUDKEI4QKI>) or check out this FAQ (<http://interactadvocates.org/faq/>).

While it's possible to be both transgender and intersex, most transgender people aren't intersex, and most intersex people aren't transgender. For example, many intersex people with XY (typically male) chromosomes but typically female anatomy are declared female at birth, are raised as girls, and identify as girls; in fact, many of these girls and their families never even become aware that their chromosomes are different than expected until much later in life. However, some intersex people come to realize that the gender that they were raised as doesn't fit their internal sense of who they are, and may make changes to their appearance or social role similar to what many transgender people undergo to start living as the gender that better matches who they are.

WHAT IS THE DIFFERENCE BETWEEN BEING TRANSGENDER AND BEING GENDER NON-CONFORMING?

Being gender non-conforming means not conforming to gender stereotypes. For example, someone's clothes, hairstyle, speech patterns, or hobbies might be considered more "feminine" or "masculine" than what's stereotypically associated with their gender.

Gender non-conforming people may or may not be transgender. For example, some women who were raised and identify as women present themselves in ways that might be considered masculine, like by having short hair or wearing stereotypically masculine clothes. The term "tomboy" refers to girls who are gender non-conforming, which often means they play rough sports, hang out with boys, and dress in more masculine clothing.

Similarly, transgender people may be gender non-conforming, or they might conform to gender stereotypes for the gender they live and identify as.

WHAT DOES IT MEAN TO HAVE A GENDER THAT'S NOT MALE OR FEMALE?

Most transgender people are men or women. But some people don't neatly fit into the categories of "man" or "woman" or "male" or "female." For example, some people have a gender that blends elements of being a man or a woman, or a gender that is different than either male or female.

For more information

about what it's like to have a gender other than male or female or how you can support the non-binary people in your life, read NCTE's guide Understanding Non-Binary People.

Some people don't identify with any gender. Some people's gender fluctuates over time.

People whose gender is not male or female may use many different terms to describe themselves. One term that some people use is non-binary, which is used because the gender binary refers to the two categories of male and female. Another term that people use is genderqueer. If you're not sure what term someone uses to describe their gender, you should ask them politely.

It's important to remember that if someone is transgender, it does not necessarily mean that they have a "third gender." Most transgender people do have a gender identity that is either male or female, and they should be treated like any other man or woman.

WHY DON'T TRANSGENDER PEOPLE GET COUNSELING TO ACCEPT THE GENDER THEY WERE ASSIGNED AT BIRTH?

Counseling aimed at changing someone's gender identity, sometimes known as conversion therapy, doesn't work and can be extremely harmful. The belief that someone's gender identity can be changed through therapy runs counter to the overwhelming consensus in the medical community. Telling someone that a core part of who they are is wrong or delusional and forcing them to change it is dangerous, sometimes leading to lasting depression, substance abuse, self-hatred and even suicide. Because of this, a growing number of states have made it illegal for licensed therapists to try to change a young person's gender identity (laws apply to those under 18). However, many transgender people find it helpful to get counseling to help them decide when to tell the world they are transgender and deal with the repercussions of stigma and discrimination that comes afterward.

WHAT DOES "GENDER TRANSITION" MEAN?

Transitioning is the time period during which a person begins to live according to their gender identity, rather than the gender they were thought to be at birth. While not all transgender people transition, a great many do at some point in their lives. Gender transition looks different for every person. Possible steps in a gender transition may or may not include changing your clothing, appearance, name, or the pronoun people use to refer to you (like "she," "he," or "they"). Some people are able to change their identification documents, like their driver's license or passport, to reflect their gender. And some people undergo hormone therapy or other medical procedures to change their physical characteristics and make their body better reflect the gender they know themselves to be.

Transitioning can help

many transgender people lead healthy, fulfilling lives. No specific set of steps is necessary to "complete" a transition—it's a matter of what is right for each person. All transgender people are entitled to the same dignity and respect, regardless of which legal or medical steps they have taken.

WHAT ARE SOME OF THE OFFICIAL RECORDS TRANSGENDER PEOPLE MAY CHANGE WHEN THEY'RE TRANSITIONING?

Some transgender people make or want to make legal changes as part of their transition, like by changing their name or updating the gender marker on their identity documents.

Not all transgender people need or want to change their identity documents, but for many, it's a critical step in their transition. For many transgender people, not having identity documents like driver's licenses or passports that match their gender means that they might not be able to do things that require an ID, like getting a job, enrolling in school, opening a bank account, or traveling. Some transgender people who use an ID that doesn't match their gender or their presentation face harassment, humiliation, and even violence.

Transgender people may need to change a number of documents in order to live according to their gender identity, such as their:

- Driver's license
- Social Security card
- Passport
- Bank accounts and records
- Credit cards
- Paychecks and other job-related documents
- Leases
- Medical records
- Birth certificate
- Academic records

To find out

the requirements for updating a driver's license or birth certificate in your state or territory, as well as get information on changing federal IDs and records, visit NCTE's ID Documents Center.

<http://transequality.org/documents>

It's important to know that not all transgender people are able to make the changes they need to their IDs and other official documents. Unfortunately, these changes are often expensive, burdensome, and complicated, putting them out of reach for many people. For example, some states still require proof of surgery or a court order to change a gender marker. In many states, the process can be time-consuming and involve many steps, or cost hundreds of dollars. As a result, only one-fifth (21%) of transgender people who have transitioned have been able to update all of their IDs.

NCTE works to modernize all of these outdated requirements. States are increasingly adopting more accessible and straightforward policies for changing one's name and gender marker.



While not everyone needs transition-related medical treatments, there is an overwhelming consensus in the medical community that they are medically necessary for many transgender people and should be covered by private and public insurance. Every major medical organization in the United States has affirmed that transition-related medical care is safe and effective, and that everyone who needs it should be able to access it. Unfortunately, this critical care is often denied by insurance companies, often in spite of state and federal laws.

WHAT IS GENDER DYSPHORIA?

For some transgender people, the difference between the gender they are thought to be at birth and the gender they know themselves to be can lead to serious emotional distress that affects their health and everyday lives if not addressed. Gender dysphoria is the medical diagnosis for someone who experiences this distress.

Not all transgender people have gender dysphoria. On its own, being transgender is not considered a medical condition. Many transgender people do not experience serious anxiety or stress associated with the difference between their gender identity and their gender of birth, and so may not have gender dysphoria.

Gender dysphoria can often be relieved by expressing one's gender in a way that the person is comfortable with. That can include dressing and grooming in a way that reflects who one knows they are, using a different name or pronoun, and, for some, taking medical steps to physically change their body. All major medical organizations in the United States recognize that living according to one's gender identity is an effective, safe and medically necessary treatment for many people who have gender dysphoria.

It's important to remember that while being transgender is not in itself an illness, many transgender people need to deal with physical and mental health problems because of widespread discrimination and stigma. Many transgender people live in a society that tells them that their deeply held identity is wrong or deviant. Some transgender people have lost their families, their jobs, their homes, and their support, and some experience harassment and even violence. Transgender children may experience rejection or even emotional or physical abuse at home, at school, or in their communities. These kinds of experiences can be challenging for anyone, and for some people, it can lead to anxiety disorders, depression, and other mental health conditions. But these conditions are not caused by having a transgender identity: they're a result of the intolerance many transgender people have to deal with. Many transgender people – especially transgender people who are accepted and valued in their communities – are able to live healthy and fulfilling lives.

WHY IS TRANSGENDER EQUALITY IMPORTANT?

Transgender people should be treated with the same dignity and respect as anyone else and be able to live, and be respected, according to their gender identity. But transgender people often face serious discrimination and mistreatment at work, school, and in their families and communities.

For example, transgender people are more likely to:

- Be fired or denied a job
- Face harassment and bullying at school
- Become homeless or live in extreme poverty
- Be evicted or denied housing or access to a shelter
- Be denied access to critical medical care
- Be incarcerated or targeted by law enforcement
- Face abuse and violence

For statistics about these types of discrimination, go to the National Transgender Discrimination Survey page (<http://www.endtransdiscrimination.org/>).

Living without fear of discrimination and violence and being supported and affirmed in being who they are is critical for allowing transgender people to live healthy, safe, and fulfilling lives. In recent years, laws, policies and attitudes around the country have changed significantly, allowing more transgender people than ever to live fuller, safer, and healthier lives.

The transgender movement is part of a long tradition of social justice movements of people working together to claim their civil rights and better opportunities in this country. These challenges are connected. Discrimination that transgender people of color face is compounded by racism, and lower-income transgender people face economic challenges and classism. NCTE believes that progress towards transgender equality requires a social justice approach that fights all forms of discrimination.

**This F.A.Q. was authored by the staff of the National Center for Transgender Equality and can be found at:
<https://transequality.org/issues/resources/frequently-asked-questions-about-transgender-people>

TRANSGENDER STUDENTS

NO STUDENT SHOULD WAKE UP IN THE MORNING FEARFUL OF THE SCHOOL DAY AHEAD. GOVERNMENT AND LAWMAKERS MUST PROTECT ALL CHILDREN, INCLUDING TRANSGENDER KIDS.

#PROTECTTRANSKIDS!



Gender Pronouns

First, let's start off with the most frequently asked questions about Personal Gender Pronouns (PGPs).

WHAT IF I MAKE A MISTAKE?

It's okay! Everyone slips up from time to time. The best thing to do if you use the wrong pronoun for someone is to say something right away, like "Sorry, I meant (insert pronoun)"

If you realize your mistake after the fact, apologize in private and move on.

A lot of the time it can be tempting to go on and on about how bad you feel that you messed up or how hard it is for you to get it right. Please don't! It is inappropriate and makes the person who was misgendered feel awkward and responsible for comforting you, which is absolutely not their job.

Taking an active role in your classes, you may hear one of your students using the wrong pronoun for someone. In most cases, it is appropriate to gently correct them without further embarrassing the individual who has been misgendered. This means saying something like "Alex uses the pronoun she," and then moving on. If other students or faculty are consistently using the wrong pronouns for someone, do not ignore it! It is important to let your student know that you are their ally.

It may be appropriate to approach them and say something like "I noticed that you were getting referred to with the wrong pronoun earlier, and I know that that can be really hurtful. Would you be okay with me taking them aside and reminding them about your pronouns?" Follow up if necessary, but take your cues from the comfort level of your student. Your actions will be greatly appreciated.

HOW DO I ASK SOMEONE WHAT PRONOUNS THEY USE?

Try asking: "What pronouns do you use?" or "Can you remind me what pronouns you use?" It can feel awkward at first, but it is not half as awkward as making a hurtful assumption.

If you are asking as part of an introduction exercise and you want to quickly explain what gender pronouns are, you can try something like this: "Tell us your name, where you come from, and your pronouns. That means the pronouns that you use in reference to yourself. For example, I'm Xena, I'm from Amazon Island, and I like to be referred to with she, her, and hers pronouns. So you could say, 'she went to her car' if you were talking about me."

WHY IS IT IMPORTANT TO RESPECT PEOPLE'S PRONOUNS?

You can't always know what someone's pronouns are by looking at them. Asking and correctly using someone's pronouns is one of the most basic ways to show your respect for their gender identity.

When someone is referred to with the wrong pronoun, it can make them feel disrespected, invalidated, dismissed, alienated, or dysphoric (often all of the above.)

It is a privilege to not have to worry about which pronoun someone is going to use for you based on how they perceive your gender. If you have this privilege, yet fail to respect someone else's gender identity, it is not only disrespectful and hurtful, but also oppressive.

Pronouns-- A How To Guide

Subject: 1 laughed at the notion of a gender binary.

Object: They tried to convince 2 that asexuality does not exist.

Possessive: 3 favorite color is unknown.

Possessive Pronoun: The pronoun card is 4.

Reflexive: 1 think(s) highly of 5.

The pronoun list on the reverse is not an exhaustive list.
It is good practice to ask which pronouns a person uses.

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1	2	3	4	5
(f)ae	(f)aer	(f)aer	(f)aers	(f)aerself
e/ey	em	eir	eirs	eirself
he	him	his	his	himself
per	per	pers	pers	persef
she	her	her	hers	herself
they	them	their	theirs	themself
ve	ver	vis	vis	verself
xe	xem	xyr	xyrs	xemself
ze/zie	hir	hir	hirs	hirself

Note: the top line is meant to indicate two separate – but similarly spelled – sets of pronouns. They are ae/aer/aers and fae/faer/faers.

WHAT ARE SOME COMMONLY USED PRONOUNS?

She/her/hers and he/him/his are a few commonly used pronouns. Some people call these "female/feminine" and "male/masculine" pronouns, but many avoid these labels because not everyone who uses he feels like a "male" or "masculine."

There are also lots of gender-neutral pronouns in use. Here are a few you might hear:

They/them/theirs (Shea ate their food because they were hungry.) This is a pretty common gender-neutral pronoun and it can be used in the singular. In fact, "they" was voted as the Word of the Year in 2015.

Ze/hir/hir (Tyler ate hir food because ze was hungry.) Ze is pronounced like "zee" and can also be spelled zie or xe, and replaces she/he/they. Hir is pronounced like "here" and replaces her/hers/him/his/they/theirs.

Just my name please! (Ash ate Ash's food because Ash was hungry) Some people prefer not to use pronouns at all, using their name as a pronoun instead.

Never refer to a person as "it" or "he/she". These are offensive slurs used against trans and gender non-conforming individuals.

WHAT ARE GENDER PRONOUNS?

A gender pronoun is the pronoun that a person uses for themselves.

For example: If Alex's pronouns are she, her, and hers, you could say "Alex ate her food because she was hungry."

WHAT IS A PRONOUN?

A pronoun is a word that refers to either the people talking (I or you) or someone or something that is being talked about (like she, it, them, and this). Gender pronouns (he/she/they/ze etc.) specifically refer to people that you are talking about.

Gender Neutral / Gender Inclusive Pronouns

A gender neutral or gender inclusive pronoun is a pronoun which does not associate a gender with the individual who is being discussed.

Some languages, such as English, do not have a gender neutral or third gender pronoun available, and this has been criticized, since in many instances, writers, speakers, etc. use "he/his" when referring to a generic individual in the third person. Also, the dichotomy of "he and she" in English does not leave room for other gender identities, which is a source of frustration to the transgender and gender queer communities.

People who are limited by languages which do not include gender neutral pronouns have attempted to create them, in the interest of greater equality.

He/She	Him/Her	His/Her	His/Hers	Himself/ Herself
zie	zim	zir	zis	zieself
sie	sie	hir	hirs	hirself
ey	em	eir	eirs	eriself
ve	ver	vis	vers	verself
tey	ter	tem	ters	terself
e	em	eir	eirs	emself

HISTORY OF GENDER INCLUSIVE PRONOUNS

Native English Pronouns:

"Ou, a": Native English Gender-Neutral Pronouns. According to Dennis Baron's Grammar and Gender:

In 1789, William H. Marshall records the existence of a dialectal English epicene pronoun, singular ou : "Ou will' expresses either he will, she will, or it will." Marshall traces ou to Middle English epicene a, used by the fourteenth-century English writer John of Trevisa, and both the OED and Wright's English Dialect Dictionary confirm the use of a for he, she, it, they, and even I.

The dialectal epicene pronoun a is a reduced form of the Old and Middle English masculine and feminine pronouns he and heo. By the twelfth and thirteenth centuries, the masculine and feminine pronouns had developed to a point where, according to the OED, they were "almost or wholly indistinguishable in pronunciation." The modern feminine pronoun she, which first appears in the mid twelfth century, seems to have been drafted at least partly to reduce the increasing ambiguity of the pronoun system....

He goes on to describe how relics of these sex-neutral terms survive in some British dialects of Modern English, and sometimes a pronoun of one gender might be applied to a person or animal of the opposite gender.

Language Authorities

"One"

In 1770, Robert Baker suggested use of "one, ones" instead of "one, his", since there was no equivalent "one, hers". Others shared this sentiment in 1868, 1884, 1979, and even now. Others throughout this period disagreed, finding it too pedantic.

"His or Her" vs. Singular "They"

Around 1795, the language authorities Lindley Murray, Joseph Priestly, and Hugh Blair, amongst others, campaigned against pronoun irregularities in pronoun use, such as lack of agreement in gender and number. Without coining words, this can only be done in the third person singular by use of compound terms like "his or her". Grammarians in 1879, 1922, 1931, 1957, and the 1970s have accepted "they" as a singular term that could be used in place of "he" or "he or she", though sometimes limiting it to informal constructions. Others in 1795, 1825, 1863, 1898, 1926, and 1982 argued against it for various reasons. And whatever the grammarians might argue, people have been using the singular "they" for about the last 600 years, though (as mentioned earlier) it can only be applied in certain cases. If new gender-neutral pronouns are not adopted, i'm sure that singular "they" will still be a point of contention for centuries to come. For further information on the use of singular "their" throughout the centuries, see the large body of information that Henry Churchyard has compiled on the subject.

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**This article was borrowed from the University of Wisconsin - Milwaukee: Lesbian, Gay, Bisexual, Transgender Resource Center (<http://uwm.edu/lgbtrc/support/gender-pronouns/>)



Allyship: First Steps

Allyship to trans people involves a number of different actions: some are necessary and relatively easy, while some require more commitment and activism. I will make several lists in order of priority. Some of these are behaviors that you must engage in to treat trans people respectfully; some are goals to aspire to, but they may take a while and require some more courage!

BARE MINIMUMS

- Call people by their preferred name, pronouns, and label. Always. Even if you're angry with them, even if they're total jerks, even if they're using gender-neutral pronouns that "sound weird" or "are hard to remember." Yes, even when they're not around to hear. It's a respect thing.
- If you've met the person after transition: don't ask to see pictures from "before," or ask about their previous name, or otherwise quiz them on topics that are likely offensive/painful.
- Don't try to compliment people by telling them that they look like a "real [gender]," or that you "never would have known."
- Don't make comments about the person's gender presentation that you wouldn't make to someone who was assigned that same gender at birth. Critiquing a trans woman's makeup in detail, or offering a trans man suggestions on how to walk "like a guy," is as rude as it would be if you were talking to a cis person.
- Do not inform any third party that your sibling/parent/partner/whomever is trans without the trans person's express permission, gotten in advance.
- Don't describe past situations by saying "When [person] was a [gender]..."
- Don't ever describe someone as a member of the wrong gender, even in a way that's superficially nice. "But you're so handsome as a man!" is unacceptable, as is "You were a lovely little girl."
- Words that you shouldn't ever use: "tranny," "shemale," "he-she," "shim." Seriously. Even if your other trans friend told you it was okay. Just don't say it.
- Don't make comments that fetishize trans people. "I love trans guys — they're so hot!" is pretty belittling; so is "People like you are so exotic." These kinds of statements reduce trans people to sex objects, as though we exist just to be that "exotic" kink or turn-on.
- Don't ever ever inquire about the state of someone's genitals, about whether they're having surgery, or about how they have sex. Ruuuuude.
- Don't make assumptions about someone's sexual orientation. Some trans men are gay or bi, or asexual; likewise with some trans women. Genderqueer folks have sexual attractions that come in all stripes.
- If someone's gender is ambiguous, resist asking "What are you?" flat-out; though some people don't mind or even relish it, for many it's simply intrusive. Instead, try to pick up on the person's identification through context. If you really don't know, and really need to talk about the person in a gendered way, ask "What pronouns do you prefer?" or "How should I refer to you, gender-wise?" (Do this very politely, and in private if you can.) You don't need to know every detail about the person's identity — you only need the information that will allow you to speak to and about them respectfully.

MORE COMPLEX ACCOMMODATIONS

- Yes, it is certainly difficult to adapt to thinking of a person in a new way, particularly if you've known that person all your life. A period of discomfort, or even mourning, is not uncommon. But I challenge you to try to work through that — to understand that trans experiences are usually much harder for the trans people themselves — and to work

earnestly on understanding, rather than becoming bogged down in regret.

- Many aspects of these concepts can be confusing or difficult at first. (Maybe your trans son is still in a relationship with a lesbian . . . why? Maybe your trans sister chooses not to have surgery, though she could afford it . . . why?) However, most trans people do not wish to serve as constant educators; being asked to justify your choices, some of which are so instinctive that they're beyond words, is tiring and draining for everyone. Be sure to think over your questions carefully, seeing if you can answer them with your own common sense, before you ask the trans individuals themselves.
- If you're in charge of a public bathroom of some sort — in a store, perhaps, or a university building or a workplace — you may wish to label it as unisex or "family." Some, though not all, trans people are not comfortable or safe in either exclusively-men's or exclusively-women's facilities (maybe they're pre-transition, maybe they present as androgynous and don't want to be hassled). It's not a big deal to put up a new sign, and it makes sense for reasons beyond trans issues; young children, for instance, are more easily able to enter unisex bathrooms with their other-gender parents.
- Keep in mind that a gender-neutral bathroom should not be used to segregate trans from cis, but rather exist as a voluntary option. It'd be inappropriate to say "Trans women in the genderless lavatory, cis women in the women's lavatory"; that sort of phrasing implies that trans women are different or unreal.
- Refer to "all genders" or "any gender" (plural) rather than "both genders" or "either gender" (dual). Gender is not a salt-and-pepper set, with only two condiments on the table, if you want to think of it that way. It's a much larger sort of system, including the possibilities of "male" and "female," but not excluding anyone else either.
- Occasionally — when you're on the subway, maybe, or driving past a pedestrian — you'll see someone whose gender you can't decipher at first glance. A total stranger, not someone whose identity you actually might need to know. Your instinct is likely to take a closer look at the person, closer than you normally would, and try to figure out what gender they are. Avoid this, if you can, or at least stop yourself consciously in the midst of doing it. The person may not know the wiser, unless you're outright staring, but this is an example of an invasive and transphobic behavior. It's not the King of Indiscretions, but it needs to be treated seriously: you'd feel insulted if you were scrutinized in such a way ("is she or isn't she?") and so will most other people.
- Trans people are not freaks. The label of "freakishness" can go either way: people may see it as something repugnant, creepy, or against nature — or they may consider it exotic, or especially erotic, or radical.
- But transness is none of these things. It can't be so easily characterized by that kind of shallow stereotype. It isn't something super-special to be considered "cool" and "fascinating," and it isn't something super-gross or weird or barbaric. It's just a Thing, a fact of some people's existence, and when you assign it a moral meaning the actual facts can get lost in the theory.
- Try to level out your thinking on trans issues, realizing that it's more complex than either an "awful curse" or a "special gift" but just is. . . Some people, individually, will choose to embrace a freak identity. But that has to do with their individual journeys, rather than encompassing all of what trans means to everyone else.

**This article was written by the owner/operator of "TransWhat? A Guide Toward Allyship" which is located at: <http://transwhat.org/>

Glossary of Transgender Terminology

In any conversation, the most important first step is learning what all of the words mean. This glossary of terms is a starting point (terminologies tend to evolve over time) from which we can begin to understand what is being talked about when we discuss all things gender related. The words and meanings provided herein are given as a tool to help us begin thinking about gender, sex, society, culture, and health. We encourage guests to think about and discuss the ways language can be used to promote recognition, respect, and support.



AFAB

- Assigned Female At Birth. Refers to people declared to be female at birth and who are raised within a female gender role that does not match their gender identity. Other acronyms used in place of AFAB: DFAB (Designated Female At Birth) and CAFAB (Coercively Assigned Female At Birth).

Ally

- A cisgender person who supports and celebrates trans identities, challenges transphobic remarks and the actions of others, and willingly explores these biases within themselves.

AMAB

- Assigned Male At Birth. Refers to people declared to be male at birth and who are raised within a male gender role that does not match their gender identity. Other acronyms used in place of AMAB: DMAB (Designated Male At Birth) and CAMAB (Coercively Assigned Male At Birth).

Androgynous

- A blend of many genders. A person who is gender androgynous might refer to themselves as an androgyne.

Asexual

- An asexual is someone who does not experience sexual attraction. Unlike celibacy, which people choose, asexuality is an intrinsic part of a person's identity. Asexuality does not make a person's life any worse or any better, they just face a different set of challenges than most sexual people. There is considerable diversity among the asexual community; each asexual person experiences things like relationships, attraction, and arousal somewhat differently. (More information can be found at Asexuality.org)

Assigned Sex (or sex assignment)

- This is the legal designation of sex, usually made at birth. Differs from Gender Identity.

Bi-gender

- A gender identity of having two full genders which one can move between.
- One who has a significant gender identity that encompasses both genders, male and female. Some may feel that one side or the other is stronger, but both sides are there.

Binding

- The technique of compressing one's chest to create a more androgynous or masculine appearance. Most common with Trans Men and AFAB Gender Non-Conforming individuals.

Black Market Hormones

- Hormones purchased without a prescription.

Breast Augmentation

- A gender-affirming, feminizing, top surgery that enlarges one's breasts.

Butch

- Describes gender and/or social and relationship roles that are perceived as being masculine, or refers to a person who embodies these qualities. Might be trans, but not necessarily.

Chest Surgery

- A gender-affirming, masculinizing, top surgery that removes breast tissue and sculpts remaining tissue into a shape that is typically considered to be masculine.

Cisgender (also cissexual)

- Having a gender that matches one's assigned sex; non-transgender.

Clitoral Release

- A gender-affirming, masculinizing, lower surgery to cut ligaments around the clitoris, releasing it from the pubis, giving the shaft more length, thus creating a penis.

Coming Out or

Coming Out of the Closet

- The process of becoming aware of one's trans identity, accepting it, and/or telling others about it. Coming out is also used to refer to disclosing one's non-heterosexual sexual orientation.

Cross Dresser

- A term for people who dress in clothing traditionally or stereotypically worn by the other sex, but who generally have no intent to live full-time as the other gender. The older term “transvestite” is considered derogatory by many in the United States.

Drag King

- Drag Kings are performance artists who dress and act in a masculine manner and personify male gender stereotypes as part of their routine. Might be trans, but not necessarily.

Drag Queen

- Drag Queens are performance artists who dress and act in a feminine manner and personify female gender stereotypes as part of their routine. Might be trans, but not necessarily.
- It is also sometimes used in a derogatory manner to refer to transgender women.

Endocrinologist

- A doctor specially trained in the study of hormones and their actions and disorders in the body.

Facial Feminization Surgery

- Surgeries that feminize the face, which include Adam's apple reduction, nose feminization, facial bone reduction, face lift, eyelid rejuvenation, and hair reconstruction.

Female

- A sex, usually assigned at birth, and based on chromosomes (e.g. XX), gene expression, hormone levels and function, and reproductive/sexual anatomy (e.g. vagina, uterus). After continued use of anti-androgen and estrogen hormones, trans women can display hormone levels that are consistent with typical genetic female levels. Reproductive/sexual anatomy can be surgically reproduced in trans women during Gender Affirming Surgery.

Female-to-Male (FTM)

- May refer to a person assigned female at birth whose gender identity is male all or part of the time. Transitioning-to-male; female-to-male spectrum.
- A person who transitions from “female-to-male,” meaning a person who was assigned female at birth, but identifies and lives as a male. Also known as a “transgender man.”

Feminine

- Describes socially and culturally constructed aspects of gender (e.g. roles, behaviors, expressions, identities)

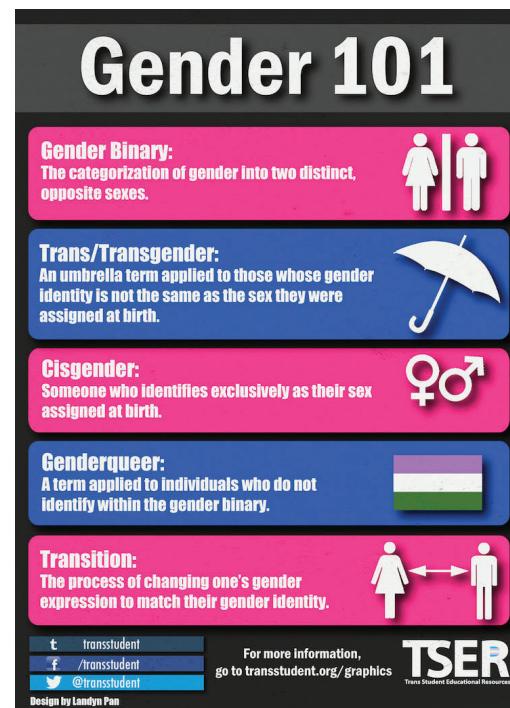
typically associated with girls and women.

Feminizing Hormone Therapy

- The use of medications (e.g. estrogen, anti-androgens, progestins) to develop physical characteristics that are in line with one's gender or gender expression, including breast development, more fat on the hips, thighs, and buttocks, and softer skin.

Feminizing Surgeries

- Gender-affirming surgical procedures that create physical characteristics reflective of one's gender identity and/or gender expression to include: breast augmentation, vaginoplasty, facial feminization surgery, vocal cord surgery, thyroid cartilage reduction, buttock augmentation/lipofilling, and hair reconstruction.



Femme

- Describes gender expressions and/or social and relationship roles that are perceived as being feminine, or refers to a person who embodies these qualities. Might be trans, but not necessarily.

Formulary

- A listing of medications covered by a health care plan.

Gaff

- A garment that flattens the lower part of the male body, concealing the penis* and the testes*.

Gay/Straight Alliance (GSA)

- Student-led organizations intended to provide a safe and supportive

environment for LGBT2QIA+ and questioning youth and their allies. See also QSA.

Gender

- Socially and culturally constructed roles, behaviors, expressions, and identities of girls, women, boys, men, and trans people.

Gender Confirmation Surgery (GCS)

- Range of surgeries that create physical characteristics that are in line with one's gender identity, including: vaginoplasty, breast augmentation, chest surgery, and phalloplasty. Sometimes referred to as sex reassignment surgery (SRS).
- Surgical procedures that change one's body to better reflect a person's gender identity. This may include different procedures, including those sometimes also referred to as “top surgery” (breast augmentation or removal) or “bottom surgery” (altering genitals). Contrary to popular belief, there is not one surgery; in fact there are many different surgeries. These surgeries are medically necessary for some people, however not all people want, need, or can have surgery as part of their transition. “Sex change surgery” is considered a derogatory term by many.

Gender Binary

- A view that there are only two genders (girls/women and boys/men) that are separate and unchanging.

Gender Creative

- Refers to people, often children, who identify and express their gender in ways that differ from societal and cultural expectations.

Gender Diverse

- Gender roles and/or gender expressions that do not match social and cultural expectations. Gender non-conforming or gender variant.

Gender Dysphoria

- Emotional and psychological distress resulting from a difference between a person's gender and their assigned sex, associated gender role, and/or primary and secondary sex characteristics. (WPATH)

Gender Expression

- How a person represents or expresses one's gender identity to others, often through name and pronoun choice, behavior, clothing, hairstyles, voice or body characteristics.

Gender Fluid

- A gender that is changeable.

Gender Identity

- An individual's internal and psychological sense of being male, female, both, in-between, or neither. Since gender identity is internal, one's gender identity is not necessarily visible to others.

Gender-inclusive Pronouns

- Pronouns used to avoid gender binary-based words (e.g. she/her, he/him) or making assumptions about people's gender; for example, ze/hir or they/them.

Gender Marker

- A term some people use for sex marker on identification/documents.

Gender Non-conforming

- This term refers to people who do not conform to society's expectations for their gender roles or gender expressions. Another term used for this is 'gender-variant'.

Gender Normative

- Gender roles and/or gender expressions that match social and cultural expectations.

Gender Roles

- Socially and culturally constructed behavioral norms such as communication styles, careers, and family roles, that are often expected of people based on their assigned sex.

Genderqueer

- A term used by some individuals who identify as neither entirely male nor entirely female.

Hair restoration surgery

- Surgical technique that moves individual hair follicles from a part of the body called the donor site to a different part of the body called the recipient site.

Hermaphrodite

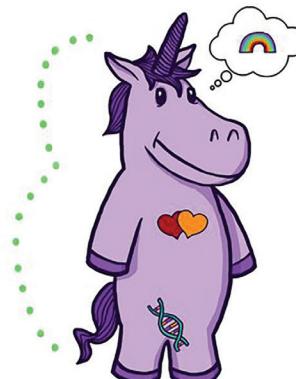
- An outdated and derogatory term that was historically used to label people who have a reproductive or sexual anatomy that does not closely resemble typical male or female reproductive or sexual anatomy, which may be related to genitalia, secondary sex characteristics, and/or chromosomal make-up. Replaced by the more respectful term Intersex. Another term commonly used is Disorders of Sex Development (DSD).

Homosexual

- An outdated term that was historically used to describe people who were attracted to other people of the same gender. Replaced by the more inclusive and respectful terms, "gay" or "lesbian", which are not considered offensive by many.

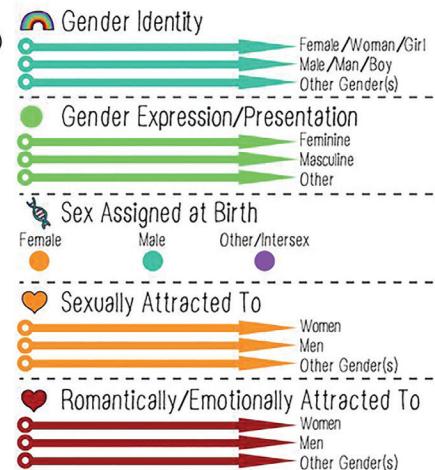
The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan



Hormones

- Chemical substances that control and regulate the activity of certain cells or organs. See also: Sex Hormones.

Hormone Therapy (HT)

- Administration of sex hormones for the purpose of bringing one's secondary sex characteristics more in line with one's gender. Also referred to as Hormone Replacement Therapy (HRT) and Transhormonal Therapy.

Hormone Readiness Assessment

- Evaluation conducted by a healthcare professional to determine if a patient is ready to begin hormone therapy. May include psychological and medical assessments.

Hysterectomy

- A surgical procedure to remove all or part of the uterus, and sometimes the ovaries and/or fallopian tubes. A gender-affirming, masculinizing, lower surgery.

Intersex

- A reproductive or sexual anatomy that does not closely resemble typical male or female reproductive or sexual anatomy. This condition may manifest in genitalia, secondary sex characteristics, and/or chromosomal make-up. Intersex replaced the outdated term 'hermaphrodite'. Also referred to as Disorders of Sex Development (DSD).
- Intersex is different from trans.

Lifestyle choice

- An outdated and offensive term used to imply that trans people make a choice in the way that they live their lives or behave in ways that are according to the attitudes, tastes, and values associated with the gender identity.

Lipofilling

- The surgical transfer of fat removed by liposuction to other areas of the body.

Liposuction

- A surgical technique for removing excess fat from under the skin by suction.

Lo-Ho

- A slang term used by some trans people who take low doses of hormones.

Lower Surgery

- Umbrella term for gender-affirming surgeries done below the waist, including masculinizing (e.g. hysterectomy, clitoral release, metoidioplasty, and phalloplasty) and feminizing (e.g. orchidectomy and vaginoplasty) surgeries. Also called "bottom surgery."

LGBT

- Acronym for Lesbian, Gay, Bisexual, and Trans people; GLBT.

LGBT2QIA+

- An evolving acronym for Lesbian, Gay, Bisexual, Transgender, Two-Spirit, Queer, Intersex, Asexual, and additional identities. A common misbelief is that the "A" stands for Ally - it does not.

Male

- A sex, usually assigned at birth, and based on chromosomes (e.g. XY), gene expression, hormone levels and function, and reproductive/sexual anatomy (e.g. penis, testicles). After continued use of testosterone hormones, trans men can display hormone levels that are consistent with typical genetic male levels. Reproductive/sexual anatomy can be surgically reproduced in trans men during Gender Affirming Surgery.

Male-to-Female (MTF)

- May refer to a person assigned male at birth whose gender identity is female all or part of the time. Transitioning-to-female; female-to-male spectrum.
- A person who transitions from “male-to-female,” meaning a person who was assigned male at birth, but identifies and lives as a female. Also known as a “transgender woman.”

Man

- A human being who self-identifies as a man, based on elements of importance to the individual, such as gender roles, behaviour, expression, identity, and/or physiology.

Masculine

- Describes socially and culturally constructed aspects of gender (e.g. roles, behaviour, expression, identity) typically associated with boys and men.

Masculinizing Hormone Therapy

- The use of testosterone to develop physical characteristics that are in line with one's gender identity or gender expression, including: more facial hair, more body hair, increased muscle mass, and deepened voice.

Masculinizing Surgeries

- Gender-affirming surgical procedures that create physical characteristics reflective of one's gender identity and/or gender expression, including chest surgery, hysterectomy, clitoral release, metoidioplasty, phalloplasty, pectoral implants, liposuction, and lipofilling.

Medical Transition

- To undergo medical steps one deems necessary in order to transition from their assigned gender to their own gender identity. Examples include: Hormone Therapy and/or Gender Affirming Surgery.

Metoidioplasty

- A gender-affirming, masculinizing, lower surgery to create a penis and scrotum, done by cutting ligaments around the clitoris to add length to the shaft, grafting skin around the shaft to create added girth, lengthening the urethra so one can urinate from the shaft, and creating a scrotum.

Monthly Bleeding

- A term for “menstrual bleeding” or “period” used by some trans people.

No-Ho

- A slang term used by some trans people who do not take hormones.

Non-flesh Penis

- Penis made from synthetic materials. May also be referred to as a “packer” or “prosthetic penis.”

Oophorectomy

- A gender-affirming, masculinizing, lower surgery to remove the ovaries.

Orchiectomy

- A surgery to remove the testicles; a gender-affirming, feminizing, lower surgery.

Outing Someone

- Accidentally or intentionally revealing another person's gender identity or sexual orientation without their permission.

Packing

- A term some people use to describe wearing padding or a non-flesh penis in the front of the lower garment or underwear.

Padding

- Use of undergarments to create the appearance of larger breasts, hips, and/or buttocks. Includes breast forms.

Pangender

- Gender identity that includes all genders; multi-gender; omni-gender.

Penis*

- Penis* (with an asterisk) is used to acknowledge the many different words that are used for this body part: penis, strapless, shenis, etc.

Person of Trans History

- Someone who has transitioned to female or transitioned to male and no longer identifies as trans.

Phalloplasty

- A gender-affirming, masculinizing, lower surgery to create a penis and scrotal sac (phase 1), then testicular implants and implants to obtain rigidity/erection (phases 2 and 3).

Primary Care Provider

- An individual's main health care provider in non-emergency situations (check ups, referrals): Family Doctor, General Practitioner (GP), Nurse Practitioner (NP).

Privilege

- Refers to the social, economic, and political advantages and power held by people from dominant groups on the basis of attributes such as gender, race, sexual orientation, and social class.

Pronouns

- The pronouns an individual uses in reference to them, such as she, he, they, ze, or the person's name.

Puberty Blockers

- A group of medications for youth that temporarily suppress or inhibit puberty by suppressing the production of sex hormones and preventing development of secondary sexual characteristics.

Queer

- A term used to refer to lesbian, gay, bisexual and, often also transgender, people. Some use queer as an alternative to “gay” in an effort to be more inclusive. Depending on the user, the term has either a derogatory or an affirming connotation, as many have sought to reclaim the term that was once widely used in a negative way.

Queer/Straight Alliance (QSA)

- Student-led organizations intended to provide a safe and supportive environment for lesbian, gay, bisexual, trans, Two-Spirit, and queer/questioning youth and their allies. See also GSA.

Questioning

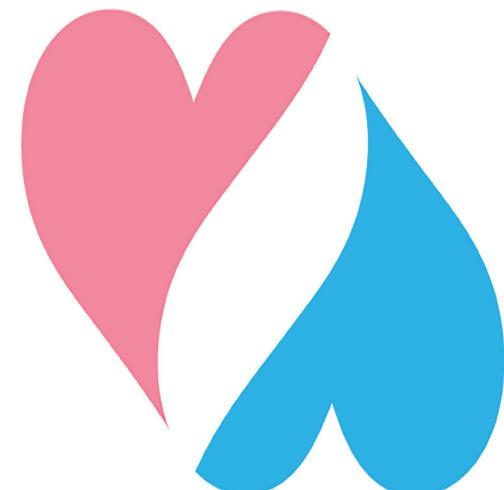
- A term sometimes used by those in the process of exploring their gender or sexual orientation, as well as choosing not to identify with any other label.

QTPOC

- Acronym for Queer and Trans People of Colour.

QTIPOC

- Acronym for Queer, Trans, and Intersex People of Colour.



you don't have to
be transgender to be
trans-positive

Read As

- When someone is correctly assumed to be the wrong gender. Examples include: trans women read as women or trans men read as men. This term has replaced the outdated term “to pass” which implied that a person is failing when they are not being read as their correct gender.

Real Life Experience (RLE)

- A former requirement for medical transition, during which one was required to live full-time in their self-determined gender role. This requirement has been removed in the current WPATH Standards of Care (Version 7).

Salpingectomy

- A gender-affirming, masculinizing, lower surgery to remove the Fallopian tubes.

Self-Identified Men

- Term used to be inclusive of trans men or trans persons of history who self-identify as men (e.g. this restroom is for self-identified men).

Self-Identified Women

- Term used to be inclusive of trans women or trans persons of history who self-identify as women (e.g. this restroom is for self-identified women).

Sex

- Biological attributes and legal categories used to classify humans as male, female, intersex or other categories. Primarily associated with physical and physiological features including chromosomes, genetic expression, hormone levels and function, and reproductive/sexual anatomy.

Sex Assignment

- Legal designation of sex, usually made at birth.

Sexual Orientation

- Patterns of emotional, romantic, and/or sexual attractions to groups of people (e.g. men, women, trans people). A person’s sense of identity based on those attractions, related behaviors, and membership in a community of others who share those attractions. For example pansexual, lesbian, gay, bisexual, asexual, or heterosexual.

Sex Hormones

- Hormones, such as estrogen and testosterone, affecting sexual and reproductive development or function.

Sex Marker

- Legal designation of sex (usually male or female) on official documents, such as government issued identification

and birth certificates. Sometimes called “gender marker”.

Sex Reassignment Surgery

- See Gender Confirmation Surgery.

Standards of Care (for the Health of Transsexual, Transgender and Gender Non-Conforming People)

- Guidelines containing the recommended course of care for people seeking medical transition to their self-determined gender, published by the World Professional Association for Transgender Health (WPATH).

Stealth

- The practice of living one’s life entirely as one’s gender without disclosing past experiences.

Surgical Readiness Assessment

- Evaluation conducted by a healthcare professional to determine if a patient is ready to be referred for gender-affirming surgery. Includes both psychological and medical assessments.

Third Gender

- A gender other than male or female.

Top Surgery

- Umbrella term used for some gender-affirming above-the-waist surgeries including masculinizing chest surgeries and feminizing breast augmentation surgeries.

TPOC

- An acronym for Trans People of Colour.

Transfeminine

- This umbrella term may describe people who were assigned male at birth, who are trans, and whose gender expression leans towards the feminine.

Transgender (Trans or Trans*)

- Trans is an umbrella term that describes a wide range of people whose gender and/or gender expression differs from their assigned sex and/or the societal and cultural expectations of their assigned sex. Includes people who are: androgynous, agender, bigender, butch, AFAB, AMAB, cross-dresser, drag king, drag queen, femme, FTM, gender creative, gender fluid, gender non-conforming, genderqueer, gender variant, MTF, pangender, questioning, trans, trans man, trans woman, transfeminine, transgender, transmasculine, transsexual, and two-spirit.
- A term for people whose gender identity, expression or behavior is different from those typically associated with their assigned sex at birth. Transgender is a broad term and is good for non-

transgender people to use. “Trans” is shorthand for “transgender.” (Note: Transgender is correctly used as an adjective, not a noun, thus “transgender people” is appropriate but “transgenders” is often viewed as disrespectful.)

Transsexual

- An older term for people whose gender identity is different from their assigned sex at birth who seeks to transition from male to female or female to male. Many do not prefer this term because it is thought to sound overly clinical.

Transition

- Refers to the process during which trans people may change their gender expression and/or bodies to reflect their gender identity including changes in physical appearance (hairstyle, clothing), behaviour (mannerisms, voice, gender roles), identification (name, pronoun, legal details), and/or medical interventions (hormone therapy, gender-affirming surgery).
- The time when a person begins living as the gender with which they identify rather than the gender they were assigned at birth, which often includes changing one’s first name and dressing and grooming differently. Transitioning may or may not also include medical and legal aspects, including taking hormones, having surgery, or changing identity documents (e.g. driver’s license, Social Security record) to reflect one’s gender identity. Medical and legal steps are often difficult for people to afford.

Trans Man

- May describe someone who is trans and a man.
- A term for a transgender individual who currently identifies as a man (see also “FTM”)

Transmasculine

- This umbrella term may describe people who were assigned female at birth, who are trans, and whose gender expression leans towards the masculine.

Trans-misogyny

- Transphobia directed at trans women and transfeminine people that reinforces male power and privilege, including harassment, violence and discrimination.

Transphobia

- Ignorance, fear, dislike, and/or hatred of trans people which may be expressed through name-calling, disparaging jokes, exclusion, rejection, harassment, violence, and many forms of discrimination (e.g. refusing to use

a person's name/pronoun, denial of services, employment, housing).

Transvestite

- An outdated term that was historically used to label people who cross dressed as having a mental illness. Replaced by the more inclusive and respectful term, Cross Dresser, which is not considered a mental illness.

Trans Woman

- May describe someone who is trans and a woman.
- A term for a transgender individual who currently identifies as a woman (see also "MTF").

Tucking

- Method of positioning the penis and testicles so as to conceal them.

Two-Spirit (2-Spirit or 2S)

- A term used within some Indigenous communities encompassing sexual, gender, cultural, and/or spiritual identity. This umbrella term was created in the English language to reflect complex Indigenous understandings of gender and sexuality and the long history of sexual and gender diversity in Indigenous

cultures. This term may refer to cross, multiple, and/or non-binary gender roles; non-heterosexual identities; and a range of cultural identities, roles, and practices embodied by Two Spirit peoples.

- A contemporary term that refers to the historical and current First Nations people whose individuals spirits were a blend of male and female spirits. This term has been reclaimed by some in Native American LGBT communities in order to honor their heritage and provide an alternative to the Western labels of gay, lesbian, bisexual, or transgender.

Vagina*

- Vagina* (with an asterisk) is used to acknowledge the many different words that are used for this body part: front hole, etc

Vaginoplasty

- A gender-affirming, feminizing, lower surgery to create a vagina and vulva (including mons, labia, clitoris, and urethral opening) and inverting the penis*, scrotal sac and testes.

Vocal feminization surgery

- Feminizing surgery to elevate the pitch of the voice.

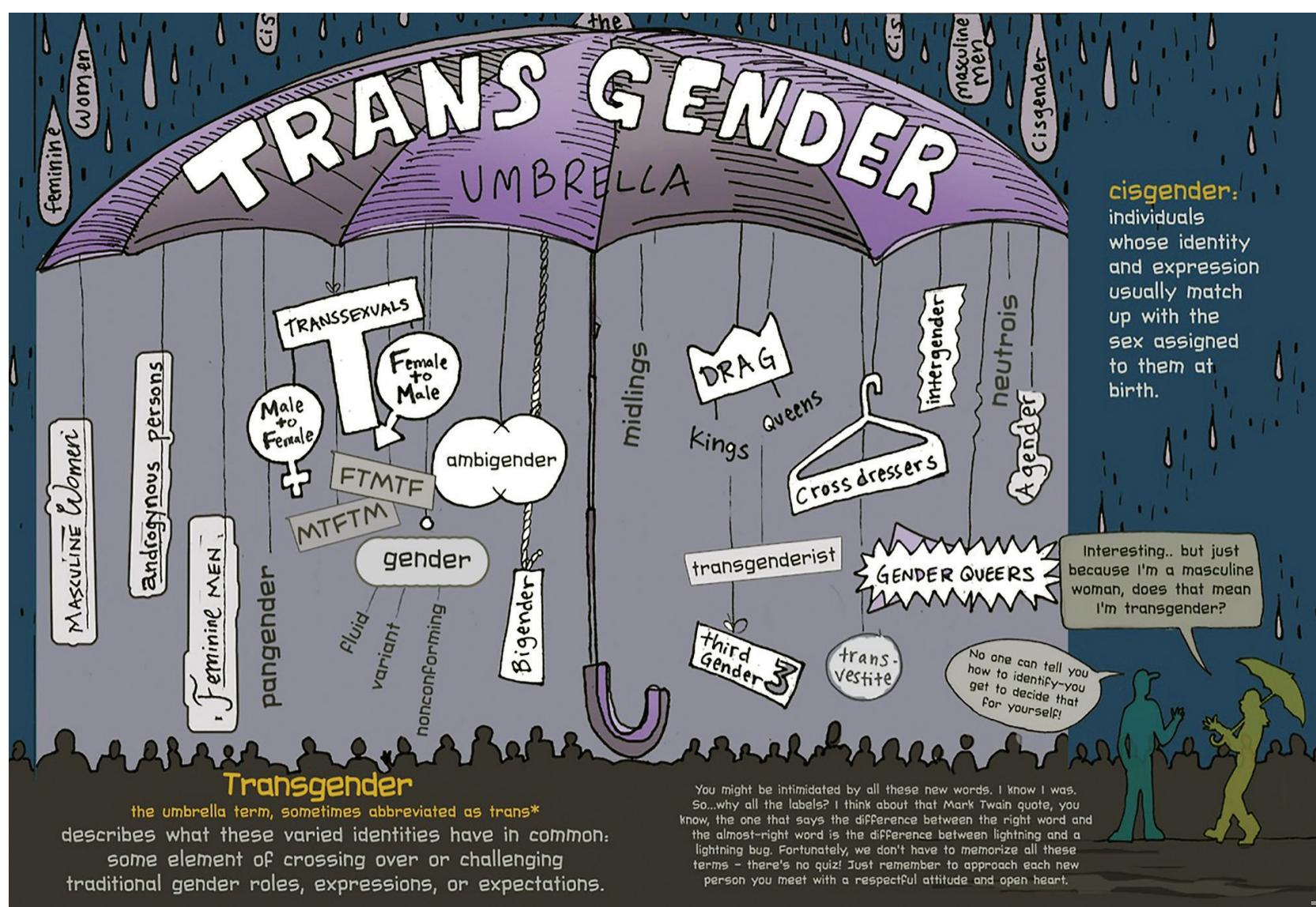
Woman

- A human being who self-identifies as a woman, based on elements of importance to the individual, such as gender roles, behaviour, expression, identity, and/or physiology.

World Professional Association for Transgender Health (WPATH)

- Professional organization devoted to transgender health, whose mission as an international multidisciplinary professional association is to promote evidence based care, education, research, advocacy, public policy and respect in transgender health.

**Many of these definitions are borrowed from the Provincial Health Services Agency of Vancouver, British Columbia.



Building Stronger Lives Through Education



Transgender
Visibility
&
Education
Network

<https://www.TransgenderVEN.com>

ABOUT TVEN

The Transgender Visibility & Education Network offers information, resources, and visibility for all things transgender.

There are tons of websites out there which offer pieces of the puzzle, but this Facebook page pulls all of those resources together into one easy-to-find place and serves to offer information which caters to:

- Transgender Individuals
- Family, Friends, Coworkers, and Allies
- Professionals and Businesses

This page is a global community resource for anyone looking to learn more about what it means to be transgender (and all categories under the transgender umbrella).

EDUCATION

Learn about the medical, psychological, emotional, and social issues that affect every transgender individual.



“Life isn’t always easy, but it does get better.”

RESEARCH

Learn about new research and policies that are helping transgender & non-binary individuals to live a better life.

POLITICAL

Learn about the various global political movements and policies that affect transgender individuals around the world.



SOCIAL

Discuss topics that are important to you and meet new friends and allies along the way. Post websites and articles that might be useful to others in the community.

