

TIVEN Quarterly

The Art &
SCIEnce
of Gender Identity

The
Gender
Expression
RAINBOW

**TRANSGENDER VISIBILITY &
EDUCATION NETWORK**

Editor's Letter



Sarah Flowers is the Executive Director of the Transgender Visibility & Education Network and the Senior Editor of the TVEN Quarterly magazine. A graduate of the University of California - Davis, Sarah has spent the last 25 years researching transgender topics and issues simply because she wanted to learn more about who she is as a transgender woman.

Aside from devoting all of her time to TVEN, Sarah also enjoys spending time with her wife, Amy, and their two kitties, Chewie & Hunter. As much as she loves reading a good book, she also loves writing them and is currently in the middle of writing 7 novels, each in a different genre. She has also been known to have fun with calligraphy, rock climbing, singing to the radio, and cruising around on her motorcycle.

If I were to ask you what you thought was the most popular question in all of human history, what would you say? Would you suggest "why is the sky blue?" Or maybe "were there really dinosaurs?" Or perhaps it would be "where did we as a species come from?" Would it surprise you to know that the most popular question in all of human history is only three words long?

That question is "Who . . . Am . . . I?"

This one very simple question is often times the most complicated and difficult question to actually answer. For cisgender individuals, some of the possible answers to this question may include (among billions of others): am I a mother, a father, a child or an adult; am I a scientist or author or artist or doctor or maybe a goddess among gods; am I sensitive or aggressive or humanitarian or possibly a destroyer of lives? For cisgender individuals, this question tends to most often focus on the individuals place in this big beautiful world of ours.

For transgender and gender non-conforming individuals, however, the answers to this seemingly simple question become even more complex. Not only do we have the same possible answers as cisgender individuals, we also have to decide on the answers of am I male, am I female, or does my gender identity fall somewhere along the *very long line* of identities between binary male and female identities.

For those who are blessed to be under the transgender umbrella, the seemingly never ending search for our own unique gender identity can sometimes be the hardest decision to actually make. But before we can even answer the riddle of our own gender identities, we first need to understand what gender actually is and how it differs from biological sex, and this is then followed very closely by how does our gender identity differ from our assigned-at-birth gender — the stereotypical doctor who briefly glances at a baby's genitals and then assigns them a gender based on those genitals.

And usually before that riddle is even answered, we must dive head first into the ocean of gender expression possibilities for the gender identity or identities that we feel might most closely match with how we feel about ourselves. While some of us are lucky enough to have friends or family members to help us navigate the cornucopia of gender expression possibilities, others find themselves needing to learn about their possible options all on their own. But regardless of which side of the equation an individual falls on, it is very important to remember that there is no one way to be transgender and you are always free to express your gender identity in any way that you may choose.

Faithfully Yours!!
Sarah Flowers
Editor in Chief

Contents

Understanding Gender	3
Sex & Gender: The Science of Identity	6
Transgender Identities Around the World	8
It's Not Just the Fashion	13

Publisher: Transgender Visibility & Education Network

Published in: Davis, CA

Senior Editor: Sarah Flowers

Science Editor: Amy Flowers

Printed by: Printing Center USA, Great Falls, MT, USA

Copyright: © 2018

Email: info@transgenderven.com

Website: www.TransgenderVEN.com

To purchase copies for your organization, please contact Sarah Flowers at info@transgenderven.com to discuss quantity and price.

Understanding Gender

People tend to use the terms “sex” and “gender” interchangeably. We assign a newborn’s sex as either male or female, based on their genitals (some countries offer a third identification option, for Intersex people). Once a sex is assigned, we presume the child’s gender. Someone born with a penis will be a boy and someone with a vulva will be a girl. For many people, this is cause for little, if any, concern or further thought.

Dimensions of Gender

While our gender may begin with the assignment of our sex, it doesn’t end there. A person’s gender is the complex interrelationship between three dimensions:

- Body: our body, our experience of our own body, how society genders bodies, and how others interact with us based on our body.
- Identity: our deeply held, internal sense of self as male, female, a blend of both, or neither; who we internally know ourselves to be.
- Expression: how we present our gender in the world and how society, culture, community, and family perceive, interact with, and try to shape our gender. Gender expression is also related to gender roles and how society uses those roles to try to enforce conformity to current gender norms.

Each of these dimensions can vary greatly across a range of possibilities. A person’s comfort in their gender is related to the degree to which these three dimensions feel in harmony. Let’s explore each of these dimensions in a little more detail.



Body

Most societies view sex as a binary concept, with two rigidly fixed options: male or female, both based on a person’s reproductive functions (genitals, sex chromosomes, gonads, hormones, reproductive structures). But a sex binary fails to capture even the biological aspect of gender. While most bodies have one of two forms of genitalia, which are classified as “female” or “male,” there are naturally occurring intersex conditions that demonstrate that sex exists across a continuum of possibilities. This biological spectrum by itself should be enough to dispel the simplistic notion of the “Gender binary” - there are not just two sexes.

The relationship between a person’s gender and their body goes beyond one’s reproductive functions. Research in neurology, endocrinology, and cellular biology points to a broader biological basis for an individual’s experience of gender. In fact, research increasingly points to our brains as playing a key role in how we each experience our gender.

Bodies themselves are also gendered in the context of cultural expectations. Masculinity and femininity are equated with certain physical attributes, labeling us as more or less a man/woman based on the degree to which those attributes are present. This gendering of our bodies affects how we feel about ourselves and how others perceive and interact with us.

Identity

Gender identity is our internal experience and naming of our gender. A Cisgender person has a gender identity consistent with the sex they were assigned at birth. For example, a child whose sex was assigned male on their birth certificate and who identifies as a boy is cisgender (you may hear this term shortened to “cis”). A Transgender person has a gender identity that does not match the sex they were assigned at birth. So, a child who was assigned male on their birth certificate and who identifies as a girl is transgender (sometimes this term is shortened to “trans”).

The two most common gender identities are boy and girl (or man and woman), and often people think that these are the only two gender identities. This idea that there are only two genders is called the “gender binary.” If a child has a binary gender identity, that means they identify as either a boy or a girl, regardless of the sex they were assigned at birth.



**USA: 877.565.8860
CAN: 877.330.6366**

But gender is a spectrum, and not limited to just two possibilities. A child may have a Non-binary gender identity, meaning they do not identify strictly as a boy or a girl – they could identify as both, or neither, or as another gender entirely. Agender people do not identify with any gender.

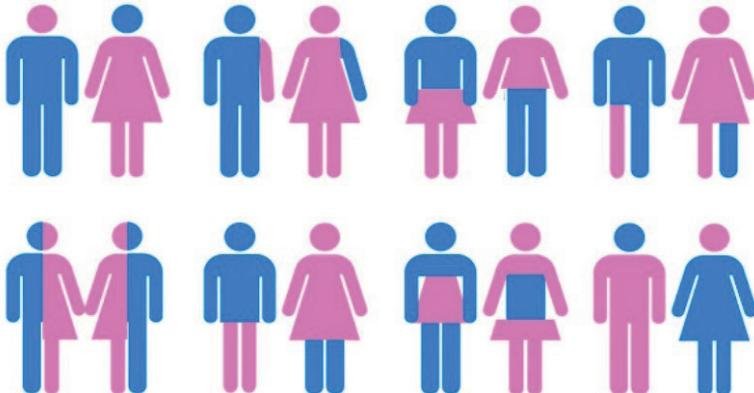
Understanding of our gender comes to most of us fairly early in life. According to the American Academy of Pediatrics, “By age four, most children have a stable sense of their gender identity.” This core aspect of one’s identity comes from within each of us; it is an inherent aspect of a person’s make-up. Individuals do not choose their gender, nor can they be made to change it, though the words someone uses to communicate their gender identity may change over time (e.g., from one non-binary identity to a different non-binary identity). Naming our gender can be a complex and evolving matter. Because we are provided with limited language for gender, it may take a person quite some time to discover, or create, the language that best communicates their gender.

Descriptors for gender identities are rapidly expanding; youth and young adults today no longer feel bound to identify strictly with one of two genders, but are instead establishing a growing vocabulary for gender. More than just a series of new words, however, this shift in language represents a far more nuanced understanding of the experience of gender itself. The 2015 Fusion “Millennial Poll” (“millennial” defined as individuals aged 18-34) revealed that more see gender as a spectrum than as a binary. Other research indicates that today’s teens are even likelier to see identity as a spectrum. There is a generational divide in our fundamental understandings of gender and how we think about this aspect of who we are.

Expression

The third dimension of gender is Gender expression, which is the way we show our gender to the world around us (through such things as clothing, hairstyles, and mannerisms, to name a few). Practically everything is assigned a gender—toys, colors, clothes, and activities are some of the more obvious examples. Given the prevalence of the gender binary, children face great pressure to express their gender within narrow, stereotypical definitions of “boy” or “girl.” Expectations around expression are taught to us from the moment we are born, and communicated through every aspect of our lives, including family, culture, peers, schools, community, media, and religion. Accepted gender roles and expectations are so entrenched in our culture that most people cannot imagine any other way.

Through a combination of social conditioning and personal preference, by age three most children prefer activities and exhibit



behaviors typically associated with their sex. For individuals who fit fairly neatly into expected gender roles and expression, there may be little cause to think about, or question, their gender, or how gender is created, communicated, and reinforced in our lives. However, children who express gender in ways that are perceived to be outside of these social norms often have a very different experience. Girls thought to be too masculine (especially as they move into their teens) and boys seen as feminine (at any age) face a variety of challenges. Pressures to conform at home, mistreatment by peers in school, and condemnation by the broader society are just some of the difficulties facing a child whose expression does not fall into line with the binary gender system. For many young people, whether typical in their presentation or not, expression is the most tangible aspect of their gender experience, impacting them in many, if not all, of their interactions with others.

Norms around gender expression change across societies and over time. One need only consider men wearing earrings or women having tattoos to see the flexibility of social expectations about gender. Even the seemingly intractable notion that “pink is for girls, blue is for boys” is relatively new. Prior to the mid-twentieth century, pink was associated with boys’ clothing and blue with girls’ clothing (still due to the gendering of colors, but with a different rationale associating each color with particular gendered characteristics).

Because expectations around gender expression are so rigid, we frequently assume that what someone wears, or how they move, talk, or express themselves, tells us something about their gender identity. But expression is distinct from identity -we can’t assume a person’s gender identity based on their gender expression. For example, a cisgender boy may like to wear skirts or dresses. His choice in clothing doesn’t change his gender identity; it simply means that he prefers (at least some of the time) to wear clothing that society typically associates with girls.

Gender Is Different Than Sexual Orientation

One final distinction to make is the difference between gender and Sexual orientation, which are often incorrectly thought to be the same thing. However, gender and sexual orientation are two distinct aspects of our identity. Gender is personal (how we see ourselves), while sexual orientation is interpersonal (who we are physically, emotionally and/or romantically attracted to).

Why is it so critical to distinguish these two concepts? When we confuse gender with sexual orientation, we are likely to make assumptions about a young person that have nothing to do with who they are. For example, when someone’s gender expression is inconsistent with others’ expectations, they are frequently assumed to be homosexual. The boy who loves to play princess is assumed to be gay, and the adolescent girl who buys clothes in the “boys” section and favors a short haircut may be assumed to be a lesbian. These are faulty conclusions. What someone wears is about gender expression; you cannot tell what their sexual orientation is by what they have on (for that matter, you can’t know what their gender identity is, either ... unless they tell you).

Confusing gender and sexual orientation can also interfere with a young person’s ability to understand and articulate aspects of their own gender. For example, it’s not uncommon for a transgender or non-binary youth to wonder if they are gay or lesbian (or any sexual orientation other than heterosexual) before coming to a fuller realization of their gender identity.

It’s important to understand both gender and sexual orientation,

but how we come to understand these parts of ourselves – and the choices we make to disclose and express them – are distinct paths. Thinking of these two aspects of self as interchangeable may, instead of helping us know ourselves and one another better, actually get in the way of our ability to understand and communicate with one another.

What's Next?

Gender diversity has existed throughout history and all over the world. One of the most fundamental aspects of a person's identity, gender deeply influences every part of one's life. Where this crucial aspect of self is narrowly defined and rigidly enforced, individuals who exist outside of its norms face innumerable challenges. Even those who vary only slightly from the norm can become targets of disapproval.

This does not have to be the case. Through a thoughtful consideration of the uniqueness and validity of every person's experiences of self, we can develop greater acceptance for all. Not only will this create greater inclusion for individuals who challenge the norms of gender, it will create space for all individuals to more fully explore and celebrate who they are.

***Understanding Gender* was written by the staff of Gender Spectrum and is hosted on their website located at <https://www.genderspectrum.org>.

Gender 101

Gender Binary:
The categorization of gender into two distinct, opposite sexes.



Trans/Transgender:
An umbrella term applied to those whose gender identity is not the same as the sex they were assigned at birth.



Cisgender:
Someone who identifies exclusively as their sex assigned at birth.



Genderqueer:
A term applied to individuals who do not identify within the gender binary.



Transition:
The process of changing one's gender expression to match their gender identity.



t transstudent
f /transstudent
@transstudent

For more information, go to transstudent.org/graphics

TSER
Trans Student Educational Resources

Design by Landyn Pan

RESOURCES

Gender Identity Websites:

- Transgender Visibility & Education Network
<https://www.TransgenderVEN.com>
- Trans and Gender Nonconforming Identities
<https://bit.ly/2j7txLw>
- Transgender Identity
<https://bit.ly/2J50aVx>
- Gender Odyssey Conference
<http://www.genderodyssey.org/>

Gender Identity Books / Workbooks:

- You and Your Gender Identity: A Guide to Discovery
<https://amzn.to/2LyhMat>
- The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity
<https://amzn.to/2sbc4DA>
- How to Understand Your Gender: A Practical Guide for Exploring Who You Are
<https://amzn.to/2sb3ZyM>
- Trans Bodies, Trans Selves: A Resource for the Transgender Community
<https://amzn.to/2kqdjum>

General Resources

- Our Trans Loved Ones (PFLAG)
<https://bit.ly/2gN3hT7>
- Coming Out As Transgender
<https://bit.ly/2xi3nwa>
- Explore: Transgender (Human Rights Campaign)
<http://www.hrc.org/explore/topic/transgender>
- National Center for Transgender Equality
<https://transequality.org/>

**bit.ly style website addresses were used in place of the actual website address in order to conserve space on the page and to make it easier for you to type in the web address.

Gender Science Corner

Sex and Gender: The Science of Identity

Amy Flowers
Science Editor

A happy couple is at the hospital having a new baby. After the labor, the obstetrician lifts up the newborn and announces, "It's a boy!" But is it? What criteria do we use to determine that announcement? What's the difference between sex assignment at birth and gender identity, and how does one influence the other? The science of sex and gender are a beautiful rainbow, filled with many more colors than simply pink and blue.

Development Begins Early

Starting just after conception, your chromosomes get busy building you a body according to the set of genes you have, including the features typical of your sex. For most of us, this results in XX people having ovaries, a uterus, and a vagina, and XY people having testes, a scrotum, and a penis. There are a variety of "checkpoints" in development where the body makes a decision based on whether a certain gene or hormone is present. By the end of the first trimester of pregnancy your internal organs and external features are mostly decided, although some development and growth will continue to vary after that point.

Development can be very straightforward and produce a very "typical" male or female bodied person, or it can have a lot of variation, producing people who are less in that typical binary. Sometimes these changes happen because a hormone is simply at a different level; other times a gene may be missing or changed, causing a key signal to be changed. Depending on how non-typical for their perceived sex they appear to be, a doctor might tentatively label a newborn as intersex or as having a disorder of sexual development until further testing is completed. Typically, intersex individuals are those who have either features that are ambiguous or that resemble both sexes. As this can include the internal organs, it often requires extensive testing to fully determine.

Sex Assignment Complicates Things

With this range of possibilities, one might wonder how an obstetrician decides the sex of a new baby at all by just their appearance. For most births this process involves a cursory examination of the baby's genitals. Typically formed genitals are quickly assigned to their sex, and atypically formed genitals are graded according to schemes such as Prader staging (see Figure 1). In more complex cases, it may involve

genetic testing, hormone level tests, and imaging to examine internal organs. Ultimately, however, for some children this assignment choice will become the beginning of their transgender journey.

It is common practice to assign sex immediately at birth, and for cisgender people, their gender identity grows to match this assignment, so this is generally not a problem for them. But for gender-variant and intersex children we are increasingly finding the practice of sex assignment at birth to be problematic. This is partially because sexual differentiation of the brain and formation of gender identity happen much later than sexual differentiation of the genitals. Sex assignment at birth has also led to many unnecessary and unwanted surgeries in babies with atypical genitalia.

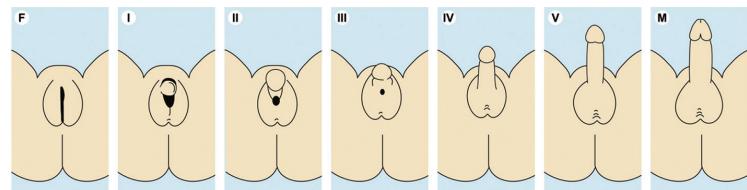


Figure 1: Prader staging of infant genitalia. This illustration is a scale of the variation of genital types most commonly seen, from typically female on the left to typically male on the right. When children are born with atypical features, scales such as this are the first estimate used to determine sex.

For intersex children, it was previously common to surgically alter intersex infants to match their newly assigned sex. However, as our understanding of gender and development improve, it is becoming increasingly common to delay sex assignment and defer surgical procedures until a child is old enough to identify their gender. This is reducing the number of repeat surgeries patients are having and leading to happier children less likely to experience gender dysphoria.

Gender Forms In Early Childhood

Children can start to express a gender identity as early as 2 years of age, but this may not solidify until after puberty in some children. This large gap of many years between fetal determination of sex and eventual development of gender identity is ultimately why some people experience a mismatch between their assigned sex and gender identity (see Figure 2). The exact biological basis for gender identity has not yet been identified and some social influences certainly play a role, but several experiments have suggested that there are a few key areas of the brain that determine a person's gender.

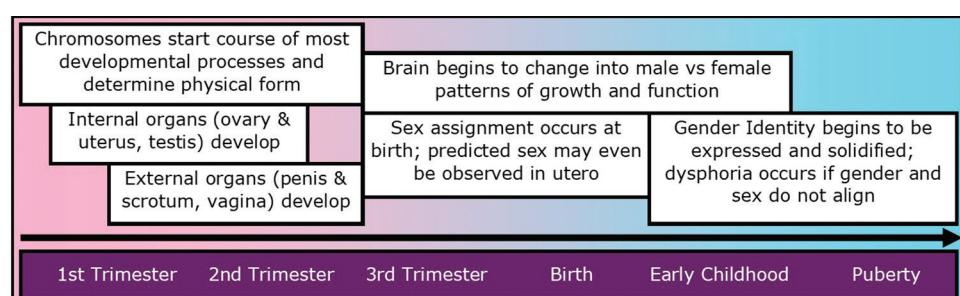


Figure 2: Sex and Gender flow chart. This chart describes the processes that go into sexual and gender development, and the order in which they happen, starting from fertilization at the left and advancing to birth and puberty at the right. Early in development, sexual organs form (pink areas). Sex assignment at birth is typically based on these features. In late pregnancy and early childhood, brain development of areas key to gender identity occurs (center). This results in gender identity forming much later than sex (blue areas).

One important experiment in gender identity was the story of David Reimer. In the 1960s when he and his twin brother were born, his penis was destroyed in a circumcision surgery accident. Psychologist Dr. John Money persuaded their parents to consent to a sex change operation on infant David and raise him as Brenda. Dr. Money was convinced that he could be raised as a girl, and his gender identity would conform to the way he was raised. However, when it became clear that he was unhappy, David's parents told him the truth. He immediately began the process of reconstruction to live as a boy. Despite more than a decade of girlhood enforced upon him, his true identity could not be suppressed. Although there were many ethically problematic elements to what was done, what we can learn from this is that there is a very real biological component to gender identity.

More recently, advanced technology such as fMRI has told us a lot more about the biology of gender identity. In the last two decades, imaging studies have measured the size and functional connectivity (how much one area “talks” to another) of key regions of the brain in transgender individuals. We have known for a long time that in cisgender people, there are differences between the sexes in some

parts of the brain. Studies involving transgender people have hoped to answer whether their brains are more like their gender of identity or the sex they were assigned at birth.

Results thus far have been mixed; some seem to indicate that transgender individuals' brains function like that of their gender identity, while others suggest that transgender people may have somewhat unique brains, different from cisgender individuals. Very recently, a study in the laboratory of Dr. Julie Bakker at the Vrije Universiteit Amsterdam found in children with dysphoria that after puberty, but not before, the brain begins to form connections resembling those of the child's gender identity. This was the first study of this type to show this result in children and identify a possible time of development in which these brain differences might become measurable. This is not to say that fMRI might be used to determine whether a person is transgender. No such test is likely at any point in the near future. We have, however, gained a greater understanding of when and how gender identity and gender dysphoria form.

What's In the Future?

Despite advances in our comprehension of gender and sexual development within the scientific community, much of the general population struggle to understand transgender and nonbinary identities. This puts the burden on the transgender community to both educate the public and defend their existence from those who would attack them. Main character Bria of the comic *Life of Bria* challenges a Trans Exclusionary Radical Feminist (TERF) to think a bit more critically about what it means to be a woman in one such encounter (see Figure 3). Bria's tenacity is admirable, but at TVEN we hope that our resources will help ease these burdens. As the scientific community advances our knowledge of gender, transition care, and other related topics, we will bring that knowledge to our community every quarter here in Gender Science Corner!

Resources and Additional Information:

1. Normal and Abnormal Sexual Development: <https://bit.ly/2lw4waG>
2. Sex Assignment At Birth: <https://bit.ly/2KmLFgh>
3. Gender Development: Reimer Case: <https://bbc.in/2KkSGuG>
4. Brain Studies, Earlier: <https://bit.ly/2fCIQG0>
5. Brain Studies, Recent: <https://bit.ly/2HGhPOF>
6. Life of Bria: <http://lifeofbria.com>

Amy Flowers is a Ph.D. candidate at the University of California at Davis — Molecular, Cellular, and Integrative Physiology program — where she is completing a dissertation in reproductive physiology. Amy is interested in development and diseases of the female reproductive tract, and transgender women's medicine, and hopes to work making a difference in the health of all women. When not working on her research or TVEN, Amy enjoys spending time with her wife Sarah and their 2 cats, Hunter and Chewie. Her favorite thing about research is knowing science fiction is just science that hasn't happened yet (and she can't wait to own a light saber).

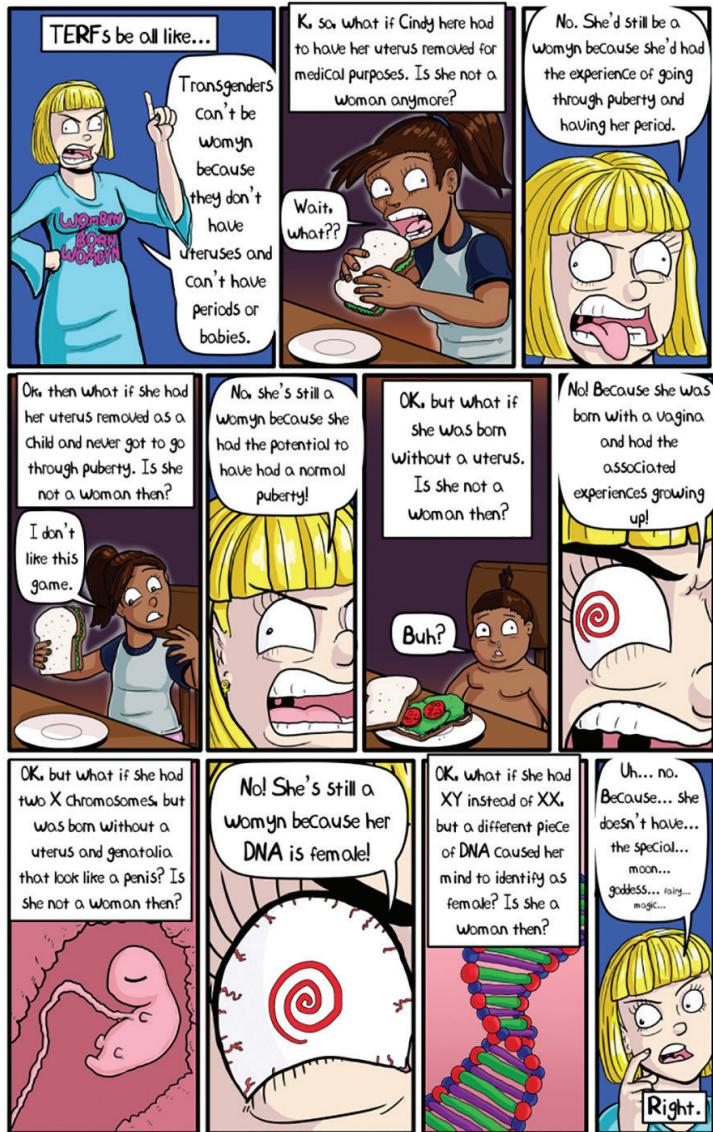


Figure 3: *Life Of Bria*. From January 8, 2018, “TERFs Be All Like – Redux”. Reprinted with permission. Copyright Sabrina Symington.

Transgender Identities Around the World

A very common misconception regarding the transgender community is that there are only three genders: transwoman, transman, and the general catch-all, gender non-conforming. As you are about to discover, there are approximately 150 known gender identities around the world, and new, and sometime older, gender identities are discovered and even re-discovered on a frequent basis. Transgender individuals have been in existence for more than a few thousand years, but it has only been within the last several decades that we finally have a way to name and describe the various gender identities that are experienced everyday. The wonderful thing about gender is that there isn't any one way to experience gender. Each individual, through their own experiences as they learn to understand themselves, may either settle on a specific gender identity early on in their search for self-identity, or they may work through their understandings of several gender identities until they finally arrive at one (or more) gender identities that they feel uniquely applies to them. So, please take time to read through this list of identities and don't be afraid to experiment with them until you discover one (or more) that uniquely apply to you.

Abimegender

- A gender that is profound, deep, and infinite; meant to resemble when one mirror is reflecting into another mirror creating an infinite paradox

Adamasgender

- A gender which refuses to be categorized

Aerogender

- A gender that is influenced by your surroundings

Aesthetigender

- A gender that is derived from an aesthetic; also known as videogender

Affectugender

- A gender that is affected by mood swings

Agender

- The feeling of no gender/absence of gender or neutral gender

Agenderflux

- Being agender and having fluctuating feelings of masculinity or femininity, but NOT male or female

Alexigender

- A gender that is fluid between more than one gender, but the individual cannot tell what those genders are

Aliusgender

- A gender which is removed from common gender descriptors and guidelines

Amaregender

- a gender that changes depending on who you're in love with

Ambigender

- Defined as having the feeling of two genders simultaneously without fluctuation; meant to reflect the concept of being ambidextrous, only with gender

Ambonec

- Identifying as both man and woman, yet neither at the same time

Amicagender

- A gender that changes depending on which friend you're with

Androgyne

- Sometimes used in the case of "androgynous presentation"; describes the feeling of being a mix of both masculine and feminine (and sometimes neutral) gender qualities

Anesigender

- Feeling like a certain gender yet being more comfortable identifying with another

Angenital

- A desire to be without primary sexual characteristics, without necessarily being genderless; one may be both angenital and identify as any other gender alongside

Anogender

- A gender that fades in and out but always comes back to the same feeling

Anongender

- A gender that is unknown to both yourself and others

Antegender

- A protean gender which has the potential to be anything, but is formless and motionless, and therefore, does not manifest as any particular gender

Anxiegender

- A gender that is affected by anxiety

Apagender

- A feeling of apathy towards one's gender which leads to them not looking any further into it

Apconsugender

- A gender where you know what it isn't, but not what it is; the gender is hiding itself from you

Aporagender

- Coined in 2014, from Greek apo, apor “separate” + “gender.” A nonbinary gender identity and umbrella term for “a gender separate from male, female, and anything in between while still having a very strong and specific gendered feeling” (that is, not an absence of gender).

Ashtime

- In Ethiopia, the Maale people had a gender role called Ashtime, for assigned-male-at-birth (AMAB) eunuchs who live as women, though later this became an umbrella term for all kinds of gender non-conforming AMAB people.

Astergender

- A gender that feels bright and celestial

Astralgender

- A gender that feels connected to space

Autigender

- A gender that can only be understood in the context of being autistic. Meant for autistic people only.

Autogender

- A gender experience that is deeply personal to oneself

Axigender

- When a person experiences two genders that sit on opposite ends of an axis; one being agender and the other being any other gender; these genders are experienced one at a time with no overlapping and with very short transition time.

Berdache

- An old word used by European-American anthropologists as an umbrella term for nonbinary gender roles in Native American cultures. The term was replaced by Two-Spirit in 1990 at an Indigenous lesbian and gay international gathering. Some Native American people can reclaim the word “berdache” for themselves, but it should not be used by people who aren’t Native.

Bigender

- The feeling of having two genders either at the same time or separately; usually used to describe feeling “traditionally male” and “traditionally female”, but does not have to

Biogender

- A gender that feels connected to nature in some way

Blurgender

- The feeling of having more than one gender that are somehow blurred together to the point of not being able to distinguish or identify individual genders; synonymous with genderfuzz

Boyflux

- When one feels mostly or all male most of the time, but experience fluctuating intensity of male identity

Burrnesha

- In Albania, the Burrnesha, “sworn virgins,” are people assigned female at birth who have a masculine gender expression and role. This tradition goes back to at least the 1400s and is still practiced.

Burstgender

- A gender that comes in intense bursts of feeling and quickly fades back to the original state

Butch

- A queer masculine gender identity or expression, which some see as a nonbinary gender.

Caelgender

- A gender which shares qualities with outer space or has the aesthetic of space, stars, nebulas, etc.

Cassgender

- The feeling of gender is unimportant to you

Cassflux

- When the level of indifference towards your gender fluctuates

Cavusgender

- For people with depression; when you feel one gender when not depressed and another when depressed

Cendgender

- When your gender changes between one and its opposite

Ceterofluid

- When you are ceterogender and your feelings fluctuate between masculine, feminine, and neutral

Ceterogender

- A nonbinary gender with specific masculine, feminine, or neutral feelings

Cisgender

- The feeling of being the gender you were assigned at birth, all the time (assigned (fe)male/feeling (fe)male)

Cloudgender

- A gender that cannot be fully realized or seen clearly due to depersonalization/derealization disorder

Collgender

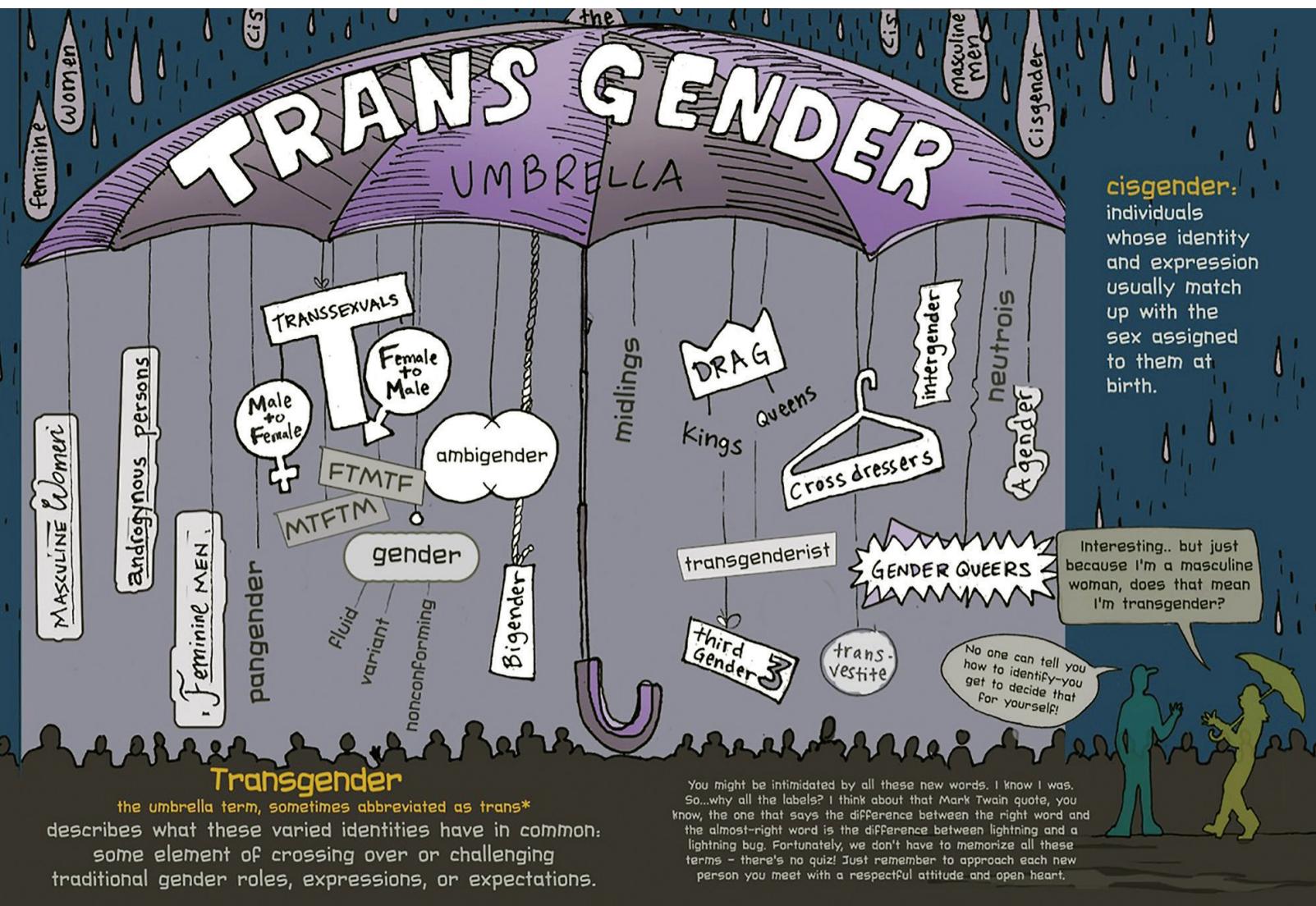
- The feeling of having too many genders simultaneously to describe each one

Colorgender

- A gender associated with one or more colors and the feelings, hues, emotions, and/or objects associated with that color; may be used like pinkgender, bluegender, yellowgender

Commogender

- When you know you aren’t cisgender, but



you settled with your assigned gender for the time being

Dendigender

- A gender that is only felt during certain circumstances

Deliciagender

- From the Latin word *delicia* meaning “favorite”, meaning the feeling of having more than one simultaneous gender yet preferring one that fits better

Demifluid

- The feeling of your gender being fluid throughout all the demigenders; the feeling of having multiple genders, some static and some fluid

Demiflux

- The feeling of having multiple genders, some static and some fluctuating

Demigender

- A gender that is partially one gender and partially another

- *Demiboy*. A gender identity that is male-like, or both male and genderless.

- *Demigirl*. A gender identity that is female-like, or both female and genderless.

Dongender

- Having more than one gender yet one being more dominant than the others

Demi-vapor

- Continuously drifting to other genders, feeling spiritually transcendental when doing so while having a clear, or slightly blurred, inner visual of your genders, transitions, and positive emotions. Tied to Demi-Smoke.

Demi-smoke

- A transcendental, spiritual gender roughly drifting to other genders that are unable to be foreseen and understood, shrouded in darkness within your inner visual. Elevating through mystery. Caused by a lack of inner interpretation and dark emotional states. Tied to Demi-Vapor.

Duragender

- From the Latin word *dura* meaning “long-lasting”, meaning a subcategory of multigender in which one gender is more identifiable, long lasting, and prominent than the other genders

Egogender

- A gender that is so personal to your experience that it can only be described as “you”

Enby

- Based on an initialism of “non-binary,” “NB”. A common noun for a person with a non-binary gender identity. This is



the nonbinary gender equivalent of the common nouns “boy” or “girl.” Plural: enbies.

Epicene

- Sometimes used synonymously with the adjective “androgynous”; the feeling of either having or not displaying characteristics of both or either binary gender; sometimes used to describe feminine male identifying individuals

Espigender

- A gender that is related to being a spirit or exists on a higher or extradimensional plane

Exgender

- The outright refusal to accept or identify in, on, or around the gender spectrum

Existigender

- A gender that only exists or feels present when thought about or when a conscious effort is made to notice it

Fa'afafine

- In Samoa, the Fa'afafine are people assigned male at birth who have a feminine gender expression, and who don't think of themselves as female or male.

Female

- One of two binary genders where one feels fully and completely female; can and is used in conjunction with other gender labels and identities

Femfluid

- Having fluctuating or fluid gender feelings that are limited to feminine genders

Femme

- A queer feminine gender, which some use as a nonbinary identity.

Femgender

- A nonbinary gender which is feminine in nature

Fluidflux

- The feeling of being fluid between two or more genders that also fluctuate in intensity; a combination of genderfluid and genderflux

FTX or Female-to-X

- Covering people who were assigned female at birth, and who identify as nonbinary or X-gender.

Gallae

- Originating in Turkey, and spreading to Europe, many of the ancient priestesses of the goddess Cybele were Gallae. The Gallae were eunuchs who were analogous to transgender women. Some see them as a nonbinary gender role. Today, some worshipers of Cybele call themselves Gallae. One of their temples is in New York.

Gemigender

- Having two opposite genders that work together, being fluid and flux together

Genderblank

- A gender that can only be described as a blank space; when gender is called into question, all that comes to mind is a blank space

Genderflow

- A gender that is fluid between infinite feelings

Genderfluid

- The feeling of fluidity within your gender identity; feeling a different gender as time passes or as situations change; not restricted to any number of genders

Genderflux

- The feeling of your gender fluctuating in intensity; like genderfluid but between one gender and agender

Genderfuzz

- The feeling of having more than one gender that are somehow blurred together to the point of not being able to distinguish or identify individual genders; synonymous with blurgender

Genderless

- Having no gender identity. Syn. agender.

Gender Neutral

- The feeling of having a neutral gender, whether somewhere in between masculine and feminine or a third gender that is separate from the binary; often paired with neutrois

Genderpunk

- A gender identity that actively resists gender norms

Genderqueer

- Originally used as an umbrella term for nonbinary individuals; may be used as an identity; describes a nonbinary gender regardless of whether the individual is masculine or feminine leaning

Gendervoid

- A gender consisting of the void (also originally used to mean the same thing as genderless).

Genderwitched

- A gender in which one is intrigued or entranced by the idea of a particular gender, but is not certain that they are actually feeling it

Girlflux

- When one feels mostly or all female most of the time but experiences fluctuating intensities of female identity

Glassgender

- A gender that is very sensitive and fragile

Glimragender

- A faintly shining, wavering gender

Greygender

- Having a gender that is mostly outside of the binary but is weak and can barely be felt

Gyragender

- Having multiple genders but understanding none of them

Healgender

- A gender that once realized, brings lots of peace, clarity, security, and creativity to the individual's mind

Heliogender

- A gender that is warm and burning

Hemigender

- A gender that is half one gender and half something else; one or both halves may be identifiable genders

Hijra

- In south Asian countries including India, Pakistan, and Bangladesh, the Hijra are people assigned male at birth who have a feminine gender expression. This is a very ancient tradition. Today, Hijra are legally recognized as a gender other than female or male.

Horogender

- A gender that changes over time with the core feeling remaining the same

Hydrogender

- A gender which shares qualities with water

Imperigender

- A fluid gender that can be controlled by the individual

Intergender

- The feeling of gender falling somewhere on the spectrum between masculine and feminine. Meant for intersex people only

Juxera

- A feminine gender similar to girl, but on a separate plane and off to itself

Libragender

- A gender that feels agender but has a strong connection to another gender

Magigender

- A gender that is mostly gender and the rest is something else

Māhū

- In Hawaii, in the Kanaka Maoli society, the Māhū is a nonbinary gender role, made of people who can be either AFAB or AMAB. This tradition existed before Western invaders and survives today.

Male

- One of two binary genders where one feels fully and completely male; can and is used in conjunction with other gender labels and identities

Mascfluid

- A gender that is fluid in nature, and restricted only to masculine genders

Mascgender

- A non-binary gender which is masculine in nature.

Maverique

- Taken from the word maverick; the feeling of having a gender that is separate from masculinity, femininity, and neutrality, but is not agender; a form of third gender

THE **TREVOR** lifeline

866.488.7386

The nation's only, around-the-clock crisis intervention and suicide prevention lifeline for lesbian, gay, bisexual, transgender and questioning youth. Call us toll-free, 24/7.

TREVOR chat

A free, confidential and secure online messaging service that provides live help by trained volunteers. Check our website for specific hours of operation.

www.TheTrevorProject.org

Mirrorgender

- A gender that changes to fit the people around you

Molligender

- A gender that is soft, subtle, and subdued

MTX or Male-to-X

- Covering people who were assigned male at birth, and who identify as nonbinary or X-gender.

Multigender

- The feeling of having more than one simultaneous or fluctuating gender; simultaneous with multigender and omnigender

Nanogender

- Feeling a small part of one gender with the rest being something else

Neutrois

- The feeling of having a neutral gender; sometimes a lack of gender that leads to feeling neutral

Ninauposkitzipxpe

- In North America, the Blackfoot Confederacy recognizes a gender called ninauposkitzipxpe, "manly-hearted women," who are assigned female at birth, and occupy a gender role different from that of women and men.

Nonbinary

- Originally an umbrella term for any gender outside the binary of cisgenders; may be used as an individual identity; occasionally used alongside of genderqueer

Omnigender

- The feeling of having more than one simultaneous or fluctuating gender; simultaneous with multigender and polygender

Oneirogender

- Being agender, but having recurring fantasies or daydreams of being a certain gender without the dysphoria or desire to actually be that gender day-to-day

Pangender

- The feeling of having every gender; this is considered problematic by some communities and thus has been used as the concept of relating in some way to all genders as opposed to containing every gender identity; only applies to genders within one's own culture

Paragender

- The feeling very near one gender and partially something else which keeps you from feeling fully that gender

Perigender

- Identifying with a gender but not as a gender

TRANS*

I recently adopted the term “trans*” (with the asterisk) in my writing. I think you should, too. If it’s new to you, let me help clarify. Trans* is one word for a variety of identities that are incredibly diverse, but share one simple, common denominator: a trans* person is not your traditional cisgender wo/man. Beyond that, there is a lot of variation.

WHAT DOES THE * STAND FOR?

- *TRANSGENDER
- *TRANSSEXUAL *TRANSVESTITE
- *GENDERQUEER
- *GENDERFLUID *NON-BINARY *GENDERF*CK
- *GENDERLESS
- *AGENDER *NON-GENDERED
- *THIRD GENDER
- *TWO-SPIRIT * BIGENDER
- *TRANS MAN
- *TRANS WOMAN

read more at ItsPronouncedMetrosexual.com

Polygender

- The feeling of having more than one simultaneous or fluctuating gender; simultaneous with multigender and omnigender

Proxir

- A masculine gender similar to boy, but on a separate plane and off to itself

Quariwamí

- In Peru, the pre-colonial Incas recognized quariwamí, a nonbinary mixed-gender role.

Queer

- A reclaimed slur for the LGBT+ community, and an umbrella term for identities that are not heterosexual and/or not cisgender. Some people use this as the name for their nonbinary gender identity.

Quoigender

- Feeling as if the concept of gender is inapplicable or nonsensical to one's self

Sekhet

- In ancient Egypt (Middle Kingdom, 2000-1800 BCE), there were said to be three genders of humans: men, sekhet, and women, in that order. Sekhet is usually translated as “eunuch,” but that’s probably an oversimplification of what this gender category means. It may also mean cisgender gay men, in the sense of not having children, and not necessarily someone who was castrated.

Subgender

- Mostly agender with a bit of another gender

Surgender

- Having a gender that is 100% one gender but with more of another gender added on top of that

Systemgender

- A gender that is the sum of all the genders within a multiple or median system

Tragender

- A gender that stretches over the whole spectrum of genders

Trans Feminine

- A transgender person who transitions in a feminine direction, but who doesn’t necessarily identify as female. They may have a non-binary gender identity.

Transgender

- Any gender identity that transcends or does not align with your assigned gender or society’s idea of gender; the feeling of being any gender that does not match your assigned gender

Transneutral

- A term used to describe transgender people who were assigned male or female at birth, but identify with neutral gendered feelings to a greater extent than with femininity or masculinity. It is used the same way as “transfeminine” or “transmasculine”, but for neutral feelings. It can be used to describe gendered feelings, or as a gender itself.

Trigender

- The feeling of having three simultaneous or fluctuating genders

Two-Spirit

- Hundreds of cultures throughout North and South America have long had gender roles for those other than cisgender women and cisgender men.

Internationally, “Two-spirit” is the agreed-upon modern English umbrella term for these gay, transgender, and nonbinary gender roles.

Vaguegender or Gendervague

- A gender identity that is highly influenced by being neurodivergent, and feels undefinable or partly definable because of one’s neurodivergence. Specific kinds of vaguegender include vagueflux, vagueboy, and vaguegirl.

Vapogender

- A gender that sort of feels like smoke; can be seen on a shallow level but once you go deeper, it disappears and you are left with no gender and only tiny wisps of what you thought it was

Venngender

- When two genders overlap creating an entirely new gender; like a venn diagram

Verangender

- A gender that seems to shift/change the moment it is identified

Vibragender

- A gender that is usually one stable gender but will occasionally change or fluctuate before stabilizing again

Vocigender

- A gender that is weak or hollow

X-gender

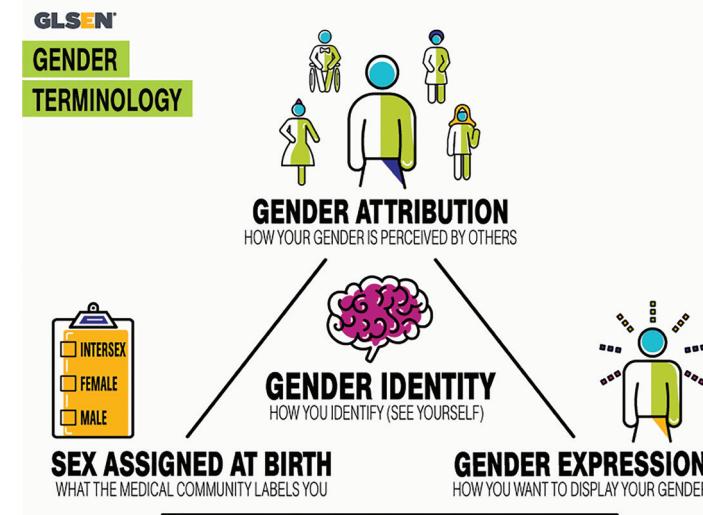
- In Japan, this is a common transgender identity that isn’t female or male.

XTX

- A nonbinary, neutral, and/or x-gender counterpart to FTM (female-to-male) and MTF (male-to-female).

Yinyang Ren

- In China, yinyang ren are people who have an equal amount of both feminine (yin) and masculine (yang) qualities. Usually this means gender nonconforming and bisexual, but can also mean transgender or intersex.



Transgender Perspective

Its Not Just the Fashion

SARAH FLOWERS

Founder & Senior Editor

As transgender and non-binary individuals continue to fight tooth and nail for any semblance of respect and equality in this social/cultural/political/religious world, the one primary topic that everyone seems to focus on is that of gender identity. But our gender identity(ies) are just one single aspect of how we show the world who we truly are. How we express our individual gender identities, also known as gender expression, goes a long way toward not only helping others to understand who we are, but it also helps us to feel more comfortable in our own bodies. And for those who are just joining us, gender expression is something that everyone expresses, both cisgender and transgender individuals alike.

GENDER EXPRESSION THROUGH FASHION

It's pretty safe to say that one of the first things we notice about someone is the clothes that they wear. Some of the things we may notice are the type of clothing, colors, patterns, words, or pictures. We may also take notice of how the clothing items are tailored on a person: too tight, too loose, too long or short, and even how much it may or may not accentuate or highlight certain body features such as butts and breasts. The seemingly endless variations of possible clothing combinations are certainly enough to boggle the mind, but there is a lot more to fashion than just this.

For reasons that most can't even begin to understand, over the last several millennia humans have taken to attributing binary genders (male or female) to different clothing pieces. While clothing in and of itself doesn't have gender or sexuality, certain types of clothing have become associated most commonly with specific genders (e.g., dresses and brassieres for women, suits and ties for men). The problem with attributing gender to specific clothing items is that it also forces a false stereotype on the person who is wearing it. For instance, if a woman wears a nice dress, she might incorrectly be considered sweet or perhaps classy; but if she wears a short skirt and a halter top, she might incorrectly be considered trashy, despite how hot it is outside.

For trans* individuals, however, this forced gendering of clothing and fashion not only wrongly stereotypes a person, but it can also very quickly also become a double-edged sword. A trans* individual might be harshly criticized or stereotyped for wearing clothing of the opposite sex (in a strictly binary gendered world) and then also attacked (verbally and/or physically) if they don't look enough like the gender that stereotypically might wear those clothes (i.e., transwomen in bikinis, and transmen in swim trunks and no shirt).

Despite the false gendering of clothing and fashion, these garments also do a lot for expressing how a person feels about themselves and the world around them. Exactly like our cisgender counterparts, fashion and clothing choices can become an outward

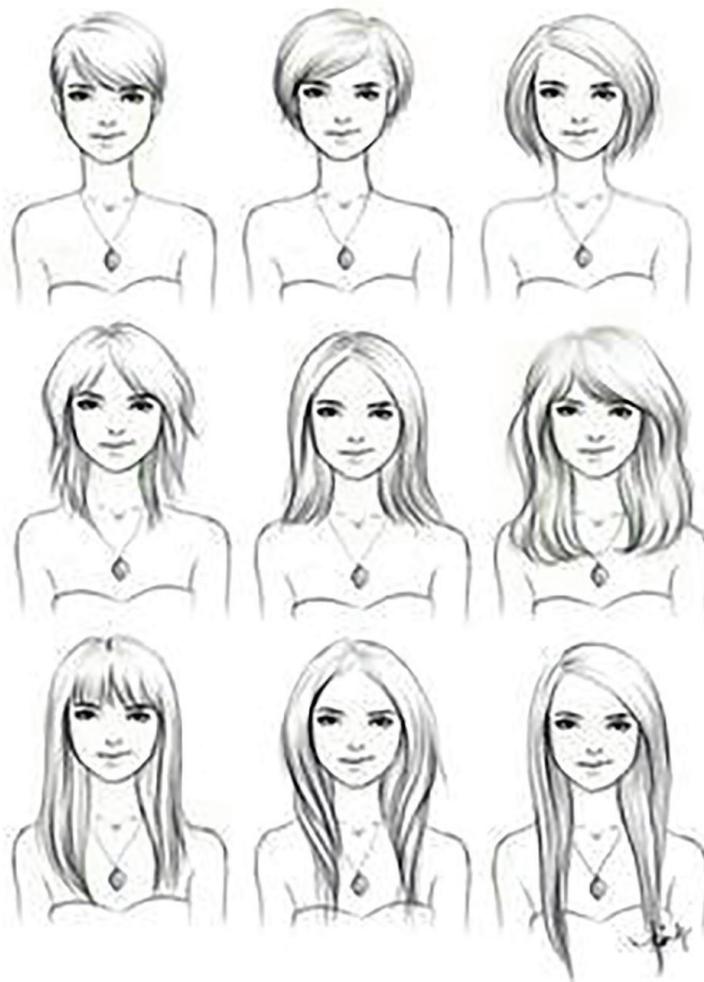


Fashion Model & Transgender Activist - Carmen Carrera

expression of how we feel about not only our bodies, but also how we feel emotionally about our lives and the world around us. Fashion is also chosen for specific occasions like swimsuits for the beach, shorts and tank tops for hot days, ball gowns and tuxedos for formal events, and even costumes for Halloween (note for all cisgender individuals: "transgender" is not a Halloween costume). The important thing to remember is that clothes are just clothes and do not have a gender, so wear whatever you feel comfortable wearing and don't let anyone tell you that you can't wear it.

GENDER EXPRESSION THROUGH HAIR

Throughout history, both male and female identified individuals have changed the length and styles of their hair for numerous reason: cultural reasons, religious reasons, military reasons, as acts of



rebellion, and even as a fashion statement. Over the course of those many years, certain hair lengths and styles have come to be more stereotypically associated with one gender or another. And along with those stereotypes have come society's numerous gender enforcement rules. To make things even more complicated, these gendered hair lengths and styles tend to change periodically among different cultures, religions, ethnicities, and time periods.

A few examples of some of the various hair-related gender expressions might include women having long hair as a sign of their assumed femininity and men having short hair as a sign of their readiness for battle (this stems from an Ancient Roman tradition), or men growing their hair long or styling it into a mohawk as a symbol of rebellion against social/cultural/political/religious oppressions and women cutting their hair short or even shaving their head as an act of rebellions against the stereotypical femininity that is forced upon them. These are just a few examples of how hair length and styles can play a major role in how binary male and female identified individuals may choose to express their gender identities.

For transgender individuals, this same need to express one's self through various hair lengths and styles also exists. For cisgender individuals, these variations in hair-related gender expressions might be viewed as mostly normal and are generally understood to be expressions of not only an individual's gender, but also expressions of their personal identities and beliefs. For trans* individuals, however, especially those who might be just beginning their gender transitions, some of these variations in hair length and style can quickly become hazardous to an individual's life, income, social standings, and even family or friend relationships. For example, a transgender woman

who is just beginning her transition may face ridicule from coworkers, family, and friends over her growing hair out and styling it in stereotypically female gendered styles; she might face condemnation or punishments from her employer for having hair that is too long or which is styled differently than what might stereotypically be deemed appropriate for a male (which she is not); or if she has successfully grown out her hair to a length she deems appropriate, but she hasn't benefitted from much, or any, of the feminizing effects of estrogen (softening of the skin, breast development, redistribution of body fat, etc.), some ill-spirited individuals may falsely assume that she is just a male with long hair who is pretending to be a woman and may verbally and physically attack her because of it. (NOTE: transgender women are women and transgender men are men and non-binary gender individuals are the gender they say they are. There is no "pretending" to be that gender, they just are.)

At the same time, and in direct contrast to the negative consequences of hair-related gender expressions for transgender individuals, there are also numerous benefits to being able to express ourselves through variations in our hair length and style. Among these benefits are the individual's improved self-worth, their feeling that they more closely resemble others of their gender identity (as opposed to that of their assigned at birth gender), and their understanding that hair length and styles are only an expression of their gender identity and not a definition of that identity. As modern societies continue to evolve in their understanding of gender identity versus gender expression, the issue of cisgender and transgender individuals being pigeon-holed into a limited set of hair options based on binary gender stereotypes, we will begin to see a world where it is more common to regularly see men with long hair in revealing attire walking the runways during the Paris Fashion Week and women sporting crew-cuts and three-piece suits in the corporate boardroom.

GENDER EXPRESSION THROUGH VOICE

It's not too surprising that when it comes to voice, there are more than just a few differences between binary male and female voices. If you have ever listened to a person singing, you will understand that most people have a range of different pitches that they can talk and sing at. For instance, men are typically thought of as having lower pitched voices, while women are typically thought of as having higher pitched voices. One of the amazing things about the human voice is that it is capable of reaching both higher and lower pitches, the range of which depends on the speeds that an individual's vocal chords are able to vibrate and how much that individual practices on expanding that range. Due to the vast range of possible vibration speeds, it is very common for some men to have higher voices to the point where they naturally sound more feminine in pitch (e.g., Michael Jackson, Mike Tyson, Adam Levine, and Prince) and for some women to have lower voices to the point where they naturally sound more masculine in pitch (e.g., Kathleen Turner, Demi Moore, Bea Arthur, and Geena Davis).

When it comes to communication styles where the person's voice is the only thing you know about them, that voice will often be the most unreliable factor when it comes to determining a person's gender (as opposed to their gender identity). This unreliability as a gender identifier has the potential to operate as both a blessing and a curse for transgender individuals. However, with practice and working with a speech therapist, the curse side of the equation can be converted to a blessing. Under Resources on the Transgender Visibility & Education Network website (<https://www.transgenderven.com/speech-therapy>), we have several documents about speech therapy for transgender

TVEN UPDATE:

Over the last several months we have been hard at work researching laws, accounting & IRS guidelines, and incorporation guidelines as we prepare to turn the Transgender Visibility & Education Network into a fully recognized 501(c)(3) non-profit organization. By incorporating as a non-profit organization, we will be able to offer an even more widespread distribution of the TVEN Quarterly magazine to as many medical, therapy, legal, and political offices, in addition to as many LGBTQIA+ centers as possible throughout California and the entire United States. We want to be able to provide these magazines at no cost to readers through donations and grants from those who are able to give. As part of the donations and grants that we hope to receive, we will also be able to expand our research, education, and visibility efforts to a much broader audience with the express purpose of helping transgender individuals to learn more about themselves and helping both our allies and the general population to learn more about the transgender community and how best to support us.

If you are interested in playing a more active role in helping to build and develop the Transgender Visibility & Education Network into a worthy and sustainable non-profit organization, we can definitely use your help. We have numerous [currently] volunteer positions that we are looking to fill as we work to build this non-profit from the ground up. And many of these positions have the potential to eventually become paid positions (once we attain adequate funding) for the right individuals. If you would like to learn more about our open positions, please visit our website at <https://www.TransgenderVEN.com> and click on the Support button at the top of the page. If you have any questions about TVEN, the TVEN Quarterly magazine, or any of our open positions, please e-mail us at info@transgenderven.com

individuals and many practice exercises as well to help with expanding and refining your voice to the higher or lower pitch ranges that you may desire.

As a transgender woman, I am not afraid to admit that I am just the slightest bit jealous of transgender men in that through their use of testosterone, they will naturally see some vocal modulation toward the masculine end of the spectrum; this is a typical effect of the use of testosterone. Transgender women, however, are not as lucky as the use of estrogen has absolutely no effect on the voice like testosterone does. While transgender men may need some speech therapy to help refine their vocal modulation, months or years of speech therapy is often the only option that many transgender women have for modulating their voices to a higher pitcher. Regrettably, until the testosterone or speech therapy have had a chance to make lasting changes, our assigned-at-birth gendered speaking voices may on occasion betray us to the wrong individuals, namely TERFs and the numerous transphobic individuals and groups around that tend to infest civilized societies.

Like both fashion and hair, voice and vocal modulation have many benefits as well for transgender individuals. Not the least of which is the individual's increased self-worth and self-assurance that their voice more closely matches their chosen and felt gender identity. But, as I mentioned above, the human voice is the most unreliable of gender identities because of the vast range of vocal pitch and range possibilities that are possible within the human species. It is because of this that we are blessed with transgender men who can still sing a perfect "glass shattering" high C (Frequency: 2093.0 Hz) and talk like Minnie Mouse, and transgender women who can still easily reach a beautiful "earth rumbling" low C (Frequency: 32.703 Hz) and sound like James Earl Jones (a.k.a Darth Vader).

And just like fashion and hair, our voices are merely an expression of our gender identities, but they in no way define who we are as transgender and gender non-conforming individuals. It is your life and your gender identity and it is my belief – and I hope that it is your belief as well – that we should be free to express our gender identities in any way that we may choose and with any means that we have at our disposal such as through fashion, hair lengths and styles, and through our uniquely beautiful voices.



Transgender Singer & Musician - Jordan Gray (The Voice)

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.”

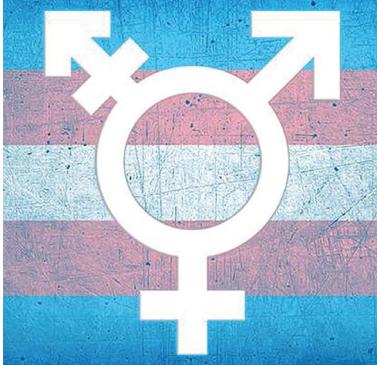


RESEARCH

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.

