

Youth and Gender

The Lavender Center and Clinic

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Disclosure

- I have no relevant financial relationships with the manufacturers of any commercial products and/or provider of commercial services discussed in this CME activity
- I will be discussing the "off-label" use of 3 medications in my presentation.

Outline

- Why Is This Important?
- What YOU Can Do
- Transition - Social, Legal, Physical

Statistics

- Population:
 - 9.8 million U.S. Transgender Youth (3%)
 - 10,000 Hawaii Transgender Youth (3.3%)
 - Intersex 1/2000 births: Hawaii = 700
- 7 Countries Recognize Legal 3rd Gender
 - Nepal
 - India
 - Pakistan
 - Bangladesh
 - Germany
 - New Zealand
 - Australia

Facebook: 50 gender options



National Geographic January 2017 Gender Revolution



Gender- *movement of compassion and peace*

**Where there is less division - there is less conflict.
Let's come together.**

We are holding back our children from developing and living and exploring their true selves

Gender has impact on destiny - geography, culture, age, family

We are discovering how destructive a binary gender system is for an entire community spanning generations. And ultimately how damaging gender normatives are for ALL of us.



FANG WANG YAQUESHUI, CHINA

"Sometimes I secretly help my older brother [on the farm]. Mom whacks me when she finds out. She says that girls who do these things will grow calluses on their hands; then they become ugly."



SUNNY BHOPDE MAHARASHTRA, INDIA

"The worst thing about being a boy is that they steal stuff and do Eve-teasing [harassing females]."



ALFIA ANSARI MUMBAI, INDIA

"We won't get education in school, but boys will be educated, and therefore they can travel anywhere, but girls can't."



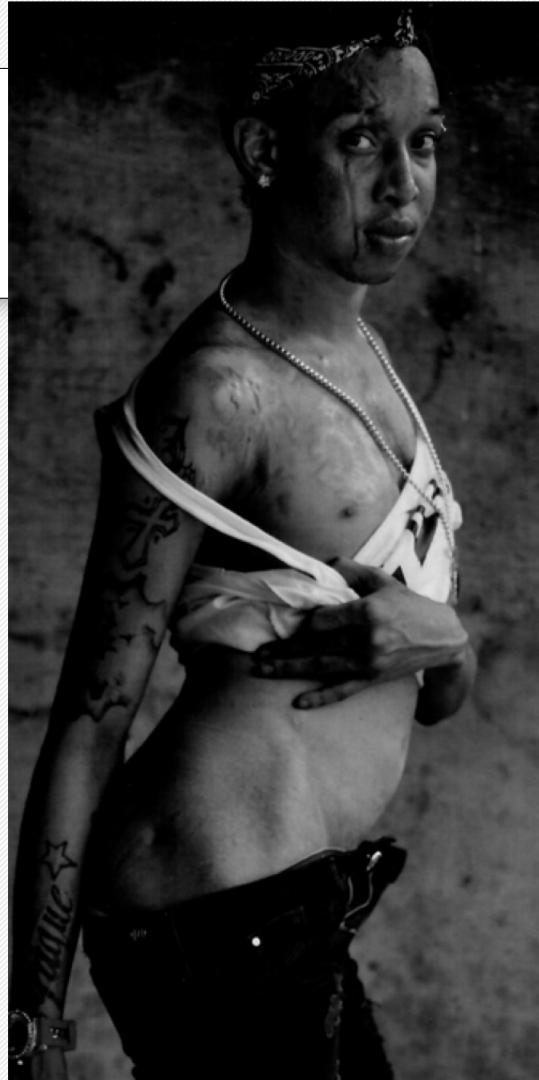
MIKAYLA MCDONALD OTTAWA, CANADA

"There isn't anything I can't do because I'm a girl. Everyone is equal. There is always the same amount of opportunities for everyone, but in the olden days everyone wasn't equal."



Basic Civil Rights

**Why is it important to learn & support the
Transgender and Gender Non-Binary
community?**



National Geographic January 2017 Gender Revolution

Gender Minority Stress

- Discrimination
- Rejection
- Victimization
- Non-affirmation of gender identity (**wrong pronoun and preferred name use**)
- Expectation of future discrimination
- Internalized transphobia
- Concealment of one's gender identity
 - High Risk: suicidality, depression, anxiety, substance abuse, HIV

Trans Youth Struggles

Discrimination and mistreatment with the most basic elements of life

- Family and community support
- Place to live
- Safe schools
- Finding a job
- **Access to medical care - Your role is CRITICAL!**

Trans Youth Struggles

- Family Impacts
 - 18% not supportive
 - 8% loss of family
 - 10% experienced family violence
- **Suicide attempted**
 - 50%
- **Purposely Hurt Themselves**
 - 47%
- Experienced Sexual Violence
 - 25%
- Forced Sexual Intercourse
 - 25%
- Homelessness
 - 40% all homeless youth are LGBT
(LGBT are 7% of youth population)
 - 30% in their lifetime
 - 23% housing discrimination
 - 70% assaulted in shelter
- More Likely To:
 - Avoid doctors, overweight, illegal drug use, smoke, drink alcohol, poor diet, less physically active, poor sleep, unsafe sex.

Bathrooms

Denied access 60% suicide attempted

Not denied 43% suicide attempted

17 % ↑ from bathroom access

Urinary tract infections, kidney problems

“I had to use the nurse’s office for the restroom. It was through the front office and all the people would look at me. I just stopped going to the restroom at school, then I decided that was stupid so I stopped going to school.”

Trans Youth Future...if we do nothing

- Drug / alcohol use
- Prostitution / sex work
- Unemployment / low income
 - 30% (fired, denied promotion, mistreatment - verbal, physical and sexual assault)
 - 29% poverty (14% U.S)
 - 15% unemploy (5% U.S)
- Impacts of race and ethnicity
 - 2x-3x poverty
 - 4x unemployment
 - 5x HIV+
- Disabilities - significant impact
- Domestic Violence
 - 54%
- Assaulted
 - Verbally: 54% (K-12)
 - Physically: 24% (b/c trans, K-12)
- Sexually Assaulted
 - 13% (b/c trans, K-12)
 - 47% in their lifetime (higher rates for homeless, disabilities)
- Criminal Activity -
 - 1/5 (20%) (sex work, drug sales, crime)
- Homicide
 - highest risk group for violent death - transfeminine
- Suicide attempted
 - 40% (4.6% U.S)

Trans Youth Future...if we do nothing

- Law Enforcement
 - 86% (9/10): harassed, attacked, sexually assaulted by police (sex work or perceived to be in sex work)
 - 58% mistreatment solely for being perceived to be or who were transgender
 - 57% feel uncomfortable asking the police for help
- Prisons
 - 23% physically assaulted by staff or inmates
 - 20% sexually assaulted
 - Transgender 5x more likely to be sexually assaulted by facility staff
 - Transgender 9x more likely to be sexually assaulted by other inmates
- Crime
 - 20% (1/5): underground economy: sex work, drug sales, other
- Court or Courthouse:
 - 13% denied equal treatment, harassed or assaulted

What You Can Do

- Educate yourself. Do some self exploration about your personal beliefs and attitudes towards the transgender community
- Know where to refer and what resources are out there
- You don't have to understand, but have compassion and respect for others.
- Gender Neutral - posters, intake forms, magazines, bathrooms
- **INCLUSIVE LANGUAGE!!!** **Use preferred name and gender-always!**

“I know it’s the rule but every time I heard my wrong name through the speakers or from a sub I just wanted to disappear. The kids would all look at me and laugh-hahaha that’s the fag who says he’s a girl.”

- Doing nothing has consequences!!!

Pronouns / Preferred Name

VERY IMPORTANT !!!!

- Must train ALL staff - administration, staff, nurses, providers

Legal name can be on official documents

All information dispersed publicly should be preferred name/pronoun

Transgender Medical Visit

What is Transgender?



“I Saw ME!”

“Now that my body is matching my mind, I’ve been able to focus on things that really matter-like politics, maybe. Or college. But I don’t have to spend all my time fighting my outside anymore!”

Community Voice

- Parents (Anna O):

“Respect for the gender identity for my kid... You don’t have to understand gender identity, just have the respect and compassion for my child. Otherwise you are de-valuing my child. If you can’t use the appropriate pronouns - then use neutral ones - be inclusive in your language. Include my child... Having to switch providers - dentists, eye doctors, doctors to find ones that don’t mis-gender my child. Trying to find the ‘good ones’.”

- Anna O (age 10):

She would like be feel supported and “have equal rights” as her peers. “Well, when I was 8 years old I broke free of the [gender] box.”

Primary Care

- Screening - ask directly all children/ youth
- Gender Affirmation
- Education and Guidance
- Assessing Safety - high risk for abuse at home and school
- Creating Support Team
- Resources
- Advocacy
- Having the Conversation

Dr. Bob Bidwell

AAP

“Clinicians increasingly embrace a ‘gender-affirming’ approach to children who are gender-expansive or transgender. This approach means focusing on what the child says about their own gender identity and expression, and allowing them to determine which forms of gender expression feel comfortable and authentic.”

Primary Care

- Have a welcoming Gender Inclusive clinic
- Use preferred name and pronoun
- **Start a conversation**
- Disclose your openness to talk
- Have handout / brochure and Referrals
- Connection with a trans-friendly therapist
 - “*Psychotherapy is not an absolute requirement for hormone therapy and surgery.*”-WPATH
- Support patients and their families in their interactions with teachers, school boards, legal matters and courts.

Primary Care

- *Preventive Care*
 - *GYN exams: Breast, pelvic, pap smear*
 - *Diabetic Screening*
 - *STD screening*
 - *Mammogram*
 - *Prostate testing/exam*
 - *Bone Density*
 - *Colonoscopy*
- *Vital Signs*
- *Yearly Physicals*
- *Labs: CBC, CMP, lipids, etc...*
- *Imaging*
- Monitor Social and Psychological health

Starting a Conversation....

- Provide space and time for both parents and youth to talk (both together and separately)
- Share and emphasize your openness and support of having a dialogue with youth, parents and family
- Validate both youth and parents feelings

Parents

- Ask what questions they have
- Provide positive encouragement and feedback about what they are already doing
- Recognize their struggle and the complexity of making decisions
- Parenting not to “blame” for gender identity. Gender variance is normal in all cultures and species
- Fertility discussion
- Assess safety - family, friends, neighborhood, faith community, restaurants, beach
- Emphasize that doing nothing has consequences!!!

NEVER Conversion therapy - Illegal and extremely harmful (child abuse)

Starting a Conversation....

Youth

- Ask what questions they have
- Provide positive feedback
- Recognize their struggle
- Offering a safe place to talk (with parents out of the room)
- Share your openness and support of what ever gender they are including exploring options to help
- Offer them time to share what their goals are or what they are wanting.
- Preferred name and pronoun discussion
- Assess Safety - family, friends, school, neighborhood, sports / PE, suicidality

NEVER Conversion therapy - Illegal and extremely harmful (child abuse)

Elementary age

- Ages 4-11
- Gender fluid
- 60% may return to SAAB
- “I used to say my prayers with my mom at night and silently pray and pray to wake up a girl.”

Puberty

- Ages 12-16
- Challenge for all humans
- Transgender: “Wrong” parts
 - No match-No sense of self
- Mirror doesn’t match-who am I?
 - Emotional impact on development of self
 - “I hate these boobs!”
 - “Where are my boobs??? Why do I have this embarrassing thing between my legs? Can I just cut it off maybe?”

Social Transition

- Gender Affirming
 - Clothing
 - Hairstyle
 - Name
 - Pronoun
 - Restroom
- School
 - Peers
 - Family
 - Sports
 - Faith Community

Medical Transition

- Puberty Blockers
- Transmasculine Hormone Changes
- Transfeminine Hormone Changes
- Non-hormonal Transgender Treatments

Puberty Blockers

- GnRH Agonist: Leuprolide (usually Q3 Months Injection)
 - Prevents Irreversible body changes
 - Improves Mental Health
 - Provides Time
 - Started at Beginning Tanner Stage 2
 - Try not to keep on longer than 2-3 years
 - Impacts bone growth
 - Can Impact negatively watching peers develop and them in a “holding pattern”

Overview

Trans-Feminine

- Estradiol and T-blocker (age 12 and up)
- Voice / Speech Therapy
- Surgery:
 - SRS/GRS (age 18)
 - Orchiectomy
 - Breast Augmentation
 - Tracheal Shaving
 - Facial Feminization

Trans-Masculine

- Testosterone (age 12 and up)
- Voice Changes/ Voice Therapy
- Surgery
 - Chest Masculinization (age 16)
 - SRS / GRS (age 18)

Gender Non-Conforming

- Either E or T
- T-Blockers?
- Surgery

Trans-Feminine

- Medical
 - Hormones
 - Non-hormones
 - Laser
 - Voice Training

Surgical

- Body Feminization
- SRS (GCS, GRS, GAS)
- Orchiectomy



- ♦ Transwoman
- ♦ Transfeminine
- ♦ Woman
- ♦ Genderfluid
- ♦ GenderQueer
- ♦ Pangender
- ♦ Two Spirit
- ♦ Other

Feminine HRT

- ♦ Estrogen
 - ♦ **Estradiol Valerate**
 - ♦ Estradiol Cypionate
 - ♦ Estradiol Oral
 - ♦ Conjugated estrogens can't be monitored via blood accurately
 - ♦ Estrogen Pellets
- ♦ T - Blockers
 - ♦ Spironolactone
 - ♦ Inhibit T secretion
 - ♦ Inhibit T binding
 - ♦ Estrogenic activity
 - ♦ Finasteride
 - ♦ Block DHT conversion
 - ♦ Bicalutamide
 - ♦ Inhibit DHT and T binding

Feminine Changes

- ◆ Breast
 - ◆ Growth
 - ◆ Nipple Size and Sensitivity
- ◆ Skin Changes
 - ◆ Softening
 - ◆ Sensitivity
 - ◆ Dry
- ◆ Hair
 - ◆ Scalp Regrowth
 - ◆ Stop Hairloss
 - ◆ Facial / Body
- ◆ Testicular Atrophy
 - ◆ Sperm Production, Fertility
 - ◆ Testicular Volume
- ◆ Prostate Atrophy
- ◆ Sex Drive
- ◆ Sexual Dysfunction
 - ◆ Erection, Ejaculation
- ◆ No Voice Changes
- ◆ 2nd Puberty
 - ◆ Acne, emotional, thoughts
- ◆ Physical stamina / Muscle Mass
- ◆ Emotional
- ◆ Psychiatric
- ◆ Change in previous medical conditions

Trans-Masculine

- Medical
 - Hormones
 - Non-hormone
- Surgical
 - Chest Masculinization
(not mastectomy)
 - Phalloplasty
 - Metoidioplasty



- ♦ Transman
- ♦ Transmasculine
- ♦ Two spirit
- ♦ Male
- ♦ Genderfluid
- ♦ Genderqueer
- ♦ Pangender
- ♦ Other

Masculine HRT

- ♦ Testosterone

- ♦ Transdermal
 - ♦ Androgel (daily)
 - ♦ Patch (Androderm, Testoderm)
 - ♦ Cream

- ♦ Intramuscular Injections

- ♦ Testosterone Cypionate (Depo-testosterone)
- ♦ Testosterone Enanthate (Delatestryl)
- ♦ Testosterone Undecanoate (Andriol)

Masculine Changes

- ♦ Hair
 - ♦ Body, Face
 - ♦ Balding
- ♦ Voice
- ♦ Bone
 - ♦ Height, shoe size, “Adam’s apple” body structure, posture, stride, etc...
- ♦ Muscular/Fat
- ♦ Shrinking/softening breasts
- ♦ Phallus (clitoral)
- ♦ Cessation ovulation
- ♦ Sweat/body odor
- ♦ Skin (coarser, acne, oil)
- ♦ 2nd Puberty
 - ♦ Acne, emotional, thoughts
- ♦ Physical stamina
- ♦ Emotional (confident, assertive)
- ♦ Sex drive
- ♦ Psychiatric
- ♦ Change in previous medical conditions

Pelvic Organ Health

- Vaginal atrophy
- Dryness
- Bleeding
- Pain syndrome
- Dyspareunia
- Menopausal Symptoms
 - “Hot flashes”
 - Emotional instability
- ♦ Cancer
 - ♦ Ovarian, endometrial,
Uterine, cervix
- ♦ Polycystic Ovarian Disease

YOU Make a DIFFERENCE

- You are here because you care about our children
- THANK YOU for caring and educating our children and continuing to learn!

Legislative Changes Needed - Get Involved

- Legal 3rd gender (with protected civil rights) option for all state IDs, school IDs, and documents
- Gender Neutral restrooms and legally protection to use the bathroom of one's gender identity
- State mandated gender neutral restrooms in all commercial buildings, schools, state and federal buildings
- School anti-bullying protection
- Prison and Jail protection and civil treatment - spaces, medications, protection from abuse
- Health care coverage from all insurances offered in Hawaii with inclusive instead of exclusive language
- 3rd gender locker-rooms or locker room use based on gender identity
- Legal new gender neutral pronoun
- Legal protection for intersex babies and children against forced gender assignment
- Parent education for intersex and 3rd gender children
- Reproductive health education that includes transgender/ 3rd sex awareness and Intersex

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