

Transgender Basics For Everyone 2017



TRANSGENDER ALLIES GROUP

Learning Objectives

- **Define transgender and gender non-conforming concepts, along with other key terms and concepts related to transgender people**
- Discern difference between gender (biological sex, including intersex concerns, gender identity) and sexual orientation.
- Identify basics of transition options for gender affirmation process
- Identify discrimination and micro-aggressions against transgender people
- The Impact of Stigma on Mental & Behavioral Health: The Research
- Acquire improved skills for being an ally

What does “Transgender” Mean To You?



Gender Identity \neq Sexual Orientation

- All people have a gender identity and a sexual orientation.
- Gender identity is not the same as sexual orientation



Sexual Orientation & Gender Identity

- Sexual Orientation is about who you are romantically, sexually and/or spiritually attracted to.
- Gender Identity is about how you understand your own gender and how you express that.

Gender

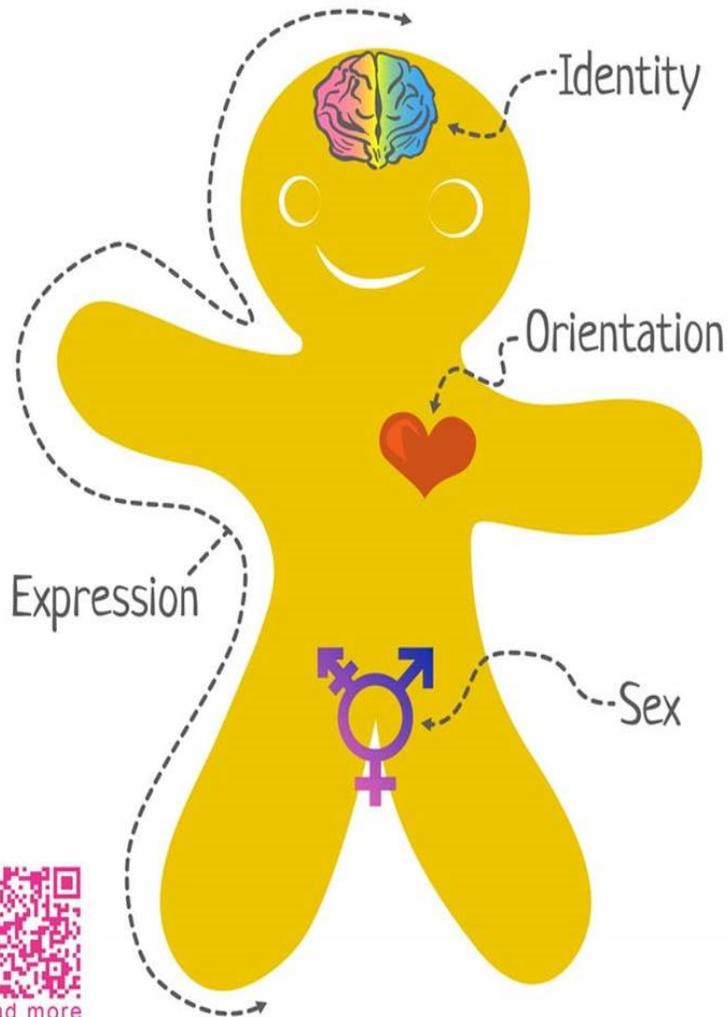
- Gender
 - What is gender?
- Refers to the roles, behaviors, activities, and characteristics that society considers appropriate for men and women (World Health Organization).

Gender Identity

- This is unique to every individual
 - A person's internal and lived understanding of their gender
 - A person's gender identity may not always match the sex they were assigned at birth
 - The term that is used when assigned sex does not match a person's gender identity is Transgender.

The Genderbread Person

by www.ItsPronouncedMetrosexual.com



Gender Identity

Woman Genderqueer Man

Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

Gender Expression

Feminine Androgynous Masculine

Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

Biological Sex

Female Intersex Male

Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

Sexual Orientation

Heterosexual Bisexual Homosexual

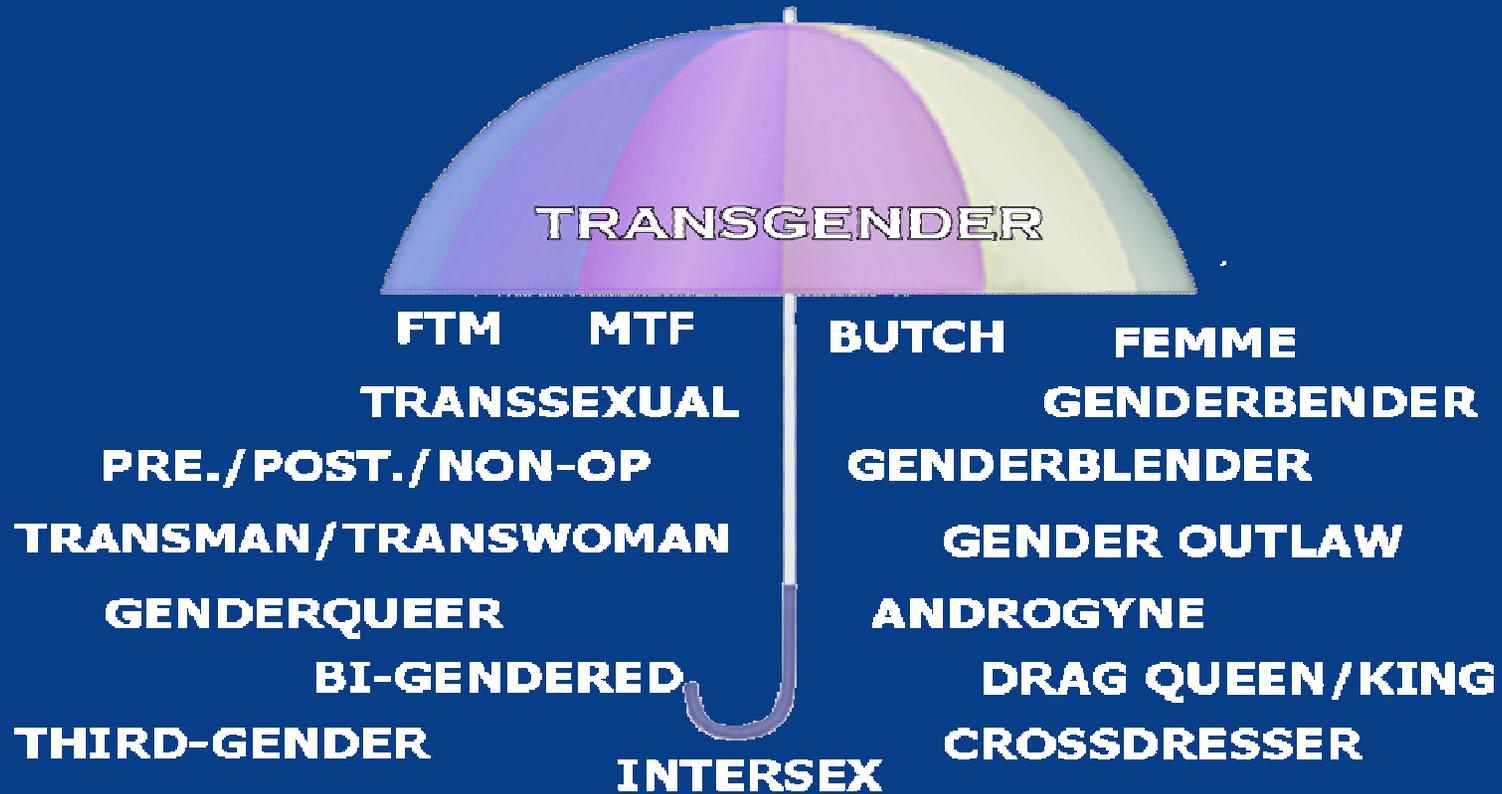
Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

Alphabet Soup- LGBTQQIAAPD

- LGB - refer specifically to sexual orientation
- T - Transgender identifies an entire person, body and mind
- Q - Questioning or Queer is a gender non-conforming, gender fluid, non-label
- I - Intersex is specifically a physical condition
- A - Asexual, Androgynous
- P - Pansexual
- D – Demisexual
- *One label DOES NOT fit all*

Cisgender

- Denoting or relating to a person whose self-identity conforms with the gender that corresponds to their biological sex; not transgender



–Transsexual: historically a term used to describe transgender individuals who have undergone or used hormone treatment and/or some form of gender affirmation surgery

–Gender affirmation – process by which individuals are affirmed in their gender identity

- Social, medical, legal implications

Intersex

- A term applied to people who possess biological attributes of both sexes.
- New medical term: Differences of sex development
- Hermaphrodite (outdated term): have both ovarian and testicular tissue. Genitals are a mixture of male & female – incidence of true hermaphroditism is about 1 in a million
- Intersex: 1 in 1500 to 1 in 2000 births
- Can occur from sex chromosome variations or prenatal hormone variations
- More than 70 variations of sex chromosomes
- Genital surgery sometimes performed on infants
 - Ideally, rather than surgery, should be up to the individual when they are old enough to make an informed decision

Gender Dysphoria

- Subjective mood/affect disturbance experienced by some transgender people whose gender identity is opposite of their assigned sex at birth, or who feel clinically significant distress or impairment due to a noncongruence of their gender role and gender identity
- *2008 AMA position paper affirms the medical necessity of surgical and hormonal interventions*

Gender Non-Conformity & Gender Dysphoria: Not The Same Thing

- GN = Variations from norms in gender-related *behavior*
- GD = Distress about discordant gender *identity*
- Different influences, associations & trajectories
- Most people with GN do not have GD
- Although many people with GD have GN, not all do
- GN & GD both frequently, but not always, associated with homosexual & bisexual orientation (fluid, esp. in natal females)
- Both are associated with a degree of mental health risk

Being transgender is not a disorder; however, living in a culture that does not yet really understand, support, or outright rejects transgender people can lead to mental health issues. Note, however, that not all transgender individuals struggle with their gender identity.

Trans Statistics

- 0.58% of adults in the United States (~1,397,150 people) identify as transgender
- 0.61% of adults in Nevada (~12,700) identify as transgender
- Based on BFRSS data (Last updated June 2016, The Williams Institute)

Language Tips

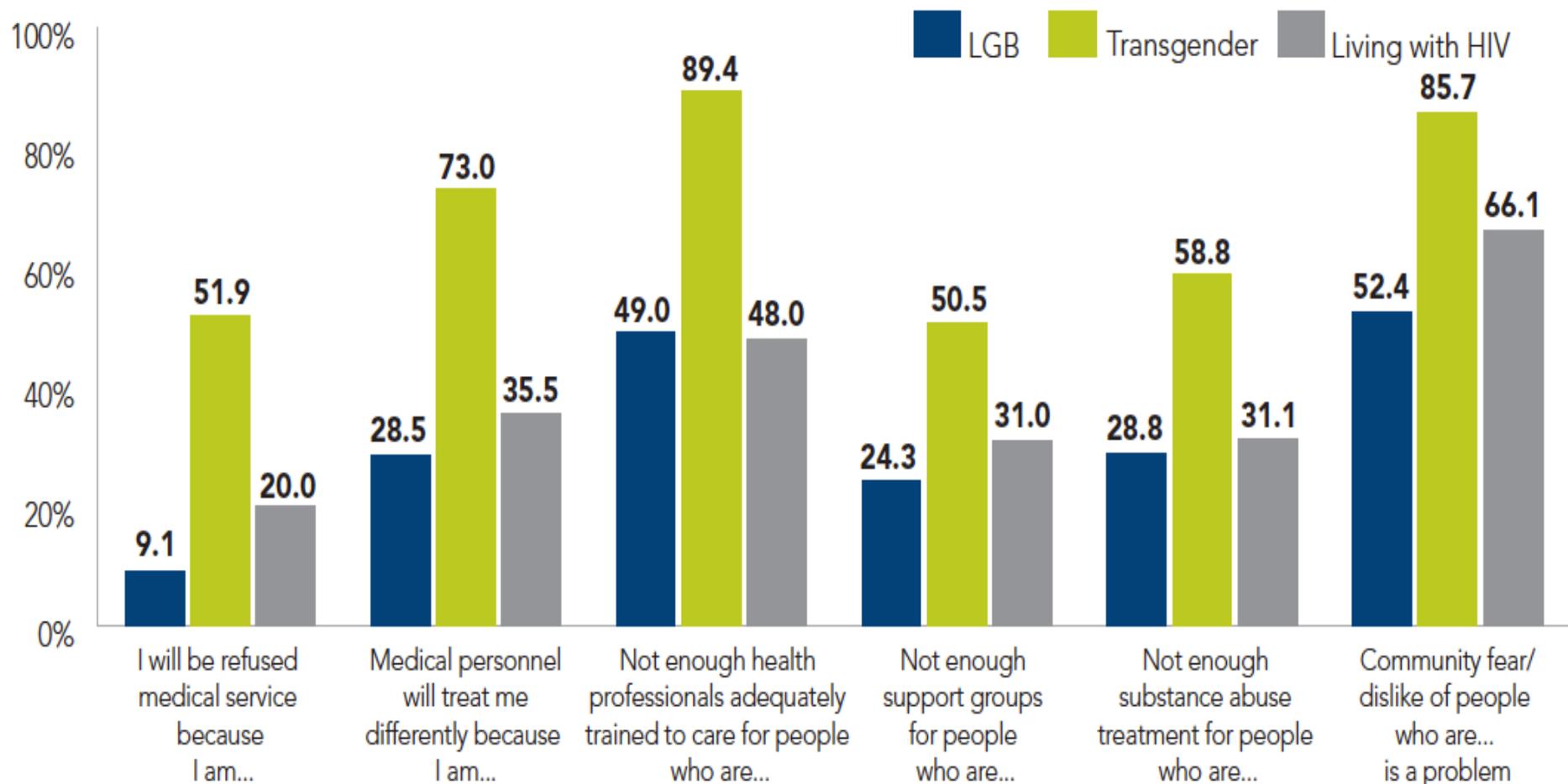
- Words that are offensive to transgender people
 - She-male
 - He-she
 - It
 - Trannie or tranny
 - “Real” woman or “real” man
- Unhelpful questions or comments
 - “When did you decide to be a man/woman?”
 - “You look so real. I never would have known.”
 - “Have you had/do you want THE surgery?”
 - “What is your real name?”
 - “You’re so attractive, why would you want to...?”

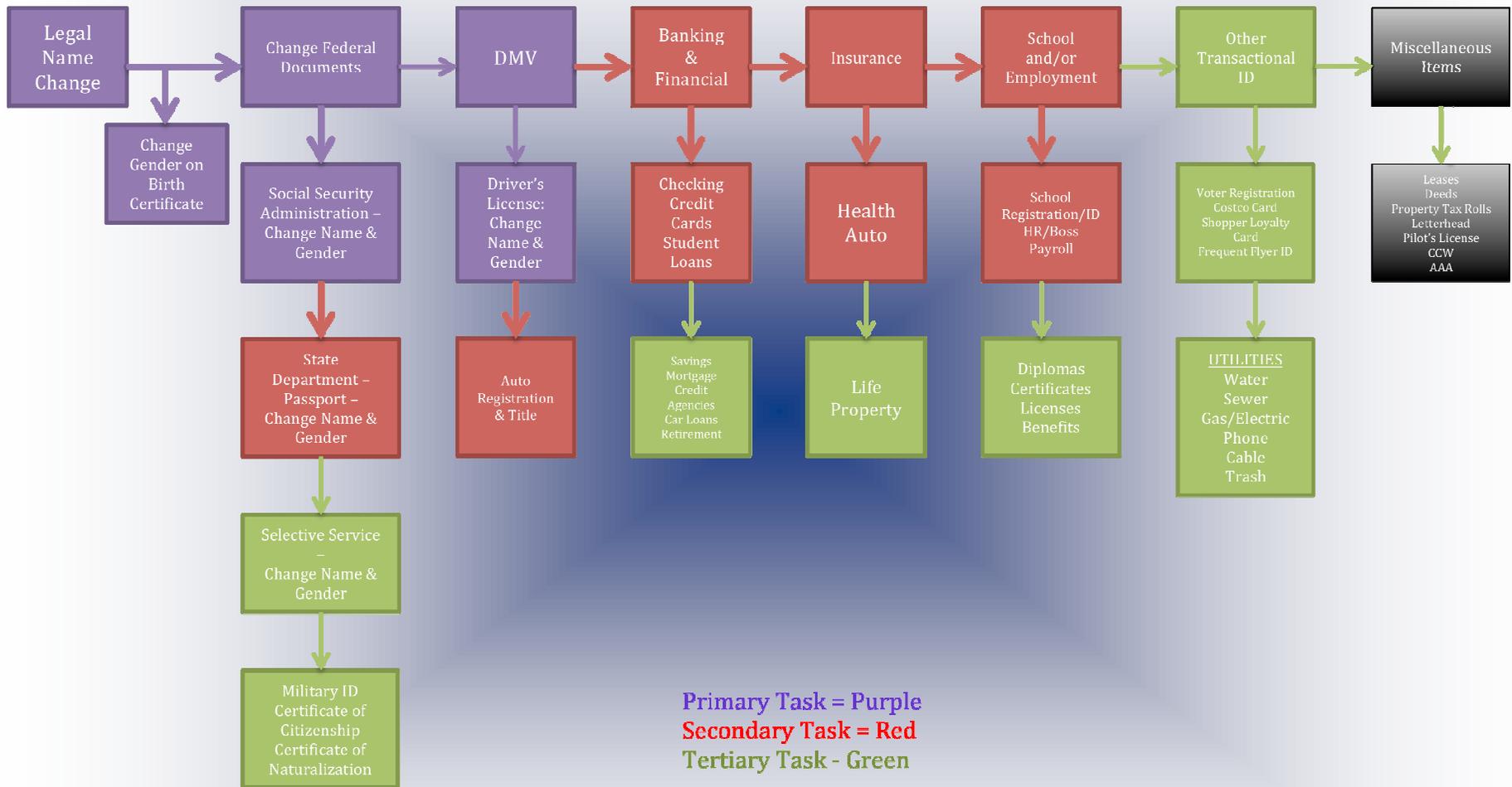
Challenges Trans* People Face

- Depression
- Prejudice & discrimination
- Difficulty finding housing
- Difficulty obtaining health care
- Loss of family / significant other
- Loss of employment
- Substance abuse
- Self mutilation
- Suicide

Service Barriers- (Real and perceived)

Table 6: Fears and concerns about accessing health care





Discrimination & Healthcare: Transgender Patients

- 19% refused healthcare
- 28% faced discriminatory treatment in doctor's office
- 90% said doctors in area lacked cultural competency to care for trans patients
- 50% report having to teach provider about health needs and services

- Withholding care is not a passive option...it is actually construed as an aggressive act of denying medically necessary treatment.
- AMA ethics rules prohibit discrimination

Hormone Therapy

- Suppression or blocking of endogenous (internal) hormone production
- Use of exogenous (external) agents to induce feminization/masculinization
- Variation in desirability of use
 - ✦ Some may prefer maximum expression
 - ✦ Some may prefer more androgynous expression
- Initiation and maintenance
- Follow up for effect and side effects

Children & Adolescents

- Children
 - No medical intervention required or advised
 - Social affirmation and counseling recommended
- Adolescents
 - Puberty Blockers recommended prior to onset of puberty
 - Cross-gender hormone therapy usually not recommended prior to age 16

Gender Confirmation Surgery (GCS) Sex Reassignment Surgery (SRS) Genital Reconstruction Surgery (GRS)

- Surgery has proven to be an effective intervention for the patient with gender dysphoria
- Patient satisfaction following surgery is high (Lawrence 2003)
- As with any surgery, the quality of care provided before, during, and after surgery has a significant impact on patient outcomes
- Not for everyone! Is the patient ready?
- Insurance coverage often difficult to obtain

Mental & Emotional Health

- Difficulty with self definition (not all struggle with gender identity issues)
- Impact of stigmatization
 - Experience with traumatized friends, colleagues
- Deciding the right expression
 - Dress
 - Cosmetic
 - Hormonal
 - Surgical
- Recommending Treatment
- Finding Social Support
- Helping family members find support

The Impact of Stigma on Mental & Behavioral Health: The Research

- Majority of studies are on transwomen (MtF) only
- Suicidal thoughts (67%) attempts (38%) (Office of Public Health Informatics and Epidemiology. Division of Public and Behavioral Health. 2013 Hope Grows for Nevada Trans Health study. Carson City, Nevada. May 2014)
- Depression (62%) (Clements-Nolle et al., 2001)
- Substance Abuse: IDU (12%), Crack or other illicit drugs (27%)
- HIV prevalence (Herbst et al., 2008)
 - 16% white and hispanic
 - 56% African-American

Unsettling Statistics...

- Although social acceptance for transgender people is growing, parents continue to abandon youth with gender-identity issues when their children need them most, advocates say.
- Transgender youth account for 18 per cent of homeless people in cities such as Chicago.
- 1 in 12 transgender people in America is murdered.
- Transgender youth whose parents pressure them to conform to their anatomical gender report higher levels of depression, illegal drug use, suicide attempts and unsafe sex than peers who receive little or no pressure from parents.
- *Sources: Guidelines for Transgender Care (2006), Gender Spectrum Education and Training, Families in TRANSition (2008)*

Foundations of Transgender Health Care

- Kinsey: Continuum concept of sexual orientation
- Difference between behavior and identity
- Prevalence of non-normative sexual orientation
- Harry Benjamin: Diversity of gender identities
- Continuum concept in Benjamin scale
- The World Professional Association of Transgender Health (WPATH)

Intervention: Basic Principles

- Support development, clarify identity, protect and promote health and well-being
- Anticipatory guidance, screening, & treatment for medical and mental illness
- Long-term approach; realistic expectations
- Monitor for & help manage stigma & psychosocial problems like abuse, homelessness
- Provide specific transgender health needs with appropriate consent

Key Points

- Respect the individual's gender identity
- Must bridge multiple barriers to care
- Withholding treatment is not a neutral act
- Adapt relevant guidelines to clinical circumstances
- Need for research

Guidelines

- Fenway Guide to LGBT health, 2nd Ed, January 2015
- WPATH Standards of Care, 7th Ed, (SOC-7)(AACAP LGBT Practice Parameter)
- Nelson Textbook of Pediatrics, 20th Ed

Leibowitz, S, Adelson, S, and Telingator, C (in press), Coleman et al., 2011, Adelson, et al., 2012, Bockting, in press: Adelson & Schuster, (in press)

For More Information:



www.transgenderalliesgroup.org

info@transgenderalliesgroup.org

Resources- Becoming an Ally

- <http://www.straightforequality.org>
- <http://www.hrc.org/resources/entry/transgender-visibility-guide>
- <http://www.hrc.org/resources/entry/straight-guide-to-lgbt-americans>
- <http://www.hrc.org/resources/entry/an-allys-guide-to-issues-facing-the-lgbt-community>
- <http://www.lgbtagingcenter.org/index.cfm>

Challenging Organizational Practices

- Including language around Gender identity in anti-discrimination policies
- Including consistent LGBTQ-affirming language and images on all website and outreach materials
- Including LGBTQ-affirming materials in waiting rooms (i.e. magazines, outreach materials from LGBTQ ally groups and organizations, etc.)
- Creating all gender restrooms
- Hiring staff from within the LGBTQ community
- Creating both programmatic and organizational partnership opportunities with LGBTQ-specific groups and organizations
- Creating an LGBTQ advisory board
- Adapting intake forms to include non-binary gender and sexual identities

Action Steps for Being a Trans* Ally

Words Matter:

Why? By using problematic language, you hurt real people and allow others to think its OK. That's what keeps the cycle of violence going.

Terms like tranny, she-male, he-she, it, trap, hermaphrodite, T-girl and boi are generally derogatory or imply that someone isn't "real." That includes prefixes like real, bio, genetic, natural, or born woman/man. Don't use them.

Do say: cisgender when you mean someone who isn't transgender.

Transgender is an adjective, not a verb. Say Transgender person or Trans man/woman, not "a transgender," "she is transgendered,"

Be an active bystander.

When you hear others saying things in hurtful ways, making a joke, snickering, or fetishizing trans* people, start a conversation. Share what you know and how it affects you and people who matter to you. Let others know you don't want to live in a world that makes it ok to demean folks. Share options about other language to use.

Names:

The name a trans* person gives you is their real name. Questioning it takes away a person's agency and buys into the myth that trans* people are deceptive. Some people don't want to be called Jimmy if their name is James. Give everyone the same courtesy.

What you can do...

- TAG
- Advocate
- Lobby
- Donate