



# Trans 101 Resources

## Definitions

**Agender:** A person who does not identify themselves as having any gender.

**Bigender:** A person whose sense of personal identity encompasses two genders.

**Cisgender:** (abbr. Cis) A person whose gender identity matches the sex that they were assigned at birth.

**Coming Out:** The process that people who are LGBTQ go through as they work to accept their sexual orientation or gender identity and share that identity openly with other people. Sometimes coming out takes a week, sometimes it takes years.

**Demiboy:** (also called demiguy) Someone whose gender identity is mostly male. They identify as male most of the time, but sometimes identify as female, agender, or nonbinary.

**Demigirl:** (also called demiwoman or demifemale) Someone whose gender identity is mostly female. They identify as female most of the time, but sometimes identify as male, agender, or nonbinary.

**Deadname:** The name given to a trans person at birth, usually different from their current name. A person's deadname may bring up bad feelings or memories, and can lead to invalidation and harassment. The word "deadname" comes from the fact that it's a name that "dead" to them.

**Deadnaming:** The act of referring to a person by their deadname.

**FTM:** Female to Male.

**Gender Confirmation Surgery:** Any of several surgical procedures that a transgender person may choose to undergo in order to obtain the physical characteristics that match their gender identity.

**Gender Dysphoria:** The distress a person feels due to a mismatch between their gender identity and their sex assigned at birth.

**Gender Euphoria:** The opposite of gender dysphoria. A feeling of joy related to being accepted as one's gender identity.

**Genderqueer:** A person who does not subscribe to conventional gender distinctions but identifies with neither, both, or a combination of male and female genders. Also sometimes used as a synonym for Gender Nonconforming.

**Genderfluid:** A person who does not identify themselves as having a fixed gender.

**Gender Expression:** The physical manifestation of one's gender identity through clothing, hairstyle, voice, body shape, etc.

**Gender Identity:** One's internal sense of being male, female, neither, both, or another gender.



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**Gender Nonconforming:** A person whose gender expression does not fit into typical definitions of masculine or feminine. Not to be confused with Non-binary.

**Intersex:** Someone who was born with sex characteristics of both genders. Sometimes that means primary sex characteristics, like genitals, but more commonly, it comes in the form of mismatched chromosomes which result in a difference of hormone production. Intersex and trans are two different things, and can overlap in someone's identity.

**Misgendering:** The act of using a gendered word or pronoun to refer to someone who does not identify with said word or pronoun. Cis people can be misgendered, too!

**MTF:** Male to Female.

**Neutrois:** A non-binary gender identity which is often associated with a "neutral" or "null" gender. Oftentimes, neutrois people prefer their gender expression to be gender neutral or androgynous, though this may vary from person to person.

**Non-Binary:** (abbr. nb, also sometimes spelled enby) Someone whose gender identity is not strictly male or female, it can be an identity that combines characteristics from both genders, and someone who does not identify with any gender.

**Outing:** The act of disclosing a person's sexual orientation or gender identity without that person's consent.

**Romantic Orientation:** The desire for a romantic relationship with or a romantic attraction to someone. This is different from, but often connected to sexual attraction.

**Transgender:** (abbr. trans) A person whose sense of personal identity and gender does not correspond with their sex assigned at birth.

**Transsexual:** An older term for transgender people, which has since fallen out of use within the wider trans community (Not a preferred term!)

**Transgender Man:** A man who was assigned female at birth, but identifies as male.

**Transgender Woman:** A woman who was assigned male at birth, but identifies as female.

**Two-spirit:** A contemporary pan-Indian term for an indigenous person who holds both male and female spirits within them.

**Sex Assigned at Birth:** The assignment and classification of people as male, female, intersex, or another gender based on their anatomy at birth.

**AMAB:** Assigned Male at Birth

**AFAB:** Assigned Female at Birth

**Sexual Orientation:** The desire for a sexual relationship with or a sexual attraction to someone.

## Ways to Support Transgender Youth and Young Adults:

1. **Listen to youth.** Adults often think they know better. “We have been there, done that”, often crosses adult minds, so they feel comfortable telling youth what their experiences are and what they should do. This is referred to as “adultism”. Creating a space where all voices matter and are heard helps to ensure the needs of youth are being met. It also builds a sense of self-empowerment and self-efficacy, both tools assist young people in making healthy choices.
2. **Use pronouns and names.** Doing this shows youth that you respect and acknowledge their identity. If you are not sure which pronouns someone uses, ask.
3. **Learn more about sexual orientation.** Transgender and non-binary youth should not have to educate everyone in their life, (parents, family, friends, teachers, etc.) about being transgender or non-binary. Adults can gain a world of information by reading books, attending trainings, and having open discussions. It is also easy to get resources through organizations such as PFLAG, Ingersoll Gender Center, Gender Odyssey etc. They all exist to support the transgender and non-binary communities.
4. **Provide sexuality education that is inclusive.** Too often, I hear transgender and non-binary youth that they feel ignored when it comes to topics such as information about their bodies, pregnancy prevention, sexually transmitted infection prevention, consent and healthy relationships etc. In addition, they are also often left out of discussions about sexual violence even though sexual violence disproportionately impacts the transgender and non-binary communities. Make sure that what is being taught addresses the needs of youth regardless of orientation or gender identity.
5. **Be an adult ally.** Take what you learn from listening to youth and put it into action. Be an adult who advocates for safe spaces, policies that meet the needs of all youth, inclusive sexuality education, and in inclusive curricula.
6. **Looking for a new book or podcast?** Support transgender and non-binary creatives. Books, essays, articles, or podcasts are easy and affordable places to start. This is a way to hear rich first-person accounts of some of the issues affecting the transgender and non-binary communities. But buying books or downloading podcasts is a great way to support transgender and non-binary creators financially.
7. **It is time to start calling people out.** Stand up- even when it is hard. Do not let your friends or family get away with cruel “jokes” or snide remarks. It is not always easy, but being an ally is not a spectator sport. A simple, “that is not okay”, in a conversation can remind people that words have consequences.
8. **Put your money where your heart is.** Support organizations such as The Lavender Rights Project, TransLifeline or the Trevor Project by donating any extra money you may have. These organizations are on the front lines supporting transgender and non-binary youth.
9. **Follow, read and share transgender and non-binary voices on social media.** Go to like Janet Mock and Laverne Cox, voices like Chris Moiser, Dominick Evans, Katelyn Burns, Asia Kate Dillion are all great places to start.

## Gender in Traditional Cultures:

Here are a few examples of non-binary genders that exist in traditional cultures:

- Muxes—Mexico (Mayan—Oaxaca)—traditionally valued for their skill in embroidery, hairstyling, cooking, and hand crafts.
- Fa’Afines—Samoa, fully accepted in Samoan society
- Hijras—India, Pakistan, Bangladesh (less accepted)—have their own ancient language Hijras Farsi and served monarchs in South Asia for centuries
- Sekrata—Sakalava people of Madagascar—fully accepted
- Mahu—Native Hawaiian
- Mamluk—Egypt (1200-1700)—girls with boy’s spirits, allowed full legal and societal advantages.
- Mino—Benin—all female regiment of warriors, unmarried and childless, thought to have aggressive or masculine personalities
- Quariwarmi—Incan, Peru—shamans that dressed in third gender clothing and performed the rituals to the Incan dual-gendered god, chuqui chinchay

## Two-Spirit

Two-Spirit is a contemporary pan-Indian term for indigenous people who hold both male and female spirits. Most tribes have words in their own language for third (and fourth) genders that their culture recognizes and the social and spiritual roles these individuals play. With over 500 surviving indigenous cultures in North America ideas about gender and sex can be very different.

## Books:

- *‘Some Assembly Required’* by Arin Andrews (Autobiography, FTM)
- *‘Before I Had the Words’* by Skylar Kergil (Autobiography, FTM)
- *‘Rethinking Normal’* by Katie Rain Hill (Autobiography, MTF)
- *‘Being Jazz’* by Jazz Jennings (Autobiography, MTF)
- *‘Redefining Realness’* by Janet Mock (Autobiography, MTF)
- *‘Beyond Magenta: Transgender Teens Speak Out’* by Susan Kuklin
- *‘I Am J’* by Cris Beam (Fiction, FTM)

## Places/Groups:

- Gender Diversity—groups for parents and young people 4-20 years old
  - Gender Odyssey—conference
- Ingersoll Gender Center (every Wednesday 7-9PM. (Especially Significant Others, Friends, Families, and Allies aka SOFFA Support Group)
- PFLAG

## Social Media (YouTube & Instagram):

- SeetheStarsAblaze – Christopher Rhodes (FTM)
- ItsSamCollins – Sam Collins (FTM)
- Skylarkeleven – Skylar Kergil (FTM)
- @indyamoore—Indya Moore, non-binary star of Pose



# Trans 101 Resources

## Film and Shows

- Pose—2 seasons available on Netflix
- Disclosure—Documentary on transgender depictions in film and media
- Steven Universe—wonderfully inclusive cartoon, available on Hulu

## Youth and Young Adults:

- Lambert House: LGBTQ+ drop in (13-22 years of age) in Seattle
- P.O.W.: LGBTQ+ support group (13-21 years of age) in Burien
- Trevor Project: 1-866-488-7386 (24/7)
- Trans Lifeline: 877-565-8860 (7am-1am PST)

## Services:

- Lavender Rights Project: Transgender and Queer Legal Services
- QLaw Association of Washington
- Gay City

## Camps:

- Camp Ten Trees
- Camp Brave Trails