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GENDER 101





One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul .

Clarissa Pinkola Estés

- Tools: language and terminology
- An invitation for introspection
- Examples of others' journeys
- Historical lens leading us to the present
- Gender toolkit

TODAY'S GUIDE MAP





GENDER

What does it mean to you?



Strong

Feminine

Masculine

Beautiful

Husband

Wife

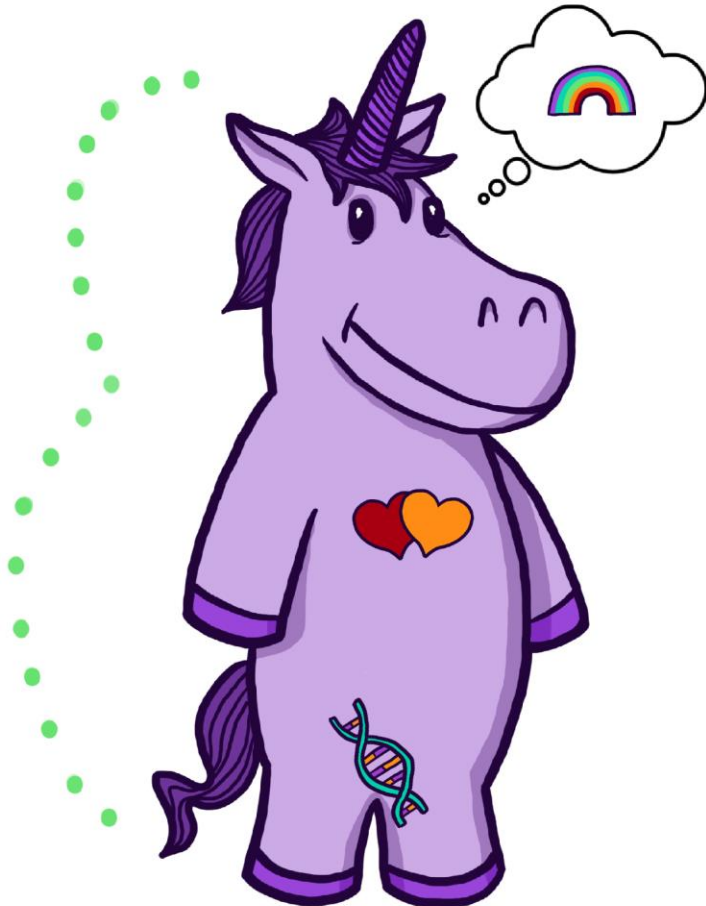
Handsome



The Gender Binary

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



Gender Identity

-  Female/Woman/Girl
-  Male/Man/Boy
-  Other Gender(s)

Gender Expression

-  Feminine
-  Masculine
-  Other

Sex Assigned at Birth

-  Female
-  Male
-  Other/Intersex

Physically Attracted to

-  Women
-  Men
-  Other Gender(s)

Emotionally Attracted to

-  Women
-  Men
-  Other Gender(s)

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

Design by Landyn Pan and Anna Moore

An internal sense of self

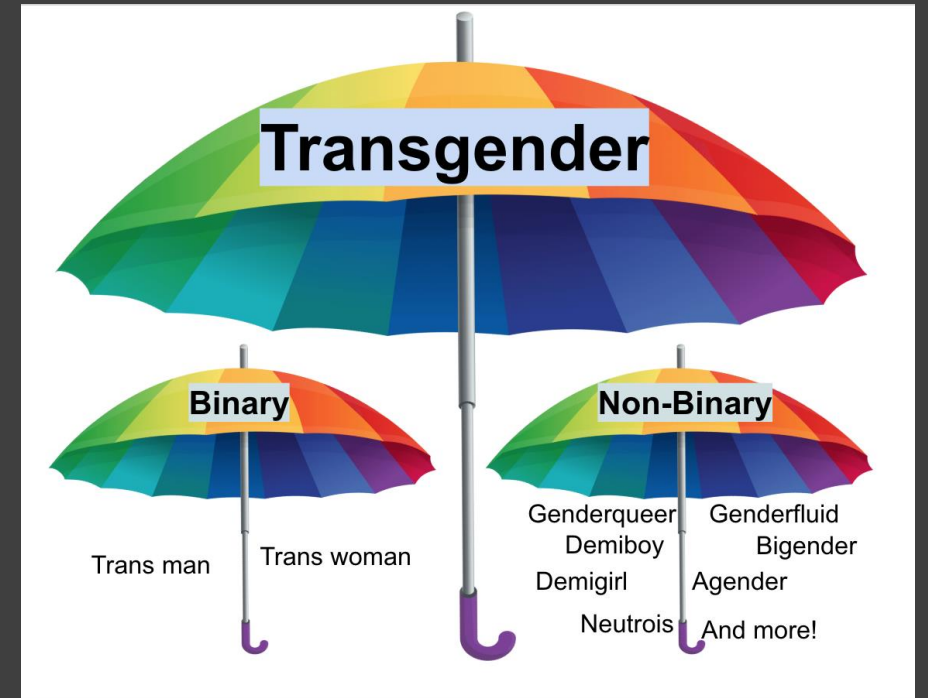
GENDER IDENTITY



Gender

A SAMPLING OF TERMINOLOGY

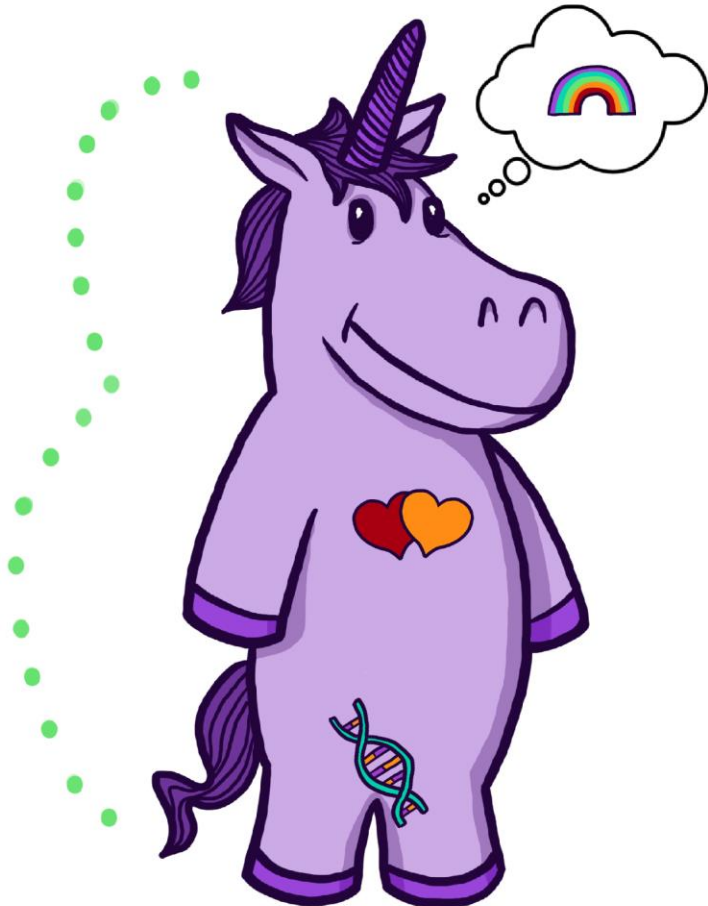
- Transgender/trans
- Cisgender/cis
- Gender fluid; Gender non-conforming; Genderqueer
- Agender
- Two Spirit (Native American / First People)
- And many more...





The Gender Unicorn

Graphic by:
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Design by Landyn Pan and Anna Moore

An external presentation
of self

GENDER EXPRESSION





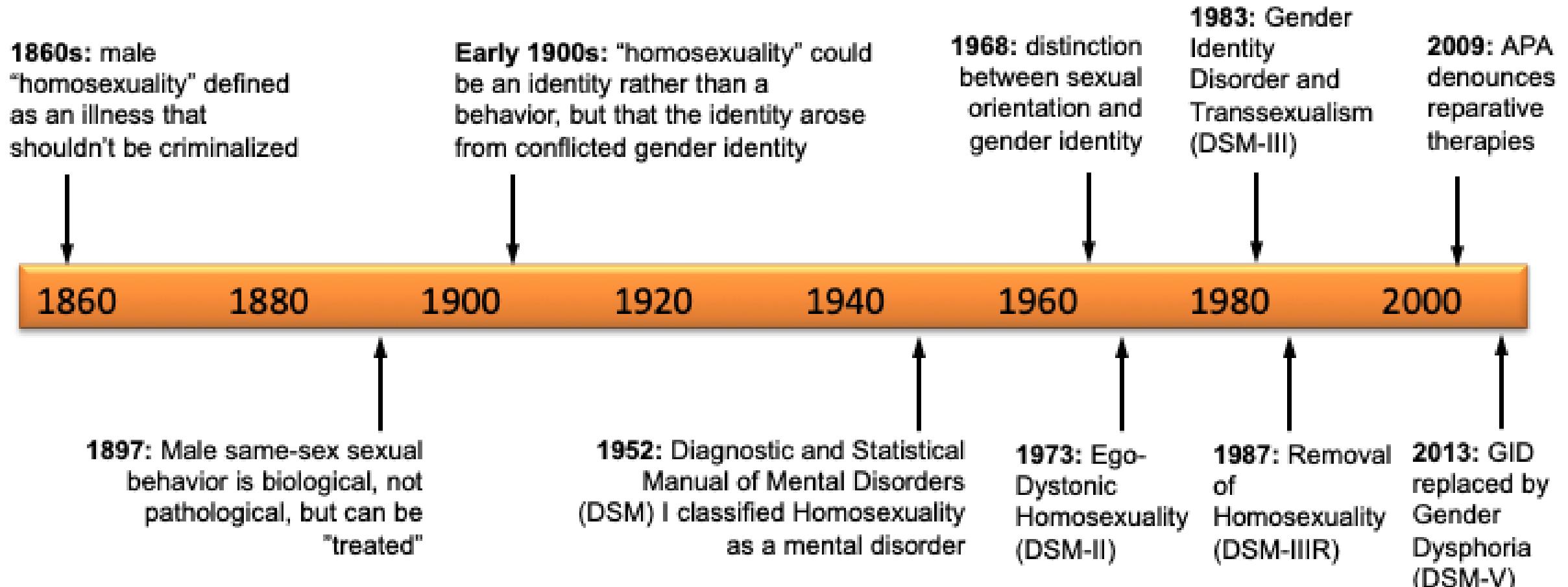
https://www.youtube.com/watch?v=D_zyn_oUN9M&app=desktop



HISTORICAL
TIMELINE TO
CURRENT
DISPARITIES

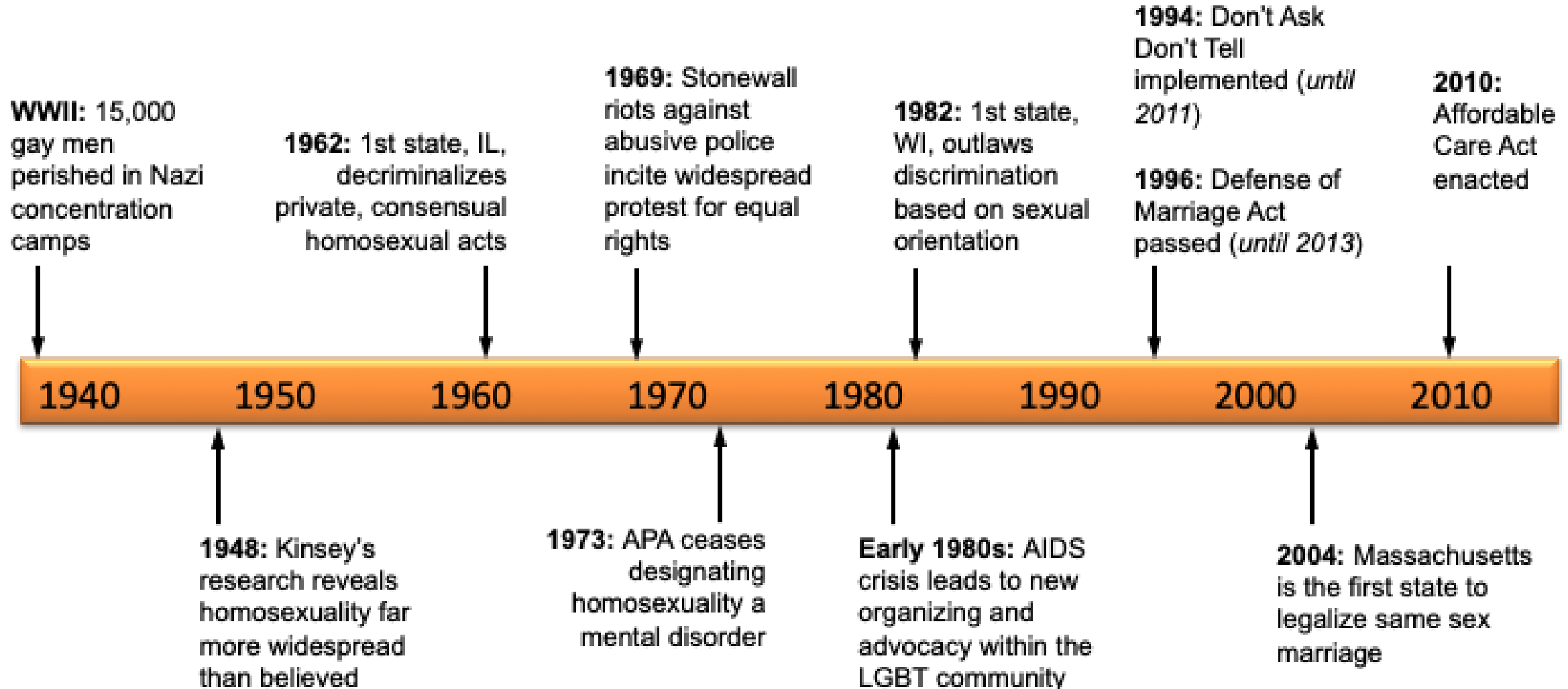
LGBTQ Medical Trauma

By Dr. Kristen Eckstrand



LGBTQ Political Events

By Dr. Kristen Eckstrand

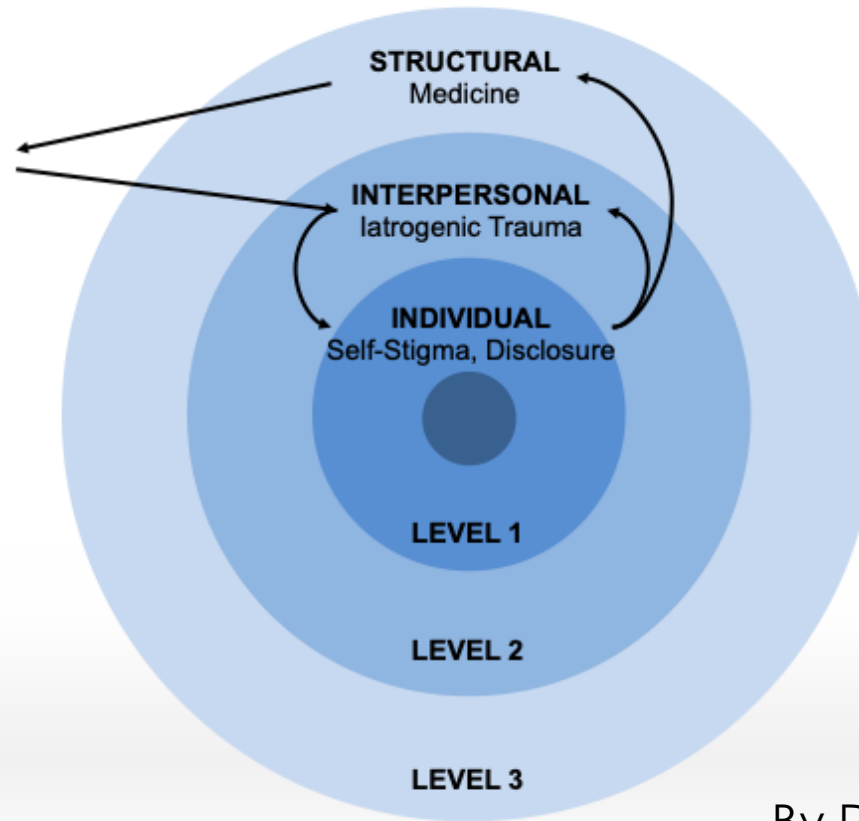


TRANSGENDER MENTAL HEALTH

- Trans people are more likely to avoid seeking medical care when they need it (23%), due to fear of discrimination based on their gender.
- According to the Transgender National Discrimination Survey (2011), hospitals and doctor's offices are among the top three most likely places for trans people to experience discrimination and violence.
- The 2015 update showed:
 - 33% reported at least one negative experience with a healthcare provider
 - 39% report serious psychologic distress in the month before completing the survey (5% general pop.)
 - **41% of respondents reported attempting suicide in their lifetime compared to 4.6% of the general population**
 - 7% attempted suicide in the past year, 12 times rate of general population

Structural Impact on LGBTQ Mental Health

We are part of a structure (medicine) that has imparted significant medical trauma, and therefore seen to be capable further harm



By Dr. Kristen Eckstrand

Structural Impact on LGBTQ Mental Health

Gatekeeping: practices that control access to resources to gender affirming resources or require people to prove they are “trans enough” to access resources



The image features a white background with a decorative graphic at the bottom. This graphic consists of several overlapping, wavy bands of color: a vibrant pink on the left, transitioning through purple and blue to a bright cyan on the right. A thin, vertical black line is positioned to the left of the main text.

GENDER TOOLKIT

A SAMPLING OF TERMINOLOGY

Pronouns (singular)

- She / her / hers
- He / him / his
- They / them / theirs
- Xe / Xem / xyrs

Examples

- They went to the store.
- She met with them for coffee.
- Xe walked to the park with xyr dog.
- He borrowed a book from xem.

***Ally tips...**

- **Don't assume people's pronouns**
- **Always ask what pronouns people use and normalize sharing yours**

PROBLEMATIC LANGUAGE

*ALWAYS ASK WHAT TERMS PEOPLE USE TO SELF-IDENTIFY

Generally Avoid:

- Transsexual
- Transgendered
- Gender Identity Disorder
- Homosexual
- Biological male/female, male/female bodied, born male/female
- Sex change operation, gender reassignment surgery, gender confirmation surgery, sex reassignment surgery

Generally preferred:

- Trans/transgender
- Gender Dysphoria
- Gay, lesbian, bisexual, queer
- Assigned female/male at birth (AFAB/AMAB)
- Gender Affirming Surgery; Genital Reassignment/Reconstruction Surgery; Vaginoplasty; Phalloplasty; Metoidioplasty

MICROAGGRESSIONS

- Using incorrect pronouns
- Making assumptions about transition choices (ie. Related to surgery or HRT), based on gender
- Altering treatment of someone because they are trans
- Revealing someone's gender identity without permission
- Becoming upset when someone participates in activities that are not stereo-typically gender appropriate
- Questioning someone's motives for identifying a gender other than the one they are assigned at birth
- Discussing someone's private parts
- Suggesting one's gender experience is just a phase
- Lack of public washrooms which are safe to use

FINAL THOUGHTS...

- We all have a unique gender experience
- Sex assigned at birth (based on phenotype) does not equate to gender identity
- Gender expression is an individual choice, which can shift and evolve over time (regardless of gender identity...which can also evolve!)
- Don't assume someone's gender identity based on outward appearance
- Gender identity does not equal (or determine) sexual orientation
- Always ask people what pronouns they use

IMAGE LINKS

- <https://www.ultrasoundschoolsinfo.com/ultrasound-technology/>
- <https://www.aliexpress.com/item/4000190280583.html>
- <https://www.target.com/p/toddler-girls-pippa-and-julie-disney-princesses-dress-pink/-/A-78542861>
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- <https://www.fona.com/latina-moms/>
- <https://www.dreamstime.com/photos-images/guys-hanging-out.html>
- <https://transgenderteensurvivalguide.tumblr.com/post/174004961680/lee-says-the-word-transgender-is-an-umbrella>