

Equalities Tutor Time: Transgender Identities

Produced at Fullbrook School

With extra resources from:

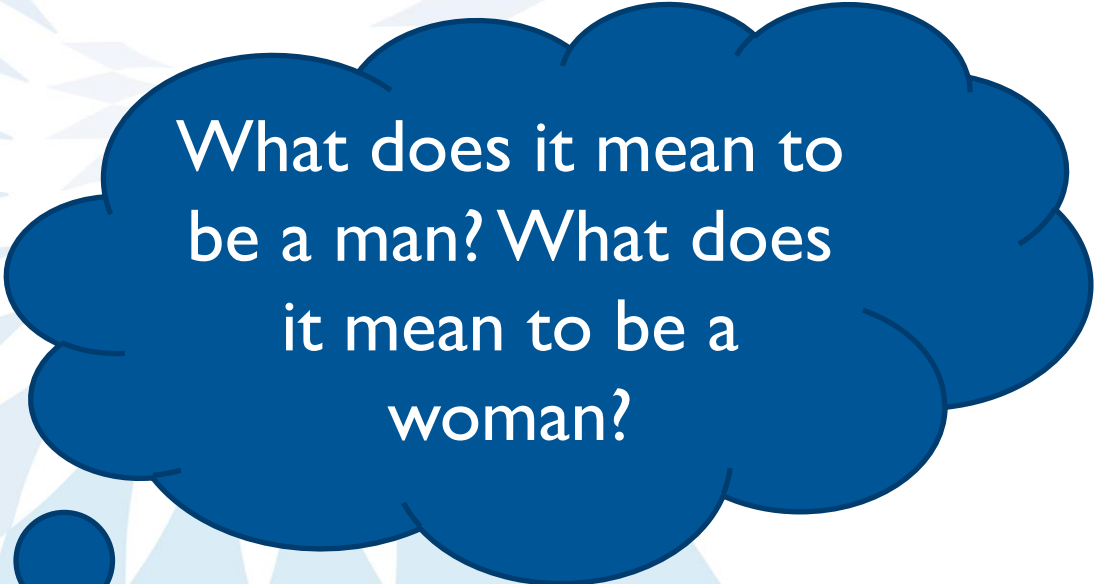
Lacey Langoir @ SimpleShow Foundation

ASAP Science

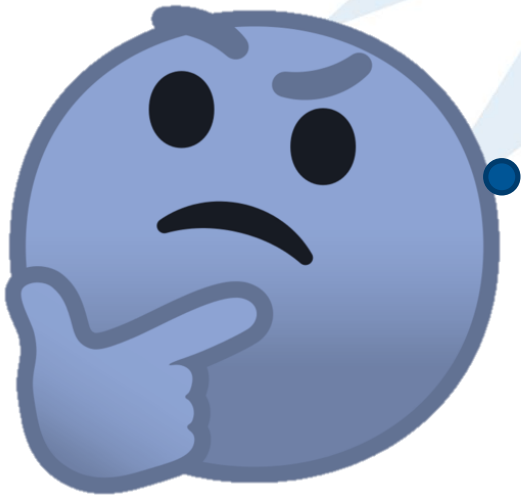
UC Davis LGBT Resource Centre

BBC Three

Big think



What does it mean to
be a man? What does
it mean to be a
woman?





So what does it mean if someone's trans? Click on the video to watch.

<https://youtu.be/YQAFYyI5N7E>

Some helpful terms and their meanings

Transgender



Someone whose gender identity **does not match** the sex they were designated at birth.

Transsexual is an older term you may hear with a similar meaning.

Cisgender



Someone whose gender identity **does match** the sex they were designated at birth.

This term was coined in the 90s to express a common gender identity.

Non-binary



Someone whose gender identity doesn't fit into the boxes of 'male' or 'female'.

Genderfluid & genderqueer are other terms with similar meaning.

Trans-man



Someone who transitioned **to** a male identity (ftm)

The prefix 'cis' means on the side of, and trans 'on the other side'. They can be seen in use in chemistry too!

Trans-woman



Someone who transitioned **to** a female identity (mtf)

Okay, but what is the science between gender and sex differences? Click on the video to watch.



<https://youtu.be/MitqjSYtwrQ>

Trans rumours – true or false?

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False! Whilst historically it was seen as such (as was being gay and having a baby before you were married), we now understand that Gender Dysphoria, where a person does not feel like their gender and their designated sex match, is a medical condition with physical roots, which can be treated by supporting a trans person to help match their identity to their gender.

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False! There is lots of evidence of Trans people across British history, although many people would try to hide their birth sex so as not to face discrimination. Furthermore, many cultures outside the UK have had concepts similar to Trans and Non-binary for hundreds of years or more, such as Native American Two Spirit, Indian Hijra, and Kathoey in Thailand to name a few.

Trans rumours – true or false?

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False! What gender you identify with and what gender you are attracted to are two different things, hence why we have asexual, bisexual, heterosexual, homosexual and pansexual people! Whether you identify as male, female or non-binary, regardless of the sex you were designated at birth, your sexuality is just another facet of your identity, like race or nationality.

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Gender identity and sex are the same

False! Your sex is designated to you by a medical professional at birth based on the evidence that person has at the time. Looking at a baby's body may suggest that they are male, female or intersex, but this is not a clear indication of how their brain is wired, or the identity in society that they will feel most represents them (gender roles).

Trans rumours – true or false?

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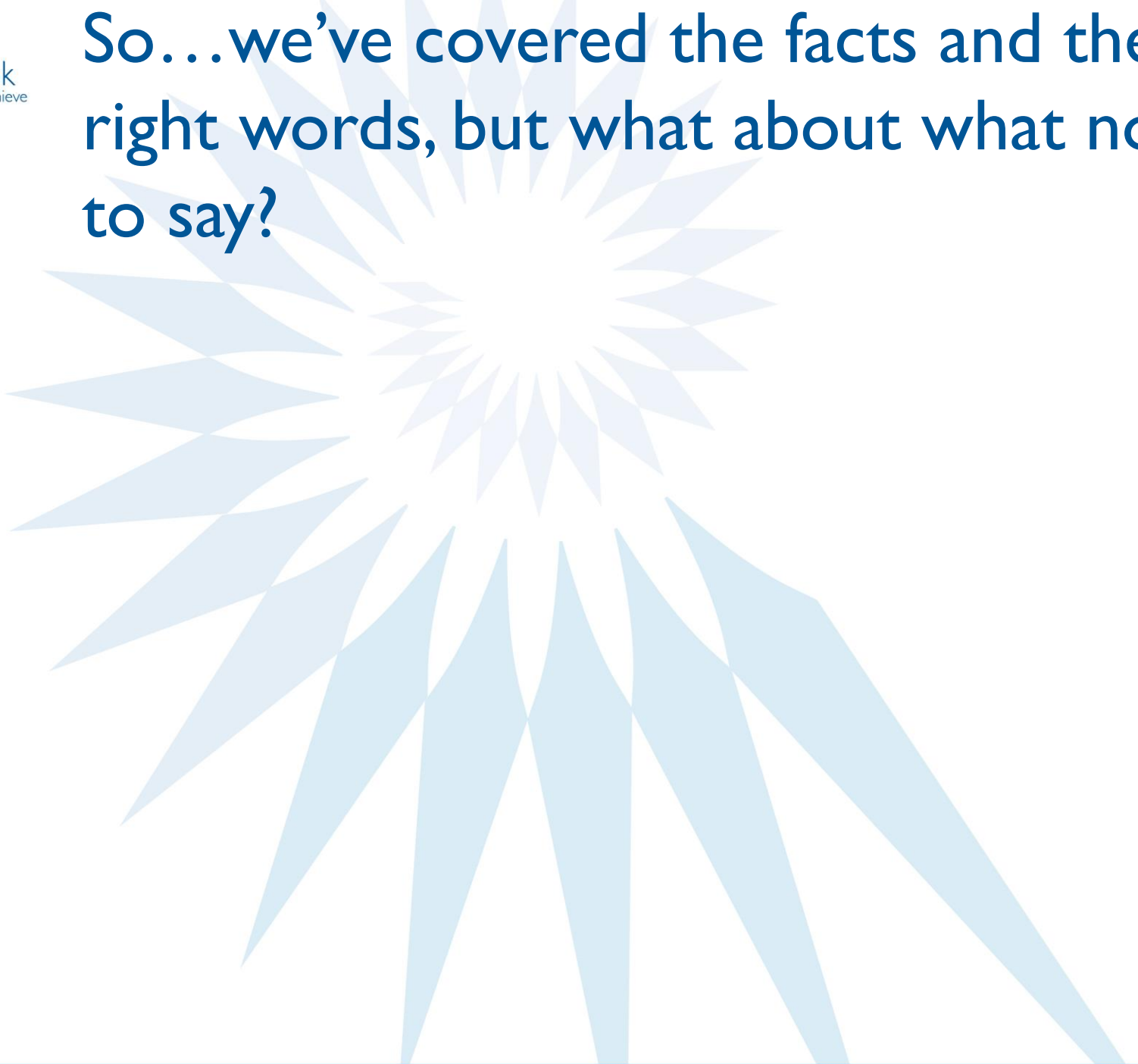
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False! Whilst some Trans people find hormone injections or hormone blockers helpful in reducing their Gender Dysphoria and making their appearance match their gender identity, not all Trans people feel this way – the same goes for surgery. Just as not all cis-men or cis-women feel like having the same style or behaviours to be themselves, the same is true of Trans people too.



So...we've covered the facts and the right words, but what about what not to say?



So...we've covered the facts and the right words, but what not to say?

You're such a Tranny.

Whether or not someone identifies as Trans, calling them a "Tranny" can be extremely offensive. This may be a term that people within the community use and reclaim for themselves, but it should not be used as a joke or without consent.

This is a slur and there are no excuses for using it.

So...we've covered the facts and the right words, but what not to say?

That person doesn't really look like a man/woman.

What does it mean to look like a man or a woman? There are no set criteria. It also should not be assumed that all Trans men strive to be masculine or that all Trans women want to be feminine, or that all Trans people want to look like men or women. Gender presentation is fluid and distinct from gender identity, and all forms of gender expression deserve affirmation.

So...we've covered the facts and the right words, but what not to say?

Why would you transition if you're going to be gay?

Gender identity and sexual orientation are two separate aspects of one's identity. This question demonstrates how heterosexuality is more valued in our society, and reinforces homophobia and heterosexism.



So...we've covered the facts and the right words, but what not to say?



What is your REAL name? I mean the one you were given at birth.

This implies the person's gender identity and chosen name are not "real" and perpetuates the idea of Trans people as deceptive. It removes agency and any right to make decisions for themselves, and is incredibly invalidating. It presumes a right to intimate information, disregards privacy, and places Trans lives on public display.

So...we've covered the facts and the right words, but what not to say?

Calling someone "it" or "He-She" is demeaning and does not validate their identity or respect them as a person.

So...we've covered the facts and the right words, but what not to say?

Asking others about Transperson's identity, or offering information about someone.

Asking someone about another person's identity is inappropriate. Ask yourself why you want to know. If you are concerned about using the person's preferred pronouns, ask them directly.

So...we've covered the facts and the right words, but what not to say?

Using the wrong pronouns or making assumptions about others' gender identities.

It is vital that we respect the names and pronouns that people prefer. It is impossible to know without asking. If you are not sure, ask: "What are your preferred pronouns?"

So...we've covered the facts and the right words, but what not to say?

What are you REALLY? Have you had surgery? If not then you're not really a _____.

Asking anyone personal questions about their bodies and/or surgeries is invasive and inappropriate. We don't ask non-Trans people what is under their clothes; we shouldn't ask Trans people either.

So...we've covered the facts and the right words, but what not to say?



<https://youtu.be/pvBwVWeG4Rpc>

Warning, YouTube version contains swearwords.

challenge Transphobic Words

Calling someone a Tranny or 'too butch to be a girl' etc. demeans and trivialises the wide variety of experiences held by those who identify as transgender.

If you see this type of transphobic language being used, challenge it.

Real Name?

Asking someone what their 'real' name is implies that their chosen name is in some way invalid or not 'real'. In the same way, asking someone what their 'real' gender is disrespects their own gender identity.

Gender Identity is not Sexual Identity

Remember that, no matter how someone identifies their own gender, they may still identify with any sexual identity. Everyone has a sexual and a gender identity, and they are separate and distinct from each other.

How To Be A Trans* Ally

Coming Out

A gender identity is personal. If someone chooses to come out to you as trans* this means they trust you. Make sure to honour that trust by checking with them before telling anyone else as they may not want others to know.

Just Ask!

It is important to respect the names and pronouns that people prefer. If you are unsure, simply ask 'What are your preferred pronouns?'

Show Your Support!

Make sure to show your support for your trans* friends by challenging transphobia when you see it.



SOG
Trinity LGBT