



Transgender 101

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LGBTQ Resource Center



Overview

- Terminology
- Sexual Orientation vs. Gender Identity
- Transition Basics
- Misgendering
- Ally Behavior
- Campus Resources
- Panel



Terminology



A Common Language

- transgender or trans – umbrella term for many **gender nonconforming** identities
- trans woman = MTF, trans man = FTM, **transsexual**
- **Passing, stealth**

Today's workshop will focus on trans people
who identify on the binary!



Sexual Orientation vs. Gender Identity

- Sexual orientation is distinct from gender identity
 - Shelly is a lesbian, that is their...
 - Michael is nonbinary, that is their..
 - Taylor is a bisexual, that is their...
 - Jamie is woman, that is her...
 - Quinn is a genderqueer, that is their...
 - Lorraine is queer, that is their...

Sexual Orientation

- T's can be LGBTQ!
 - Trans man attracted to men: Gay man
 - Trans man attracted to women: Straight man
 - Trans woman attracted to women: Lesbian woman
 - Trans woman attracted to men: Straight woman
 - Trans woman or man attracted to both/all : Bisexual woman or man

Transition Basics

Gender Expression

- Three types: mental, social, and medical
- **Mental Transition:** an individual begins to identify with a gender other than that assigned to them at birth.
- **Social Transition:** an individual starts asserting their identified gender in society
- **Medical Transition:** an individual seeks medical intervention in order to achieve their desired gender presentation – hormones, surgeries
- *Note that just because a person does not medically transition does not mean that they are any less trans. A person's gender identity is not dependent on the desire for or access to medical transition.*

Harmful Effects of Misgendering

- <https://www.youtube.com/watch?v=HV-7rsxHglo>
- Ask any trans person, and they can tell you how awful being misgendered makes them feel.
 - Invalidating of their identity
 - Disrespectful, isolating, uncomfortable, and hated
 - It tells them that they should hide who they really are, that people will never fully accept them.
 - Causes real psychological harm.



Harmful Effects on Mental Health

- Psychological distress (39% vs. 5%)
- Lifetime suicide attempts (40% vs 4.6%)

2015 US Transgender Survey



Ally Behavior

- **Be open to allow a full range of gender** and human expression that is not tied to bodies or chromosomes or assigned sex.
- **Understand sexual orientation.** A transgender person may identify as gay, straight, bisexual, or may resist labels altogether.
- **Understand that transition** looks different for everyone. It does not always include hormones and/or surgery.
- **Faculty** – “I want to respect all gender identities in this classroom, so please let me know if I misgender you.”



Ally Behavior

- **Become comfortable in public restrooms with** people who may not match the little signs on the rest room doors.
- If you are not sure which pronouns to use, **ask in a respectful, polite manner.** Asking is not rude, but rather courteous and caring.
- **Use inclusive language,** such as asking a person if they are in a relationship, rather than specifically asking if they have a girl/boyfriend.
- **Respect the name they use for themselves** even if it isn't their government name.
- **Practice using gender neutral pronouns,** such as they, them, theirs.



Things to Avoid

- Don't assume someone has to "pass" to have a successful transition
- Don't ask "Have you completed your transition?"
- Don't ask "How transitioned are you?"
- Don't ask about a person's "real" name or use a person's dead name when referring to their past.



Oops! I Used the Wrong Pronouns..

What NOT to do

- Make excuses.
 - "I'm sorry, but you look fe/male."
- Make it about you.
 - "Oh my god. I'm SO embarrassed. I had no idea."
- Get defensive.
 - "It was just an accident. You should be grateful that I'm trying."

What to do

- Apologize.
 - "I'm so sorry. Thank you for correcting me."
 - "I'm so sorry. I will work on that."
- Correct yourself.
 - "She.. I mean.. He is awesome."
- Move on.
 - Don't excessively apologize and draw more attention to your mistake than necessary.



Scenario 1

Pat: Hey, Alex! This is Chris, she's my.. I mean he's my lab partner."

Alex to Chris: Oh, hey! Nice to meet you Chris.

Chris to Alex: Likewise.



Scenario 2

Alex to Taylor: Wow, Taylor! Your outfit is amazing today.

Pat to Alex: You're right. He does look great!

Taylor to Alex: Actually, my pronouns are She/Her/Hers.

Pat: (Practice appropriate response.)

Now, as a group, what are appropriate ways you responded or intervened?



Trans Support on Campus at UH

- Nondiscrimination Statement
- Preferred Name
 - Cougar Card
 - Class Roster (PeopleSoft)
- Gender Diversity Living Learning Community
- Campus Recreation
- Transgender Health – Student Insurance
- Single Stall Restroom Map / Signage
- Trans Discussion Group
- Voice Training at Speech & Language Clinic

TRANSGENDER AFFAIRS

[Cougar Card ID Change](#)[Preferred Name](#)[Gender Inclusive Housing](#)[Voice Feminization or Masculinization,
Speech and Language Clinic](#)[Campus Recreation & Wellness Center](#)[UH Department of Athletics](#)[Single Stall Restroom Locations](#)[Transgender Health](#)

Transgender Affairs

Cougar Card ID

If you are a trans-identified student and want to have a name other than your legal name appear on your Cougar Card ID, please contact Lorraine Schroeder, director of the LGBTQ Resource Center.

Student Center, Rm. N201

lschroeder@uh.edu

713-743-5463

Preferred Name

The preferred name is now the default name on the class roster, grade roster, student milestones, transcript notes, grade change request and any printer friendly documents (self-service only). If there is not a preferred name listed then the primary name is displayed.

Here is how students can enter a preferred name

1. Log in to myUH
2. Click "Main Menu" dropdown list
3. Select "Campus Personal Information"

RELATED LINKS

[Voice Evaluation and Intervention Programs](#)[Quest Diagnostics](#)[Primary Care Protocol](#)[Single Stall Restrooms on Campus](#)[Gender Diversity Living Learning Community \(LLC\)](#)



Student Panel