

# **Transgender 101**

**A Cultural Humility Training**

**Who is the person in the front of the room?**





BBC

s

# What year?



**"Look what I built with LEGO!"**

And look at that look on her face. That's pride smiling!

The feeling of accomplishment children get from building with LEGO® Brand Building Sets is something no child should miss. And something no parent should miss sharing.

LEGO bricks and pieces are beautifully crafted. They snap together to build anything a child can imagine. Snap apart to start all over again.

There are wheels to make things go, doors and shutters to open and close, LEGO people to grin right back at your child.

LEGO is truly unique. It's a toy they never tire of, a toy that stimulates creativity and imagination for years.

What more could you ask of a toy?

**LEGO Building Sets 5 years and up.**



LEGO

1977 © LEGO Systems, Inc., Roskilde, Denmark. LEGO is a registered trademark of Lego A/S.

Appearing in the December, 1977 issues of Good Housekeeping, Parents, and McCall's, and in 1978 issues of Good Housekeeping, Parents, McCall's, Family Circle and Redbook.




**What it is is beautiful.**

Have you ever seen anything like it? Not just what she's made, but how proud it's made her. It's a look you'll see whenever children build something all by themselves. No matter what they've created.

**Younger children build for fun.** LEGO® Universal Building Sets for children ages 3 to 7 have colorful bricks, wheels, and friendly LEGO people for lots and lots of fun.

**Older children build for realism.** LEGO Universal Building Sets for children 7-12 have more detailed pieces, like gears, rotors, and treaded tires for more realistic building. One set even has a motor.

LEGO Universal Building Sets will help your children discover something very, very special: themselves.

**Universal Building Sets**

244 3-7 years old

112 7-12 years old

LEGO

LEGO is a registered trademark of Lego A/S. © 1978 LEGO Group.

*“People have to  
understand that people  
are people. We just  
want to be ourselves.”*

**- Sylvia Rivera**



# Definitions: TRANSGENDER



## True or False?

A transgender person has an internal gender that is the opposite of the sex they were assigned at birth.

False! There are never just two kinds of people...

# Definitions: TRANSGENDER



## True or False?

The definition of transgender includes some kind of medical treatment or transition.

False! Not everyone wants, needs or can access treatment...

# Definitions: TRANSGENDER



## True or False?

A transgender man is someone who was assigned female at birth but has an internal gender that is male.

True! So what does that mean about the definition of transgender woman?



# Definitions: **TRANSITION**



**Social:** Coming out to friends and family, New name/pronouns, Different clothing or other aspects of presentation (can include speaking, walking, mannerisms)

**Medical:** Hormones, Surgeries, Hair removal

**Legal:** Name change, Identity documents

# Definitions: TRANSGENDER

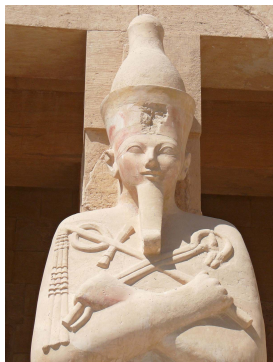


**True or False?**

Transgender and non-binary people a new thing?

False!

# Transgender through History



# Definitions: **TRANSGENDER**



## True or False?

It is totally cool to use the word transgender as a noun, as in “my friend is a transgender.”

False! Why?

# Adrien Lawyer

White

Man

Trans

US Citizen

Parent

Musician

College

Disabled

Southerner

Mixed Class

English

Saints Fan

# Adrien Lawyer

White

Man

Trans

US Citizen

Parent

Musician

College

Disabled

Southerner?

Mixed Class

English

Saints Fan

# Intersectional Discrimination

Who is most impacted by discrimination and violence in the trans communities? Folks who are:

People of color

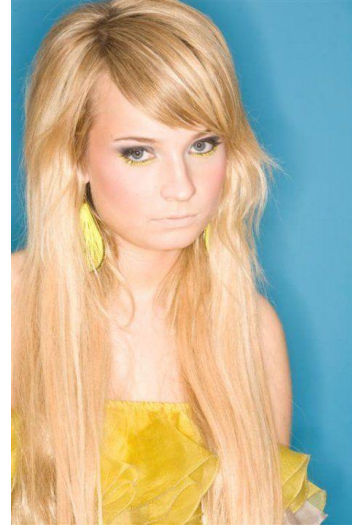
Undocumented

Disabled

Trans women

Visibly trans people

# Can you tell who is trans?





# Definitions: CISGENDER



**Cisgender:** A person whose gender conforms with their sex assigned at birth; i.e. not transgender.

**What is sex?**

## Basic Concepts: **SEX**

**Sex** (assigned at birth)

For transgender people, it's often important to not use phrases like “biological sex” or “born a boy/girl.”

- Male
- Female
- Intersex (Formerly *hermaphrodite*)

## Basic Concepts: SEX

Intersex people are born with sex characteristics (including genitals, gonads and chromosome patterns) that do not fit typical binary notions of male or female bodies.

Intersex is an umbrella term used to describe a wide range of natural bodily variations. In some cases, intersex traits are visible at birth while in others, they are not apparent until puberty. Some chromosomal intersex variations may not be physically apparent at all.

According to experts, between 0.05% and 1.7% of the population is born with intersex traits – the upper estimate is similar to the number of red haired people.

"Free & Equal Campaign Fact Sheet: Intersex" United Nations Office of the High Commissioner for Human Rights. 2015.



**What is gender?**

## **Basic Concepts: GENDER**

- Gender (internal)
- Gender Expression

# Basic Concepts: GENDER

## Diversity:

- Being Transgender does not mean that you are assigned a label or category or that you wish to conform to the gender binary.
- Many people, especially younger urban transgender people, are embracing identity terms like non-binary (also NB or Enby), genderqueer, agender, gender fluid, bi-gender, gender non-conforming and more.





#THIS IS WHAT NON BINARY LOOKS LIKE

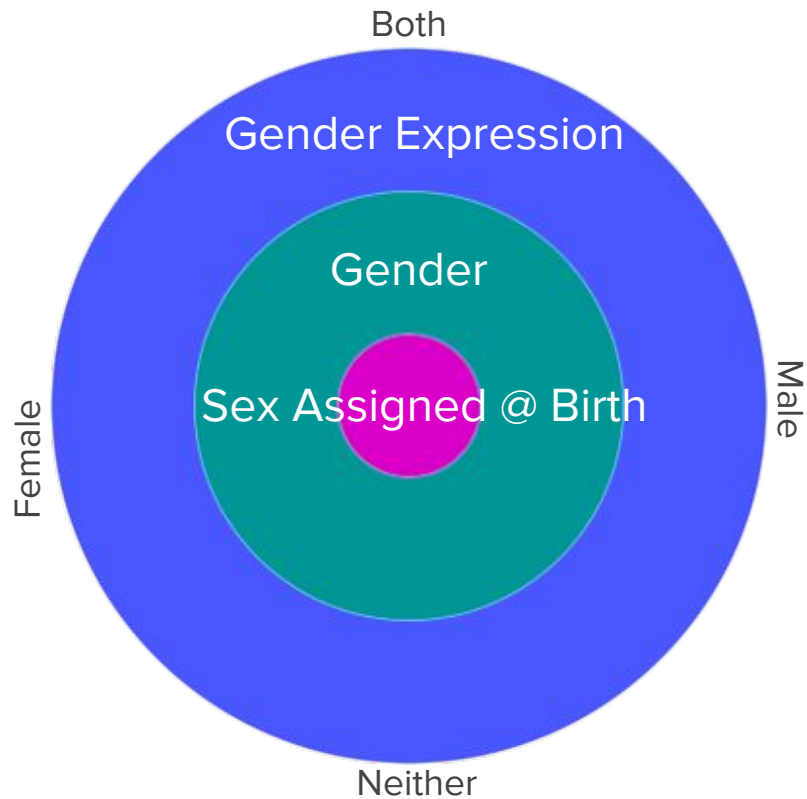
**What is sexual  
orientation?**

# Basic Concepts: **SEXUAL ORIENTATION**

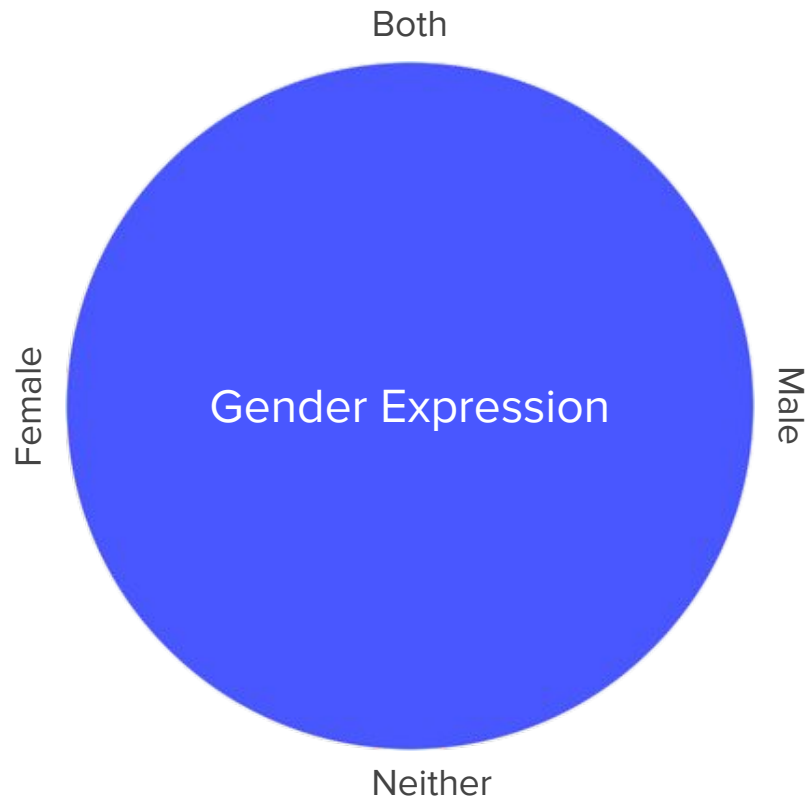
- Gay
- Lesbian
- Straight
- Bisexual
- Asexual
- Pansexual
- Queer

**Where do I fit?**

## My Gender



## My Sexual Orientation

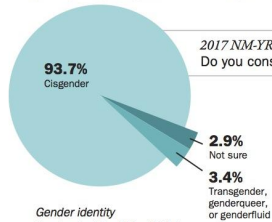


## 2017 NM-YRRS Results:

### Gender Identity

*Gender identity* is an individual's concept of self as male, female, a blend of both or neither. A person's gender identity may or may not correspond with the sex they were assigned at birth. When a person's gender identity does not correspond with their sex assigned at birth, they may consider themselves *transgender*, *genderqueer*, *genderfluid*, or another gender. When a person's

gender identity matches their sex assigned at birth they are considered *cisgender*. People who are transgender, genderqueer, or genderfluid may experience health inequities due to unequal access to resources, a history of violence, trauma, and discrimination, and minority stress<sup>1</sup>. In 2017, a question about gender identity was added to the high school YRRS questionnaire.



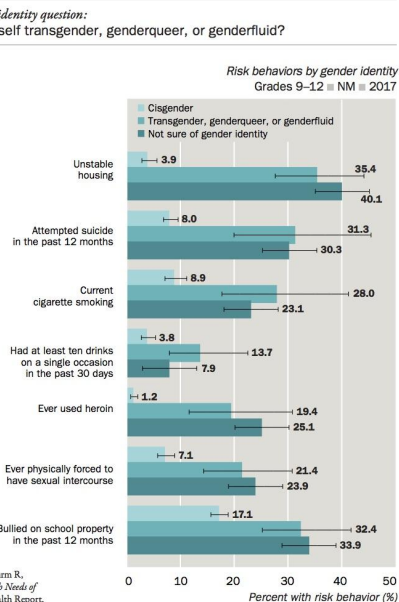
Gender identity  
Grades 9–12 ■ NM ■ 2017

There were no differences in gender identity based on sex, race/ethnicity, grade level, or parent education.

Compared to cisgender students, those who identified as transgender, genderqueer, or genderfluid, or who were not sure of their gender identity, were at much higher risk for housing instability, suicidal behaviors, substance use, and being victims of bullying and sexual violence.

#### TERMINOLOGY

**Current use:** The term "current" refers to behaviors that took place within the past 30 days.



<sup>1</sup> Calderwood D, Dakota R, Hunter D, Jaramillo E, Padilla J, Shattuck D, Strum R, Teneille L, Weinstein S, and Willingham C. (2018, June). *Addressing the Health Needs of Sex and Gender Minorities in New Mexico*. New Mexico Department of Health Report.

This newsletter was produced by the New Mexico Department of Health, the Public Education Department (PED), and the University of New Mexico Prevention Research Center. The NM-YRRS receives support from the Centers for Disease Control and Prevention in cooperation with the PED through Grant number 1U87PS004195-01. For more information about the YRRS, including methodology, comprehensive state level reports, county level reports, and more, see [www.youthrisk.org](http://www.youthrisk.org) or [nmhealth.org/go/youth](http://nmhealth.org/go/youth). To have an email added, changed or removed from the mailing list, contact [YRRS@youthrisk.org](mailto:YRRS@youthrisk.org).

- 3.4% positively identified as transgender, gender fluid or genderqueer
- 2.9% unsure
- 35.4% unstable housing vs 3.9% for cisgender
- 31.3% attempted suicide in last 12 months vs 8%
- 19.4% ever used heroin vs 1.2%
- 13.7% had at least 10 drinks on a single occasion in the past 30 days vs 3.8%
- 21.4% ever forced to have sexual intercourse vs 7.1%

# Facts: **THE REALITY**

National Center for Transgender Equality

## 2015 U.S. Transgender Survey:

- Disproportionate discrimination and violence in all areas
- 30% reported experiencing homelessness at some point
- 12% within prior year - because of transgender status
- 3x the unemployment of the general population
  - **4x unemployment for people of color**

**Trans people of color experience the most violence and discrimination**

(<http://www.ustranssurvey.org>)

# **Facts: THE REALITY**

National Center for Transgender Equality

## **2015 U.S. Transgender Survey:**

- Nearly half (47%) of respondents have been sexually assaulted at some point in their lifetime.
- One in ten (10%) respondents in the survey were sexually assaulted in the past year.
- More than half (54%) of respondents experienced some form of intimate partner violence.

<http://www.ustranssurvey.org>



**4.6% vs 40%**

Lifetime suicide attempt rate for general population vs. transgender population

**0.6% vs 7%**

Suicide attempt rate for general population vs. transgender population  
in the past year

(<http://www.ustranssurvey.org>)

*"It is revolutionary for any trans person to choose to be seen and visible in a world that tells us we should not exist."* - **Laverne Cox**





**Please complete our  
brief evaluation:  
<http://bit.ly/TrGRC>**

# Thanks!

Contact us:

TGRCNM

149 Jackson Dr NE  
Albuquerque, NM 87108

505-440-3402

[adrien@tgrcnm.org](mailto:adrien@tgrcnm.org)

