Understanding Transgender for College Students

Oregon Coast Community College Fall Inservice 2019
Hello!

I am Miriam Friedman

I am here to spark your curiosity.
"I believe that telling our stories, first to ourselves and then to one another and the world, is a revolutionary act."

Janet Mock, the first transgender woman of color to write and direct an episode of television.
Thinking about gender messages

What is one message you received about gender while you were growing up from your parents/family?
Thinking about gender messages

What is one message you received about gender while growing up, from peers?
Thinking about gender messages

What is one message you received about gender from the media as you were growing up?
It’s all around us

GENDER
Gender messages

◎ May embody stereotypes deeply ingrained in society.
◎ Thinking about where these messages come from helps us find common ground.
◎ Helps us be ready to tackle deeper issues about gender & gender identity.
“Be yourself. Everyone else is already taken.”

- Oscar Wilde
LGBTQ is an acronym meant to encompass a whole bunch of diverse sexualities and genders. Folks often refer to the Q (standing for “queer”) as an umbrella term, under which live a whole bunch of identities. This is helpful because lesbian, gay, and bisexual aren’t the only marginalized sexualities, and transgender isn’t the only gender identity. In fact, there are many more of both!
The Genderbread Person v4

- Identity
- Attraction
- Expression
- Sex

by its pronounced METROsexual.com
GENDER IDENTITY: WHO YOU THINK YOU ARE

Gender Identity

Woman-ness
Man-ness

How you, in your head, define your gender, based on how much you align (or don't align) with what you understand to be the options for gender.
GENDER EXPRESSION: HOW YOU DEMONSTRATE WHO YOU ARE

The ways you present gender, through your actions, dress, and demeanor, and how those presentations are interpreted based on gender norms.
BIOLOGICAL SEX: THE EQUIPMENT UNDER THE HOOD

Biological Sex

Female-ness

Male-ness

The physical sex characteristics you’re born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.
ATTRACTION: WHO YOU ARE ROMANTICALLY AND SEXUALLY ATTRACTION TO
Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Gender identity, gender expression, biological sex, and sexual orientation are independent of one another (i.e., they are not connected).
Trans 101

VIDEO ONE: THE BASICS
Terminology

Take a few minutes to match the definitions with the answers.

Feel free to work with the people who are sitting closest to you to work out the answers together!
1. F – Sexual Orientation
2. C – Biological Sex
3. K – Sex Assigned At Birth
4. N – Gender Identity
5. A – Cisgender
6. I – Transgender
7. M – Gender Expression
8. B – Gender Non-Conforming
9. H – Transgender Woman
10. J – Transgender Man
11. E – Medical Transition
12. L – Pubertal Suppression
13. D – Gender Dysphoria
Pronouns
<table>
<thead>
<tr>
<th>Subjective</th>
<th>Objective</th>
<th>Possessive</th>
<th>Reflective</th>
<th>Example</th>
<th>Pronunciation</th>
</tr>
</thead>
<tbody>
<tr>
<td>She</td>
<td>Her</td>
<td>Hers</td>
<td>Herself</td>
<td>She is speaking. I listened to her. The backpack is hers.</td>
<td>Pronounced as it looks</td>
</tr>
<tr>
<td>He</td>
<td>Him</td>
<td>His</td>
<td>Himself</td>
<td>He is speaking. I listened to him. The backpack is his.</td>
<td>Pronounced as it looks</td>
</tr>
<tr>
<td>They</td>
<td>Them</td>
<td>Their(s)</td>
<td>Themselves</td>
<td>They are speaking. I listened to them. The backpack is theirs.</td>
<td>Pronounced as it looks</td>
</tr>
<tr>
<td>Ze</td>
<td>Hir</td>
<td>Hirs</td>
<td>Hirself</td>
<td>Ze is speaking. I listened to hir. The backpack is hirs.</td>
<td>pronounced: zee, here, here, heres, hereself</td>
</tr>
</tbody>
</table>
Time to practice!

Waverly the Shark mad libs.
Pronoun Best Practices

1. State Your Specific Pronouns
2. Always Ask
3. Use A Person’s Name If You Don’t Remember
4. Switch It Up
5. Apologize & Move On
6. Practice
Questions?
Wrapping up

◎ Continue these conversations outside of this space.

◎ Inquire and address negative/hurtful language/assumptions, even when you are nervous.

◎ Continue to educate self/others on these and other social justice issues.
Lifelong learning
Resources


- PFLAG (the extended family of the LGBTQ community. Made up of LGBTQ individuals, family members and allies.) - Oregon Coast Chapter - [https://pflag.org/chapter/pflag-oregon-central-coast](https://pflag.org/chapter/pflag-oregon-central-coast)
Crisis Resources

- The Trevor Project
  1-866-488-7386
- National Suicide Prevention Lifeline
  1-800-273-8255
- GLBT National Help Center
  1-888-843-4564
  1-800-246-7743
You can find me at miriam.friedman@gmail.com