

TRANS

IN SIGHT

Resources, insight, and food
for thought to expand the
transgender narrative.

Preface

Impact is an activist group for transgender teens and their families. We have created this zine, called *Trans In Sight*, to share the stories, perspectives, and experiences of trans youth, their parents, and their allies. There has been so much that has gone unheard and untold in this community, that we are hoping to shine a light on these silenced voices. It has been so rare for people like us to have opportunities to speak our truth in such a broadcasted way.

- The IMPACT Team

To get involved, ask a question, or donate to TransActive Gender Center, please email services@transactiveonline.org, ATTN: Impact

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Vocabulary Index

Sex: A legal or medical categorization usually defined by one's genitals or chromosomes. Male and female are the two most prevalent sexes. Some people are medically intersex, meaning that they were born with ambiguous genitalia or have a different makeup of sex chromosomes (eg. XXY). In the United States, all people are assigned male or female at birth, even if they are intersex. It is routine (and awful!) to perform surgery on intersex newborns to make their genitals fit neatly into the category of male or female.

Gender: This is a hard one to neatly define! Gender is a self-identified category usually tied to the expression of masculine or feminine traits. The distinction between genders is most easily made by pronouns. The most common genders are man and woman, while genderqueer, agender, and bigender are some examples of alternatives. It's important to note that two people with similar gender expressions may identify as different genders (eg. someone might identify as a butch woman while a similarly-appearing person might identify as nonbinary).

Gender assigned at birth: The gender a person was labeled as in infancy because of their biological sex. Note that all people (at least in most countries, including the US) are assigned a gender at birth. Just because you were assigned one that works for you does not mean it wasn't assigned. As a shorthand, it is common to say one is AMAB (Assigned Male At Birth) or AFAB (Assigned Female At Birth).

Gender binary: The idea that man/male and woman/female are the only two genders/sexes.

Pronouns: Labels used when talking about someone in the third-person. (eg. he/him/his, she/her/hers, they/them/theirs, ze/hir/hirs).

Nonbinary: An adjective describing someone whose gender does not fall within the gender binary. For example, someone who identifies as agender (genderless), bigender (two genders), or genderqueer (a gender which is neither man or woman).

Gender expression: The outward presentation of one's gender. This most commonly refers to clothing, hairstyle, and even things like posture or scent (think about what you associate with Old Spice vs. what you associate with lavender and roses). Note that since gender itself is a social construct, this varies from culture to culture.

Cisgender: An adjective used to describe someone whose gender aligns with their gender assigned at birth (eg. an AMAB man or an AFAB woman).

Transgender: An adjective used to describe someone whose gender does not align with their gender assigned at birth.

Advice Column

Dear Mr. Transman,

“My friend recently told me that he’s trans. He seemed annoyed when I asked him if he’d gotten surgery yet. What did I do wrong? What should I say if a situation like this comes up in the future?” - Confused Cis Person

Dear Confused Cis Person,

As Laverne Cox, star of *Orange Is the New Black*, once put it, “The preoccupation with transition and surgery objectifies trans people. And then we don’t get to really deal with the real lived experiences.” I totally agree with her. Asking a trans person if they’ve had “the surgery” yet is kind of like asking a cis man if he’s circumcised or not. It’s a really personal topic and not something you need to know. It also reinforces the notion that all trans people need (and have access to) surgery. For many people, financial or medical constraints cause them not to get surgery. Other people simply aren’t interested in surgery. Keep in mind too that there are many surgeries, and having had surgery doesn’t guarantee that a person has had the one you’re thinking of.

Regarding what to do in the future, I suggest trying to let the person who is disclosing guide the discussion. Remember that disclosure is a very trust-ing decision, so don’t derail the conversation by making it about anything other than what they want to share.

When asking questions of someone who has just told you they’re trans-gender or queer, a good rule of thumb is to keep in mind two things: First, do you need to know the answer? Second, would you want someone to ask you that? That’s why I think that pragmatic questions like “What name and pronoun do you want me to use for you?” or “What do you want me to do if I hear some-one misgender you?” are usually preferred over questions about hormones and surgery. Some people might want to talk about their medical transitions, but you shouldn’t assume that they do—or even are undergoing any. Additionally, just because someone is out to you about being trans does not mean that they are the spokesperson for all trans people.

One super important point that I cannot emphasize enough is that just because someone told you that they're trans (or queer) does not mean that they want everybody to know. Outing a trans person is very inconsiderate, and could easily have a lot of unintended consequences. If they're not out to their family, they could be kicked out and cut off. If they're not out to other people, they could—at a minimum—be embarrassed. If word gets to their employer, they could lose their job, especially if they don't live in a state that bans employment discrimination. There's a huge threat of violence to trans people, and outing them in some sort of public setting puts them even more at risk. The moral of the story is don't do it. If someone trusts you enough to reveal a part of their identity to you, it's your duty to make yourself worthy of their trust by respecting their privacy.

Yours,

Mr. Transman

MAKING MISTAKES

I'm cisgender, which means I've made lots of mistakes around my trans family and friends. I've realized that the most important thing about mistakes is how we are accountable for them. Here are some after-mistake actions that keep you connected, and some that, well, don't.

MISTAKE

DO...



You use the wrong pronoun

DON'T...



You "out" someone to someone else

DO...

MISTAKE

DON'T...



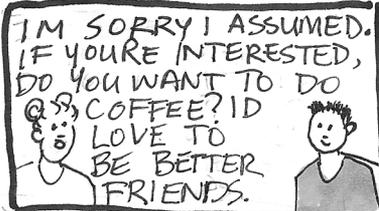
You introduce someone as "my trans friend"



You don't correct someone who used the wrong name.



You assume someone's sexuality based on their gender.



Struggle & How I Overcame It

By Anonymous

Pronouns he/him

17-year-old transgender youth

Oregon

One thing that I have learned about this process of transitioning as a transgender male is that every experience and story is a different one. For me, I struggle to say what is the “most difficult” part of this journey because every ounce of it is uncomfortable and sometimes excruciating to experience. What I will say is that the one issue I have had to face and still continue to face is the challenge of passing and others using the correct pronouns. I knew that when I first began my transition it would most likely always be a battle for me. I attended a school where the students all knew me before I was out as a transgender male. When it was finally time to start changing my name, pronouns, and school attire, I went guns blazing. I was so excited to finally be myself and at least be freed of some of the anxieties I was feeling on a constant basis that I didn’t take the time to prepare myself for the reactions and fights that I would soon face. In the beginning people would constantly use the wrong pronouns and identify me by the wrong name and every time it felt like a punch to the throat. I never said anything or corrected them because I was already too insecure and didn’t know how to do that -- so much so that I would just let it slide and beat down on myself later. For many outside the LGBTQ community and even for some of those in it, one of the most embarrassing experiences is having to correct others on your pronouns and being outed in public.

There are still so many other situations and circumstances where I felt totally humiliated. Even though I had to deal with much of this before my transition, I still struggle with the same issues almost one year after being on testosterone. I had always thought that once I got further into my transition things like this would not happen. I wouldn’t be misgendered. I wouldn’t have to correct people. But, boy was I wrong on that assumption -- as many soon discover. This was the hardest part because all we wanted is to be able to go about our daily lives as comfortably and “normally” as possible.

Fortunately enough, I realized that I had to do something, I couldn’t just continue to allow people to out me and embarrass me be it intentional or unintentional. We have to learn to speak up for ourselves and make life better and more comfortable for ourselves because no one else is going to do it for us. For

me it was all about gaining self confidence. Though I struggled, I also strived to be my own advocate and made baby steps to let others know that I wanted to be respected for my gender identity. What worked best for me was to contact individuals through social media and let them know how I was feeling. This worked extremely well with other students at my school, my teachers, and many others.

All in all, though it can feel really scary and overwhelming when confronting people to respect who you are, at the end of the day, it's 100% worth it. I learned that it was a choice between either my own identify and happiness or the prejudice of others and misery. I chose me.

The English Language Fails

By Anonymous

Pronouns: he/him

Parent of a 17-year-old transgender youth

Oregon

“Oh my gosh, I’m so sorry!” I’ve experienced this little apology a few times now, and the speaker may have even tripped over their words for a few seconds. To which I have said “don’t worry about it, I often do the same thing”. I’m trying to do the right thing and treat people with respect, just like you. Sometimes I say “she” when I really mean “he” and vice versa, because I’m a human being and we all make mistakes. I make mistakes, particularly because I have been referring to someone using one pronoun for the entirety of their life, and I am trying to retrain myself to use a new pronoun.

I’m a cisgender parent of a transgender child. I’m on board and ready to be supportive. That doesn’t mean I’m up to speed though, much to the consternation of my child, who half the time probably thinks I’m clueless. So I have a lot of learning to do, and some adjusting to do. But it’s not just me as a parent that needs to adjust. It’s astonishing and wonderful to see how quickly our society is becoming more inclusive, so we all need to make adjustments.

Therefore it’s important for our language to adjust as well, so that we can express our inclusivity and respect for each other. Language is more than just the way we express ourselves though. If our language doesn’t have the right tools, it can limit the ideas and values that might occur to us otherwise. So we need to make sure that our language doesn’t limit the way we think about the world and each other.

Up to this point I’ve only used the word parent to refer to myself, because really, what difference does it make if I’m a mom or a dad? The word parent does the job without putting limits on your assumptions about me. But as soon as you were to refer to me in the third person (maybe as a second rate writer), you might say “he or she,” or “she or he,” or “she-he”, or “s/he,” or any other clunky way of trying not to make an assumption. “He or she” might be clunky, but problem solved right? Not for some of us. Your brain or the brain of someone you know may be screaming “don’t use either!”

Sometimes we don’t want to make assumptions about the person we are referring to, because we don’t know the gender of the person. But there are other times when neither “she” nor “he” fit the bill especially since not everyone

identifies as a she or a he since there are many genders outside of the gender binary, even when we know who we are talking about (or of whom we are talking about, for the grammar police), because the person does not wish to be referred to by a gender specific pronoun.

I know a little bit of Chinese, so when discussing this topic for the firsttime (clueless parent here, remember), I thought to myself that Chinese speakers don't have this problem. That's because Chinese uses the same word for both he and she (which is the word ta). Words that lack a gender connotation are called epicene, so "ta" in Chinese is an epicene pronoun. So I wondered if other languages are similar, and I was astonished to find that many languages use epicene pronouns to refer to people. Currently, there about 15 or 20 different languages in common use are non-gender, including Japanese, Chinese, Korean, Estonian, Finnish, Persian, Turkish, and many others. Japanese speakers often don't use pronouns at all, preferring that the listener infer the person or thing that they are talking about. Swedish speakers, to their credit, have recently invented a new epicene person pronoun because they didn't have one.

So what should we do with English? It turns out that this is not a new problem, and people have been proposing new epicene person pronouns for a very long time, about the last 160 years or so. Just recently, the school board in Vancouver BC has adopted "xe, xem, xyr" when gender pronouns are inappropriate. It turns out though that we don't have to invent any new words at all. We have a perfectly good word to use in English: they.

The grammar police out there are thinking "oh no you don't – "they" is a plural pronoun". Well, yes and no. "They" is usually inferred as plural in modern English, but this was not always the case. Prior to the 18th century, the word "they" was often used to refer to a singular person. So when you wish to use "they" to refer to a singular person and the grammar police object, all you have to say is that you are using the word the way it was originally used. If they still object, tell them that Chaucer and Shakespeare both used it to refer to a singular person. Grammar police never argue with Shakespeare, right? Even if all of this wasn't so, the answer might still be, so what? The word "they" seems like a natural candidate in this case, because it is already in common use. All that the word "they" needs is a simple tweak, from plural to both singular and plural.

Until our language comes around, and if you have the opportunity, perhaps the most elegant solution may be to simply ask. Recently, my child and I went to see the doctor, and she said "how do you want me to refer to you?" Simple, direct, and respectful. After being informed of my child's preference, she never made a mistake. With practice, some day I hope to be as thoughtful.

I'm sure there are those out there who feel that this is all politically

correct BS, that people should get over it, and why should anyone be so. So the English language might fail for now, and some of us may trip over our words, but that doesn't mean we have to fail each other. Most people try to do the right thing, and as with most things, it's our intention, our good will, that really matters.

How I was Confined

By Anonymous

Pronouns: he/him

14-year-old transgender youth

Washington

Criss-crossed cosmetic lines, external and inside,
a 'daughter's' regret of double X pink and raw across my chest
they replace the porcelain of my breasts,
double mastectomy, connect the dots they've never lied
seeking to suit the soul stained inside.

Unlaced, my body's hinted
of a life my family wished it,
however as if a challenge it does reside,
to match my heart that lays inside.

But much life it does sour
as I sneak away all my hours,
still not accepting of the times I've tried
to replicate the human inside

And although it may be viewed as an act of hate for the body I am in,
it is truly a feat of love for myself that's a triumphant win,
belatedly matching I will no longer hide,
you may see me now as I am inside.

You Are Not Alone

By Anonymous

Pronouns: she/her

Parent of a 16-year-old transgender youth

Oregon

I was not surprised when my “daughter” revealed that she was transgender - a boy who has been mis-assigned as a girl at birth. My “daughter” was at this point only a few months shy of her ... his 16th birthday.

During the past few months, he had dropped hints. He talked about cutting his waist-length hair, showed me YouTube clips of transgender boys, and initiated discussions about the difference between sex and gender. We had plenty of talking points, because topics such as biological sex, gender identity, and sexual orientation had been part of my coursework in college. In fact, I was relieved when my suspicion was confirmed: he was transgender, recognizing that we were finally ready to tackle the source of the emotional distress he had shown for the past 3-4 years.

What caught me off guard, however, was my own emotional response to his revelation that unfolded during the following weeks and months.

My initial relief was very quickly replaced by fear. Fear of discrimination, physical threats, rejection by others, suicidal tendencies--so many barriers to the happiness I wish for my son.

Despite how much I knew about what it means to be transgender from an academic standpoint, I was utterly at a loss as to how this translates into parenting a transgender son. After all, I had spent years thinking and learning about how to raise a girl. All the sudden I was confronted with not just raising a son - but a transgender son! I had no clear vision of how to support him while he already talked about hormone treatment!

At the same time, I also felt sadness: I was grieving the loss of my daughter. The dreams I had for her slowly dissipated into thin air and left a void. What might HIS future look like? I found myself not ready to answer that question as I was still hanging onto the past--resisting the future.

Above all, I felt that I somehow managed to get onto a roller coaster ride without realizing it. I needed to put on the breaks, think, digest, reflect, and

figure this out.

The first person to help me get my bearing was my child. After all, he had become the expert in our family as to what it means to be transgender and was able to offer me lots of information. I can't say that it was always easy to immediately absorb all he told me, because teens don't always tell you facts in absorbable sequences (instead of 1, 2, 3, 4 - he went 2, 4, 3, 1 - Can't you follow me mom!?). Let's not forget the long list of vocabulary I had to learn very quickly in order to keep up. My knowledge was clearly a 'bit' outdated!

Yet, he communicated to me in no uncertain terms that pronouns were important, gender dysphoria is real, bathroom/locker rules at school mattered, the LGBT (Lesbian-Gay-Bisexual-Transgender) club at school was his safe haven, and I as a straight cis-person (my gender identity matches that of the sex I was assigned at birth and I am heterosexual) had to broaden my perspective!

He pointed me to internet sites that provided resources for parents and trans allies, which were the first step towards getting that new perspective. What I read reassured me that this was not just a 'phase' but that my son's feelings were real. I needed to hear this -- the more often the better!

With my child's permission (I did not want to 'out' him without his approval), I started to talk to my closest friends and family members. Slowly, I shared the news within my more extended social circle.

Talking to others helped me bounce off thoughts and reflect on what I learned. More often than not I didn't come to a resolution or got an answer to my question - but that was okay: I felt heard and supported.

Friends and family also told me what I knew but needed to hear from somebody else: It was okay for me to have more questions than answers; that I have an incredibly courageous child; there is no better time in history than NOW to be transgender. That life will go on - just a 'little' different than I had expected. Then again, when does life go on as expected?!

We, my son and I, also started to attend support groups: one for him, one for me. Hearing what other parents have to say made me feel more grounded, because I discovered that others have encountered similar feelings and experiences and tackled variations of the same questions. It has also helped me recognize that I am walking this road with others: I learn from those ahead of me. I can offer advice to those behind me. I can also just listen and absorb what I hear.

By now, it's been almost 7 months since I learned that I have a son and

not a daughter. I can't say that I have shed all my fears and my sadness, found all the answers to my questions, or discovered the crystal ball that tells me what lies ahead and what I should do.

Yet, I learned that it is okay to have these feelings and that sometimes it's best to just tackle the task, issue, question immediately in front of me rather than getting bogged down by the many that linger ahead.

Therapist with transgender expertise for son? Done. Consistent use of son's chosen name and proper pronouns (he/his)? ... Almost there. How are grades in school? ... Monitoring system in place. Official name change? ... Work in progress. Tackling bathroom issue at school? ... Getting there. Hormone treatment? ... Definitely not there yet.

Patience! One step at a time. This is no time to double task and making a mess of it all. I already made plenty of blunders and am sure there are more on the horizon.

I also learned that there is no crystal ball to be found, because we and our children are pioneers and are paving the way for kids and parents 10 and 20 years from now who will be taking the same journey. This is probably the scariest discovery I made thus far.

We live in a time when technology provides a platform for kids to interconnect and exchange thoughts, ideas, and feelings. This interconnectedness has led to an unprecedented number of kids exploring their gender identity and embracing who they are with a clarity we adults have trouble to comprehend. They are barging ahead while we parents are struggling to keep up and support them the best we can with only a rudimentary 'guidance system'.

Could I do this alone? Absolutely not!

Then again, I am not alone.

WE, my son and I, are not alone.

YOU and YOUR child(ren) are not alone.

A Transgender Youth Narrative Letter; If You Could See Me Now

By Anonymous

Pronouns: he/ him

14-year-old transgender youth

Washington

Dear You Know Who You Are,

If you could see me now, you would say you're sorry. For fourteen years, I was your grandchild, which hasn't changed. For nine years, I was the kid that helped you in math class, and I could have still been helping you today. For 3 years I was the best midfielder on the team. Now, for ten months, I have been genuinely happy.

Me being transgender has nothing to do with you not respecting me and calling me by my proper name and pronouns. Treating me differently is a gap in your vision for not being able to see beyond yourself. You cannot see the way that old name strips me deeper than bare; you cannot see how free I am now, the way I can live every second of my life authentically and in my own skin. You serve as a constant reminder for a part of my life where I was limited to society's expectations and a definition that wasn't mine. Like my father told me, "there is a good reason and a real reason", referring to the excuses you make for ostracizing me, disrespecting me, and demanding me to lie down and take it.

There is no eloquent way to put what I am trying to write. I am still the same person, with a loving heart, obnoxious laugh, and penchant for Lindor chocolate and making corny puns. Your simultaneous want for me to stick around but convenient lack of decency has led to this. Coming out has been a lengthy but worthwhile process, testing many connections I had with people and exaggerating the differences in our values. We just don't see eye to eye anymore.

Initially it was hard to lose someone especially you, but in the end I realized I am better off surrounding myself with those who lift me up and love me unconditionally. Nobody should expect anything less than that.

So while I don't hate you and I have matured enough to no longer feel animosity, do not mistake that for forgiveness and I hope that you extend more kindness to transgender individuals you meet in the future. And one last thing, I am sorry, but if I could see you now, I would say goodbye.

Sincerely,

Finally Ending a Toxic Relationship.

The Least Expected Heroes

By Anonymous

Pronouns: he/ him

16-year-old transgender youth

Oregon

Breaking and shattering the fragile balance,
hated by the simple and narrow minded.
Wings reaching for the heavens,
chained down by society.

Hated by the simple and narrow minded.
Mind and body no longer one.
Chained down by society,
trying to prove their existence.

Mind and body no longer one,
heart-shattering cries in the dark.
Fighting to prove their existence,
refusing to give in.

Heart shattering cries in the dark.
Wings reaching for the heavens,
refusing to give in,
breaking and shattering the fragile balance.

FOR TEACHERS: How to Respect and Affirm your Transgender Students

The academic performance of students hinges on feeling accepted in the classroom. For transgender youth this means they need to feel accepted as the gender they identify with by the classroom community and especially by you - the teacher.

Here is how you can respect and affirm transgender students in your classroom:¹

- **Value diversity.** Be expansive regarding gender expression and utilize curricular materials that show boys and girls challenging traditional gender stereotypes.
- **Have students include their pronouns in introductions.** Asking for pronouns validates transgender identities, because it breaks down the assumption that someone's gender identity is based on appearances.
- **Allow youth to self-define.** Use students' preferred names and pronouns and encourage your colleagues and other students to do the same.
- **Support gender diverse interests** that students may have, regardless of whether they conform to societal gender expectations. Don't react negatively to a child's gender choice, comment or behavior.
- **Create an approachable atmosphere.** Model openness and acceptance and intervene when students "gender police" each other.
- **Respect student privacy.** Just like lesbian, gay, and bisexual students, transgender students should never be outed (have their transgender status revealed without their consent). Outing a transgender student can leave them vulnerable to harassment and denies them control over their identity.
- **Don't create groups or assign tasks according to gender.** Use creative methods - like drawing names from a jar - or establish a cycle to create groups and assign tasks.
- **Address name-calling and other incidents of harassment** when they occur. Bullying and harassment, gender-based or otherwise, should never be tolerated.

The article "Transgender Allyship and Advocacy" written by Justine Matlock provides some helpful details and definitions about transness. <http://www.campuspride.org/resources/transgender-allyship-and-advocacy/>

¹ based on TransActive's Recommended Guidelines for Supporting Transgender & Gender Nonconforming Students - <https://www.transactiveonline.org/resources/schools/supporting-students.php>

Here are a couple of excerpts from her article that might be helpful (some excerpts are slightly modified):

What is the difference between sex and gender?

Sex is the culturally/societally created designation at birth of either male or female, based on the presence or absence of certain genitalia and hormones produced in the body.

Gender is one's recognition or state of awareness of one's own, innate, personal experience with their gender.

What does it mean to be transgender?

Trans or Transgender is an umbrella term for someone whose gender identity differs from the typical, socially constructed, ascribed characteristics of the sex that they were assigned at birth.

A trans boy isn't born a girl and then becomes a male. He's born a baby, told he's a girl, and then has to work through invalidation of his gender identity until he discovers his own truth. His boyhood looks different from what's common, because he was told he's a girl - but it's still just as valid as any other boy's. The same holds true for trans girls and genderqueer children.

Additional Notes on Transgender Etiquette

If you have questions about what it means to be transgender, be aware that Google does not answer it thoroughly and what you find does not apply to a transgender student's personal experience but trans people as a whole. In addition, articles online are often written by older transgender individuals, and some of the terminology used can be viewed as offensive to younger transgender individuals.

It is polite to first ask permission to ask questions involving a person's transgender status (questions about coming out, choosing names, etc).

It can be viewed as a microaggression for a cisgender (non-transgender) person to refer to a transgender person's name and pronouns as "preferred" since it implies that a transgender person's name and pronouns are a choice and are less valid than a cisgender person's name and pronouns.

Never use quotations around someone's gender identity, pronouns, or name. As a rule of thumb, when referring to a transgender person in a historical context use their current name and pronouns even if it was pre social transition.

Self Care

Self-care is important for everyone to do. It can be especially important in the trans community because so many of us struggle with depression and anxiety. Here's one idea on how to take care of yourself:

5-4-3-2-1: If you find yourself getting stressed out, take a minute or two to play 5-4-3-2-1.

To play, observe the following:

- 5 things you see
- 4 things you hear
- 3 things you feel
- 2 things you smell
- 1 thing you taste

Feel free to modify the game as you want. I like to shift the order of the senses around depending on my surroundings (e.g. if it's very quiet but I can smell a lot of different things, I might swap hearing and smell).

Alternatives to self harm and coping with unwanted feelings: see <http://siri-us-project.org/2011/08/16/distractions-and-alternatives-to-self-harm/> for more information and a more extensive list.

How are you feeling right now? Calm your mind and evaluate what the cause or causes are. Maybe try some alternatives such as,

- Flatten aluminium cans for recycling, seeing how fast you can go.
- Hit a punching bag.
- Rip up an old newspaper or phonebook.
- On a sketch or photo of yourself, mark in red ink what you want to do. Cut and tear the picture.
- Throw ice into the bathtub or against a brick wall hard enough to shatter it.
- Break sticks.
- Crank up the music and dance.
- Clean your room (or your whole house).
- Go for a walk/jog/run.
- Snap your wrist with a rubber band.
- Take a cold bath.
- Stomp your feet on the ground.
- Choose an object in the room. Examine it carefully and then write as detailed a description of it as you can. Include everything: size, weight, texture, shape, color, possible uses, feel, etc.
- Draw on yourself with a red felt-tip pen

My Story

By Anonymous

Pronouns: he/ him

14-year-old transgender youth

Oregon

My story isn't exactly the happiest or the most interesting. But one thing that had a big impact on me and many others in the trans community is depression and self-harm, and I know too many trans people who have this experience too. I know one of the reasons I felt this way is because of transphobia and people not being informed enough. Because of this I felt like a mistake, a f*** up, and alone. But finding a group and connecting with other trans people really helped. So to any trans people out there struggling with any of these things, there are other people feeling just like you do, and just because you're in a spot of darkness, it doesn't mean there isn't any light.

Transgender Resources

Local - PDX Metro-based Resources and Events:

Basic Rights Oregon – basicrights.org, is the largest advocacy, education, and political organization working in Oregon to end discrimination based on sexual orientation and gender identity. <https://www.facebook.com/basicrights>, Board of Trade Building, 310 SW 4th Ave #300, Portland, OR 97204, (503) 222-6151

Gay Skates Night at Oaks Park - ages 5+ - join the fun every 3rd Monday of the month but verify date using website <http://www.oakspark.com/roller-skating.html>

Living Room, Gay & Lesbian Organization, 11097 SE 21st Ave, Milwaukie, OR 97222, +1 503-901-5971

Matt Dishman Community Center, Portland, OR - 77 NE Knott St, Portland, OR 97212, 503-823-3673 <http://www.portlandoregon.gov/parks/60406>

Outside In – 1132 SW 13th Ave Portland, OR 97205, (503)535-3800, <http://www.outsidein.org>

Provides help for homeless youth and other marginalized populations with medical, housing, education, counseling, and employment services

Q center – 4115 N. Mississippi Ave Portland, OR 97217, (503)235-7837, <http://www.pdxqcenter.org>

Provides a safe space to support and celebrate LGBTQ diversity, equity, visibility and community building.

SMYRC: The sexual & gender minority youth resource center: <http://www.smyrc.org/>

Events for sexual and gender minority youth ages 24 and younger

TransActive Gender Center, Portland, OR: <http://www.transactiveonline.org/index.php>

Resources, counseling, education, advocacy, support groups, activities and more

General Resources:

PFLAG - resources for parents, families, and friends of people who are transgender

<https://community.pflag.org/transgender>

The National Center for Transgender Equality

<http://transequality.org/>

Refuge: <http://www.refugerestrooms.org/> REFUGE is a web application that seeks to provide safe restroom access for transgender, intersex, and gender non-conforming individuals. Users can search for restrooms by proximity to a search location, add new restroom listings, as well as comment and rate existing listings.

Reading:

“Stone Butch Blues” by Leslie Feinberg

“Whipping Girl: A Transsexual Woman on Sexism and the Scapegoating of Femininity” by Julia Serano

“Beyond Magenta: Transgender Teens Speak Out” by Susan Kuklin

“Transposes” a graphic novel by Dylan Edwards (pdf download at <http://northwestpress.com/shop/transposes/>)

“The Transgender Child: A Handbook for Families and Professionals” by Stephanie Brill and Rachel Pepper

“The Transgender Tipping Point” an article by Katy Steinmetz published in the Times June 9, 2014

“Trans Bodies, Trans Selves: A Resource Guide for the Transgender Community” Edited by Laura Erickson-Schroth

“Gender Outlaws: The Next Generation” By Kate Bornstein

Documentaries:

‘Growing up trans’ – A documentary that provides an intimate look at the struggles and choices facing transgender kids and their families - Watch for free (84 min): <http://www.pbs.org/wgbh/pages/frontline/growing-up-trans/>

‘The T word’ - a MTV/Logo documentary hosted by Laverne Cox, this one-hour documentary takes viewers inside the lives of seven trans youth. Ranging in age from 12 to 24, with varying levels of parental and social support, we’ll explore each individual’s journey as they try to overcome challenges including coming out, bullying, dating, and anti-transgender violence.
www.logotv.com/shows/laverne_cox_presents_the_t_word/

TV:

‘Orange is the new Black’ - a Netflix comedy starring Laverne Cox – a black transgender actress and activist, in the role of the transgender female Sophia Burset

‘Some Assembly Required’ - a teen comedy series that airs on YTV in Canada and streams on Netflix in the United States and worldwide. The series is shot in front of a live audience in Burnaby, British Columbia.

Apps:

Refuge restroom - the free app version of REFUGE (see Internet resources) available through the App Store.