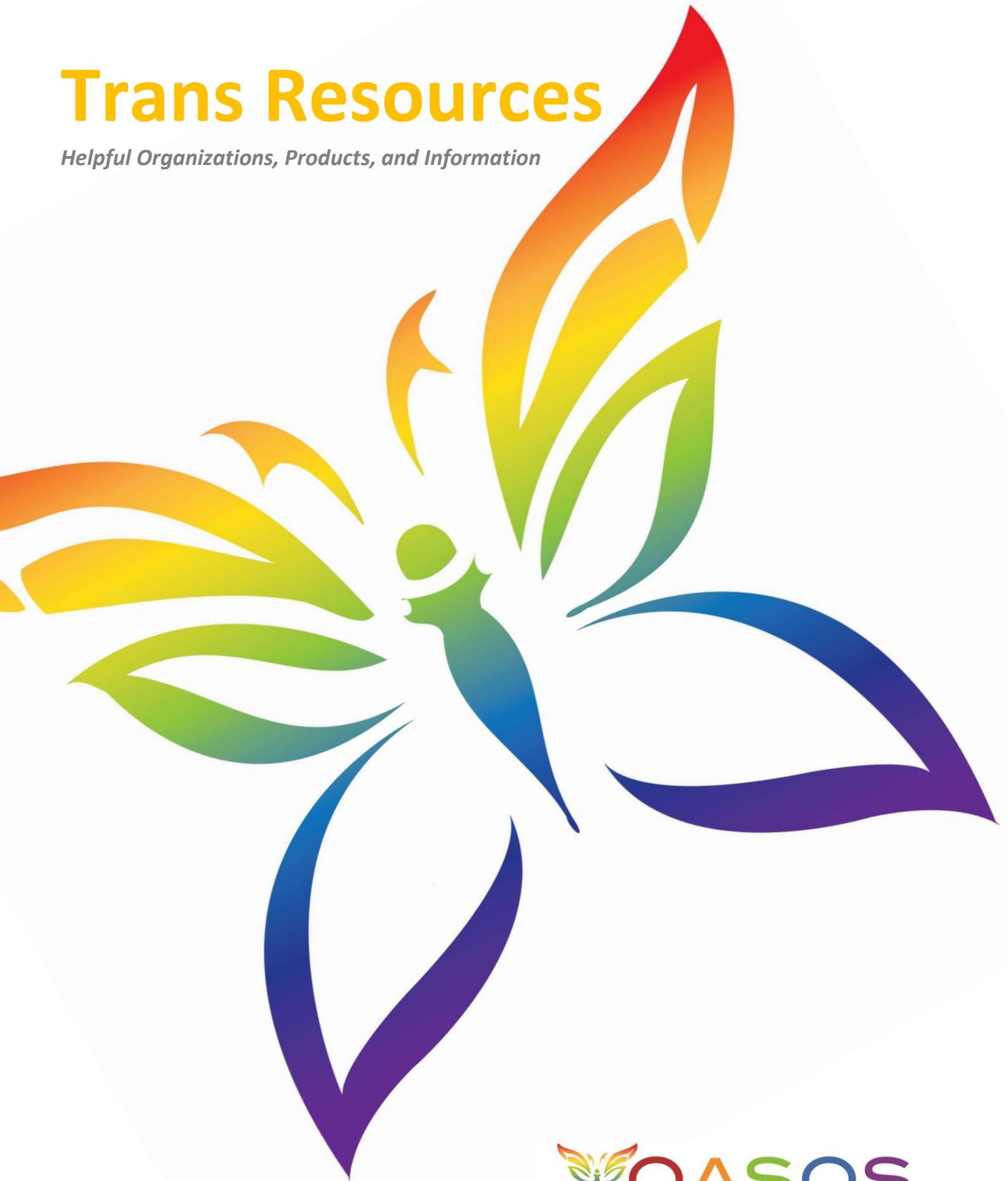


# Trans Resources

*Helpful Organizations, Products, and Information*



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**Note:** The OASOS Program does not endorse any of the listed websites or products.  
provided for information only.

Links are

## Coming Out As Transgender

### *American Psychological Association*

This brochure, “Answers to Your Questions About Transgender Individuals and Gender Identity.” Addresses definitions, mental health issues, discrimination, resources for family members, and more.

[www.apa.org/topics/sexuality/transgender.pdf](http://www.apa.org/topics/sexuality/transgender.pdf)

### *Coming Out*

A comprehensive online guide to coming out as a trans youth created by a LGBTQ+ Scottish organization.

[https://www.lgbtyouth.org.uk/files/documents/guides/Coming\\_out\\_guide\\_-\\_T.pdf](https://www.lgbtyouth.org.uk/files/documents/guides/Coming_out_guide_-_T.pdf)

### *The Human Rights Campaign*

HRC works to educate the public on issues that transgender people face, from widespread discrimination and hate violence, to the complex process of getting appropriate identity documents, to finding culturally competent healthcare providers, and family and parenting issues, and to advocate for their full inclusion and equality.

<http://www.hrc.org/topics/transgender>

### *I Think I May Be Transgender, Now What Do I Do?*

Advocate for Youth’s online brochure for and by trans youth. Covers basic FAQs many trans youth may consider.

<http://www.advocatesforyouth.org/publications/publications-a-z/731-i-think-i-might-be-transgender-now-what-do-i-do>

### *PFLAG*

Quick guide to coming out to your family, friends, and the children in your life.

[http://www.pflag.org/fileadmin/user\\_upload/TNET/Coming\\_Out\\_Trans.pdf](http://www.pflag.org/fileadmin/user_upload/TNET/Coming_Out_Trans.pdf)

### *TransActive Gender Center*

Quick guide to coming out to family/loved ones via a written letter.

<https://www.transactiveonline.org/inabind/comingout.php>

## Transition

### *Female To Male*

A collection of information for FTM/DFAB individuals. Includes information on coming out, the transitional process, surgery, legal concerns, etc.

<http://www.femaletomale.org/ftm-transitioning-guide/>

### *Gender Center: Male to Female Support*

Articles that contain information and support for MTF/DMAB individuals. (Updated regularly.)

<http://www.gendercentre.org.au/support/male-to-female-support/transition.htm>

### *Period Calculator*

#### **(Trigger warning: menstruation)**

A calculator for DFAB individuals who may need/want to monitor their menstrual cycle. (Especially useful

for people beginning HRT).

<http://www.periodcalculator.net/>

#### *Trans Guys*

Information about FTM transitioning. Includes product reviews, information on testosterone, information about surgeons, etc.

[www.transguys.com](http://www.transguys.com)

#### *The Transitional Male*

Transition guide for MTF/DFAB individuals.

<http://www.thetransitionalmale.com/>

#### *TransgenderCare*

Contains information regarding many aspects of MTF transition.

[www.transgendercare.com/](http://www.transgendercare.com/)

### **DFAB (& FTM) Appearance**

#### *All About Shaving*

FTM Resource Guide's comprehensive instructions on several different ways to shave.

<http://www.ftmguide.org/shaving.html>

#### *Camouflage Penile Prosthetics*

Sells realistic products specifically for FTMs that are made by a professional prosthetist.

[www.ftmprosthetics.com](http://www.ftmprosthetics.com)

#### *DJ Knows Dicks*

Prosthetic penises developed/made by a FTM individual. Made for packing, passing, and peeing.

<http://www.djknowsdicks.com/>

#### *Freshette*

Urinary device for DFAB individuals. Makes it easier to pee while standing.

<http://www.freshette.com/>

#### *In a Bind*

A TransActive's Community Education program that collects new and pre-owned chest binders from individuals who don't need them anymore and donates them to trans-masculine youth for free.

<http://www.transactiveonline.org/inabind/>

#### *Mango Products*

Features penile prostheses for packing, urinating, and having sex, as well as cotton harnesses for holding the prosthesis.

[www.mangoproducts.net](http://www.mangoproducts.net)

#### *Men's shoes in small sizes*

FTM guide on where to locate smaller sized men's shoes as well as lifts and other related shoe needs.

<http://www.ftmguide.org/shoes.html>

*Period Calculator*

**(Trigger warning: menstruation)**

A calculator for DFAB individuals who may need/want to monitor their menstrual cycle for medical reasons.

<http://www.periodcalculator.net/>

*T-Kingdom*

Tops and vests to help flatten chests. Designed specifically for tomboys, butches, and FTMs.

[www.t-kingdom.com](http://www.t-kingdom.com)

*Tie-a-Tie*

Step-by-step guides on how to tie a tie.

<http://www.tie-a-tie.net/>

*TranzWear*

One stop shop for all things FTM—packers, harnesses, STP, etc.

[www.tranzwear.com](http://www.tranzwear.com)

*Underworks*

Safe and comfortable binding wear. Includes binding shirts, tanks, swimwear, and full binding suits.

<http://www.f2mbinders.com/>

## **DMAB (& MTF) Appearance**

*Femme Secrets*

Tips on how to present/pass as feminine. Includes useful tips for fashion, curves, movements, voice, makeup, and beauty.

<http://feminizationsecrets.com/>

*HommeMystere*

Beautiful lingerie made specifically for DMAB bodies.

<http://www.hommemystere.com/>

*Help Find Clothes That Fit*

Silly Trans Woman's guide on how to shop for women's clothes for DMAB individuals.

<http://sillytranswoman.blogspot.com/2011/01/help-find-clothes-that-fit.html>

*Makeup Geek*

Makeup tutorials for beginners.

<https://www.makeupgeek.com/category/tutorials/beginner-looks/>

*Metro Medical*

A mastectomy line featuring swimwear, loungewear, bras, breast forms/inserts, enhancers, and shapers designed for feminine people with naturally flat chests.

<http://www.metromedicalonline.com/mastectomy-products.html>

*Sew Your Own Breast Forms*

Guide to bra sizes to match different frame sizes and step-by-step instructions on how to sew a DIY breast form by Mastectomy Solutions.

<http://mastectomysolutions.com/sew-your-own-breast-forms.php>

#### *TRANSFORM Products*

Brest inserts/forms, bras, lingerie, and flattening underwear.

[http://m.makemeheal.com/mmh/product/transgender\\_cross\\_dressing/index.vm](http://m.makemeheal.com/mmh/product/transgender_cross_dressing/index.vm)

#### *TransGenderCare Electrolysis Guide*

Tampa Gender Identity Program's guide to hair removal. Includes detailed explanation of temporary and permanent methods of hair removal, an explanation of how electrolysis works, and tips for choosing an electrologist.

[www.transgendercare.com/electrolysis/](http://www.transgendercare.com/electrolysis/)

#### *Transgender Road Map*

Tips for physical modifications for transwomen. Includes information on hair removal, voice, and breast forms, and advice on self-acceptance and emotional and mental wellbeing.

[www.tsroadmap.com](http://www.tsroadmap.com)

#### *Transsexual Voice*

Recordings of transwomen's voices, articles and tips for voice therapy, and explanation of voice physiology. Includes links to a Yahoo! group and a live voice chat to practice talking with other trans-women.

[www.tsvoice.com](http://www.tsvoice.com)

#### *Tucking and Taping*

A step-by-step guide on how to safely tuck.

<http://m.wikihow.com/Tuck-and-Tape>

#### *Underwork*

Seller of breast forms and shaping garments.

[www.underworks.com/bras/](http://www.underworks.com/bras/)

#### *XDress*

Panties, lingerie, cosmetics, skin care, accessories, and more for DMAB individuals.

<https://xdress.com/>

## **Healthcare, Hormones & Surgery**

#### *FTM Surgery*

A website that offers a comprehensive look at FTM procedures, support resources for FTM individuals undergoing (or planning on undergoing) surgery, and a collection of surgeons who perform FTM surgeries.

<http://www.ftmsurgery.net/>

#### *HRC: Finding Insurance for Transgender-Related Healthcare*

List of insurance providers with trans coverage.

<http://www.hrc.org/resources/entry/finding-insurance-for-transgender-related-healthcare>

### *National Coalition for LGBT Health*

Coalition geared towards improving health equity for LGBTQ+ individuals through advocacy, research, and education.

<http://www.healthhiv.org/sites-causes/national-coalition-for-lgbt-health/>

### *Project Health Transline*

A national online transgender medical consultation service that offers health care providers up-to-date transgender clinical information and individualized case consultation across a broad range of clinical transgender issues. TransLine is staffed by expert medical providers from LGBT clinics from around the nation who can help you provide the best possible care to your transgender patients.

<http://project-health.org/transline/>

### *Trans Care Gender Transition: FTM Hormones*

A comprehensive guide to hormones for FTM individuals by a Canadian health organization.

[http://www.camh.ca/en/hospital/care\\_program\\_and\\_services/hospital\\_services/Documents/hormones-FTM.pdf](http://www.camh.ca/en/hospital/care_program_and_services/hospital_services/Documents/hormones-FTM.pdf)

### *Trans Care Gender Transition: MTF Hormones*

A comprehensive guide to hormones for MTF individuals by a Canadian health organization.

[http://www.camh.ca/en/hospital/care\\_program\\_and\\_services/hospital\\_services/Documents/hormones-MTF.pdf](http://www.camh.ca/en/hospital/care_program_and_services/hospital_services/Documents/hormones-MTF.pdf)

### *Trans Care Gender Transition: MTF Surgery*

A guide of surgical options (and risks) as well as FAQs about surgeries for MTF individuals by a Canadian health organization.

[http://www.camh.ca/en/hospital/care\\_program\\_and\\_services/hospital\\_services/Documents/surgery-MTF.pdf](http://www.camh.ca/en/hospital/care_program_and_services/hospital_services/Documents/surgery-MTF.pdf)

### *Trans-Health.com*

Contains information on a variety of health topics for transgender people, including hormones and surgery for both MTF and FTM.

[www.trans-health.com](http://www.trans-health.com)

### *TransHealth: Sexual Health for Transmen*

A brief pdf addressing sexual health concerns for transmen.

(In English): [http://transhealth.ucsf.edu/pdf/2013-0514\\_Web\\_Trans-Men-and-Sexual-Health\\_ENG.pdf](http://transhealth.ucsf.edu/pdf/2013-0514_Web_Trans-Men-and-Sexual-Health_ENG.pdf)

(In Spanish): [http://transhealth.ucsf.edu/pdf/2013-0514\\_Web\\_Trans-Men-and-Sexual-Health\\_SPN.pdf](http://transhealth.ucsf.edu/pdf/2013-0514_Web_Trans-Men-and-Sexual-Health_SPN.pdf)

### *TransHealth: Sexual Health for Transwomen*

A brief pdf addressing sexual health concerns for transwomen.

(In English): [http://transhealth.ucsf.edu/pdf/2013-0514\\_Web\\_Trans-Women-and-Sexual-Health\\_ENG.pdf](http://transhealth.ucsf.edu/pdf/2013-0514_Web_Trans-Women-and-Sexual-Health_ENG.pdf)

(In Spanish): [http://transhealth.ucsf.edu/pdf/2013-0514\\_Web\\_Trans-Women-and-Sexual-Health\\_SPN.pdf](http://transhealth.ucsf.edu/pdf/2013-0514_Web_Trans-Women-and-Sexual-Health_SPN.pdf)

### *The UCSF Center of Excellence for Transgender Health (CoE)*

The mission of the CoE is to increase access to comprehensive, effective, and affirming health care services for trans and gender variant communities.

<http://transhealth.ucsf.edu/trans?page=ab-00-00>

### *Vancouver Coastal Health*

PDF documents on hormones and surgery for both MTF and FTM. Go to “Consumer Information” section.

<http://transhealth.vch.ca/resources/library/>

## **Trans Rights**

### *FTMInternational*

An international group (with chapters worldwide) that focuses on support, education, and legal rights for FTM individuals.

<http://www.ftmi.org/>

### *Global Action for Trans Equality*

GATE is a trans network coordinator, facilitator, and advocate. GATE works to unite trans movements for common goals, while developing trans agendas on a conceptual policy level.

<http://transactivists.org/>

### *Lambda Legal*

A national organization committed to progressing the civil rights of LGBTQ+ people “through impact litigation, education and public policy work.” Includes important information, such as a “know your rights” page for trans individuals and a transgender rights toolkit.

<http://www.lambdalegal.org/issues/transgender-rights>

### *The International Foundation for Gender Education*

An international organization that advocates for freedom of gender identities and gender expressions.

<http://www.ifge.org/>

### *National Center for Transgender Equality*

A national social justice organization devoted to ending discrimination and violence against transgender people through education and advocacy on national issues of importance to transgender people. Includes a “Know Your Rights” section about trans inclusive health care.

[www.transequality.org](http://www.transequality.org)

### *Sylvia Rivera Law Project (SRLP)*

SRLP works to guarantee that all people are free to self-determine their gender identity and expression, regardless of income or race, without facing harassment, discrimination, or violence. SRLP seeks to increase the political voice and visibility of low-income people and people of color who are transgender, intersex, or gender non-conforming. SRLP works to improve access to respectful and affirming social, health, and legal services for our communities. We believe that in order to create meaningful political participation and leadership, we must have access to basic means of survival and safety from violence.

[www.srlp.org/](http://www.srlp.org/)

### *Trans Advocacy Network*

TAN is an alliance of transgender organizations that work at the state and local level, coming together to build a stronger trans movement by facilitating the sharing of resources, best practices, and organizing strategies.

<http://transadvocacynetwork.org/>

*The Transgender Law Center (TLC)*

TLC is a civil rights organization advocating for transgender communities. TLC connects transgender people and their families to technically sound and culturally competent legal services and works to change laws and systems that fail to incorporate the needs and experiences of transgender people.

[www.transgenderlawcenter.org](http://www.transgenderlawcenter.org)

*Transgender Legal Defense and Education Fund*

Advocacy group for transgender rights.

<http://transgenderlegal.org/>

*World Professional Association for Transgender Health*

WPATH, formerly known as the Harry Benjamin International Gender Dysphoria

Association (HBIIGDA), is a non-profit, interdisciplinary professional and educational organization devoted to transgender healthcare rights.

<http://www.wpath.org/>

## **Emergency/Crisis Support**

**\*If you or someone you know is in danger, please call 911 immediately\***

*Survivors Organizing for Liberation*

**1-888-557-4441**

Provides direct services, including crisis intervention, information, and referrals for LGBTQ+ victims of violence 24 hours a day, 7 days a week through a crisis line pager. Also helps arrange emergency needs, such as food, transportation, and emergency shelter for victims of violence. (Metro Denver/Boulder)

[www.solcolorado.org](http://www.solcolorado.org)

*Emergency Psychiatric Services*

**303-447-1665**

24 hours a day, 7 days a week mental health crisis help line.

*IMALIVE*

Online crisis network where people can chat with trained and certified crisis interventionists. Great for people who don't have access to a phone, are hearing impaired, or struggle with issue(s) such as social anxiety that may hinder someone's ability to call a hotline.

<https://www.imalive.org/>

*Laura's Playground Chat Room and Online Suicide Prevention Help*

**(Trigger warning: flashing images on website)**

Live support chatroom for trans individuals staffed by transgender moderators who are certified in Youth Suicide Prevention.

[http://www.lauras-playground.com/transgender\\_suicide.htm](http://www.lauras-playground.com/transgender_suicide.htm)

*Metro Crisis Line*

**888-885-1212**

24 hours a day, 7 days a week mental health crisis help line.

*Moving to End Sexual Assault (MESA)*

**303-443-7300**

24 hours a day, 7 days a week Boulder County rape crisis line.

*Rape, Abuse, and Incest National Network (RAINN)*

**1-800-656-HOPE** (4673)

*National Domestic Violence Hotline*

**1-800-799-7233**

*National Suicide Prevention Lifeline*

**1-800-273-TALK** (8255)

An emergency 24 hours a day, 7 days a week hotline, resources for hearing disabled people is crisis, suicide prevention toolkits, resources for survivors, warning signs, connections to crisis centers, and more.

<http://www.suicidepreventionlifeline.org/>

*Safehouse Progressive Alliance for Nonviolence (SPAN)*

**303-444-2424**

24/7 crisis line. Offers support and services for adults, youth, and children who have been impacted by domestic or dating violence. SPAN welcomes transgender and gender nonconforming individuals and can provide emergency shelter for those experiencing interpersonal violence.

<http://www.safehousealliance.org/>

*Trans Housing Network*

Interactive blog made to connect trans people with safe and supportive places to stay temporarily.

<http://www.transhousingnetwork.com/>

*Trans Lifeline*

**1-877-565-8860**

Free hotline for trans individuals staffed by trans individuals.

(Note: not 24/7 – dates and times found on website)

<http://www.translifeline.org/>

## **Spiritual & Religious Support**

*Gender Tree*

Multiple religious resources and support for trans individuals. Includes a ministry search for trans-friendly churches. (Note: written by a person who identifies as Christian)

<http://www.gendertree.com/>

*My Out Spirit*

For LGBTQ+ individuals interested in the mind, body, and spirit. Includes LGBTQ+ driven resources, support, and connection for religion and spirituality.

<http://myoutspirit.com/index.php?pag=home>

*Religious Dispatches. Transgender and Christian: Finding Identity*

[http://www.religiondispatches.org/archive/sexandgender/1803/transgender\\_and\\_christian%3A\\_finding\\_id](http://www.religiondispatches.org/archive/sexandgender/1803/transgender_and_christian%3A_finding_id)

[entity](#)

#### *The Trans Faith Network*

Support and resources for transgender and gender non-conforming folks in their pursuit of health and wholeness by nurturing the expression of diverse, gender-affirming spirituality.

[www.transfaithonline.org](http://www.transfaithonline.org)

#### *Trans Christians*

Support for trans Christians.

<http://www.transchristians.org/>

#### *Trans-Spiritual Council*

Group dedicated to trans-spirituality.

<http://transspiritcouncil.org/>

## **Advocacy in Schools**

#### *A Transgender Advocate's Guide to Updating and Amending School Records*

<http://www.lambdalegal.org/know-your-rights/transgender/ferpa-faq>

#### *Bending the Mold: An Action Kit for Transgender Youth*

[http://www.hawaii.edu/hivandaids/Bending\\_the\\_Mold\\_An\\_Action\\_Kit\\_for\\_Transgender\\_Youth.pdf](http://www.hawaii.edu/hivandaids/Bending_the_Mold_An_Action_Kit_for_Transgender_Youth.pdf)

#### *BVSD Guidelines for Transgender and Gender Nonconforming Students*

<http://www.bouldercounty.org/doc/publichealth/bvstdtransguide.pdf>

#### *Boulder Valley Safe Schools Coalition*

<http://bouldersafeschools.org/>

#### *Discussing Transgender and Gender-Nonconforming Identity and Issues*

A pdf created by the Anti-Defamation League that answers many questions K-12 teachers may have about creating a trans inclusive school environment. Full of helpful suggestions and strategies for faculty members!

<http://www.adl.org/assets/pdf/education-outreach/discussing-transgender-and-gender-non-conforming-identity-and-issues.pdf>

#### *Gender Spectrum*

Information about school-based trainings, educational policy, the experience of gender non-conforming students, and general school resources.

[www.genderspectrum.org/resources](http://www.genderspectrum.org/resources)

#### *GLSEN: Transgender Student Rights*

<http://www.glsen.org/students/tsr>

#### *GSA Network*

Empowering youth activists to fight homophobia and transphobia in schools. <http://gsanetwork.org/get-involved/change-your-school>

### *One Colorado*

Guidance for Educators working with Transgender and Gender Nonconforming Students

[http://cogsanetwork.org/wp-content/uploads/2013/03/Transgender\\_Guidance.pdf](http://cogsanetwork.org/wp-content/uploads/2013/03/Transgender_Guidance.pdf)

### *St. Vrain Valley Safe Schools Coalition*

Please contact Heather Crate, OASOS Coordinator, at 303.678.6259, [www.stvrainsafeschools.org](http://www.stvrainsafeschools.org)

### *Trans Student Educational Resources (TSER)*

A youth-led organization dedicated to transforming the educational environment for trans and gender-nonconforming students through advocacy and empowerment.

<http://transstudent.org/>

### *Transgender Law Center*

A publication about gender identity in schools.

<http://transgenderlawcenter.org/issues/youth/quick-steps-you-can-take-to-move-your-school-beyond-the-binary>

## **Employment**

### *Employers with Transgender Friendly Policies*

A compilation of companies that are known to have trans friendly policies.

[http://www.masstpc.org/mediawiki/index.php?title=Employers with Transgender Friendly Policies](http://www.masstpc.org/mediawiki/index.php?title=Employers_with_Transgender_Friendly_Policies)

### *Model Transgender Employment Policy*

A comprehensive list of sample trans inclusive policies—including privacy, changes to official records, name change, pronouns, dress codes, gender-specific tasks, bathroom/locker room accessibility—and an example of workplace transition plans. Created by the Transgender Law Center.

<http://transgenderlawcenter.org/wp-content/uploads/2013/12/model-workplace-employment-policy-Updated.pdf>

### *The Human Rights Campaign*

Tools and resources for employees and employers and information about discrimination and equal opportunity policies.

[www.hrc.org/resources/entry/resources-for-transgender-employees](http://www.hrc.org/resources/entry/resources-for-transgender-employees)

### *Out Boulder: Transgender Employment Resources*

Includes everything from statistics, advice on coming out and transitioning in the workspace, and where to find a list of trans friendly employers, to resources on trans rights in the workplace and how to file a complaint.

<http://outboulder.org/content/transgender-employment-resources>

### *Sexual Orientation & Transgender Status Discrimination*

More information on anti-discrimination laws regarding employment and housing in the state of Colorado.

[http://cdn.colorado.gov/cs/Satellite?blobcol=urldata&blobheadername1=Content-Disposition&blobheadername2=Content-Type&blobheadervalue1=inline%3B+filename="Sexual+Orientation+incl.+Transgender+Status.pdf"&blobheadervalue2=application%2Fpdf&blobkey=idh](http://cdn.colorado.gov/cs/Satellite?blobcol=urldata&blobheadername1=Content-Disposition&blobheadername2=Content-Type&blobheadervalue1=inline%3B+filename=)

*The University of Vermont*

Frequently asked questions for transgender job seekers.

[www.uvm.edu/~career/pdf/FAQtransjobseekers.pdf](http://www.uvm.edu/~career/pdf/FAQtransjobseekers.pdf)

## Changing Legal Documents

*Name Change*

18 years old and older, go to: <http://formfiles.justia.com/pdf/colorado/0364/40.pdf>

Younger than 18 years old, go to:

[www.courts.state.co.us/Forms/PDF/JDF%20387%20Order%20for%20Change%20of%20Name%20to%20Obtain%20Identity%20Related%20Documents.pdf](http://www.courts.state.co.us/Forms/PDF/JDF%20387%20Order%20for%20Change%20of%20Name%20to%20Obtain%20Identity%20Related%20Documents.pdf)

**Note:** To change the gender designation on any of the following documents, you will need a letter from the surgeon who performed your gender-related surgery (top surgery, SRS, etc.) stating you have made a gender change OR the doctor who is overseeing your hormone therapy. The letter must be notarized (may be an additional cost). Some doctors may charge a nominal fee to prepare the letter.

*Birth Certificate*

<http://drbecky.com/birthcert.html>

[http://wiki.susans.org/index.php/Changing sex on birth certificates in the US](http://wiki.susans.org/index.php/Changing_sex_on_birth_certificates_in_the_US)

*Driver's License*

**Note:** It is not necessary to have legally changed your name in order to change your gender designation on your driver's license.

For instructions on how to change your gender marker on your driver's license, go to:

[www.tsroadmap.com/transgender-resources/colorado.html](http://www.tsroadmap.com/transgender-resources/colorado.html)

*Passport*

**Note:** You will need to apply for a new passport. You will need Form DS-11 and a letter from doctor & change of name document.

For instructions on how to change your name and gender on your passport, go to:

[http://travel.state.gov/passport/get/first/first\\_5100.html](http://travel.state.gov/passport/get/first/first_5100.html)

*Social Security Card*

[http://transequality.org/Issues/federal\\_documents.html](http://transequality.org/Issues/federal_documents.html)

*New TSA guidelines released 2012*

Trans people may always ask for a private screening if something gender related comes up in screening, same for pat down if required.

<http://www.tsa.gov/travelers/airtravel/assistant/transgender.shtm>

## For Interventionists & Therapists

*The American Medical Student Association*

Links to health information specifically for transgender people, including primary care, mental health,

hormone therapy, and surgical care.

[www.amsa.org/AMSA/Homepage/About/Committees/GenderandSexuality/TransgenderHealthCare.aspx](http://www.amsa.org/AMSA/Homepage/About/Committees/GenderandSexuality/TransgenderHealthCare.aspx)

*Human Rights Campaign/Gender Spectrum*

Supporting and Caring for our Gender Expansive Youth Publication

[www.hrc.org/youth-gender](http://www.hrc.org/youth-gender)

*National Association on Mental Illness (NAMI)*

Guides and fact sheets about transgender and LGBT mental health resources.

[www.nami.org/Content/NavigationMenu/Find\\_Support/Multicultural\\_Support/Resources/GLBT\\_Resource\\_s.htm](http://www.nami.org/Content/NavigationMenu/Find_Support/Multicultural_Support/Resources/GLBT_Resource_s.htm)

*Tom Wadell Model Standards of Care*

A harm reduction model for the standards of care for transgender people.

[www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/TransGendprotocols122006.pdf](http://www.sfdph.org/dph/comupg/oservices/medSvs/hlthCtrs/TransGendprotocols122006.pdf)

*Transgender Soul*

Information and resources for professionals working with transgender clients.

[www.transgendersoul.com/page30/page26/Healthcare.html](http://www.transgendersoul.com/page30/page26/Healthcare.html)

*Vancouver Coastal Health*

Caring for Transgender Adolescents in BC: Suggested Guideline, Clinical Management of Gender Dysphoria in Adolescents

<http://transhealth.vch.ca/resources/library/tcpdocs/guidelines-adolescent.pdf>

*World Professional Association of Transgender Health SOC*

The most widely used model for the standards of care for transgender people. This was formerly called the Harry Benjamin International Gender Dysphoria Association.

[www.wpath.org/documents2/socv6.pdf](http://www.wpath.org/documents2/socv6.pdf)

## **For Families**

*The Family Acceptance Project*

The only community research, intervention, education, and policy initiative that works to decrease major health and related risks for lesbian, gay, bisexual, and transgender (LGBT) youth, such as suicide, substance abuse, HIV, and homelessness – in the context of their families.

<http://familyproject.sfsu.edu/>

*Gender Spectrum*

Education, training, and support to help create a gender-sensitive and inclusive environment for all children and teens.

[www.genderspectrum.org/](http://www.genderspectrum.org/)

*PFLAG Transgender Network*

A resource for friends and family of transgender youth.

<http://community.pflag.org/Page.aspx?pid=380>

*TransYouth Education and Support (TYES)*

This local support group for gender variant children, youth, and their families provides opportunities for school age trans youth to socialize and be a part of an accepting community. Resources, education, and support are provided by the group based on the needs of each family. Contact TYES for information or about meeting times and location.

<http://www.tyes-colorado.org/>

720.443.7708

#### *Trans Youth Family Allies*

Resources for parents of trans youth.

[www.imatyfa.org/](http://www.imatyfa.org/)

## **Community Support**

### *OASOS*

Periodically provides transgender specific groups. Weekly peer support groups for questioning, queer, intersex, transgender, bisexual, lesbian, and gay youth, ages 13-18 in Boulder. Groups are confidential, free, and also FABULOUS! Free and confidential referral and support services also provided to LGBTIQ youth and adults in their lives.

For general information about OASOS or inquires about trainings, call 303-678-6259

For youth, call 303-579-2676 for more information.

[www.BoulderCountyOASOS.org](http://www.BoulderCountyOASOS.org)

### *Boulder County AIDS Project*

Provides HIV prevention, outreach, and care services in Boulder County. Includes case management, housing assistance, emergency financial assistance, support groups, pro bono professional services, treatment advocacy, spiritual support, and nutritional support through an on-site pantry.

<http://bcap.org/>

### *Boulder Valley Safe Schools Coalition*

<http://bouldersafeschools.org/>

### *The Colorado LGBT Center (Denver)*

Provides transgender support groups and events.

[www.glbtcOLORADO.org/Support\\_TransgenderSupport.aspx](http://www.glbtcOLORADO.org/Support_TransgenderSupport.aspx)

### *CU GLTBT Resource Center (Boulder)*

Periodically runs transgender support groups. Organizes the Transforming Gender Symposium each April.

<http://www.colorado.edu/GLBTQRC>

### *Gender Identity Center of Colorado (Denver)*

Provides support to anyone gender variant in their gender identity and expression. Informational and educational resource to the community, including spouses, significant others, parents, and siblings.

[www.gicofcolo.org/](http://www.gicofcolo.org/)

### *Out Boulder*

LGBTQ Center of Boulder County. Occasionally offers transgender specific events. Please contact directly for more information.

[www.outboulder.org/](http://www.outboulder.org/)

*Out Boulder: Trans and Genderqueer Support Group*

Weekly support group for 18+ year old transgender and nonbinary individuals. Take place every Thursday from 7pm – 9pm at the Pridehouse (Out Boulder).

<http://outboulder.org/content/trans-and-genderqueer-support-group-0>

*PFLAG Boulder County*

PFLAG Boulder County includes transgender persons in their mission of support, education, and advocacy. This organization is uniquely able to reach out to family members who have their own “transitioning” process when a family member is gender-variant. Parents who have been through this process are available to talk to trans persons about family issues and to parents about learning to accept and support their child.

PFLAG monthly meetings are 2<sup>nd</sup> Tuesdays of the month at 7 p.m. at the First United Methodist Church, 1421 Spruce St., Boulder.

[www.pflagboulder.org](http://www.pflagboulder.org)

303.444.8164

*St. Vrain Valley Safe Schools Coalition*

Please contact Heather Crate, OASOS Coordinator, at 303.678.6259, [hcrate@bouldercounty.org](mailto:hcrate@bouldercounty.org)

*TransYouth Education and Support (TYES) (Locations varies)*

This local support group for gender variant children, youth, and their families provides opportunities for school age trans youth to socialize and be a part of an accepting community. Resources, education, and support are provided by the group based on the needs of each family. Contact TYES for information or about meeting times and location.

[www.tyes-colorado.org](http://www.tyes-colorado.org)

720.443.7708

*Two Spirit Society of Denver (Denver)*

The term Two Spirit refers to another gender role believed to be common among most, if not all, first peoples of Turtle Island (North America), one that had a proper and accepted place within indigenous societies. The Two Spirit Society of Denver is non-profit organization comprised of a dedicated group of GLBT Native Americans and their partners in the Denver area who are united by their struggle to restore Two Spirited people to their rightful place in the sacred circle.

[www.denvertwospirit.com](http://www.denvertwospirit.com)

## Books and Media

### Non-Fiction Books

#### Anthologies

- *Au No Keia: Voices from Hawaii's Mahu and Transgender Communities – Andrew Matzner*  
Personal accounts from transgender people of many ethnic backgrounds.

- *Finding the Real Me: True Tales of Sex and Gender Diversity* – Tracie O’Keefe and Katrina Fox  
Transgender individuals talk about their personal experiences in this anthology.
- *From the Inside Out: Radical Gender Transformation, FTM and Beyond* – Morty Diamond  
Born female, yet not identifying with that gender assignment, these writers illuminate the experiences of those who identify as FTM, and those whose gender is more fluid, genderqueers, and thirdgenders.
- *Genderqueer: Voices from Beyond the Sexual Binary* - Joan Nestle, Clare Howell, Riki Anne Wilchins  
In this groundbreaking anthology, three experts in gender studies and politics navigate the rigid, societally imposed concepts of two genders to discover and illuminate the limitless possibilities of identity.
- *Nobody Passes: Rejecting the Rules of Gender and Conformity* – Matt Bernstein Sycamore  
Collection of essays addressing social norms, the notion of “passing,” systems of power, intersectional issues within the trans community, and the notion of belonging.
- *Sexual Metamorphosis: An Anthology of Transsexual Memoirs* – Jonathan Ames  
Fifteen selections from famous to less well-known transgender individuals.
- *Trans Bodies, Trans Selves: A Resource for the Transgender Community* – Laura Erickson-Schroth  
Collection of writings by transgender and nonbinary individuals addressing various social, political, and medical issues trans individuals face.
- *Transitions of the Heart: Stories of Love, Struggle and Acceptance by Mothers of Transgender and Gender Variant Children* – Rachel Pepper
- *Trans-Kin: A Guide for Family and Friends of Transgender People*—edited by Eleanor A. Hubbard and Cameron T. Whitley  
A collection of stories by trans persons, significant others, family and friends and allies (SOFFAS) about their experience of growing in understanding and accepting trans persons.

### **Biographies and Memoirs**

- *As Nature Made Him: The Boy Who Was Raised as a Girl* – John Colapinto  
After a botched circumcision, Bruce was raised as a girl, creating a severe case of gender dysphoria as he grew up. Tragically, he committed suicide after the publication of this book.
- *Becoming a Visible Man* – Jamison Green  
Transgender activist Green discusses the medical, social, and legal aspects of gender change within the context of his own experiences.
- *Christine Jorgensen: A Personal Autobiography* – Christine Jorgensen  
Jorgensen shocked the world with her public male-to-female transition in the 1950s and went on to have a successful career in the entertainment industry.
- *Crossing: A Memoir* – Deirdre McCloskey  
McCloskey reveals years of turmoil as a secret cross-dresser and the difficulties she was forced to

endure when she came out as transgender.

- *Dear Sir or Madam: The Autobiography of a Female to Male Transsexual* – Mark Rees
- *Dress Codes: Of Three Girlhoods – My Mother’s My Father’s and Mine* – Noelle Howey  
Howey was a teenager when she learned that her emotionally distant father liked to dress in women’s clothes, and she recounts the family’s struggles to adjust when he left and began to live as a woman.
- *The Fabulous Sylvester: The Legend, the Music, the Seventies in San Francisco* – Joshua Gamson  
The gender-bending disco queen in all his glory.
- *From Female to Male: The Life of Jack B. Garland* – Louis Sullivan  
Garland, born a female, was a well-known cross-dresser and self-identified male who lived in San Francisco from the late 1880s until his death in the 1930s.
- *Gender Outlaw: On Men, Women, and the Rest of US* – Kate Bornstein  
MTF Bornstein challenges the gender binary in this autobiography.
- *Just Add Hormones: An Insider’s Guide to the Transsexual Experience* – Matt Kailey  
Matt Kailey guides his readers through the easy questions, the embarrassing situations, and the challenging change-of-life moments that are specific to his life but are common to many transgender people.
- *Passage Through Trinidad: Journal of Surgical Sex Change* – Claudine Griggs  
Griggs discusses her sex change from decision, through surgery, and beyond.
- *Pleasures of a Tangled Life* – Jan Morris  
Autobiography of the MTF historian, travel writer, and author who transitioned during the early 70’s.
- *Redefining Realness: My Path to Womanhood, Identity, Love & So Much More* - Janet Mock  
In this brave memoir, Janet Mock details her experiences as a queer, trans woman of color at the forefront of the transgender activist movement.
- *Rethinking Normal: A Memoir in Transition* – Katie Rain Hill  
Nineteen-year-old Katie Hill shares her personal journey of undergoing gender reassignment.
- *Sexile/Sexilio* – Jaime Cortez  
Bi-lingual graphic memoir tells the story of a Cuban exile who first thinks he’s gay, then realizes he’s really transgender.
- *She’s Not There: A Life in Two Genders* – Jennifer Finney Boylan  
With a good dose of humor, Boylan recounts forty years in the wrong body and the transition to the woman she is today.
- *Some Assembly Required: The Not-So-Secret Life of a Transgender Teen* – Arin  
Seventeen-year-old Arin describes his hilarious, poignant experience of undergoing FTM gender reassignment during high school.

- *Suits Me: The Double Life of Billy Tipton – Diane Wood Middlebrook*  
Married and a father, Tipton performed on the jazz circuit for nearly 50 years, only to be revealed as a woman at death.
- *TransActions – Erica Zander*  
The memoir of a MTF trans woman who lives with her wife of thirty years.
- *Whipping Girl: A Transsexual Woman on sexism and the Scapegoating of Femininity – Julia Serano*  
A collection of personal essays that debunk many of the myths and misconceptions about transwomen and gender identity.

## Family Resources

- *Love Makes a Family: Portraits of Lesbian, Gay, Bisexual, and Transgender Parents and Their Families – Peggy Gillespie and April Martin*
- *Helping Your Transgender Teen: A Guide for Parents – Irwin Krieger*  
Covers everything from basic information, what trans teenagers may be feeling and experiencing, fears and concerns parents may have, and guidance for parents.
- *Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children - Diane Ehrensaft PhD*  
Helpful guidance for daily concerns and philosophical dilemmas parents of gender non-conforming children may experience.
- *The Transgender Child: A Handbook for Families and Professionals – Stephanie Brill and Rachel Pepper*  
A helpful book for parents or professionals who interact with transgender or gender variant children and youth from birth through college. The authors address such questions as:
  - What do you do when your toddler daughter’s first sentence is that she’s a boy?
  - How can you explain this to your neighbors and family?
  - How can parents advocate for their children in elementary schools?
  - What are the current laws on the rights of transgender children?
  - What do doctors specializing in gender variant children recommend?
  - What about hormone blockers and surgery?
  - What issues should your college-bound trans child be thinking about when selecting a school?
  - What is gender anyway?
- *Trans Family*  
An anthology put out by PFLAG.
- *Transforming Families: Real Stories of Transgendered Loved Ones – Mary Boenke*
- *Transparent: Love, Family, and Living the T with Transgender Teenagers – Cris Beam*  
The author portrays the lives and struggles of four transgirls in L.A.

## Children’s Books

- *10,000 Dresses – Marcus Ewert and Rex Ray*  
A “boy” dreams of wearing beautiful dresses. Recommended for all ages, especially under 10 yrs.
- *The Adventures of Tulip, Birthday Wish Fairy – S. Bear Bergman*  
Tulip is a fairy who grants birthday wishes to children on their ninth birthdays. When Tulip receives a wish from a child known as David who wishes to live as Daniela, he seeks the wise counsel of the Wish Fairy Captain and learns some new Wish Fairy Skills
- *Backwards Day – S. Bear Bergman*  
A girl on planet Tenalp turns into a boy after the planet’s Backwards Day.
- *Be Who You Are! – Jennifer Carr*  
Hope decides to tell her parents she’s a girl. People don’t understand her at first, but with courage and persistence she learns how to describe herself to them in way they can understand.
- *Choose to Love – Kevin C. Wazner*
- *I Am Jazz – Jazz Jennings*  
From the time she was 2, Jazz knew she was really a girl. A highly acclaimed autobiography.
- *Incredible You! 10 Ways to Let Your Greatness Shine Through - Wayne Dyer and Kristina Tracy*  
Recommended for ages 4 – 8. (Spanish version available: Eres increíble! 10 formas de permitir que tu GRANDEZA brille a traves de ti)
- *It’s Okay to Be Different – Todd Parr*  
Recommended for ages 4 – 8.
- *Jacob’s New Dress – Sarah Hoffman*
- *Michael and Me – Margaret Baker-Street*  
A second grade boy discovers one of his classmates is a trans boy. He asks his mom to explain what it means to be transgender.
- *My Princess Boy – Cheryl Kilodavis*  
Told from the perspective of the mother, a 4-year-old boy loves anything that makes him feel like a princess. Especially focuses on how a community can come together to accept and support gender non-conforming children.
- *My Mommy is a Boy – Jace Martinez*  
Story about a child with a FTM parent written by the parent to help his child understand his transition.
- *My New Daddy – Lily Mossiano*  
Story about a child with a MTF parent.
- *My New Mommy – Lily Mossiano*  
Story about a child with a FTM parent.

- *We Are All Alike... We Are All Different - Cheltenham Elementary School Kindergartners*
- *We're Different, We're the Same – Bobbi Kates*

## Historical

- *How Sex Changed: A History of Transsexuality in the United States – Joanne Meyerowitz*  
Looking at transgender individuals—famous and not so famous—the doctors performing or withholding the surgeries, and the liberation movements of recent decades.
- *Monsieur d’Eon is a Woman: A Tale of Political Intrigue and Sexual Masquerade – Gary Kates*  
D’On, a French diplomat, was declared to be female by Louis XVI, but was discovered to be male upon his death.
- *Neither Man Nor Woman: The Hijras of India – Serena Nanda*  
A cultural study of the religious community of Hijras, a group of voluntary eunuchs.
- *Transgender Warriors: Making History from Joan of Arc to Dennis Rodman – Leslie Feinberg*  
Feinberg takes a look at transgender issues and persons through history.

## Photography

- *Assume Nothing – Rebecca Swan*  
Stunning black-and-white photographs accompanied by brief interviews explore many different embodiments of gender.
- *Body Alchemy: Transsexual Portraits – Loren Cameron*  
A book of photography.
- *The Drag King Book – Volcano Del Lagrace*  
Interviews and photos explore the world of the drag king.
- *The Gender Frontier – Mariette Pathy Allen*  
Photographer Allen documents the lives of a number of transgender people who have chosen varying degrees of physical alteration in their quests to live authentically.
- *The Phallus Palace: Female to Male Transsexuals – Dean Kotula*  
Photographs and essays chart the FTM experience.

## Professional (See also Family)

- *Gender Loving Care: A Guide to Counseling Gender-Variant Clients – Randi Ettner and George Brown*
- *Health Care Without Shame: A Handbook for the Sexually Diverse and their Caregivers – Dr. Charles Moser*
- *Improving Emotional & Behavioral Outcomes for LGBT Youth: A Guide for Professionals – Sylvia K. Fisher, Jeffery M. Poirier, and Gary M. Blau*  
Provides a road map to practices, interventions, and policies that positively impact LGBT youth.  
Includes: 10 guiding principles of knowledgeable, sensitive, and responsive systems of care; how to

provide culturally and linguistically responsive services and supports; how to develop interventions that foster resilience and mitigate risk factors; how to reduce suicidal and self-harming behavior; how to assess and address needs of LGBT homeless youth; how to involve youth and families in planning and implementing services and supports; and how to successfully blend formal mental health services and natural supports.

- *Principles of Transgender Medicine and Surgery – Randi Ettner, Stan Monstrey, A. Evan Eyler*  
Aimed at medical and mental health professionals, this book covers such topics as primary care, hormone therapy, surgery, mental health, developmental issues, and fertility issues.
- *Transgender Care: Recommended Guidelines, Practical Information, and Personal Accounts – Gianna Israel and Donald Tarver*  
By empowering clients to be well-informed medical consumers and by delivering care providers from the straitjacket of inadequate diagnostic standards and stereotypes, this book sets out to transform the nature of transgender care.
- *Transgender Emergence: Therapeutic Guidelines for Working with Gender-Variant People and their Families – Arlene Istar Lev*  
This comprehensive book provides a clinical and theoretical overview of the issues facing transgender and non-binary people and their families.
- *The Transgender Guidebook: Keys to a Successful Transition – Anne L Boedecker PhD*  
A great companion workbook for helping professionals working with trans clients. Assists with exploring and planning the transition process from the beginning coming out stages to navigating life as a trans individual.
- *Transition and Beyond: Observations on Gender Identity – Reid Vanderburgh*  
A point of reference for therapist working with transitioning clients. Topics include addiction and transitioning; workplace disclosure; what support looks like; learning the rules of a new gender role; what does post-transition look like; and fundamentalist transitioning.
- *True Selves: Understanding Transsexualism – For Families, Coworkers, and Helping Professionals – Mildred Brown and Chloe Ann Rounsley*  
This classic resource offers valuable guidance for friends, families, coworkers, and professionals who are struggling to understand these people and their situations.

### **Transgender Rights (Including School and Work)**

- *Bending the Mold: An Action Kit for Transgender Youth - NYAC Lambda Legal*  
This kit is designed to help navigate the world and make school a safer place. Includes action tools and information to help advocate for change.
- *Transgender Equality: A Handbook for Activists and Policy Makers – Paisley Currah and Shannon Minter*  
This guide explores how to work toward a greater understanding of transgender issues in order to create a safer and more accepting society.
- *Transgender Rights – Paisley Currah, Richard Juang, Shannon Minter*  
Examining crucial topics like family law, employment policies, public health, economics, and grassroots

organizing, *Transgender Rights* is an indispensable resource in the fight for the freedom and equality for those who cross gender boundaries.

- *Transgender Workplace Diversity: Policy Tools, Training Issues and Communication Strategies for HR and Legal Professionals – Jillian Weiss*  
A practical guide for transgender people and human resource professionals regarding transitioning on the job and the needs of transgender employees.
- *Transsexual Workers: An Employer's Guide – Janis Walworth*  
Basic information on transgender issues for managers and people in positions of power, with an emphasis on managing an employee's transition in the workplace.
- *Working With a Transsexual: A Guide for Co-Workers – Janis Walworth*
- *Working with Gay, Lesbian, Bisexual and Transgender College Students – Ronnie L. Sanlo*

### **General Non-Fiction**

- *The Apartheid of Sex: A Manifesto on the Freedom of Gender – Martine Aliana Rothblatt*  
Rothblatt argues that the limiting of gender expression to male and female based on biology is an artificial construction.
- *Captive Genders: Trans Embodiment and the Prison Industrial Complex – Eric E. Stanley and Nat Smith*  
Current and former prisoners, activists, and academics offer new ways for understanding how race, gender, ability, and sexuality are lived under the crushing weight of captivity.
- *Changing Ones: Third and Fourth Genders in Native North America – Will Roscoe*  
Combining individual stories with well-grounded research, Roscoe explores the role of the Native American berdache, known to exist in over 150 Native American tribes.
- *Evolution's Rainbow: Diversity, Gender and Sexuality in Nature and People – Joan Roughgarden*  
Roughgarden explores the gender and sexual diversity found in humans and nature and examines the social barriers to acceptance of human diversity.
- *Gender Outlaw: On Men, Women and the Rest of Us – Kate Bornstein*
- *Hello Cruel World – Kate Bornstein*
- *The Man in the Red Velvet Dress: Inside the World of Cross-Dressing – JJ Allen*  
Addressing a general audience, Allen explores a variety of reasons for male cross-dressing and discusses different types of cross-dressers.
- *Miss Vera's Cross-Dress For Success: A Resource Guide for Boys Who Want to Be Girls – Veronica Vera*  
Humorous and practical, this is an essential reference for the male cross-dresser.
- *My Gender Workbook – Kate Bornstein*  
From living without gender to thwarting the gender police, from uncoupling the sex/gender puzzle to finding out what you really think about yourself and other people, this is Kate Bornstein's guide to

exploring the big G.

- *Mother Camp: Female Impersonators in America – Esther Newton*  
Lesbian anthropologist Newton explores the inside world of the professional drag queen.
- *The Riddle of Gender: Science, Activism, and Transgender Rights – Deborah Rudacille*  
Case histories, historical and scientific research, and interviews with activists inform Rudacill's even-handed look at the issues surrounding transgenderism.
- *Sex Changes: The Politics of Transgenderism – Patrick Califa-Rice*  
Looking at the lives of transgender pioneers and present-day gender radicals, biology, feminism, and social construct, Califa-Rice challenges our notions of gender.
- *Sexing the Body: Gender Politics and the Construction of Sexuality – Anne Fausto-Sterling*  
Considering medical, scientific, and social concepts of sex and gender, Fausto-Sterling convincingly argues that one's physical characteristics don't necessarily equate with one's gender.
- *Sissies and Tomboys: Gender Nonconformity and Homosexual Childhood – Matthew Rottnek*  
Questioning the diagnosis of gender identity disorder, this book posits what a gender queer childhood could be like without the attached stigmas.
- *S/HE: Changing Sex and Changing Clothes – Claudine Griggs*  
Through the examination of the experience of transgender individuals, this book enhances understanding of how gender can and does function in powerful, complex, and subtle ways.
- *Transmen and FTMs: Identities, Bodies, Genders, and Sexualities – Jason Cromwell*  
Writing as an insider and an anthropologist, Jason Cromwell presents the first in-depth examination of what it means to be a female-bodied trans person. Through extensive participant observation and open-ended interviews, "Transmen and FTMs" allows female-to-male transgender individuals to speak for themselves and reveal aspects of female gender diversity that do not fit into the ready-made categories of male and female.
- *Transsexuals: Candid Answers to Private Questions – Gerald Ramsey*  
Although a bit dated, Ramsey addresses many of the concerns and questions of the trans person and his or her family and friends.
- *Uranian Worlds: A Guide to Alternative Sexuality in Science Fiction, Fantasy, and Horror Eric Garber and Lyn Paleo*

## Fiction Books

- *A Girl Could Stand Up: A Novel – Leslie Marshall*  
When six-year-old Elray's parents are killed in an accident, her two uncles, Barkley and "Auntie Ajax," becomes her guardians.
- *Beautiful Music for Ugly Children – Kirstin Cronn-Mills*  
As a music-geek whom everyone assumes is a lesbian, life is already tough for aspiring DJ Elizabeth.

Things only get more difficult when he comes out as Gabe his senior year of high school.

- *Being Emily – Rachel Gold*  
Emily has always been told that she should love and accept the way that she was born. Having been born Christopher, Emily strongly disagrees.
- *Best Transgender Erotica*  
Twenty-some stories by writers of all genders.
- *Boys Like Her: Transfiction*  
Originally written as performance pieces, these stories explore the transgender experience.
- *Branded T. – Rosalyne Blumenstein*
- *Breakfast on Pluto – Patrick McCabe*  
Man Booker Prize finalist about a transvestite prostitute fathered by a Catholic priest and raised in foster care.
- *Cheeky Angel – Hiroyuki Nishimori*  
A hard-of-hearing genie accidentally turns Megumi into a girl, but Megumi stays true to his male self in this graphic novel series.
- *Choir Boy – Charlie Anders*
- *A Civil Campaign – Lois McMaster Bujold*  
*This science fiction book in Bujold's Vorkosigan Saga is a romantic comedy. One of the plot lines involves a recently transitioned trans man who is navigating the complexities of legal and social gender issues (including inheritance and romance) in a society with strict traditional gender roles.*
- *Comitment Hour- James Alan Gardner*  
In the village of Tober Cove, children change gender every year, but at twenty must choose one gender or another, or be banned from the community.
- *The Danish Girl: A Novel – David Ebershoff*  
Novel based on the true story of Danish artist Einar Wegener who, with the support of his wife, became Lili Elbe.
- *Dark Water's Embrace – Stephen Leigh*  
Can intersex Anais solve the problem of her people's falling birthrate and near extinction although she has been exiled?
- *The Doctor: A Novel – Patricia Duncker*  
Based on the life of Dr. James Miranda Barry, a girl raised as a boy, who grew up to serve as a British Army physician.
- *"Dragons in Manhattan" – in Girl Goddess No. 9: Nine Stories*  
Tuck, who lives with her lesbian mothers, discovers a surprising secret when she goes in search of her

biological father.

- *Every Day - David Levithan*  
Every day A wakes up in the body of someone new.
- *How Loathsome – Tristan Cane and Ted Naifeh*  
Graphic novel exploration of San Francisco’s gender-queer culture.
- *I Am J - Cris Beam*  
J spends most of his life hoping that everyone will eventually realize that he’s a boy who everyone mistakes for a girl. However, after his best friend deserts him, J decides to stop hiding and finally take action.
- *Kingston by Starlight: A Novel – Christopher John Farley*  
Based on the life of Anne Boney, a cross-dressing woman pirate who terrorized the seas with Calico Jack Rackham and Mary Read, another cross-dresser.
- *The Last Report on the Miracles at Little No Horse – Louise Edrich*  
Father Damien Modeste has kept a surprising secret for many long years.
- *Left Hand of Darkness – Ursula Le Guin*  
Genly Ai, an emissary from the Ekumen to the planet Gethen, discovers that the people are androgynies only taking on gendered characteristics during fertile periods, and with the ability to be either gender during those times.
- *Lizard Radio – Pat Schmatz*  
Kivali—who isn’t sure if she’s boy or girl, human or lizard, all or none of the above—discovers she has a rare ability called Lizard Radio.
- *Luna – Julie Anne Peters*  
Fifteen-year-old Regan's life, which has always revolved around keeping her older sibling Liam's transgender identity a secret, changes when Liam decides to tell her family and friends that she is a girl.
- *Long Reign – AC Britt*
- *Middlesex – Jeffrey Eugenides*  
This remarkable family saga spans continents and generations as it tells the story of the intersexed Cal, who describes being born twice – once as a baby girl, and again as a teenaged boy.
- *Mom I Need to Be a Girl – Just Evelyn*
- *My Life as a Boy – Kim Chernin*
- *Mantrapped – Fay Weldon*  
Neighbors Trisha and Peter’s souls switch bodies on the stairs one day, posing major problems, especially for Peter’s wife.

- *Myra Breckinridge – Gore Vidal*  
The classic novel about trans-woman Myra Brekinridge’s quest for fame and fortune.
- *Orlando: A Biography – Virginia Woolf*  
Woolf’s novel-length love letter to Vita Sackville-West features the gender Changing Orlando as Vita.
- *Parrotfish – Ellen Wittlinger*  
Angela Katz-McNair has never felt quite right as a girl, but it's a shock to everyone when she cuts her hair short, buys some men's clothes, and announces she'd like to be called by a new name, Grady.
- *Ranma ½ - Romiko Takahashi*  
Manga in which the main character changes gender every time he comes into contact with water.
- *Sarah – JT LeRoy*  
In this gritty and explicit novel, twelve-year-old Sarah, son of a truck stop hooker, turns tricks himself, dressed as a girl.
- *“The Secret of Life According to Aunt Gladys” - In Dirty Laundry: Stories About Family Secrets*  
Randy discovers he has an Uncle George whom the family “doesn’t talk about” and when George arrives for an unexpected visit, Randy discovers why.
- *Sex and Other Changes – David Nobbs*  
A married couple decides to change gender, get divorced, and then fall for each other again.
- *Stone Butch Blues – Leslie Feinberg*
- *Flying Cups and Saucers: Gender Explorations in Science Fiction and Fantasy – Debbie Notkin*
- *Tipping the Velvet – Sarah Walters*  
Nancy Astley’s passion for the cross-dressing performer Kitty Butler turns her life upside down.
- *Tom Boler – Daren King*  
Nine-year-old Tom’s mother has fled and Tom ends up living with a gay male couple, one of whom dresses as a woman.
- *Trans-Sister Radio – Christopher Bohjalian*  
Dana Stevens decides to transition from male to female shortly after starting a new relationship with a local school teacher, eliciting strong reactions from her and the community they live in.
- *Trumpet – Jackie Kay*  
Jazz great Joss Moody has kept a secret from all but his wife, Millie.
- *What Happened to Lani Garver – Carol Plum-Ucci*  
Lani refuses to be categorized as a man or woman, even if it means facing bigoted teenage violence.

## Videos – Drama, Etc.

- *20 Centimeters*  
A narcoleptic trans woman dreams up elaborate musical numbers in which she's the star.
- *The Adventures of Priscilla, Queen of the Desert*  
Two drag queens and a trans person are contracted to perform a drag show at a resort in the remote Australian desert.
- *The Adventures of Sebastian Cole*  
Teenager Sebastian Cole ends up staying with his step-father, who has recently come out as transgender.
- *A Girl Like Me: The Gwen Araujo Story*  
The true story of Gwen Araujo, a young transgender woman who was brutally murdered by four men in 2002.
- *All About My Mother*  
Young Esteban want to become a writer and also to discover the identity of his father, carefully concealed by the mother Manuela.
- *A Soap*  
A tragicomedy focused on the relationship between the owner of a beauty clinic and a trans woman.
- *Beautiful Boxer*  
Bio-pic of transgender Muay Thai boxer Parinya Charoenphol.
- *Better Than Chocolate*  
Two attractive young lesbians, Maggie and Kim, meet in Vancouver, develop a passionate romance, and move in together. Meanwhile, Maggie's well-meaning but naive mother Lila gets divorced and decides to move to Vancouver and join the household. Soon after, Lila is befriended by Judy, a trans woman.
- *Boys Don't Cry – Kimberly Pierce*  
Fictionalized account of the Brandon Teena story.
- *Boy Meets Girl*  
Ricky (Michelle Hendley), a 21-year-old trans girl living in Kentucky, and her only real friend, straight-laced Robby, fall in love.
- *Breakfast on Pluto*  
A young trans woman, Patrick "Kitten" Braden, leaves her Irish town for London to look for her mother and seek a more accepting community.
- *Break Free*  
A short film about gender roles and what it is like to have an identity that deviates from the status quo.
- *La Cage aux Folles – Edoard Molinaro*  
French with English subtitles. At their son's request, a gay couple pretends to be a straight couple

when meeting their prospective in-laws.

- *The Crying Game – Neil Jordan*  
Fergus goes to London and forms a relationship with the trans lover of a British soldier he was forced to kill.
- *Dancing in Isolation*  
Transgender woman Ariel meets Trevor and attempts to work out the inherent difficulties in dating a curious, yet traditionally straight cisgender man.
- *Different for Girls – Richard Spence*  
Karl, now Kim, meets up with an old school friend, and they unexpectedly fall in love.
- *Dog Day Afternoon – Sidney Lumet*  
Inept bank robbers, needing money to fund a sex-change operation, turn a simple heist into a media circus.
- *Flawless – Joel Shumacher*  
After suffering a stroke, homophobic Walter Koontz gets through a rough spot by taking voice lessons from his drag queen neighbor.
- *Hedwig and the Angry Inch – John Mitchell*  
The tale of a flamboyant transgender German rock-diva seeking love and stardom in her new home in a trailer park in Kansas.
- *In Einem Jahr mit 13 Monden/ In a Year with 13 Moons – Rainer Fassbinder*  
German with English subtitles. A young German man has sex change surgery and finds a new outlook on life.
- *Ma Vie en Rose/ My Life in Pink – Alain Berliner*  
French with English subtitles. Ludovic believes he was meant to be a little girl, and that the mistake will soon be corrected.
- *Normal*  
A Midwestern husband and father announces plans to undergo MTF gender reassignment surgery.
- *Orlando*  
Queen Elizabeth I commands Orlando to stay forever young. He does just that, moving through different centuries and even changing gender along the way.
- *Peking Opera Blues – Tsui Hark*  
Cantonese and Mandarin with English subtitles. Three women posing as male opera singers attempt to foil a plot in 1920's China.
- *Pretty/Handsome*  
A married father of two comes out to their family as transgender.

- *Soldier's Girl*  
The true story of a young soldier who is murdered after falling in love with a transgender nightclub performer.
- *Tomboy*  
A ten-year old transgender boy moves to a new neighborhood with his family and introduces himself as a boy for the first time.
- *XXY*  
An intersex teenager named Alex struggles with understanding her gender identity.

## Videos – Documentary

- *Adventures in the Gender Trade – Susan Marenco*  
Kate Bornstein and others discuss why they refuse to be categorized as male or female.
- *The Aggressives (2005)*  
A documentary about women who prefer to dress and act as men and who participate in NYC's predominantly African-American lesbian drag balls.
- *American Transgender (2012)*  
Documentary following Chaz (formerly Chastity) Bono's gender transition.
- *Beautiful Daughters - Josh Aronson*  
Chronicles the making of the first all transgender cast who performed the play "The Vagina Monologues," including a new monologue on their experiences as trans women.
- *The Brandon Teena Story – Susan Muska and Greta Olafsdottir*  
Documentary about Brandon Teena, a transgender youth, who was murdered along with two others in 1993 in rural Nebraska.
- *The Cockettes (2002)*  
Documentary about the gender-bending San Francisco performance group who became a pop culture phenomenon in the early 1970s.
- *Faces and Facets of Transgender Experience – Gus Spheeris and Carol Christenson*  
Eighteen people and their families in the Boulder and Denver area share touching stories about the journey from despair, to loss, to the joy of being the gender they were meant to be.
- *Free CeCe – Laverne Cox*  
Documentary featuring CeCe McDonald, a MTF trans-woman of color, who shares her story as a survivor of trans-misogynoir violence and her experience as an inmate in a Minnesota men's prison.
- *Georgie Girl – Annie Goldson and Peter Wells*  
Chronicles the change of George into Georgina Beyer, who went on to win a seat in the New Zealand Parliament as an out a trans woman.
- *Hermaphrodites Speak!*

Eight intersex people share their experiences.

- *Khastegi (Sex My Life) (2008)*  
Iranian movie that explores the lives and times of seven real life transgender individuals in Tehran.
- *The Opposite Sex: Rene's Story (2004)*  
Rene, 31, a female-to-male gender reassignment candidate took hormones for years and "passed" as a man for all of his adult life. Married to his high-school sweetheart, Wona, a heterosexual woman, for 12 years, no one would guess Rene was biologically a woman, but everything changes when they're outed.
- *Middle Sexes: Redefining He and She (2005)*  
Examines the diversity of human sexual and gender variance around the globe, with commentary by scientific experts and first-hand accounts of people who do not conform to a simple male/female binary.
- *Metamorphosis: Man into Woman – Lisa Leeman*  
Documentary about one individual's quest for a sex change.
- *Red Without Blue (2007)*  
The bond between two identical twin brothers is challenged when one reveals they're a trans woman.
- *Southern Comfort – Kate Davis*  
Looks at the life and experiences of Robert Eads, a 52-year-old FTM cowboy who has ovarian cancer.
- *Screaming Queens: The Riot at Compton's Cafeteria (2005)*  
Documentary about transgender women and drag queens who fought police harassment at Compton's Cafeteria in San Francisco's Tenderloin in 1966, three years before the famous riot at Stonewall Inn bar in NYC.
- *She's a Boy I Knew (2007)*  
Using interviews, animation, old family footage, and voice mail, Vancouver filmmaker Gwen Haworth documents her male-to-female gender transition.
- *Transgender Revolution – Kate Davis and David Heilbroner*  
Presents the stories of a number of transgender people who struggled to define and accept their gender identity.
- *Transmormon (2014)*  
A short about Eri, a MTF Mormon raised in the LDS church.
- *Transtasia (2007)*  
This documentary follows contestants competing for the title of "World's Most Beautiful Transsexual" in Las Vegas.
- *Just Call Me Kade – Sam Zolten (Documentary)*  
A documentary following the course of a teenager's transition from female-to-male over the course of

two years.

- *Safe “T” Lessons: HIV Prevention for the Transgender Community (1996)*
- *The T Word – Laverne Cox*  
Actress and transgender activist Laverne Cox follows the lives of seven transgender youths.
- *Transamerica (2006)*
- *TransGeneration (2005)*  
A look at the lives of four college students undergoing gender transition.
- *Venus Boys (2002)*  
A documentary about Drag Kings and differing presentations of masculinity.

### **Digital/Multi-Media Projects**

- *Digital Transgender Archive*  
A digital hub for trans related history.  
<http://www.digitaltransgenderarchive.net/>
- *I AM: Trans People Speak*  
Campaign created by the Massachusetts Transgender Political Coalition (MTPC) where trans individuals are empowered to share their stories.  
<http://www.transpeoplespeak.org/>
- *TRANS100*  
Campaign to recognize and celebrate excellence within the trans community by highlighting exceptional work being done by influential trans individuals.  
<http://thetrans100.com/>
- *Trans Oral History Project*  
A community-driven effort to collect and share a diverse range of stories from within the transgender and gender variant communities.  
<http://transoralhistory.com/>
- *We Happy Trans*  
Campaign devoted to promoting positive trans stories and visibility.  
<http://wehappytrans.com/>

### **Glossary of Trans Inclusive Terms/Language**

Source: [http://lgbt.wisc.edu/documents/Trans\\_and\\_queer\\_glossary.pdf](http://lgbt.wisc.edu/documents/Trans_and_queer_glossary.pdf)

### **Acronyms**

BA: Breast augmentation

CD: Cross dresser. A person who wears clothes, makeup, etc. that is considered to be appropriate for another gender but not one's own.

DFAB: Designated female at birth. Used to refer to a spectrum of intersex, trans, non-binary individuals whom had female put on their birth certificate. (Also FAAB: female assigned at birth)

DMAB: Designated male at birth. Used to refer to a spectrum of intersex, trans, non-binary individuals whom had male put on their birth certificate. (Also MAAB: male assigned at birth)

DSD: Disorder of Sex Development. A medical classification for intersex people within both the medical community and some intersex communities.

FTM: Female-to-male. Used specifically to refer to transmen. (Also: F2M)

GCS: Gender confirmation surgery (also GRS: gender reassignment surgery & SRS: sex reassignment surgery)

GD: Gender dysphoria. An outdated medical diagnosis (replaced by GID: Gender Identity Disorder) in the DSM used to describe the intense discomfort and body dysphoria experienced by trans and non-binary people forced to live as their assigned gender.

HRT: Hormone replacement therapy

MTF: Male-to-female. Use specifically to refer to transwomen. (Also: M2F)

SOFFA: Significant Others, Friends, Family and Allies. Used to indicate those persons' supportive relationship to a queer, trans, and/or gender non-conforming person.

## **Terms/Language**

Agender: Not identifying with any gender, the feeling of having no gender. (Also: non-gender)

All-Gender: Descriptive phrase denoting inclusiveness of all gender expressions and identities.

All-Gender Pronouns: Any of the multiple sets of pronouns that create gendered space beyond the he/him/his and she/her/hers binary. Sometimes referred to as gender neutral pronouns, but many prefer third gender, as they do not consider themselves to have neutral genders. Examples: ze/hir/hirs; ey/em/eirs; ze/zir/zirs, or they/them/theirs. (See also: Spivakian Pronouns)

Androgyne: 1) A person whose biological sex is not readily apparent; 2) A person who is intermediate

between the two binary genders; 3) A person who rejects binary gender roles entirely.

Androgynous: A person who may appear as and exhibit traits traditionally associated as both male and female, or as neither male nor female, or as in between male and female.

Atypical Gender Role: A person who exhibits a gender role at odds with the norm for their assigned gender and social position.

Bigender: To identify as both genders and/or to have a tendency to move between masculine and feminine gender-typed behavior depending on context; 2) Expressing a distinctly male persona and a distinctly female persona; 3) Two separate genders in one body.

Bottom Surgery: Term used to describe medical genital surgery for the purpose of better aligning a person's physical body to their gender identity and expression. Types include Hysterectomy, Labiaplasty, Metoidioplasty, Oophorectomy, Penectomy, Phalloplasty, Scrotoplasty and Vaginectomy. (See also: Gender Affirming Surgery)

Cis-gender (or cisgender): A person whose gender identity is aligned to what they were designated at birth, based on their biological sex; 2) A non-trans person.

Closeted (In the Closet): Refers to a homosexual, bisexual, queer, trans person, or intersex person who does not or cannot disclose their identity or identities to others. Coming Out: The process by which one accepts one's own sexuality, gender identity, or intersex status (to come out to oneself); 2) The process by which one shares one's sexuality, gender identity, or intersex status with others (to come out to friends, etc.). This can be a continual, life-long process for homosexual, bisexual, trans, and intersex people.

Designated Sex (Designated Sex at Birth): The sex one is labeled at birth, generally by a medical or birthing professional, based on a cursory examination of external and/or physical sex characteristics such as genitalia and cultural concepts of male and female sexed bodies. Sex designation is used to label one's gender identity prior to self-identification. (Also: Assigned Sex)

Drag: Wearing clothes considered appropriate for someone of a different gender. Most often used in performance contexts but also commonly used as an identity label, especially within gender variant communities of color.

Gatekeepers (Gatekeeper System): Term used by gender communities to refer to the medical and psychiatric system that controls trans people's access to transition-related resources and health care; 2) Refers to health providers (doctors, counselors, psychiatrists, psychologists, social workers, and related providers) who can effectively block or limit trans people's ability to obtain transition resources such as hormones, surgery or related services needed for physical gender affirming transition.

Gender: A social combination of identity, expression, and social elements related to masculinity and femininity. Includes gender identity (self-identification), gender expression (self-expression), social gender (social expectations), gender roles (socialized actions), and gender attribution (social perception).

**Gender Bender:** An individual who bends, changes, mixes, or combines society's gender conventions by expressing elements of masculinity and femininity together.

**Gender Binary:** The cultural insistence of two diametrically opposed, traditionally recognized genders - male and female; 2) The idea that there are only two genders: male and female. May include a sensed requirement that a person must be strictly gendered as either/or.

**Gender Cues:** Socially agreed upon traits used to identify the gender or sex of another person. i.e. hairstyle, clothing, gait, vocal inflection, body shape, facial hair, etc. Cues vary by culture.

**Gender-Fluid:** A gender identity where a person identifies as 1) neither or both female and male; 2) Experiences a range of femaleness and maleness, with a denoted movement or flow between genders; 3) Consistently experiences their gender identity outside of the gender binary. (See also: Genderqueer)

**Gender Identity and Expression:** The most common phrase used in law and policy addressing gender-based needs, often in reference to violence and/or discrimination; encompasses both the inner sense (gender identity) and outer appearance (gender expression).

**Gender Non-Conforming:** Gender expression or identity that is outside or beyond a specific culture or society's gender expectations; 2) A term used to refer to individuals or communities who may not identify as transgender, but who do not conform to traditional gender norms. May be used in tandem with other identities. (See also: Gender Variant)

**Gender Neutral:** Used to denote a unisex or all-gender inclusive space, language, etc. Ex: A gender neutral bathroom is a bathroom open to people of any gender identity and expression.

**Gender Outlaw:** An individual who transgresses or violates the "law" of gender (i.e. one who challenges the rigidly enforced gender roles) in a transphobic, heterosexist and patriarchal society. Coined by trans activists Kate Bornstein and Leslie Feinberg in the early 1990s.

**Gender Role:** The behaviors, attitudes, values, beliefs etc. that a cultural group considers appropriate for males and females on the basis of their biological sex.

**Genderqueer:** An umbrella term for people whose gender identity is outside of, not included within, or beyond the binary of female and male; 2) Gender non-conformity through expression, behavior, social roles, and/or identity. (See also: Gender-Fluid, Non-Binary)

**Gender Variant:** People whose gender identity and/or expressions are different from the societal norms; 2) Broad term used to describe or denote people who are outside or beyond culturally expected or required identities or expressions.

**Hormone Therapy:** Administration of hormones to affect the development of one's secondary sex characteristics.

**Intersex:** One who is born with sex chromosomes, external genitalia, and/or an internal reproductive system that is not considered "standard" or normative for either the male or female sex. \*Preferred term to

hermaphrodite

Intergender: A person whose gender identity is between genders or a combination of genders.

Non-Binary: Describes a gender identity that is neither female nor male; 2) Gender identities that are outside of or beyond two traditional concepts of male or female. (Also known as: Genderqueer, Fluid, Polygender)

Outing (To Be Outed): The process where someone discloses a person's sexual orientation, gender identity, or intersex status without the concerned person's permission. Directly associated with personal safety and consent.

Packing: Wearing a phallic device or prosthesis on the groin and under clothing for any purpose.

Pangender: A person whose gender identity is comprised of many gender identities and/or expressions.

Passing: The ability to present oneself as their chosen gender identity rather than one's assigned gender; 2) Being normatively accepted as one's promoted identity, as part of specific cultural expectations; 3) An individual's desire or ability to be perceived as a member of a particular gender, race, or cultural group. (See also: Read/Being Read)

Polygender: Identifying as more than one gender or a combination of genders. (Also: Multi-gender)

Pronouns: Grammatical element used to reference a person on the basis of gender. Traditionally he/him/his/himself and she/her/hers/herself. (See also: All-Gender Pronouns)

Questioning: A person is in the process of questioning or analyzing their sexual orientation, gender identity, or gender expression.

Read (Getting/Being Read): How a person's gender is perceived by a casual observer, based on gender cues or expression; 2) A trans person being perceived as transgender, another gender than what they wish to be perceived, or as their designated sex. Also used in reference to how one's race is perceived based on cues or expression.

Real Life Test: A tactic used by healthcare providers where trans people are required to prove or demonstrate their chosen gender identity by living as their true gender for a year before being allowed to access medical transition resources such as hormones or gender affirming surgeries. Considered a controversial practice, it was changed from a requirement to a recommendation in the Standards of Care in 2011. (See also: Standards of Care, Trans Pathologization)

Sex Identity (Sex): The physical, biological, chromosomal, genetic, and anatomical make up of a body, classified as male, female, intersex, or (in some schools of thought) trans; 2) The categorization of a person's physiological status based on physical characteristics; 3) Label of bodies based on a socio-cultural concepts of physiology (e.g. what is a male vs. what is female).

Single Gender: Descriptive of a person whose gender consists of one identity, usually within the gender binary.

**Social Gender:** The construction of masculinity and femininity in a specific culture, denoted by norms and expectations on behavior and appearance.

**Standards of Care:** Also known as the Harry Benjamin Standards of Care. A set of guidelines published by The World Professional Association for Transgender Health (WPATH) (formerly Harry Benjamin International Gender Dysphoria Association) concerning the care of people labeled with gender identity disorders. Despite some updates in 2011, The Standards of Care are still considered controversial and seen as part of the gatekeeper system. (See also: Gatekeepers, Trans Pathologization)

**Stealth:** Describes the process of a trans person interacting with others without disclosing their trans identity or status; 2) Purposefully not disclosing trans identity or status in order to aid in identity empowerment, promote privacy, or to increase personal safety.

**Third-Gender:** A gender identity where a person is neither male nor female, nor androgynous; 2) Term used in cultures where it is recognized that there is another gender in addition to male and female; 3) Term used to denote people who are not considered men or women for the purpose of social categorization or documentation; generally used for transgender and/or intersex people.

**Top Surgery:** Term used to describe medical surgery on the chest for the purpose of better aligning a person's physical body to their gender identity and expression. May be referring to a bilateral mastectomy (removal of breasts) or breast augmentation.

**Transandrogyny:** A gender expression that does not have a prominent masculine or feminine component.

**Transfeminine:** A spectrum of identities where female identity or femininity is prominent; 2) descriptive term representative of DMAB, trans female, and/or MTF people; 3) A gender-variant gender expression that has a prominent feminine component.

**Trans:** Umbrella term, originated from Transgender (see below). Used to denote the increasingly wide spectrum of identities within the gender variant spectrum. Aimed at promoting unification among gender variant communities by placing focus on gender transgression over specific identity labels, genders, or bodies.

**Trans Pathologization:** The process in which multiple institutions (medical, psychiatric, governmental) deem gender variance and trans identities to be caused by mental illness and/or delusion, and that trans populations are in need of continual professional intervention and guardianship in order to live healthy, happy lives. (See also: Gatekeepers, Gender Dysphoria, Gender Identity Disorder, Standards of Care, Transvestic Fetishism)

**Transgender:** An umbrella term describing a diverse community of people whose gender identity differs from that which they were designated at birth; 2) Expressions and identities that challenge the binary male/female gender system in a given culture; 3) Anyone who transcends the conventional definitions of man and woman and whose self-identification or expression challenges traditional notions of male and female.

**Transgender Man (Transman or Trans man):** A transgender individual who identifies as a man (see also FTM).

Transgender Woman (Transwoman or Trans woman): A transgender individual who identifies as a woman. (See also: MTF)

Transition: The coming out process of a trans person; may be continual or deemed to be a set period of time or series of events; 2) To physically change one's appearance, body, self-describing language, and/or behaviors in accordance with their gender identity. May be broken down in parts; social transition (language, clothing, behavior, legal documents) and physical transition (medical care such as hormones, and/or surgery).

Transmasculine: A spectrum of identities where male identity or masculinity is prominent; 2) descriptive term representative of DFAB, trans male, and/or FTM people; 3) A gender-variant gender expression that has a prominent masculine component.

Transphobia: The fear, hatred, or intolerance of people who identify or are perceived as transgender; 2) Fear and hatred of all those individuals who transgress, violate or blur the dominant gender categories in a given society.

Transmisogyny: A specific brand of transphobia and misogyny (fear, hatred, and/or ingrained prejudice against women) directed at transwomen.

Transmisogynoir: A specific brand of transphobia, misogyny, and racism directed at black transwomen.

Transsexual (/Transexual): A person whose gender identity is different from their designated sex at birth and has taken steps of physical transition so that their body is congruent to both their gender identity and the conventional concept of sexually male and female bodies. Consider outdated and is widely regarded as offensive. (Preferred term: trans or transgender)

Two-Spirit(ed): Native American term to describe person who embodies attributes of both masculine and feminine genders, have distinct gender and social roles in their tribes, and are often involved with rituals. Their dress is usually mixture of male and female articles and they are seen as a separate or third gender. The term two-spirit is sometimes considered specific to the Zuni tribe. Similar identity labels vary by tribe such as Wintke (Lakota), Hee-man-eh (Cheyenne), and Nedleeh (Navajo); 2) Native Americans who are queer or transgender.

**For other helpful tips on using inclusive language:**

<http://www.tsroadmap.com/start/tgterms.html>