Trans 101

CA TRUTH Council

TRUTH is a national trans and gender nonconforming youth storytelling campaign that aims to build empathy, understanding, and a movement for youth to share their stories in their own words and in their own way.

What's inside?...

Learn the differences between *Sex Assigned at Birth, Gender, and Gender Expression*

Analyze the different sections of the TSER Gender Unicorn

Identify and understand terms relevant to dialogue around trans issues

Discover resources to continue self-education and the furthering of discussion in various organizations, clubs, and group settings.

The Basics

Sex Assigned at Birth: The designation by a doctor at the time of your birth as male, female, intersex, or another sex based on your physical anatomy.

Gender/Gender Identity: An internal sense of being a single, many, a combination of, or without gender(s).

Gender Expression: How one outwardly expresses their gender(s) - or lack thereof - to the world through clothing, hair, voice, etc.
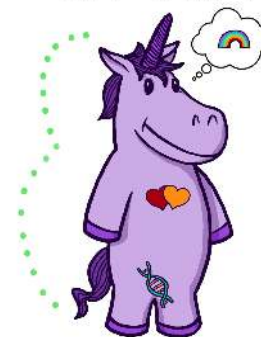
Transgender (trans): an adjective used to describe someone who does not identify with the sex they were assigned at birth.

Gender Non-Conforming (GNC): refers to people who do not follow society's ideas or stereotypes about how they should appear or act based on the sex they were assigned at birth.

Nonbinary : an umbrella term for all (a)genders other than woman/man; Not all trans people are nonbinary and not all nonbinary people are trans.

Cisgender (cis): an adjective used to describe someone who identifies with the sex they were
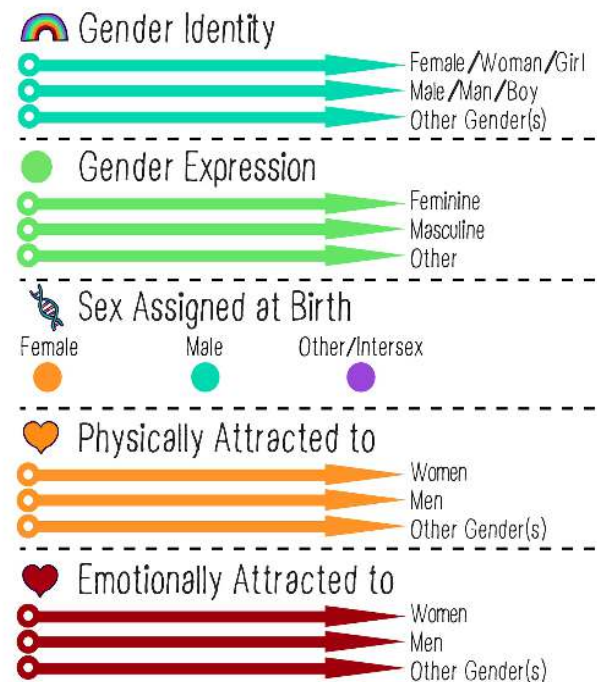

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources

To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

Gender Identity — Female/Woman/Girl, Male/Man/Boy, Other Gender(s)

Gender Expression — Feminine, Masculine, Other

Sex Assigned at Birth — Female, Male, Other/Intersex

Physically Attracted to — Women, Men, Other Gender(s)

Emotionally Attracted to — Women, Men, Other Gender(s)

The Gender Unicorn is a visual representation of

	assigned at birth	the different aspects of one's gender identity and sexuality. it illustrates the concepts of *Gender Identity, Gender Expression, and Sex Assigned at Birth* in an accessible way as well as show their distinction from *Sexual and Romantic Orientation*.

Let's Talk Pronouns!

Pronouns are the words we use to refer to a person without using their name.

Examples

She: She spoke to the class.

We all listened to her.

The pencil was hers.

He: He spoke to the class.

We all listened to him.

The pencil was his.

They: They spoke to the class.

We all listened to them.

The pencil was theirs.

"They" can be used in the singular sense (referring to one particular person) - not just plural (referring to two people).

Gender neutral pronouns (or a person's name) can be used to refer to someone until you ask for their proper pronouns.

Examples:
They/Them/Theirs
Ze/Hir/Hirs

The Gender Binary

Gender Binary: A socially constructed system of viewing gender as consisting of only *male* and *female*. In this system, the sex one is assigned at birth determines their upbringing

- Men's/Women's Restrooms/Sports Teams
- Sex and Gender used interchangeably on documents
- Media Representation (hypermasculine and hyperfeminine
- "Ladies and Gentlemen"
- People use gender expression to assume gender identity which often leads to the misgendering of many trans folx
- Gender is one of the first things people use to classify each other when they first meet
- Those who don't fit perfectly into binary gender molds (like trans and GNC folx) are often subjected to erasure and misrepresentation, and oppression and violence

Gender Roles: The cultural and societal expectations of a person's behavior, skills, and characteristics based on their actual or perceived gender. Deeply rooted in sexism and gender binarism.

Resources

Trans Lifeline
877-565-8860

Gay-Straight Alliance Network
gsanetwork.org

Trans Student Educational Resources
transstudent.org

Gender Spectrum
genderspectrum.org

National Center for Transgender Equality
transequality.org

National Suicide Prevention Lifeline
1-800-273-8255

Transgender Law Center
transgenderlawcenter.org

GLSEN Day of Silence
dayofsilence.org

TransActive Gender Center
transactiveonline.org

Fae/Faer/Faers
And many more!