

Im Trans, Here's What I Want You to Know

I wanted to let you know that I am trans. Trans/Transgender is an umbrella term for people whose gender identity and/or expression is different from cultural expectations based on the sex they were assigned at birth. Being transgender does not imply any specific sexual orientation. Therefore, transgender people may identify as straight, gay, lesbian, bisexual, etc.

Trans as a term CAN include a number of gender expansive labels that individuals may choose to take on or not. Some individuals may also feel aligned with the labels below but not feel they are trans. These can include:

- Binary trans (man, woman)
- Trans masc
- Trans femme
- Gender fluid
- Gender queer
- Gender questioning
- Non-binary
- Agender
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- Pangender
- Demi girl
- Demi boy
- Androgynous
- two -spirit
- Intersex
- Drag
- Crossdressor

I identify as _____ . To me this means I use _____
pronouns and may choose to present in

_____ ways.

What Does This Mean for You?

- I will be living according to the gender I identify with not how I was socialized
- My gender presentation may fluctuate or change (clothes/aesthetics)
- Pronouns used will be different than you have been using

Things My Gender Identity Might Change:

- Sexual orientation
- Name/nicknames
- Spaces I feel safe in

What isn't likely to change?

- Often personality, likes/dislikes don't change much

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- Life goals may stay consistent as well

I recognize that pronoun slip ups will happen as you adjust. Ideally I want the following to happen when the wrong pronoun is used:

- Correct the pronoun and move on
- De-centre your guilt/knee jerk response to the error
- If I correct you a simple thank you for the reminder is sufficient
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I am out in the following spaces:

- Work
- Close friends: _____
- All friends _____
- Select family: _____
- Immediate family: _____
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-

Questions I am ok answering:

- 1.
- 2.
- 3.
- 4.
- 5.

Boundaries I have regarding topics:

- 1.
- 2.
- 3.
- 4.
- 5.

Additional things I want you to know that are specific to me:

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