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		
		Wavs

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

Sawah Danniels, CCC



• 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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•	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:

Trans 101 Resources and Q&A links

Glossary of Terms

- https://thesafezoneproject.com/resources/vocabulary/
 - 2SLGBTQIA+ glossary of terms
- $\bullet \quad \underline{https://transequality.org/issues/resources/frequently-asked-questions-about-transgender-people}$
 - o FAQ's

YES! Questions(unless specified otherwise in the boundaries section):

- What are your pronouns?
- How can I support you in space?
- Would you like this conversation to remain confidential?

Questionable Questions and Why:

https://transequality.org/issues/resources/questionable-questions-about-transgender-identity https://everydayfeminism.com/2015/06/whats-ok-not-ok-ask-trans-person/

• What's not ok to ask and a brief explanation on why

https://www.thehrdirector.com/business-news/diversity-and-equality-inclusion/right-wrong-questions-ask-transgender-person/

• What's not ok to ask and a brief explanation on why https://www.buzzfeed.com/reggieugwu/which-bathroom-do-you-use

Additional resources:

https://www.uwgb.edu/UWGBCMS/media/pride-center/files/pdf/trans-ally-tips.pdf

