

# GENDER TRANSITION

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## 1: SOME INCLUSIVE TERMINOLOGY

**Transgender:** A person whose gender identity differs from the sex they were assigned at birth

- (FTM = female to male; MTF= male to female; AFAB or AMAB= assigned female/male at birth)

**Non-Binary:** an individual who identifies as neither male nor female

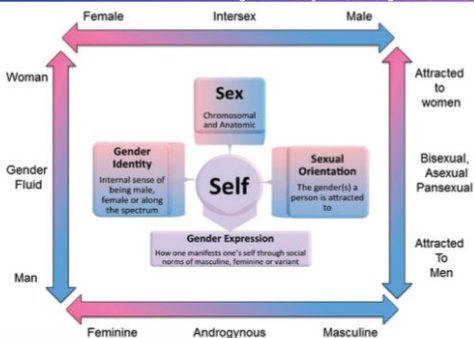
**Gender Expression:** The manner one wishes to express and display their gender

**Gender Non-Conforming:** An individual whose gender identity differs from the gender assigned at birth

- Ex: gender may be fluid, complex, multifaceted

**Genderqueer:** They reject notions of static categories of gender, and embrace fluidity of gender and sexual orientation.

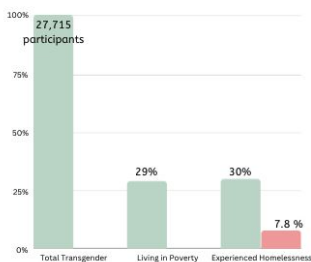
**Gender Dysphoria:** Distress that is related between one's experienced and expressed gender and the gender they were assigned at birth.



## 2: STATISTICS

An estimated 150,000 youth (aged 13-17 years) and 1.4 million adults (aged 18 years and older) living in the United States identify as transgender

- 29% of respondents were currently living in poverty
- 30% had experienced homelessness during their lifetime
- 26% of homeless respondents reported avoiding shelters because of fear of being mistreated (7.8% of all respondents reported avoiding shelters)



## 3: TRANSITION ROADMAP

**Exploring of gender identity:**

- Am I transgender/gender non-binary/gender diverse?
- What exactly is my gender identity?
- How can I develop the needed coping skills, resilience, and social support?

**Social Transition:**

- Changing your wardrobe/hairstyle, packing, tucking, binding
- Coming out to family/friends /coworkers/community
- Changing legal documents

**Medical/Surgical Transition :**

- Hormone therapy
- Hair removal
- Speech Therapy
- Fertility Preservation (sperm/egg storage)
- Top/Bottom surgery
- Facial Reconstruction

## 4: CHALLENGES

Data from a study conducted in 2020

- Lack of financial resource
- Lack of familial acceptance and support
- Changing official documents
- Uninformed medical professionals
- Lack of information
- Social rejection (finding a job, finding a partner)
- Fear

