1: SOME INCLUSIVE TERMINOLOGY

**Transgender**: A person whose gender identity differs from the sex they were assigned at birth
- FTMs = female to male; MTF = male to female; AFAB = 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.

![Gender Identity Diagram](image)

2: STATISTICS

An estimated 550,000 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