

TRANSlation

Gender Identity Explained



**An insight into gender identity
written by a group of young people
with first hand experience.**

Introduction

Being trans is a gender identity issue not a sexuality issue. A trans person can be straight, lesbian, gay or bi.

We are a group of young people from Dundee. We feel there is a lack of information and understanding of gender identity and transgender issues so we decided to create this booklet based on our own experiences.



We aim to raise awareness of gender identity words and terms so that they become better known and understood, and that people have the correct definitions. If everyone is well versed with these then being trans won't be such a big deal.

We hope that everybody will benefit from this project as it will give a trans person a clear perception of things, it will give advice to friends and family who are curious, and it will give an insight on how to respect and support a transgender person.

Information is power. The more you know, the more empowered you are.

Disclaimer

The content of this booklet reflects the personal opinions of its creators based on their own experiences. There are no accepted standard definitions.



Glossary Of Terms

This is our glossary of gender identity terms. We decided to put this at the front as it's important to know these definitions.

Androgyny: Having both masculine and feminine characteristics and/or identifying as being neither male nor female. Also known as **Non-Binary Gender Identity**.

Cisgender Female: Someone born with the female sex who identifies with their assigned gender and the pronoun 'she'.

Cisgender Male: Someone born with the male sex who identifies with their assigned gender and the pronoun 'he'.

Crossdresser: Someone who wears clothes stereotypically associated with the opposite gender. Someone who cross-dresses can also identify with the term **Transvestite**.

Drag King/Drag Queen: Refers to a person who cross-dresses for entertainment purposes.

FTM: Female to male transgender person.

Gender: Someone's psychological identity as a male or female.

Gender Binary: The categorisation of gender into two distinct opposite sexes (male or female).

Gender Expression: External gender-related clothing and behaviour (including interests and mannerisms).

Gender Fluid: A term which refers to gender identity that changes depending on the mood/situation as opposed to a fixed role.

Gender Identity: A person's internal sense of where they exist in relation to being a man or a woman, both or neither.

MTF: Male to female transgender person.

Questioning: Being uncertain of one's sexual orientation or gender identity.

Sex: Someone's biological identity as a male or female – characterised by having male or female genitalia.

Transition: A common name for the process undergone by a transgender person to bring their external gender expression into congruence with their internal gender identity. This can include social, medical and legal changes.

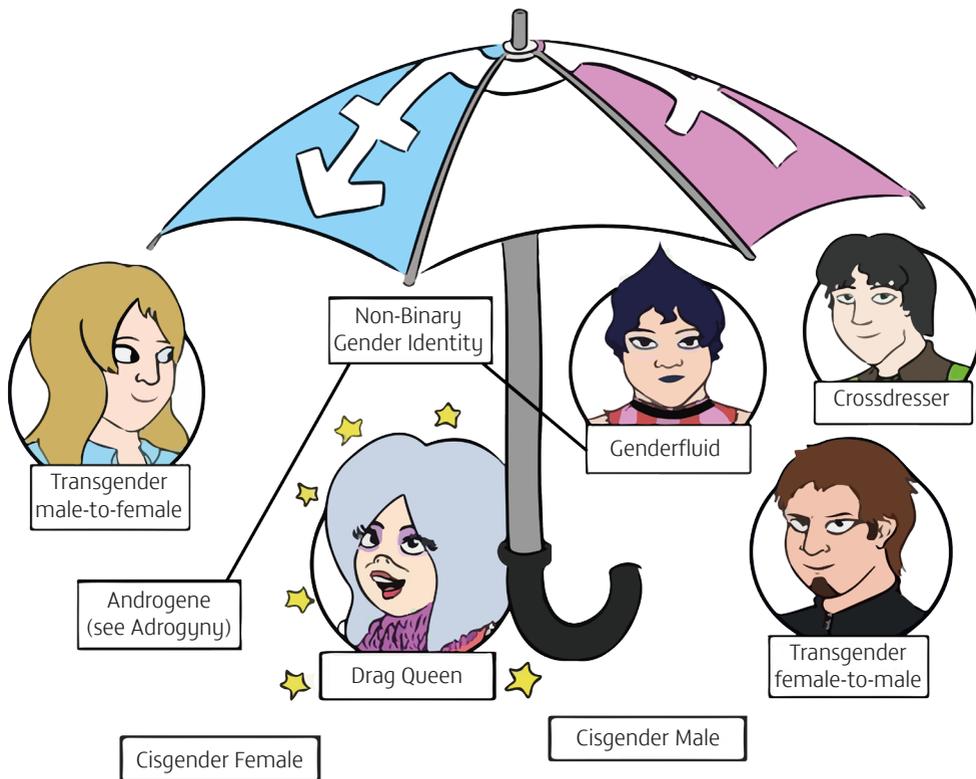
Transgender: An umbrella term often applied to a wide range of people's gender identities where the identity does not conform to the expectations of the sex assigned that person at birth.



Gender Umbrella

This gender umbrella diagram shows the spectrum of gender identities. These terms are in no particular order as we believe gender is fluid.

Which term/s do you identify with?



Do's and Don'ts

In our experience, these are some of the do's and don'ts that may help when talking to a trans person.

- Call a trans person by their preferred name and pronoun ('he', 'she', or other). If you get it wrong, just move on and apologise, remembering the correct form for the next time.
- Never just assume that all trans people are the same. Everyone is different, whether they are LG or T.
- Be supportive and a good listener. This is one of the easiest steps to help your friend, colleague or family member.
- Do recognise that because someone is trans doesn't mean they necessarily identify as LG or B.
- Don't be afraid to ask questions, but never be too intrusive. Although some people are comfortable to talk about themselves, not everyone is.
- If you still have questions or want to know more after talking to a trans person, you can contact any of the organisations on Page 6 for advice.

REMEMBER

- You should never 'out' a person without their permission. Even though they may be 'out' to you doesn't mean they are to everyone else.
- Never ask a trans person about their body, genitalia or sex life, as this is private. You would never ask a cisgender person about any of this, so why treat a trans person any differently.
- Never ask the person about their birth or previous names. If you do know this information, never share it as the person may not want this information shared.
- Never tell a trans person that they are "wrong" or "going through a phase". The person has put trust in you to tell you who they are.
- Never place labels on the person, you wouldn't like this done to you.



Tips & Reminders

These are our top tips & reminders to help you support a trans person.

Respect changes of names and pronoun

- Everyone knows themselves best
- Change can be difficult at first, but start to think of them as their preferred identity straight away
- The change will be harder for them than for you

Do your own research, but don't be afraid to ask questions

- Don't be too intrusive, watch your boundaries
- Think to yourself whether you would be comfortable being asked the same questions

Gender identity, gender expression and sexual orientation are separate things

- Just because someone is trans does not mean they will be lesbian, gay or bisexual

Don't stereotype gender in general

- Recognise that there are more than two genders. Try to be open minded
- There are more than two ways to express gender

There are many identities under the gender umbrella

- Not every trans person goes through full transition, such as operation and gender reassignment
- Being trans is not all about the outside, it's about how you feel inside
- It's between your ears not between your legs, unlike sexual orientation

Be or find someone who is willing to be a main source of support

- Make sure both people are in agreement about discussing issues

Find Support

If you are in need of support or more information, please consider contacting one of these organisations.

LGBT Helpline Scotland - Information and emotional support for lesbian, gay, bisexual and transgender people and their families, friends and supporters across Scotland. Open every Tuesday and Wednesday from 12pm-9pm. 0300 123 2523.

Scottish Transgender Alliance - Information resource. The STA is the only funded national project in Scotland dedicated to gender equality and gender reassignment human rights. www.scottishtrans.org. [Facebook.com/scorrihstrans.org](https://www.facebook.com/scorrihstrans.org). Twitter: @ScottishTrans.

Breathing Space - A free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety Mon-Thurs 6pm - 2am, Fri 6pm-Mon 6am on 0800 83 85 87.

Samaritans - Samaritans provide a safe place for anyone struggling to cope, whoever they are, however they feel, whatever life has done to them. Available 24 hours. Email: jo@samaritans.org or call 08457 90 90 90.

LGBT Youth Scotland - Online and one to one support for LGBT young people in Scotland. www.lgbtyouth.org.uk (Click on the 'Hide me!' tab on right hand side for privacy). facebook: www.facebook.com/lgbtyts, twitter: @lgbtyts, Email: info@lgbtyouth.org.uk.

NHS24 - Comprehensive up-to-date health information and self care advice for people in Scotland. Available 24hrs on 08454 24 24 24.

ChildLine - ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor about anything - no problem is too big or too small. Available 24hrs. Call 0800 1111 or talk online at www.childline.org.uk.

ParentLine Scotland - The national, confidential helpline provides advice and support to anyone caring for or concerned about a child. Available 24 hrs. Call 08000 28 22 33.

Parents Enquiry Scotland - Offers support to parents of lesbian, gay, bisexual and transgender people across Scotland. Available 9am-10pm, Lothian (Anne) 0131 556 6047 or Strathclyde (Pat) 0141 427 3897.

If you or anyone you know is in danger, please call 999 for the Police or 0800 811 505 for out of hours social work.



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