

TRANS 101

GENDER DIVERSITY CRASH COURSE

TRANS 101

GENDER DIVERSITY CRASH COURSE

EDITORS

KOCHAVA LILIT THEY/THEM
MARGOT FINK SHE/HER

WRITERS

KOCHAVA LILIT THEY/THEM
MARGOT FINK SHE/HER
ZACHARY PENRITH-PUCHALSKI THEY/THEM
ASIEL ADAN SANCHEZ THEY/THEM
ERIK LY HE/HIM
ISAAC HAMANN THEY/THEM
KRSHNA BALAKRISHNAN THEY/THEM

TRANS 101 DEVELOPMENT TEAM

ARLO CARRACHER THEY/THEM
FAY ROBERTSHAWE THEY/THEM
FEN REYES THEY/THEM
JO SCHOBEN THEY/THEM
KAL EDWARDS HE/HIM
LANDON CROMPTON THEY/THEM
MELIZA PIKE THEY/THEM
RORY BLUNDELL HE/HIM
SARAH CADZOW SHE/HER

DESIGN

MARGOT FINK SHE/HER

CREATED ENTIRELY BY TRANS AND
GENDER DIVERSE YOUTH

YGENDER  MINUS18

MADE POSSIBLE THANKS TO THE
GENEROUS SPONSORSHIP OF



SIDNEY MYER FUND

TRANS 101

THE BASICS

WHAT IT'S ALL ABOUT

When we think of the word gender a whole bunch of images rush to mind.

Most of us are taught the idea that everyone's either born a boy or a girl, and expected to identify a certain way based on what's between your legs. But that actually isn't true for everyone, and totally ignores the huge and amazing world of people who are trans and gender diverse.

That's what we're going to dive into during this series, being trans, gender identity, and what its all about. Welcome to Trans 101.

GENDER

Gender is part of a person's internal sense of self. It can be female, male, neither, a combination of the two, or exist completely outside of that!

A person's relationship with their gender can also change over time as well.

BODIES

Bodies and gender are totally different things, but people sometimes conflate the two, or think that having a certain body type means you must be a certain gender.

In reality, anyone of any gender can have any body parts!

ASSIGNED GENDER

Most of us are assigned a gender when we're born.

This happens when someone, usually a doctor, nurse, or parent, says "it's a girl!" or "it's a boy!"

This is then reinforced by the people around us as we grow up.

TRANSGENDER/GENDER DIVERSE

Transgender/gender diverse, or trans for short, is when you don't exclusively identify as the gender you were assigned at birth.

NON-BINARY

Non-binary is an umbrella term people use to describe gender that doesn't fit squarely into male or female.

This can include people who feel their gender is a mix of both, changes often, is something totally separate, or have no strong sense of a gender at all.

CISGENDER

Cisgender, or cis for short, is when you do exclusively identify as the gender you were assigned at birth.

SEXUALITY AND GENDER

Gender and sexuality are two different things.

Trans people can be bisexual, asexual, straight, gay, or any other sexuality, but we're all those things in addition to being trans, they're not the reason we're trans.

TRANSITIONING

Transitioning is when someone takes steps to socially or physically feel more aligned with their gender identity.

It's not about appealing to other people, or trying to look like a cisgender person, but rather doing what feels right for yourself, and what that means for each person is different. It's also a gradual thing, and people might change their mind about what works best for them!

SOCIAL TRANSITIONING

Socially transitioning involves the way we interact with other people.

For example, coming out as transgender, asking people to use different pronouns to describe us, or changing the way we interact with gendered spaces, like the bathroom we use.

PHYSICAL TRANSITIONING

Physical transitioning usually involves a person altering their appearance to what feels right for them, like clothes, makeup and hair, or seeking medical treatment like hormones or surgery.

GENDER DYSPHORIA

Gender dysphoria is an intense discomfort a trans person may feel about physical attributes, or the way they're gendered by others. Gender dysphoria can be on a social level, a physical level or even a purely emotional level.

Dysphoria can be really overwhelming sometimes, and having live with a body or expression that you're not comfortable with can really impact your wellbeing, and interfere with day to day life.

Not all trans people experience dysphoria, and it doesn't make anyone more or less trans.

LANGUAGE

All language evolves at a community level, so when trans people coin new terms for our experiences, that's totally fine!

We're developing language that describes who we are, because in past a lot of the words either haven't existed, or those that have have been created by people outside the trans community, and don't always reflect our experiences.

TRANS 101

FRIENDS & FAMILY

COMING OUT OR AFFIRMING YOUR GENDER

There are heaps of ways someone might come out; in person, on Facebook; in a letter; or shouting it from the roof! The most important thing is that it's done on our terms, when we feel ready.

Coming out can look completely different for different people. Some people might want to tell others directly, while others might prefer a subtler approach, or not want to come out at all.

PRIVACY

If someone comes out to you, but you're not sure who else knows, or whether it's okay to talk about it with other people, check in with them first.

Just because they've told you, doesn't mean they'll want to tell everyone!

NAMES AND PRONOUNS

Names and pronouns can represent a big part of who we are, so calling everyone by the names and pronouns they ask you to use is really important. It can make trans people feel affirmed and welcome, and it's just more accurate too!

EVERYONE'S DIFFERENT

Trans people come in all shapes and sizes. How you look, how you act, and what feels most authentically you is a really individual thing.

It's not really possible to tell someone's identity by looking at them.

Expecting that all trans girls will be super feminine, or all trans guys will be super masculine, or all non-binary people will be super androgynous, is actually pretty different from the reality, so try not to make those assumptions!

TALKING ABOUT THE PAST

When talking about someone before they came out, still use their current names and pronouns unless they ask you not to, because hearing our old names and pronouns can be really uncomfortable.

A trans person's real name is whatever name they prefer, and our birth names aren't something anyone else needs to know unless we choose to tell them.

QUESTIONS

Sometimes people will ask trans people a lot of questions about some pretty personal topics.

Being curious about gender diversity is totally fine and wanting to learn more is great, but treating a trans person like they have to answer every question can make things pretty uncomfortable.

Questions about our bodies, relationships, sex, or other stuff like that are personal for most people.

A good rule is think about how well you know the person, and whether you'd ask a cis person that same question. If you're still not sure, ask if they're okay discussing a topic before you ask specific questions.

GETTING IT WRONG!

Everyone makes mistakes sometimes. It's not great; but it does happen.

Wrongly assuming or stating a person's gender is called misgendering. And using a person's old name when they've provided you with a new one is called deadnaming.

Try not to get defensive towards the person if you get it wrong. The best thing to do is say a quick sorry, correct yourself, and move on.

For trans people, sometimes we get misgendered a lot, and you might not even realise it, but you could be the 10th person who's misgendered them that day. That sort of thing adds up, and can get really exhausting.

GETTING IT RIGHT!

When people do get it right, it's a pretty great feeling. It makes us feel safe and included, and it can be validating too.

- Always use a person's preferred name and pronouns
- Stick to gender neutral language (e.g., 'they' instead of 'she/he', 'everyone' instead of 'ladies and gentlemen') if you don't know what terms someone prefers, to help avoid assumptions and misgendering.
- When talking about a trans person in the past, still use their current name and pronouns unless they say otherwise

TRANS 101

HOW TO BE AN ALLY

WHAT IS AN ALLY?

An ally is more than just someone who treats trans people with respect. An ally goes the extra mile to stand with the trans community and fight against transphobia, and they can make a huge difference!

That might involve going to protests, setting up a Queer-Straight Alliance at your school, speaking up when you hear someone say something transphobic, or lots of other things!

UNDERSTANDING TRANSPHOBIA

Transphobia refers to anything that insults, discriminates or oppresses transgender and gender diverse people.

It comes in all shapes and forms, and familiarising yourself with the different types will help you combat against them.

INTENTIONAL TRANSPHOBIA

Intentional transphobia is when someone actively go out of their way to insult or belittle a person because they're trans.

Things like name calling, excluding someone from social events, being cruel, and deliberately misgendering someone all fall under this category.

UNINTENTIONAL TRANSPHOBIA

Unintentional transphobia tends to be more subtle, and can even include slip ups or mistakes.

Subconsciously making assumptions about a person's gender, believing someone should look a certain way, and automatically assuming someone's pronouns based on their appearance can all be examples of unintentional transphobia.

SYSTEMIC TRANSPHOBIA

This refers to large-scale society-wide issues, like employment discrimination, gendered toilets, or lack of representation. What all of these issues have in common is that they impact trans people's rights and inclusion at a system-wide level, and affect how people think about trans people, even if they aren't aware of it.

These aren't set in stone, and they do overlap. Systemic problems can cause unintentional transphobia by affecting the default assumptions we have about trans people, and intentional transphobia can reinforce systemic issues.

LISTENING TO TRANS PEOPLE

The best source of info on trans people is, well, trans people! We're living these experiences every day, and we are the experts in ourselves.

It's also really important to listen to a diverse range of trans people, especially those who are often spoken over, including trans women, non-binary people, trans disabled people, and trans people of colour. Being an ally to trans people means all trans people, not just the ones who are heard most often.

The best allies are ones who recognise that they're here to help, not to speak over, or take charge of a movement. Step back and make space for people who are often ignored. Celebrating our differences, and providing a platform for trans voices is an incredibly powerful form of support.

WAYS TO BE AN ALLY

- Introduce yourself with your name and pronouns. This can let trans people know that it's safe to tell you our pronouns too.
- Fight transphobia when you see it. Let people know that their behaviour or language could be harmful towards someone who's trans.
- Don't assume someone's gender identity, and use gender neutral language until they let you know what they use.
- Put up posters and resources that include or focus on gender identity in common spaces in your school, uni or workplace, and make sure they were created by trans people
- Raise money for an organisation that's by and for trans people, and support community-led change
- Elevate the voices of trans people whenever possible. Host an event that includes a trans guest speaker, and consult trans people on how to make your spaces trans inclusive.
- Trans representation is important even when your group or project isn't specifically about gender. Trans people are part of every community, so we should have the chance to be part of the leadership in every community too! Whatever you're part of, ask yourself who is and isn't being represented, and why.

SEXUALITY AND GENDER

Sexuality and gender are totally different things, but they do sometimes overlap.

Gender is how you relate to yourself, this can be female, male, a mix of both, or something else entirely. Sexuality is who you are or aren't attracted to. Lesbian, bisexual, asexual, straight, & gay, are a few different examples.

That means a person can be any of those sexualities, and also be trans too.

LANGUAGE

Sometimes finding a label that works for everyone in a relationship can take some discussion so nobody feels misgendered or like their sexuality is being erased.

People might need time to figure out how to describe themselves or their relationship if they start dating a trans person. That could be someone totally new, or someone they're already dating who comes out as trans.

If your partner transitioning prompts you to question your sexuality, it's OK to take some time to figure that out! Just make sure you're still respecting your partner's gender identity while you do that.

NON-BINARY SEXUALITY

Figuring out how to describe our sexuality can be especially difficult for non-binary people, because a lot of terminology wasn't really developed with us in mind.

Some people still use outdated definitions that talk about being attracted to the "opposite gender", which totally erases non-binary identities.

Some labels might describe which genders a non-binary person is and isn't attracted to really well, but unfortunately end up misgendering us at the same time.

Words like "lesbian" don't just indicate the gender of the people we're attracted to, they also have gendered connotations about the person identifying as a lesbian too. This can be difficult for non-binary people, who might not always fit in those gendered assumptions.

Some non-binary people can end up using terms like lesbian, while others might use different terms like 'queer', coin a new term, or not use any label. Whatever a person feels best with is totally up to the individual!

DATING A TRANS PERSON

Relationships, sex, and love can all be pretty major things in many of our lives, and the key to all three is communication! So when you're interested in a trans person, showing you already a level of understanding and acceptance going into those conversations is great!

FETISHISING AND EXCLUDING

Being into a trans person because they're trans is called fetishising. That doesn't mean there's anything wrong with loving a trans person, it just means that someone being trans shouldn't be the only reason you're into them.

And it's actually just as important in reverse. Someone being trans shouldn't be the only reason not to date them either.

When someone says they'd never date a trans person, that's actually transphobic, because it relies on the assumption that all trans people are a certain way, so you can tell who is and isn't trans right away.

There's no way to know if someone's trans just by looking at them, so you might have already been attracted to a trans person, and not even known it!

This doesn't mean that you have to date a trans person. If you're not attracted to someone and they happen to be trans, or you're not ready for certain things, that's totally okay, just don't treat a person being trans as all there is to them.

BODY DIVERSITY

Everyone's body is unique; that goes for trans people too. People's bodies can look different to what you might expect.

The reality is that some guys have vaginas, some girls have penises, and some people use hormone replacement therapy or surgery to change how parts of their body look. That doesn't make anyone any less the gender they identify as.

The way trans people describe their bodies can be incredibly diverse too. For example, one trans person might describe a certain area as their "breasts", while another might describe that same area as their "chest".

Even though they're sort of talking about the same thing, having the wrong words used about our bodies can feel really uncomfortable, and even provoke dysphoria, but when the right language is used, trans people feel more comfortable and affirmed, and that's pretty great.

CONSENT

WHAT IS CONSENT?

When it comes to sexual activity, making sure everything is consensual and safe is vital, and it actually makes things way better.

Consent is willingly and knowingly agreeing to something. Everyone involved is responsible for making sure that everyone is comfortable and gives their consent willingly.

If someone agrees to something because they're afraid, or they don't feel like they can safely say no, that's coercion, and not genuine consent.

ASKING FOR CONSENT

There are lots of ways to check in with everyone and see what they're up for, like asking verbally, writing it down, or messaging them beforehand!

Some useful scripts could be "what do you want me to do?", "does this feel good?", "is this OK?", "do you want me to stop?", or "how's this?"

GIVING CONSENT

Some ways people might give consent are saying/ signing/ writing "yes", nodding, or telling you what they want. The important thing here is that all of these are active.

Consent isn't just the absence of a no, it's the presence of a yes. That yes can be communicated in different ways, but it must be there. If they haven't explicitly and unambiguously communicated a yes, then assume it's a no.

As you get to know people better and talk about boundaries, you might be able to communicate yes in other ways, like moaning, guiding your partner's hands, or pulling them closer. Those only work if you've talked to each other before, because sometimes between nerves or the heat of the moment, people might hesitate to speak up.

Making it clear from the get-go is really important.

Some people might act like they're really into something that they aren't, because they feel anxious or pressured to feel a certain way.

That's why subtler forms of communication, like the ones listed above, are only good enough if you've built that safe environment and had clear conversations about how you'd like to communicate.

REVOKING CONSENT

People can revoke consent in lots of different ways, like saying/signing/writing "no, pulling away, saying "Maybe" or "I'm not sure", or just not giving a yes.

People can revoke consent immediately after they've given it, or decades after they've given it. They can revoke consent for any reason, or no reason at all, and they're never obligated to share that with anyone.

WHEN DO WE NEED CONSENT?

The most obvious example is when you're having sex or making out, but that's not the only time. Sending people sexual pics, telling other people about your sex life, and making sexual jokes or comments all require consent too.

Consent also isn't just about sex. No one has the right to touch anyone else without their consent in any situation, and the way we treat people in day-to-day interactions has a huge impact on what kind of culture we create.

Asking before hugging someone is a great way to model consent, and makes people feel a lot more comfortable. That applies to all ages too- letting young kids decide whether or not to hug relatives is a great way to teach about consent and let them know that their body is theirs and theirs alone.

Respecting someone's no in many situations lets them know that it really is safe to say no to you. Whether that's offering to buy them a drink, inviting them to a party, asking to look at their notes, offering to push their wheelchair, asking for some of their food, or literally anything else, if they say no, there's no pressuring them into it.

Thanking someone for letting you know that they aren't comfortable is another good way to make them feel safe in saying no. Consent is one of the most important things in any kind of relationship, and creating a culture where consent is valued and well understood makes a better environment for everyone.

EVERYONE'S DIFFERENT

Your current partner may not be comfortable with the same things that you or your previous partners were. Like all good relationships, it's all about communication.

Just make sure your relationship is a good experience, and go have fun!

TRANS 101

NEURODIVERSITY

NEURODIVERGENT

Neurodivergent is a word to describe anyone whose way of thinking, understanding and processing information, and interpreting their environment is significantly different from the majority.

There are lots of ways to be neurodivergent, including autism, ADHD (attention deficit hyperactivity disorder), depression, psychosis, OCD (obsessive compulsive disorder), personality disorders, intellectual disabilities, and so many more!

There's also a word for people who aren't neurodivergent, and that's neurotypical.

OUR EXPERIENCES

Isaac (they/them)

I'm a transfeminine non-binary person, and I'm autistic, which means that the way I read social cues, and body language, experience sensory input, and express myself is pretty different from most people. I also have anxiety and depression.

My autism is a fundamentally important to who I am, and it's not a mental illness. Anxiety and depression are mental illnesses, but they're still parts of me and have shaped who I am.

What aspects of these I want to change and how I change them are entirely up to me.

Krshna (they/them)

I'm non-binary, and I have depression, which means that I sometimes experience a total lack of motivation and periods of intense despair. I also have anxiety.

Depression and anxiety are definitely mental illnesses- they're negative things that make my life worse, and ideally I'd want to stop being anxious and depressed.

They're also forms of neurodivergence, because they are still ways that my mind diverges from the typical.

Sam (they/them)

I'm non-binary, and I have ADHD- that's Attention- Deficit Hyperactivity Disorder, and it means that I have trouble regulating my focus and attention, tend to move around and fidget a lot, go off on tangents, and am sometimes really energetic and enthusiastic. I'm also autistic, and experience psychosis.

Being autistic and having ADHD are really important parts of who I am, and to lose either of them would mean losing some of the best things about me.

I definitely wouldn't call either of those 'mental illnesses'. But I'm also psychotic, and that is a mental illness, and definitely something that I do want to change.

BEING TRANS AND NEURODIVERGENT

It's often harder for neurodivergent people to be taken seriously when we come out as trans/gender diverse.

Some people will use our neurotypes to dismiss our genders, usually by claiming that neurodivergent people can't understand gender, or by treating our genders as a symptom. But it's actually totally possible to be both neurodivergent and trans/gender diverse!

Sam (they/them)

Being autistic ADHD influences how I think about everything, and that includes my gender. Having BPD is also part of why I've thought so carefully about my identity in lots of different areas.

I don't know if I'd still be non-binary if those things weren't part of who I am, but they are, so it really doesn't matter. I'm transgender and I'm neurodivergent. It's not possible for me to separate those things, and I wouldn't want to anyway.

Krshna (they/them)

My anxiety and depression are totally separate from my gender identity. I'm not depressed or anxious because I'm transgender, and being transgender isn't a symptom or result of being neurodivergent for me.

The transphobia I face can contribute to my anxiety and depression, but if one day I'm not dealing with anxiety or depression, I'll still be transgender.

Whether someone's neurotype influences their gender identity or not, the most important thing is to listen to them and give them space to own their own identity.

ABLEISM

Ableism is the discrimination and oppression that disabled people face. It's difficult for any disabled person, but it can be especially hard for disabled trans people, who have to deal with the intersection of ableism and transphobia. A big example of this is if neurodivergent trans people try to access medical transition.

Medical professionals often don't know how to support neurodivergent trans people, because of their own biases, not being familiar with our needs, or just not having learnt enough from the best source on our experiences- us! Sometimes they'll think we can't understand our own identities, or will label us as "too complex", and their own misconceptions can lead them to delay our transition.

While this can come from a well-meaning place, being overly cautious is actually harmful. Many of us have to fight to access any kind of medical transition, and forcing us to delay our transition or jump through lots of unnecessary hoops puts us in a really painful situation. Neurodivergent trans people understand our own identities best, and we deserve to decide what happens to our bodies too.

ACCESSIBILITY

Embracing our differences and creating accessible spaces means that all trans people can participate in our community, and it makes our community better!

There are lots of aspects to accessibility, and this is just the beginning. Keep listening to neurodivergent people and learning even more!

QUIET SPACE

A quiet space is a space that's nearby, but separate from the rest of the event, where people can take a break.

It's especially useful for neurodivergent people who find loud, bright, or crowded spaces overwhelming or tiring, but anyone can need to take a break sometimes, so make sure the space is open to all!

It should have less noise, no bright or flashing lights, and no one using it to socialise or chat. If you can have comfy chairs, water, or snacks in here that's great too, but the main thing is making sure it's a good space to take a break from the main event!

Everyone should be able to access it, and no one should have to ask permission or speak to someone before going in. A quiet space also isn't the same as a space for a youth worker or other supporter to approach someone.

It's OK to check in on people briefly, but unless the attendee is in immediate danger, let them use the quiet space to take a break- after all, that's what it's there for, and they might not have the energy to talk to people right then!

PRESENTING INFORMATION IN DIFFERENT FORMATS

Some of us can find it difficult to understand certain ways of presenting information. That could mean we prefer written info, images, videos, more interactive conversations, something hands on, or another way entirely!

Presenting resources in different formats can make it a lot easier for us to access all the information our neurotypical peers already have.

LANGUAGE

It's really important to be careful with the language we use. Some people will use neurotypes as casual descriptors, like saying they're "so ADHD" because they lost something.

This can actually be really harmful, because it relies on narrow stereotypes and misrepresents a broad and complex experience into a single action.

Using words like "crazy" to imply that something is bad or ridiculous is also harmful, because it relies on the stigma around mental illness and neurodiversity to make that point.

RESPECTING OUR COMMUNICATION

Everyone communicates differently, but not all forms of communication are equally respected. If someone is writing, signing, miming, using AAC devices, or having someone else pass along messages for them, those are all valid ways of communicating!

How someone communicates might change often too. Someone might be able to communicate verbally in person, but not on the phone, or communicate one way most days, but rely on another method if they're feeling stressed or overwhelmed. We know our needs and abilities best, and accepting our communication styles goes a long way to creating an inclusive environment!

The way some of us read and express body language and tone can also be really different from other people. Be willing to clarify what you meant, and try not to get defensive if someone else explains that their tone or expression doesn't mean what you thought it meant.

Try not to assume that everyone will pick up on the same unspoken rules that you might think are obvious. When there are policies everyone has to follow, make sure they're explicit, rather than assuming that everyone will just know or pick up on the general practice.

MOVING AROUND

Some neurodivergent people stim, fidget, or pace a lot. It can help us focus, regulate our emotions, or just be part of our way of interacting and feel good!

Don't assume that someone isn't paying attention because they're moving around a lot, fidgeting with something, looking at their phone, or drawing.

It might not seem important to you, but giving us space to be ourselves and engage with what's going on around us in the ways we know work for us is awesome!

DON'T STIGMATISE MEDICATION

Some neurodivergent people find meds helpful, and others don't, or aren't able to access medical services.

Medication should be a personal choice for everyone, with guidance from a medical professional, and no one should ever be shamed for what choice they make.

TRANS 101

PEOPLE
OF COLOUR

GENDER DIVERSITY ISN'T A "WHITE PEOPLE THING"

Arguments are sometimes made that gender diversity is new concept that was invented by a western society. Not only is this a tool often used to discredit trans people's identities and to silence us, but it's simply not true. There's actually a long history of gender diversity that goes back thousands of years outside of a western context, and that shouldn't be erased.

RACISM AND TRANSPHOBIA

When you're gender diverse and a person of colour, racism and transphobia can intersect in unique ways.

- **Beauty Standards**

A lot of the beauty standards we're held to are very white-centric, so trans and gender diverse people of colour can sometimes feel like they need to work even harder for acceptance.

How a person looks should not be a factor in whether or not their gender is respected, but unfortunately we know that as a society, the way we are treated and whether or not we are respected can be based largely on the way we appear, and the appearance of people of colour is judged more harshly.

- **Role Models**

For people of colour, and for trans people, finding role models that we can look up to can be tricky. But when you're trans and a person of colour and looking for role models, our options become even more limited.

- **Being Used as a Talking Point**

People will sometimes accuse certain cultures or religions of being transphobic, while being kinda transphobic themselves. We end up just being used as a cover for racism or an excuse for transphobia. Rather than focusing on what people outside our communities say our experiences are, listen to trans people of colour, because we actually know what our lives are like.

ENGAGING WITH RESPECTFULLY WITH GENDER DIVERSE PEOPLE OF COLOR

We sometimes hear things like "they/them pronouns are too complicated" or "gender diverse people of colour have a more basic understanding". Assuming that people of color are ignorant or can't understand our own identities is actually pretty racist. Don't assume that people can't understand the terms you use, but show patience if they're new to others. That doesn't mean assuming it's "all too hard for us" by default, it means using the language you're comfortable with and explaining it if someone asks you to.

The best way to learn about the experiences of gender diverse people of colour is to from gender diverse people of colour! No one can speak for everyone else, but these are some of our views to get you started!

ERIK (HE/HIM) – VIETNAMESE

I was born in Việt Nam, and in mainstream indigenous Vietnamese culture, there's a religion called Đạo Mẫu which has been around since before Buddhism was introduced to Việt Nam over 2500 years ago.

Within this religion, there's a spiritual person called đồng cô. Typically, this person is assigned male at birth. Some people said that some of the đồng cô are gay while others say that đồng cô were assigned male at birth and have the spirit of a woman, and it's sort of similar to being trans. They were very well respected in past, still very well respected by people who are Đạo Mẫu followers in modern Việt Nam

ASIEL (THEY/THEM) – MEXICAN

As a Mexican non-binary person, questioning Mexican notions of masculinity was part of my coming out process. Reconciling my cultural identity with my gender identity has taken significantly more work than just coming to terms with my gender, but I find very little space to have these this conversations, both within the trans community and within the Mexican community.

For me, coming out never came down to a single moment where I said it out loud. Many of us come out in silence; in actions rather than words. That doesn't mean that I'm closeted or ashamed. Quite the opposite; being trans has been a wonderful source of self-love. I'm just discovering how to come out on my own terms, how to celebrate my queerness in my own culture. Sometimes the best way is silent validation.

ZACH (HE/HIM) – ABORIGINAL

Sistergirls and brotherboys have existed within indigenous culture for thousands of years before western cultures invaded Australia. Originally, Indigenous people believed that sometimes people could be born as a male, who was then assigned the body of a female, and vice versa. However, as communities became closer tied, knowledge expanded and the meaning became ever changing and continuously evolved to our current definition, a definition that we see today as trans.

"Brotherboy" and "sistergirl" is now lovingly used within communities of trans Indigenous people, as well as communities which surround them. Language within indigenous cultures has changed but the casual nature in which brotherboys and sistergirls are mentioned remains the same. The variation of the terms brotherboy and sistergirl change from tribe to tribe/group to group, but essentially most Indigenous tribes and groups have a term for trans people. Trans people and brotherboys and sistergirls will always have a place within the Indigenous community.

TRANS 101

GENDER DIVERSITY CRASH COURSE

LOOKING FOR MORE?

YGENDER

 /ygender

 @ygender

 ygender.tumblr

 Ygender

MINUS18

 /minus18youth

 @minus18youth

 minus18.tumblr

 Minus18TV

CHECK OUT THE VIDEOS!

[TRANS101.ORG.AU](https://www.trans101.org.au)

HELP US KEEP GOING

Ygender is proudly run by trans youth volunteers! We rely on our volunteers and community support to do the work we do.

Help us keep supporting trans and gender diverse youth across Australia!

ygender.org.au

MADE POSSIBLE THANKS TO THE
GENEROUS SPONSORSHIP OF



SIDNEY MYER FUND

Made with love by trans and gender diverse youth
Published 2017 | Printed on 100% recycled stock

YGENDER

MINUS18

Sidney Myer

SIDNEY MYER FUND