

FILL OUT THE SURVEY!

my name is

I describe my gender identity as

my pronouns are

I think gender is...

The communities I'm a part of are

I experience gender in my communities as

What I think people don't realize is

The question I would have on this survey is

My answer to that question is



These are the same questions we asked over 200 people to answer to help build this book. What would you say?

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Nn Oo Pp Qq Rr Ss Tt Uu Vv Ww Xx Yy
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GENDER EXPRESSION



Vocal
Pitch

Word
Choice

Oh cool, I get it. Gender expression is about the ways I communicate my gender to other people. This includes my short hair, baseball cap, how I don't wear makeup, how I refer to myself, the way I talk, and even the activities I enjoy. Though the specifics change every time I get dressed, I notice I tend to use a consistently masculine palette overall. However, I might present a little differently depending on my mood that day, and the context - you know, whether I'm going to church with my grandma or a party with my friends. But that's just me. How do you wear your gender?

GENDER

PERCEPTION

how is your gender seen?
how do you see others?

Haircut & style

Facial color, shape, hair

Clothing & Accessories

Body size & shape

How closely does your view of yourself align to how others see you?

It's not very darn close at all, and that hurts. Inside...I'm a girly girl, I like pink and fairy tales and don't want to be strong all the time, but I'm type cast by my size and by my gender, and no one bothers to get to know who I really am inside.

-Em's survey response

* Many people suffer slurs and physical harm just because they do not conform to gender roles. The murder of Willie Houston, harassed initially for holding his wife's purse, is a tragic reminder of how fear of gender nonconformity affects us all.

"Passing"

PRONOUNS

are a language's shortcuts used to describe people, places, or things. We're most interested in the uses for people. In English, personal pronouns tend to be gendered, though since the 1800s there's been a movement for a gender-neutral pronoun to avoid awkward contractions like s/he, which appeals greatly to folks outside the gender binary.

I used to think these were all the pronouns out there for people, but the more folks I meet, the more I learn. Choosing our own pronouns can be really empowering.

Hey Naomi, so I never did ask: which pronouns should I use for you?



pronoun	gender
he/him	masculine
she/her	feminine
they/them	neutral
ze/hir	neutral
phe/per	neutral
thon/thon	neutral
ey/em	neutral



I like ze/hir, thanks for asking, Mel!

Yeah, it's good to know. Sometimes I get offended if people assume my pronouns without asking, you know? I rarely mind a polite question about the words I use to describe myself, as long as it's kind.

example

He left his dog with his pal.
She took her power tools.
They are a good friend.
Ze likes to brush hir teeth.
Phe named per goldfish Bob.
Thon did all of thon's dishes.
Ey looked at em skeptically.

MORE Gender Neutral Pronouns

zie, ne,
one, xe,
sie, ve,
tey, e,
yo, co,
re, ne,
hu, ta,
ve

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try it!

the "pronoun game" is a fact of life for many transgender folks and their allies. See if you can go 24 hours without gendering someone with your language. ("Alex took Alex's dog to the park.") It can be tricky! Often, though, it's the best course of action when you don't know someone's pronouns yet.

TRANS WOMAN

A.K.A. **MTF**
male to female **FTF**
transsexual

Is an identity that refers to people who were assigned a male sex at birth and have since realized their gender identity is female.

These women are from all kinds of backgrounds, races, classes, sexual orientations, and personal histories, but the one thing that they have in common is a female identity so strong that they desire to live, work, and love full-time as women.



I've known I was a girl since I was young, but only took the steps to live full-time recently, with the support of my community.

My friend is a choir director. He's been helping me with weekly voice lessons.

Laser hair removal can be painful & expensive & necessary.

I guess you could say I dress conservatively. I go to Mass, walk my dog Honeybee, and work as a banker. I have 3 grown kids who make me proud.

she & her

no pronoun preference.



HI, MY NAME IS...
Christina

I've been on HRT for 7 years now, and the physical changes from my estrogen and testosterone-inhibitors are pretty obvious: breast tissue growth, softer skin, and a general redistribution of fat. I take 2 tablets daily.



It really hurts my feelings when people use words like tranny or she-male or 'it' to describe me.

I feel very blessed that my family is still in my life. I volunteer for a needle exchange program through my church to support my trans sisters who might not have the same access to healthcare that I enjoy.



***HRT** is short for hormone replacement therapy

Thanks! I'm just happy to learn anything you're comfortable sharing!

I know medical transition isn't right for everyone, but last February, I made the choice to travel to Thailand for my gender affirmation surgery (a.k.a. sexual reassignment surgery). It was a bit scary to go under anesthesia, but I was so ready. Even though the healing process was rough, I couldn't be happier with the results.

I've considered other surgeries like breast implants and facial sculpting, but it's not a high priority for me. I just want to focus on my family right now.

PHYSICAL TRANSITION



PHYSICAL TRANSITION

"Top surgery" is something I'm looking forward to when I can afford it. There are many methods. My insurance won't cover it, so right now I'm pre-op,* saving up and doing some research.

I'm lucky to have grown up in the internet age. Coming from a small town, it was a huge relief to find others like me, sharing their stories.

I know folks are curious, so I hope by sharing some private medical facts here they won't feel the need to ask me in person.

T testosterone

is a hormone that can be injected into a muscle or (less often) applied topically via a cream or patch. I've been on T for 8 months now, and I've noticed increased muscle development, my voice has started to drop, and I even have a bit of facial hair coming in!!!

"Bottom surgery" isn't in my future right now. The options seem pretty limited, though some of my friends have had good results.

*Pre-op refers to a transsexual person who has not yet undergone surgery, as opposed to individuals who have already undergone (post-op) or do not plan to (non-op) surgically alter their bodies.



TRANS MAN

A.K.A. FTM

Female-to-male
transsexual

I work at the grocery store while I'm applying to schools. I want to be a lawyer. I know firsthand how women are treated and want to make a difference.

Transmen are people whose experience is usually that of being assigned female at birth and socialized as such, to determine at some later point that their gender identity is masculine to the extent that they desire to live full-time as a man.

Though there is a wide variety of people who identify as somewhat trans-masculine, most who embrace the "transsexual" identifier usually prefer masculine pronouns, take masculine or androgynous names, and may want to alter their bodies to match their gender identities.

I used to double up sports bras to bind, but these days I use a special compression vest.

"Packing" is when I stuff my drawers. Some packers are good for sex, and others help me pee standing up.

They say, "the clothes make the man." I tend to shop in the men's or boy's section. I learned how to sew because it can be hard to find pants that fit.

I use masculine pronouns (he/him)

D.J.



I was pretty cute in pigtails as a kid! These days it can be hard to find a team where I feel like I can fit in.