

## **Becoming Trans-Parent: One Family's Journey of Gender Transition & Beyond**

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### **DEFINITIONS**

**Transgender** - a person whose sense of personal identity and gender does not correspond with their sex assigned at birth.

**Gender identity** – **Who you are.** A person's internal, deeply held sense of their gender.

**Sexual orientation** – **Who do you like;** who you are attracted to.

**Gender binary** - two categories of gender: Male, female.

**Non-binary** - People whose gender is not male or female. Gender identity and/or gender expression falls outside categories of man and woman. E.g., somewhere in between man and woman. The term is not a synonym for *transgender*; should only be used if someone self-identifies as non-binary. Non-binary is sometimes shortened to “enby” or “NB”.

**Gender spectrum** - Describes a person who rejects static categories of **gender** (i.e., the **gender** binary of male/female) and whose **gender** expression or **identity** falls outside of the dominant social norms of their assigned sex. They may identify as having aspects of both male and female identities, or neither.

**Genderqueer** – experience gender expression outside of "man" and "woman." Their gender may be defined somewhere in between man and woman, include both man and woman, or differently from these terms. The term is not a synonym for *transgender*; only used when someone self-identifies as genderqueer.

**Cisgender** - "Cis-" is a Latin prefix meaning "on the same side as," as in on the same side of gender. (E.g., I identify with my gender assigned at birth = I am cisgender)

**Gender non-conforming** - describes whose gender expression is different from conventional expectations of male or female. *Not all gender non-conforming people identify as transgender; nor are all transgender people gender non-conforming.* Many people have gender expressions that are not entirely conventional – that fact alone does not make them transgender. E.g., “Tomboy”. **Gender non-conforming people may or may not be transgender.**

### **Pronouns**

The singular *they* can be used to describe someone who identifies as neither male nor female. It is officially accepted as a singular pronoun in the Merriam Webster Dictionary as of 2019 (word of the year 2019). There are many other non-gendered pronouns that are used; it's always polite to ask a person which pronouns they use. (“Google” non-gendered pronouns)

### **How to be a Good Ally:**

- If you hear a joke or comment that makes fun of transgender people, or if you overhear bullying: Say something. Speak up.

- If you aren't sure, **ASK** what pronouns a person uses, or simply use their NAME.
- Understand there is no right or wrong way to transition – everyone is different.
- Respect terminology a transgender person uses to describe their identity.
- **Listen** with an open mind when transgender people talk about their lives.
- **Learn.** Read books and visit websites, read blogs to learn more about transgender.
- Other ways you can show support are using appropriate language and pronouns; helping to change laws by communicating with your state and national representatives, and attending Pride events.

### Resources:

World Professional Association for Transgender Health (WPATH) is the standard of care (SOC) for gender transitioning individuals. Those transitioning need to find a doctor who adheres to these guidelines. <https://www.wpath.org/>

[HRC.org](https://www.hrc.org/) Human Rights Campaign represents a force of more than 3 million members and supporters nationwide. As the largest national lesbian, gay, bisexual, transgender and queer civil rights organization, HRC envisions a world where LGBTQ people are ensured of their basic equal rights, and can be open, honest and safe at home, at work and in the community.

[Transequality.org](https://www.transequality.org/) National Center for Transgender Equality. See 2015 Transgender Survey. Wisconsin stats are listed there too.

FORGE (Milwaukee) <https://forge-forward.org/> National office for non-violence and transgender rights.

Diverse & Resilient <https://www.diverseandresilient.org/>  
(Offices in Appleton and Milwaukee)

GLSEN <https://www.glsen.org/> (school educational resources)

GLAAD <https://www.glaad.org/> (journalists/media, acceptance, media awards)

“Parents of Transgender Children” – Closed Facebook Group (Send request to join), 8,100 members from UK, USA, Aus. NZ and other countries. There are several different groups, this is the main one that we belong to) <https://www.facebook.com/groups/ParentsofTransgenderChildren/>

PFLAG <https://pflag.org/> – support groups for families, there are a local chapters in Appleton, Sturgeon Bay & Door County.

PFLAG booklet “Straight for Equality: Guide to Being a Trans Ally”  
<https://pflag.org/publication/guidetobeingatransally>