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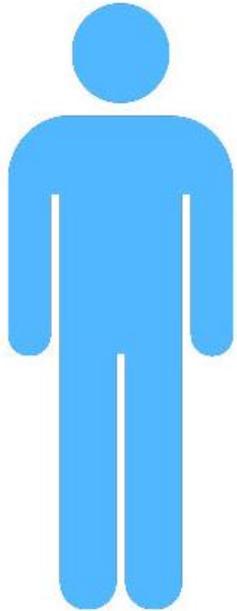
UNIVERSITY HEALTH & MEDICAL
LIBRARIANS GROUP

Transgender Literacy

Cheryl Morgan
Spring Forum, 2019

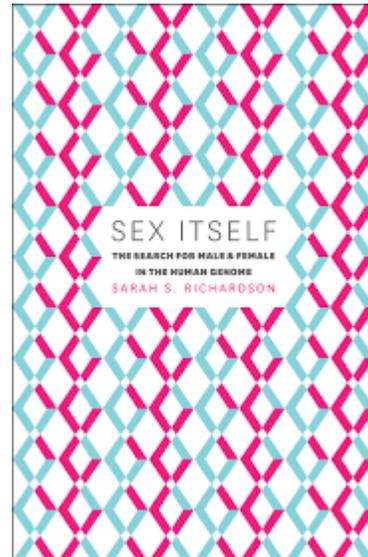
The 
Diversity Trust
Influencing Social Change

The Traditional View of Gender



Biology Is Messy

- Human embryos start off with potential for both genders, but looking more female
- The process of becoming fully male or fully female is complicated, involving many biochemical pathways
- We have barely begun to understand how it works
- “Biologists have never been under the illusion that genes and chromosomes are all there is to the biology of sex.” – Sarah Richardson, *Sex Itself*



What Determines “Sex”?

- Chromosomes
- Specific genes that control development
- Gonads (testes or ovaries)
- Sex hormones (testosterone & oestrogen)
- Internal sex organs
- External genitalia
- Secondary sex characteristics (breasts, facial hair, etc., mostly acquired at puberty)

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- Internal sex organs ✘
- External genitalia ✓
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Intersex Variations



- These people are all “biologically male”, i.e. have XY chromosomes
- They have not had medical treatment, they developed female bodies naturally
- Mostly such people don't have wombs, but...
- There is at least one case of a person with XY chromosomes giving birth to a female-bodied person with XY chromosomes
- Mothers of boys have XY cells in their bodies
- Swyer Syndrome has same effect but different cause
- Many different variations exist

Picture via *The Independent*, Nov 30th 2013

What Is Gender?

- Gender Role & Presentation
 - Jobs for boys v jobs for girls
 - What you wear & how you behave
 - Mostly socially constructed
 - Some lesbians adopt very masculine gender presentation, but still identify strongly as female
 - Some historical male fashions have been very feminine to our eyes

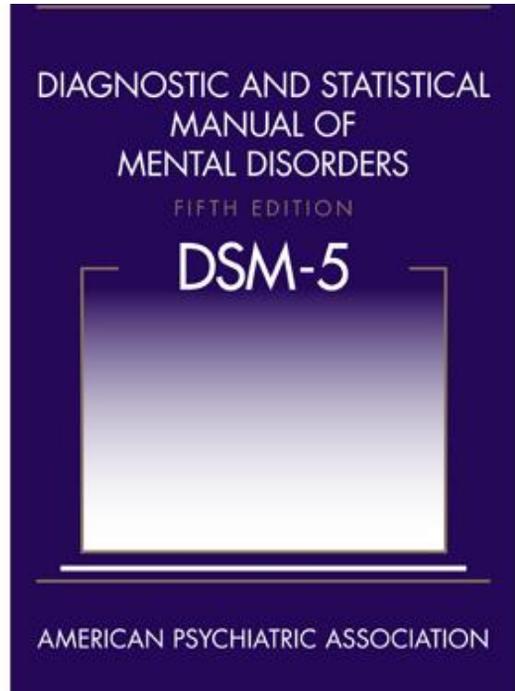


What Is Gender Identity?

- Gender Identity
 - Who you are
 - No more “curable” than being gay
 - Often manifests at a very early age but may not manifest until puberty or later
 - How do **you** know what gender you are?
- Being trans may be a collection of intersex conditions whose origins & mechanisms we don’t yet understand
- Endocrine Society says, “a durable biological underpinning to gender identity that should be considered in policy determinations”
- But beware simple explanations and tests for transness

Trans Is Not

- A Mental Illness
 - USA: Diagnostic & Statistical Manual of Mental Disorders, version V (2013)
 - World Health Organisation International Classification of Diseases, version 11 (2018)
- A Sexuality
 - Trans people exhibit the same range of sexualities as non-trans people
- Dangerous
 - Trans people are not pre-disposed to become sex criminals
 - Being trans is not contagious
- Simple
 - A wide range of different identities and needs



Terminology

The Leaky Umbrella

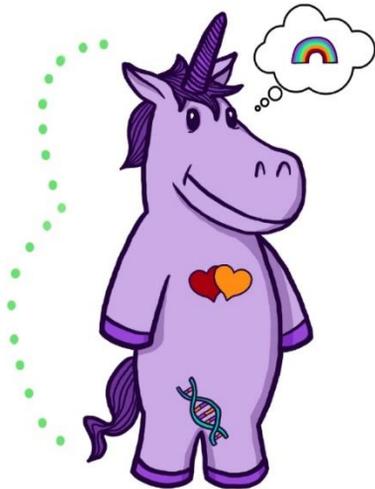


- LGBT -> LGBTQQIAP+
- Trans
 - Medical or not
 - Binary or not
- Non-Binary
 - But how?
- Gender Non-Conforming
- Culture-specific
 - Hijra, Two Spirit, etc.
- Intersex
- Cisgender

The Gender Unicorn

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

Stereotypes, Prejudices and Discrimination

- A **stereotype** is an exaggerated belief, image or distorted truth about a person or group based on our personal frameworks.
- A **prejudice** is an opinion, pre-conception or attitude about a group or its individual members.
- **Discrimination** is behaviour that treats people unequally because of their group memberships.
- **Power dynamics** are important, a dominant group, or personal attribute such as being white, heterosexual, able-bodied, cisgender, middle or upper class can exert power over less dominant people through discrimination or omission.

Definitions: Actions

- **Transphobia:** Irrational fear and hatred of Trans (Transgender) people; denial of the validity of trans identities
- **Misgendering:** the act of addressing or describing someone in a gender other than the one they prefer (can be accidental or deliberate)
- **Deadnaming:** Using the birth name of a trans person to imply that's who they "really" are

How Many Trans People Are There?

- 26,000 adults have presented for treatment, 13,000 have undergone transition (2014 data)
- Growth rate > 20% p.a.
- A 2018 government publication estimated the total UK trans population to be between 200,000 and 500,000
- Only youth clinic is the Tavistock; 91 patients in 2009/10, 441 in 2013/14, 2016 in 2016/17
- Increasing visibility of non-binary patients
- 57% of trans people have some or all treatment privately

Trans Care Pathway

- Referral to Gender Identity Clinic by GP
- Psychiatric assessment at GIC
- Hormonal intervention (or puberty blockers for youths)
- Fertility preservation, especially for young people
- Living in desired gender role (originally 2 years full-time, some GICs now only require 1.5 or 1)
- Surgical intervention if desired (min age 18)
- Discharge to GP care
- The regret myth
- Purpose is a happy patient, not forcing anyone through transition if it isn't right for them

Diversity Trust Trans Health Needs Assessment

- In 2017 the Diversity Trust carried out a Trans health needs assessment with the aim of improving access to health services for local Trans communities
- The project has focused on the specific health inequalities experienced by Trans communities across the South West
- The project has been supported by funding from our Local Healthwatch including: Bath & North East Somerset, Bristol, North Somerset, South Gloucestershire, Swindon and Wiltshire

What We Found

- 27% have waited a year or more for a first appointment
- 61% of participants had sought help for anxiety or depression
- 32% had hurt or injured themselves (known as self-harm)
- 20% were feeling unhappy and depressed in recent weeks
- 59% had thought about suicide or tried to kill themselves
- 35% stated they had a physical health condition expected to last 12 months or more
- 34% stated they had a mental health condition expected to last 12 months or more
- 30% of participants felt discriminated against in the health care system

Trans People in Education

- Trans students may have already had bad experiences in school
- Data from 2009 study
 - 34.8% of trans students fear losing financial support if they come out to their parents; 9.2% are already estranged from their families
 - 22.6% of trans students report being bullied or discriminated against at university
 - 28.5% of trans students have taken time out from their courses due to abuse, stress, etc.
- Trans people and issues can be invisible or erased in course material
- The Students' Union LGBT+ group knows more about trans identities than you do.

Stonewall Trans Rights Report, 2018

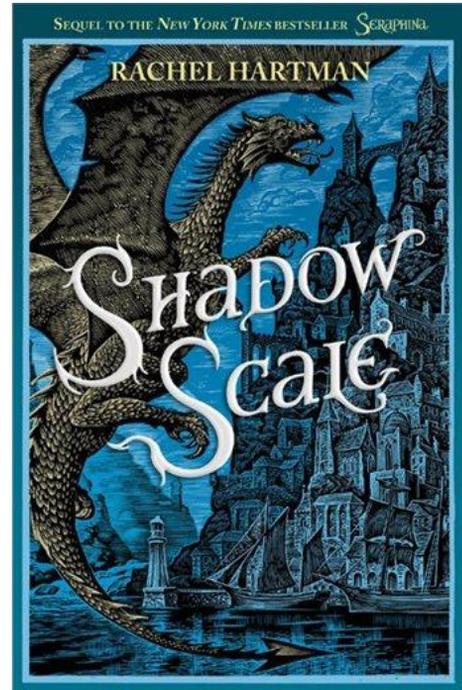
- Two in five trans people (41%) and three in ten non-binary people (31%) have experienced a hate crime or incident because of their gender identity in the last 12 months
- One in four trans people (25%) have experienced homelessness at some point in their lives
- One in eight trans employees (12%) have been physically attacked by colleagues or customers in the last year
- Almost half of trans people (48%) don't feel comfortable using public toilets
- More than a third of trans university students (36%) in higher education have experienced negative comments or behaviour from staff in the last year
- Separately: 20% of trans people have been pressured to undergo conversion therapy by NHS staff

How Can I Help?

- Respect trans people identities
- Understand that students may be going through a lengthy and difficult transition process
- Change records when asked
- Have information on trans issues available
- Advocate for trans people in the university community

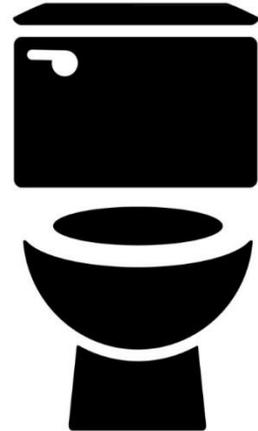
If In Doubt, Ask

- Everyone is a stranger until you have asked, “How may I pronounce you?” – Rachel Hartman
- If you need to ask, do so in private
- Variety of gender-neutral terms – it would help if there was an official one like in Finland or Sweden
- Singular “they” is not ungrammatical
- Everyone makes mistakes, so it is important to learn how to apologise

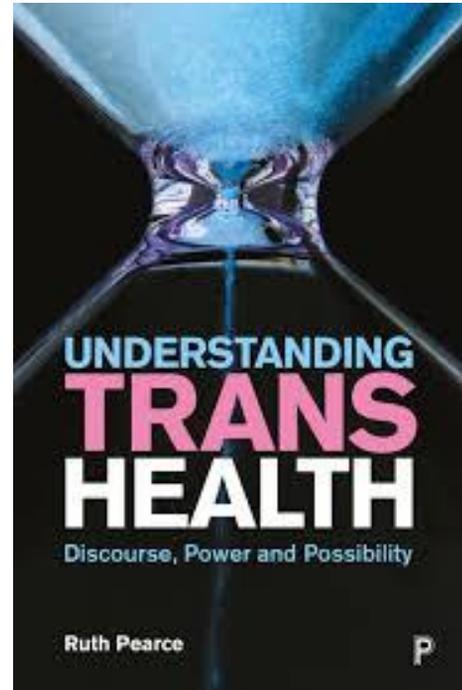
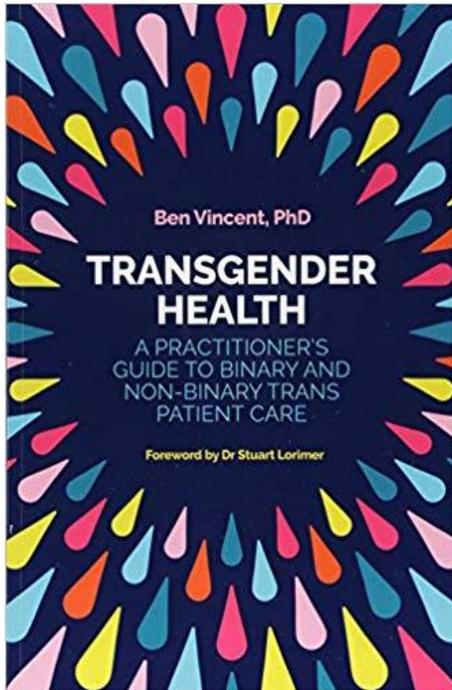


The Bathroom Issue

- Zero evidence of trans people harassing women in bathrooms
- Different trans people have different requirements regarding bathrooms (and at different stages of transition)
- Do single-stall rooms need to be gendered?
- Look at providing “all gender” bathrooms as an option
- Think about what signs you use
- Don't re-purpose disabled bathrooms

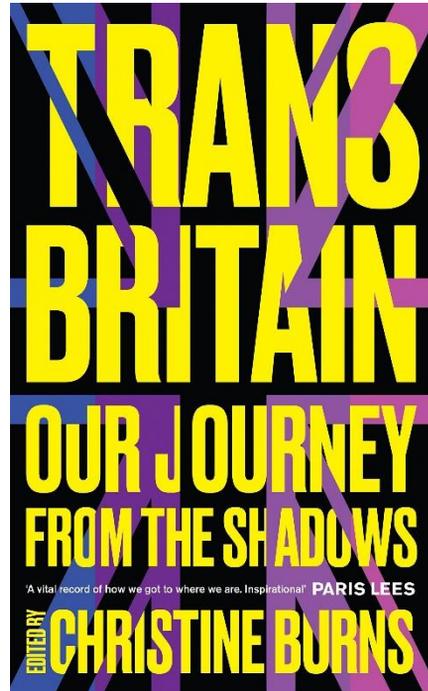


Book Recommendations

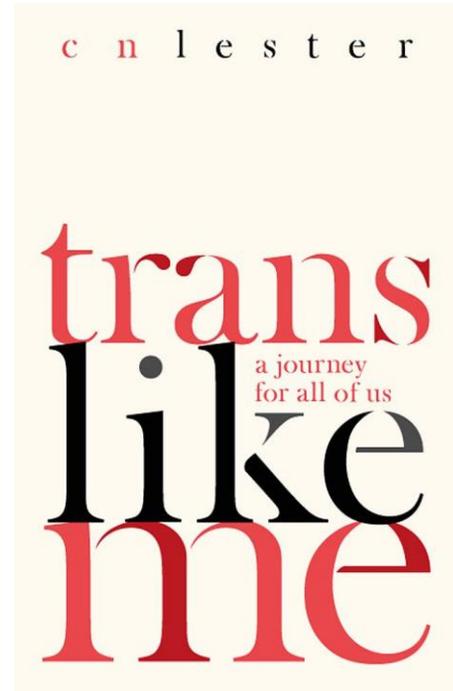
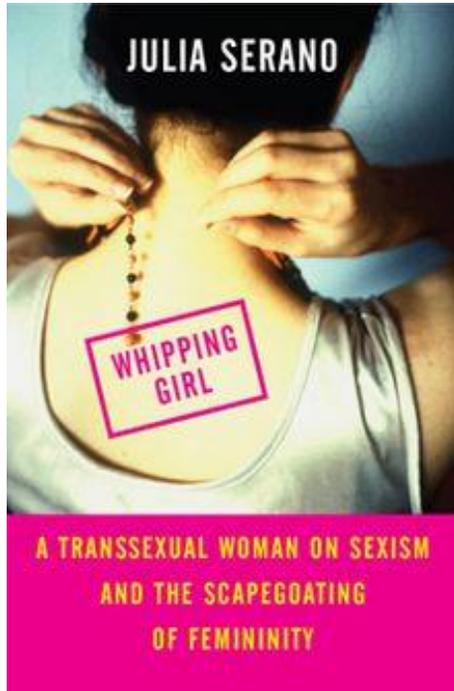


Trans History

- Trans Doctors
 - James Barry
 - Alan Hart
 - Michael Dillon
 - Richard Curtis



Trans Theory



What Trans People Want

The same rights and respect
as everyone else in society

WHEN? HOW? WHERE? WHO? WHAT? WHEN? WHERE? WHAT? When? WHERE? ANY WHAT? WHEN? HOW? WHEN? What? WHERE? What? What? WHEN? HOW? WHEN? What? When? HOW? WHEN? WHAT? Why? WHEN? When? WHERE? What? HOW? Why? WHERE? When? HOW? When? Why?

Resources

- Gender Identity Research and Education Society: <http://www.gires.org.uk/>
- Mermaids: <http://www.mermaidsuk.org.uk/>
- World Professional Association for Transgender Health: <http://www.wpath.org/>
- Pink Therapy: <http://www.pinktherapy.com/>
- Stonewall report: <https://www.stonewall.org.uk/sites/default/files/lgbt-in-britain-trans.pdf>

Trans People Speak

- The My Generation Project:
https://www.youtube.com/watch?v=byz4U51tJX8&list=PLbeZBtR_FvDH-IXWdP5IO6-srPj6hG2u9
- Diversity Trust films:
https://www.youtube.com/channel/UCYz1ZSS2PRTE_u4UoAxYNMQ
- What is Gender (Bristol trans youth film):
<https://www.youtube.com/watch?v=qlYtj0sf6ec>

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