

WHAT DOES IT MEAN TO BE TRANS?

Traditionally, gender and sex used to be used interchangeably and people were understood as a binary, i.e. "male" or "female", depending on the parts they had, i.e. their genitals, or their chromosomes



We now know that sex and gender are two different things - and that a person may have a gender "identity" that feels different from what their sex, assigned at birth, may be. Confused? See further...



SOME IMPORTANT TERMS TO REMEMBER

GENDER IDENTITY

A person's internal sense of self and how they fit into the world, from the perspective of gender.

SEX

The sex we're assigned at birth based on assessment of external genitalia, as well as chromosomes and gonads. Different from gender.

GENDER EXPRESSION

The outward manner in which an individual expresses or displays their gender. This may include choices in clothing and hairstyle, or speech and mannerisms.

For someone who is **transgender** (trans for short), their *gender identity* doesn't match the sex they were assigned at birth.

Some may be **gender nonconforming**, i.e., their gender identity and gender expression may differ; for example a woman (transgender or non-transgender) may have a "tomboyish" appearance - not all nonconforming persons are trans and vice versa...

<https://transcare.ucsf.edu/guidelines/terminology>

NONBINARY

Trans or gender nonconforming person who identifies as neither male nor female.

INTERSEX

Intersex describes people with variations in their sex traits such as chromosomes, hormones or reproductive anatomy.

Intersex is different from transgender. Transgender people have a different gender identity than they were assigned at birth. Intersex people are born with bodily differences in their sex traits.

WHO ARE HIJRAS?

Hijras are a member of a community [Indian or otherwise South Asian] of people who may be transgender, intersex, or eunuchs, and are generally considered a "third gender," neither fully male nor female.

SEXUAL ORIENTATION

Who someone is attracted to. It is not directly related to gender identity. A trans person can be attracted to anyone of the same gender identity as them or of another gender.



<https://transequality.org/trans-101/about-transgender-people>

<https://interactadvocates.org/faq/intersex-lgbtqia/>

HOW DOES SOMEONE KNOW THEY ARE TRANS?



A lot of persons say they knew as a kid - which is when the idea of gender forms. Some might recognize the feelings better as an adult.

REMEMBER, IT IS NOT A PHASE, AND EXPLORATION IS OFTEN NATURAL



Some people may spend years feeling like they don't fit in without really understanding why, or may try to avoid thinking or talking about their gender out of fear, shame, or confusion. Trying to repress or change one's gender identity doesn't work; in fact, it can be very painful and damaging to one's emotional and mental health.



(cr: transequality.org)

WHAT IS GENDER DYSPHORIA?



BEING TRANS, IN ITSELF, IS NOT A MEDICAL CONDITION

However, many people experience serious emotional distress when living with a gender identity that is different from the gender they've been assigned at birth.*

GENDER DYSPHORIA CAN BE ALLEVIATED BY EXPRESSING ONE'S IDENTITY

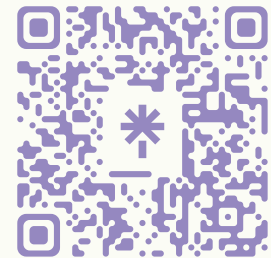
Including, but not limited to, steps such as choosing one's names or pronouns; appearance (whether by clothing, hormonal medication, or surgeries), joining a community, etc.

THERE ARE NO SPECIFIC STEPS TO "COMPLETE" FOR A TRANSITION

"All trans people are entitled to the same dignity and respect, regardless of which legal or medical steps they have taken." (transequality.org)

*Many trans people may have to deal with anxiety, depression or physical health issues as a consequence of stigma or difficult experiences. This is separate from gender dysphoria

MORE RESOURCES TO LOOK INTO:



More questions? Queries/clarifications/anything that doesn't sit right? Reach out below!



Created by Dr Aana Shah, Psychiatrist
draanashah.com