

Transgender Issues in College Health and Student Affairs

RESOURCE MATERIALS

**Prepared by: Transgender Training and Advocacy, www.tgtrain.org
Additional resources are also available at: www.tgtrain.org/resources**

NEED FOR TRAINING AND INFORMATION:

As the visibility and activism of transgender and gender-variant students has grown, higher education administrators are seeking to increase their understanding of basic issues related to the transgender experience. Institutions are also working to create policy change to provide safety and inclusion to this emerging group; over 70 colleges and universities now have specific protections for campus community members based on gender identity or expression. Training and skills-building are necessary next steps to successfully implement and support this policy change. Transgender Training and Advocacy has provided trainings around the country, reaching staff and administrators in college health, student affairs, residential life and senior administration. These trainings improve awareness, skills and comfort among staff and others, leading to multiple possibilities of institutional change.

BASIC DEFINITIONS:

Transgender is the umbrella term used to describe a wide range of people who do not fit neatly into the bipolar, socially constructed categories of sex and gender. Our dominant culture only recognizes two sexes--male and female--and two gender expressions--masculine and feminine. We are told early on that our gender expression will "naturally" correspond to our physical sex at birth. In fact, the mark of sex and gender qualifies one as human in our culture--"Is it a boy or a girl?" Transgendered people, today and throughout history, are proof that our dominant culture's bipolar system and mark of humanity does not even begin to reflect the beautifully complex and uniquely sexed and gendered lives of the people of our world. Transgender identity has been known and recorded throughout history across lines of culture, class, race, age, ability, faith and sexual orientation.

Transexual: Individual's gender identity is in conflict with their physical sex and they take, or plan to take, steps to "correct" that. Individual can use, or plan to use, hormones, surgery or both to be able to live full-time in a body that more closely matches their gender identity.

Crossdressers: Individuals who wear the clothing of the other sex on occasion, but do not desire to change their sex. They dress for personal reasons, which can range from fun, to a need to express their feminine or masculine side to a way to express themselves erotically in their private lives.

Intersexed: A set of medical conditions that feature "congenital anomaly of the reproductive and sexual system." That is, intersex people are born with "sex chromosomes," external genitalia, or internal reproductive system that are not considered "standard" for either male or female. While not a dangerous physical condition, it is often treated as a medical emergency, subjecting intersexed children to painful surgeries and treatment based on shame and secrecy. *(Taken from www.ISNA.org)*

IMPORTANT CONCEPTS:

Gender Identity and Sexual Orientation are Different Things:

Every individual has a biological sex, a gender identity and a sexual orientation.

- Being transgender does not mean you're gay and being gay does not mean you're transgender.
- Gender is about who we believe ourselves to be; sexual orientation is about who we are attracted to.
- Transgender people can identify as straight, gay, bisexual, pansexual and others, just like non-trans people.
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Discrimination is Real:

- Transgender people routinely lose jobs, homes and families because of their status.
- Health care is often withheld, inadequate or disdainful because of providers' discomfort.
- Complaints are often never voiced for fear of further rejection, ridicule or even violence from those in power.
- This discrimination is one of the last to be socially challenged in our culture.

Access to Care Saves Lives:

- Lack of insurance coverage for most care and lack of providers open to treating trans patients has created a crisis in health care for this vulnerable population.
- More and more primary care providers are including hormone treatment as a bridge for full services.
- Providing services and referrals has improved overall quality of life and long-term outcomes for trans patients.

SELECTED RESOURCES:

ORGANIZATIONS

General:

- Gender Public Advocacy Coalition, www.gpac.org
- National Gay and Lesbian Task Force, www.nglftf.org
- National Center for Lesbian Rights, www.nclrights.org (excellent Schools Policy resources)
- National Center for Transgender Equality, www.nctequality.org
- Sylvia Rivera Law Project, www.srlp.org
- Transgender Law and Policy Institute: www.transgenderlaw.org See Colleges resources

Intersex Issues:

- Intersex Society of North America: www.isna.org
- Intersex Initiative: www.intersexinitiative.org/

Youth and Families:

- Advocates for Youth: www.youthresource.com/living/trans.htm
- Trans Youth Resources and Advocacy: www.genderadvocates.org/Tyra/TYRALinks.html
- LYRIC (Lavender Youth Recreation and Information Center)- www.lyric.org/
- PFLAG (Parents and Friends of Lesbians and Gays) Now has active group for parents of trans children. <http://www.pflag.org>.
- Trans Youth Family Advocates (TYFA): www.imatyfa.org/

SELECTED BOOKS:

Beam, C (2007) *Transparent: Love, Family and Living the T with Transgender Teenagers*, Harcourt Press.

Bornstein, K (1994) *Gender Outlaw: On Men, Women and the Rest of Us*, Routledge Press

Burke, P (1996) *Gender Shock: Exploding the Myths of Male and Female*, Anchor Books

Cameron, L (1996) *Body Alchemy: Transexual Portraits*, Cleis Press

Califia, P (1997) *Sex Changes: The Politics of Transgenderism*, Cleis Press.

Feinberg, L (1994) *Stone Butch Blues*; (1996) *Transgender Warriors: Making History from Joan of Arc to RuPaul*.

Lev, A (2004) *Transgender Emergence: Therapeutic Guidelines for Working with Gender-Variant People and Their Families*, Haworth Press.

Scholinski, D. (1997) *The Last Time I Wore a Dress: A Memoir*, Riverhead Books, New York.

Serano, J. (2007) *Whipping Girl: A Transsexual Woman on Sexism and the Scapegoating of Femininity*, Seal Press.

Valerio, M.W. (2006) *The Testosterone Files: My Hormonal and Social Transformation from Female-to-Male*, Seal Press.

ARTICLES:

- Beemyn, Brett, “**Serving the Needs of Transgender College Students**” *Journal of Gay and Lesbian Issues in Education*, Vo. 1 (1) 2003, www.jtsears.com/jglie.htm
- Bernstein, Fred A. “**On Campus, Rethinking Biology 101.**” *The New York Times*, Mar 7 2004, Section 9, page 1. <http://query.nytimes.com/gst/abstract.html?res=FB091EF93A5B0C748CDDAA0894DC404482>
- **Breaking the Mold: An Action Kit for Transgender Youth**, National Youth Advocacy Coalition, <http://www.nyacyouth.org/docs/Bending%20the%20Mold-final.pdf>
- Goodman, Alexander, “**Gender Identity 101: A Transgender Primer**” a publication of TGNNet Arizona, www.tgnetarizona.org
- **Quick Steps You Can Take To Move Your School BEYOND THE BINARY**, www.nclrights.org/publications/beyond_binary_execsummry.htm; 50-page Booklet: www.nclrights.org/pdf/beyond_the_binary.pdf
- Offman, Craig. “**A Class Apart**” *Financial Times of London*, April 16, 2005

Health Care and Medical Articles:

- Harry Benjamin International Gender Dysphoria Association (February 20, 2001). **Standards of Care for Gender Identity Disorders, Sixth Version.** <http://www.hbigda.org/socv6.html>
- Feldman, J and Bockting, W (2003) **Transgender Health**, *Minnesota Medicine*, Volume 86, July 2003. <http://www.mnmed.org/publications/MNMed2003/July/Feldman.html>
- Gorton, N.; Buth, J, Spade, D.(2005) **Medical Therapy and Health Maintenance for Transgender Men: A Guide for Health Care Providers**, full text available at www.nickgorton.org
- Lurie, S. (2006). **Transgender Issues in College Health**, *Action Newsletter*, American College Health Association, p. 1.
- Oriel, K. A. (2000). **Medical care of transsexual patients.** *Journal of the Gay and Lesbian Medical Association* 4(4): 185-193. <http://php.ucsf.edu/PatientEd/MedicalCareofTranssexualpts.pdf>
- Post, P, (2002), **Crossing to Safety: Transgender Health and Homelessness**, *Healing Hands: A publication of the Health Care for the Homeless Clinician's Network*, 6 (4), June 2002. <http://www.nhchc.org/Network/HealingHands/2002/June2002HealingHands.pdf>
- Smith, D and Walter, J, (2005), **Improving Services to Transgender Students, Improving Services to All Students**, *Student Health Spectrum*, Special issue on Cultural Competency: A Publication of the Chickering Group, January 2005. www.chickering.com, see Spectrum Archives for full text.
- Tom Waddell Health Center, **Protocols for Hormonal Reassignment of Gender**, 2001, <http://www.dph.sf.ca.us/chn/HlthCtrs/transgender.htm>

FILMS with TRANS CONTENT:

This is not an exhaustive list but a good starting point. For a more thorough listing from pre-1960 to the present, see: <http://members.fortunecity.com/jayekayetv/tmovies/>

Documentary

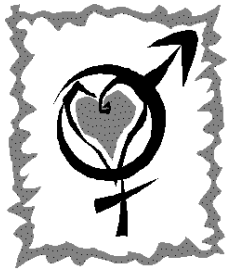
- *A Boy Named Sue* (tracks an FTM transition)
- *Call Me Malcolm* (about a FTM minister)
- *Call Me Kade* (transition of a teenage FTM)
- *Iron Ladies* (about a Thai volleyball team with MTF players)
- *Juggling Gender* (about circus performer and bearded woman Jennifer Miller)
- *Ke Kulana He Mahu: Remembering a Sense of Place* (about colonization, gender identity and sexuality in Hawai'i)
- *Miguel/Michelle* (MTF transition)
- *Paris Is Burning* (about vogue balls in New York City)
- *No Dumb Questions* (about Uncle Bill's transition to Aunt Barbara and the reactions of her three nieces)
- *Screaming Queens: The Riots at Compton's Cafeteria* (history of San Francisco riots in 1966 led by MTFs)
- *Sir: Just a Normal Guy* (FTM transition)
- *Southern Comfort* (story of FTM Robert Eads in his last year as he was dying of ovarian cancer)
- *The Brandon Teena Story* (about the murder of FTM Brandon Teena)
- *Toilet Training* (about the issues trans people face using public restrooms)
- *Transgeneration* (about four transsexual college students—two MTFs and two FTMs)
- *Transparent* (about FTMs who are parents)
- *Two Spirit People* (overview of gender identity and sexual orientation in Native American cultures)

Docu-Drama

- *Beautiful Boxer* (story of Parinya Charoenphol, a MTF Muaythai boxer)
- *Boys Don't Cry* (fictionalized account of FTM Brandon Teena's murder)
- *Soldier's Girl* (story of MTF Calpernia Addams and her boyfriend Barry Winchell, who was killed for being perceived as gay)

Feature

- *All About My Mother/ Todo sobre mi Madre* (Pedro Almodovar film honoring all kinds of women.)
- *Ballad of Little Jo* (fictional story of a passing woman on the western frontier in the 1800s)
- *Better than Chocolate* (lesbian romance with significant MTF character)
- *By Hook or By Crook* (transgender/butch buddy movie)
- *Different for Girls* (love story between a MTF and an old high school friend)
- *Flawless* (story of a security guard who has a stroke and is assigned to a rehabilitative program that includes singing lessons with the MTF next door)
- *Hedwig and the Angry Inch* (story of trans punk grrl from East Berlin)
- *I Like It Like That* (drama of love and marital trouble in the Bronx with significant MTF character)
- *Ma Vie en Rose* (story of young French boy coming to know that she is a girl)
- *Normal* (story of an older MTF transitioning in the Midwest)
- *Princesa* (about a 19 year old MTF sex worker in Milan)
- *The Adventures of Priscilla, Queen of the Desert* (two drag queens and a transwoman on tour in Australia)
- *The Crying Game* (story about the relationship between a MTF and a man in the IRA)
- *Transamerica* (story of a MTF who reunites with her long lost son)



Action Steps for Being a Trans Ally

by Samuel Lurie, Transgender Training and Advocacy; www.tgtrain.org

“Transgender” encompasses many different gender presentations and identities. From Male-to-Female and Female-to-Male to Femme Queen, Boi, Trannyfag, Female-born man, Transwoman, Tomboy, Butch, Crossdresser and many more.

Many people may not identify as “transgender” but still face discrimination based on their gender expression and for not conforming to traditional gender presentations.

Don’t make assumptions about a trans person’s sexual orientation.

Gender identity is different than sexual orientation. Being gay doesn’t mean you’re trans and being trans doesn’t mean you’re gay. Sexual orientation is about who we’re attracted to. Gender identity is about how we see ourselves. Trans people can identify as gay, straight, bisexual, pansexual or asexual.

If you don’t know what pronouns to use, ask. Politely and respectfully. Then use that pronoun and encourage others to do so also.

Confidentiality, Disclosure and “Outing.” Some trans people “pass” and some do not. Knowing a trans person’s status is personal information and up to them to share with others. Gwen Araujo and Brandon Teena were both murdered when others revealed their trans status. Others routinely lose housing, jobs and friends. Do not casually share this information, or “gossip” about a person you know or think is trans.

Don’t assume what path a transperson is on regarding surgery or hormones. Affirm the many ways all of us can and do transcend gender boundaries, including the choices some of us make to use medical technology to change our bodies. Some trans people wish to be recognized as their gender of choice without surgery or hormones; some need support and advocacy to get respectful medical care, hormones and/or surgery.

Don’t police public restrooms. Recognize that gender variant people may not match the little signs on the restroom door—or your expectations! Encourage businesses and agencies to have unisex bathrooms, and offer to accompany a trans-person to the bathroom so they are less vulnerable.

Don’t just add the “T” without doing work. “GLBT” is now commonplace to show support for queerness. To be an ally for Transpeople, Gays, Lesbians and Bisexual people need to examine their own gender stereotypes and transphobia and be willing to defend trans people and celebrate trans lives.

Listen to trans voices. The best way to be an ally is to listen to trans people themselves. Check out websites and books by trans people. Talk to trans folks in your community. All trans people are individuals. They are the experts on their own lives!