

# TRANS AWARENESS WEEK

NOVEMBER 13 - 19

## SOME TERMS TO KNOW

- Gender identity: an individual's personal sense of their gender (being a male, female, or another gender)
- Cisgender: an individual who's gender identity matches the gender they were assigned at birth
- Nonbinary: an individual who identifies as neither male nor female

## WHAT DOES IT MEAN TO BE TRANSGENDER?

### SOME EXAMPLES:

- Someone who's gender identity is different than the gender they were thought to be at birth
  - A person living as a woman today, but was thought to be a man when she was born
  - A person living as a man today, but was thought to be a woman when he was born

## WHY DOES IT MATTER?

- 75% of trans students feel unsafe at school
- Two-thirds of transgender students have been verbally harassed at school
- 59% of trans students have been denied access to restrooms consistent with their gender identity
- 35% of transgender teens have attempted suicide in the past year compared to 7% of cisgender teens

## TRANSGENDER INDIVIDUALS AND MENTAL HEALTH CARE

- Ethical mental health care for transgender individuals aims to resolve distress that may be caused by the person's identity not aligning with the gender they were assigned at birth (gender dysphoria). It does NOT aim to change the person's identity or to push their identity to align with their gender assigned at birth.
- Medical and psychological data show that attempting to convert one's gender is dangerous and can lead to depression, self-harm, substance abuse, and even suicide.

Keep reading to learn how you can help your students!

# HOW YOU CAN MAKE A DIFFERENCE!

## WITH INDIVIDUAL STUDENTS

Always use the name and pronouns a student has asked for. They are the expert on their identity

- Never assume someone doesn't understand their gender because of age. Gender identity forms by age 3.
- Never out a student. Ask who the student is comfortable sharing their identity with. If they say not to tell their parents, do NOT tell their parents
- If you misgender someone, apologize, correct yourself, and move on

**TRANS RIGHTS  
are  
HUMAN RIGHTS**

## IN YOUR CLASSROOM

- Include trans figures and literature in your lessons
- Provide easy access to information on gender identity and experience
- Include discussions of gender identity in health classes

## CONSIDER THIS:

The number one way to prevent suicide in trans teens is to provide visibility and support from adults. School and staff acceptance can offset harassment and bullying from peers.

## SHOW SUPPORT BY:

- Including your own pronouns when introducing yourself. Normalize this kind of language
- Allow students a private way to share with you their preferred names and pronouns (passing out note cards, etc.)
  - Speak openly about gender differences. We don't need to whisper about the topic.
  - Hanging a safe space sticker or small trans flag somewhere in your classroom.

## To learn more...

- <https://transequality.org/issues>
- <https://www.glaad.org/transgender/transfaq>
- <https://www.apa.org/topics/lgbtq/transgender>
- Consult with Cassandra regarding this topic at any time!