

Improving PrEP Services for Trans People

SESSION 1:
TRANS AWARENESS AND
CULTURAL HUMILITY →



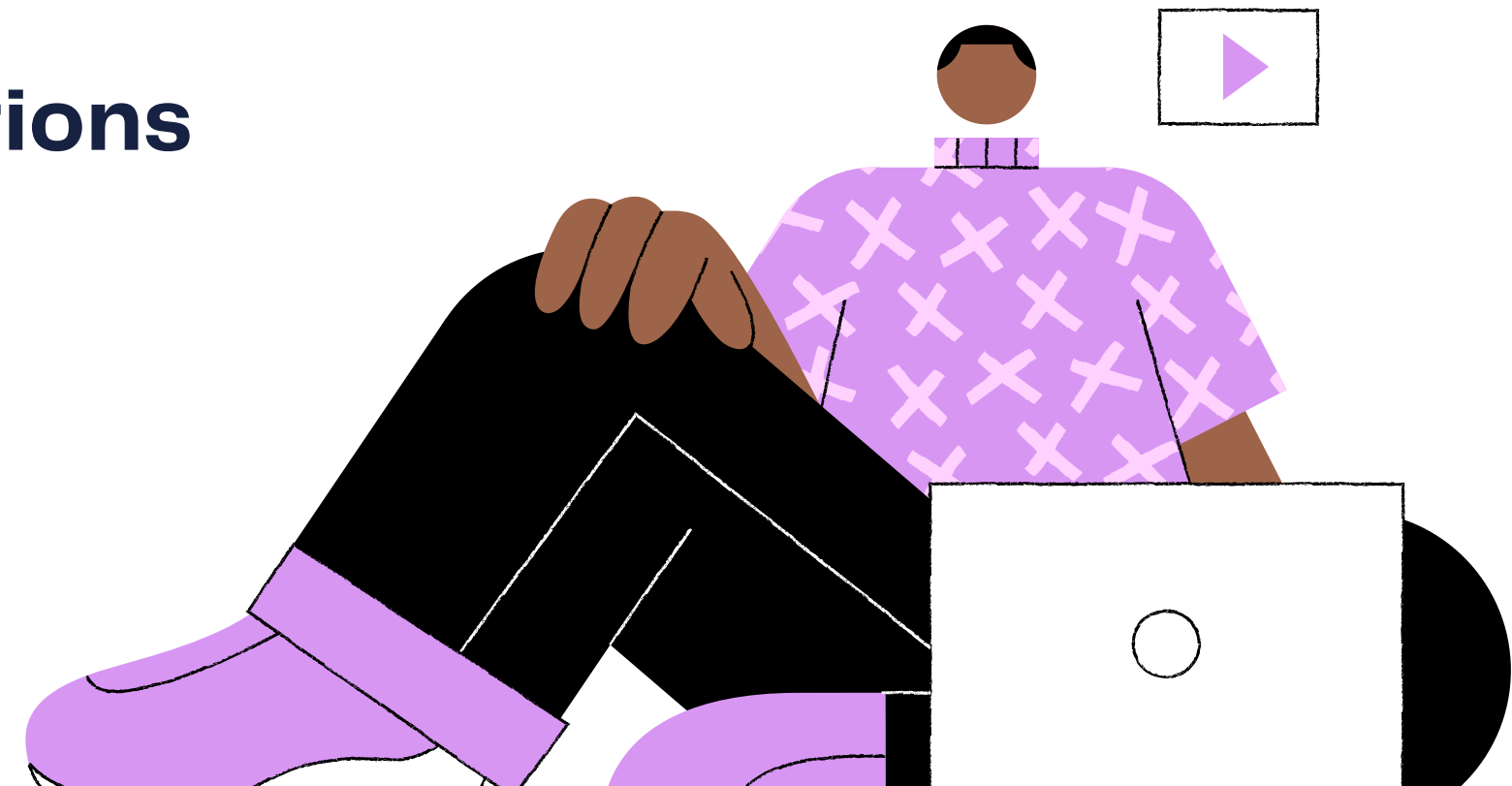
FOUNDATIONS OVERVIEW

Terminology Recap

Interrogating Gender, Sex, & Sexuality

Menti Game

Discussion & Reflections



ETHOS

The human experience is complex and evolving based on our individual, social, and institutional frameworks

Deconstructing frameworks otherwise considered 'absolute' with critical thought and evidence-based research allows for a fuller comprehension

Our perceptions change our systems, our systems change our perceptions

The human body and experience are highly complex and diverse. Our language, research, and practice should reflect this



Terminology Recap

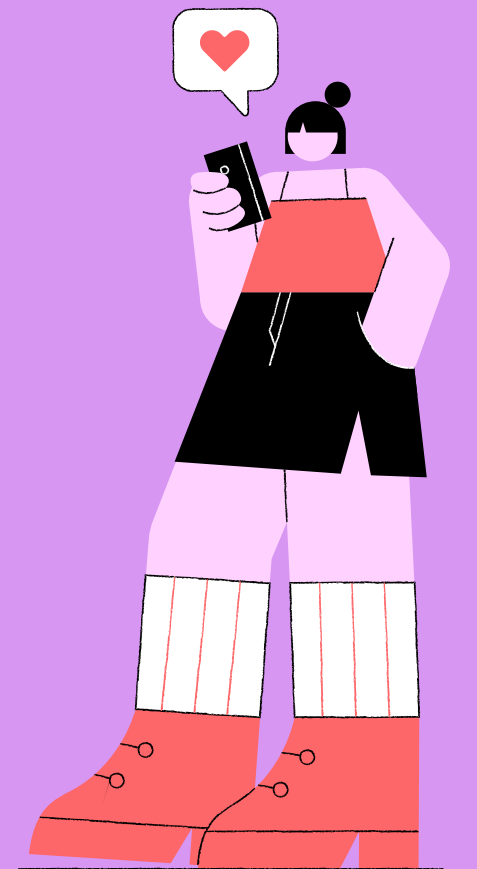
Terminology Recap

Transgender (trans)

An **umbrella term** consisting of a wide variety of gender identities that are not aligned with the sex-based gender assigned at birth

- binary transgender – identifying as a binary woman or man
(trans woman, trans man)
- non-binary transgender – not identifying as either woman or man,
somewhere in between, or as a third gender
- agender – having no gender

***transgender is an ADJECTIVE, not a noun:
ex: 'transgender people' instead of 'transgenders'**



Terminology Recap

Cisgender (cis)

A term consisting of gender identities that are aligned with the sex-based gender assigned at birth

In the modern West, there are two:

- Woman
- Man



Cisgenderhood is also a social construct!

Many societies have or had more than two genders

- Muxe in Mexico
- Hijras in South Asia
- Baklas in the Philippines
- third gender people in Greece, et)

Terminology Recap

Sexuality

(Also known as sexual orientation), refers to the emotional, sexual, and romantic attraction towards a person or identity

- Gay/'homosexual' – attraction to the same gender (homosexual may not be an appropriate term in certain circumstances due to the history of the word as a psychological illness)
- Bisexual – attraction to two (or more) genders
- Heterosexual – attraction to 'opposite' gender
- Pansexual – attraction to multiple genders
- Asexual – no attraction to genders



Transgender' is NOT a sexuality and should not be used to assume sexual orientation

ex: heterosexual transgender men and transgender lesbians



Terminology Recap

Gender Expression

Refers to how we carry and express ourselves to our self and the world

- Clothing
- Gestures
- Hair
- Makeup
- Tone of voice



Like gender and sexuality, gender expression is informed by social practices whether interpersonal or institutional. Often times, there is an expectation of how a woman is "supposed" to look/act and how a man is "supposed" to look/act.

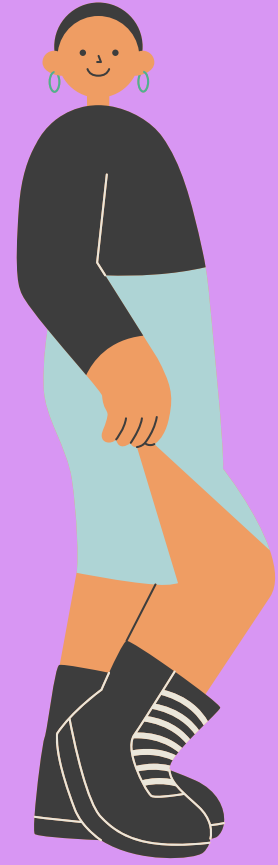


Terminology Recap

Gender Non-Conforming

Gender non-conformity refers to the intentional disruption of expected gender behaviors and expressions within an individual's community/society or relative to another society

- Men wearing 'makeup' and 'dresses' (not typically seen as normal here, but is very common in many cultures)
- Women prioritizing careers instead of marriage (becoming normalized here, but is not typically seen as normal somewhere else)



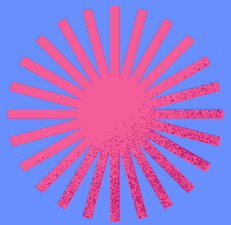
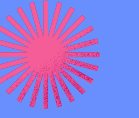
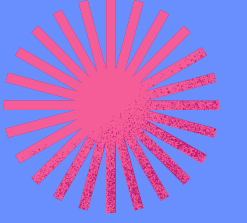
Gender non-conforming can also serve as a gender identity for those intentionally behaving and expressing themselves against socialized expectations of certain genders



Terminology Recap

TGNCNB

An acronym standing for Transgender, Gender Non-Conforming, & Non-Binary



Terminology Recap

Affirming Procedures

An umbrella term referring to medical services or procedures that affirm oneself of their gender identity or expression

- Hormone Replacement Therapy (HRT)
- Laser hair removal
- Top surgery
- Bottom surgery
- Cosmetic dermatology
- Vocal tone training

Terminology Recap

Affirming Procedures

Not all trans people wish to use any or all affirming medical services

- a non-binary person taking estrogen but does not want laser hair removal
- a trans man who does not want to take hormones but wants top surgery
- a trans person not wanting anything!



Those that do want to use affirming medical services should be able to readily access safe and optimal services with no experience of discrimination, violence, or negligence

Not all trans people experience gender dysmorphia

Terminology Recap

Affirming Procedures

Gender affirming medical services are not only used by trans people!

Many cisgender men and women regularly use:

- Hormone replacement therapy
- Erectile dysfunction medication
- Cosmetic surgery
(augmentation, penile length, labiaplasty, face lifts, liposuction etc.)
- Hair transplants and removal
- Muscle growth supplementation
- And more!

Outdated & Harmful Terminology

Language is incredibly powerful. While it can be used to help describe or understand an individual's or community's experience, it can also be used to discriminate, dehumanize, and delegitimize

transsexual

transgenders

transvestite

tranny

biological/normal/real woman or man

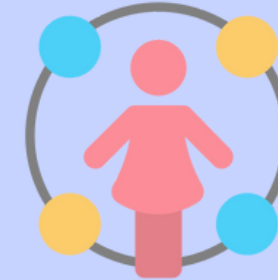
While harmful to be used by cis people, many of these terms may be used by certain members of the community:

- transsexual: often used by elder trans people, as this was the common term to identify them**
- tranny/transvestite: often used endearingly or colloquially by trans people to trans siblings/friends**



Interrogating Gender, Sex, & Sexuality

Gender



Gender is a term that seeks to describe and assign categorized characteristics, roles, and expectations of a person. This is often incessantly reinforced throughout life since birth.

In the West, gender is assumed/assigned at birth based on the genital presentation of an infant (sex)

Because a gender is often nonverbally assigned under the coding of sex (think Trojan horse), it is often used interchangeably with sex throughout society, law, science, and medicine (woman/female, man/male)

Belief that a person is inherently and permanently a man or masculine or a woman or feminine based on the biological composition of an infant's genitalia is called **genital essentialism**

Sex

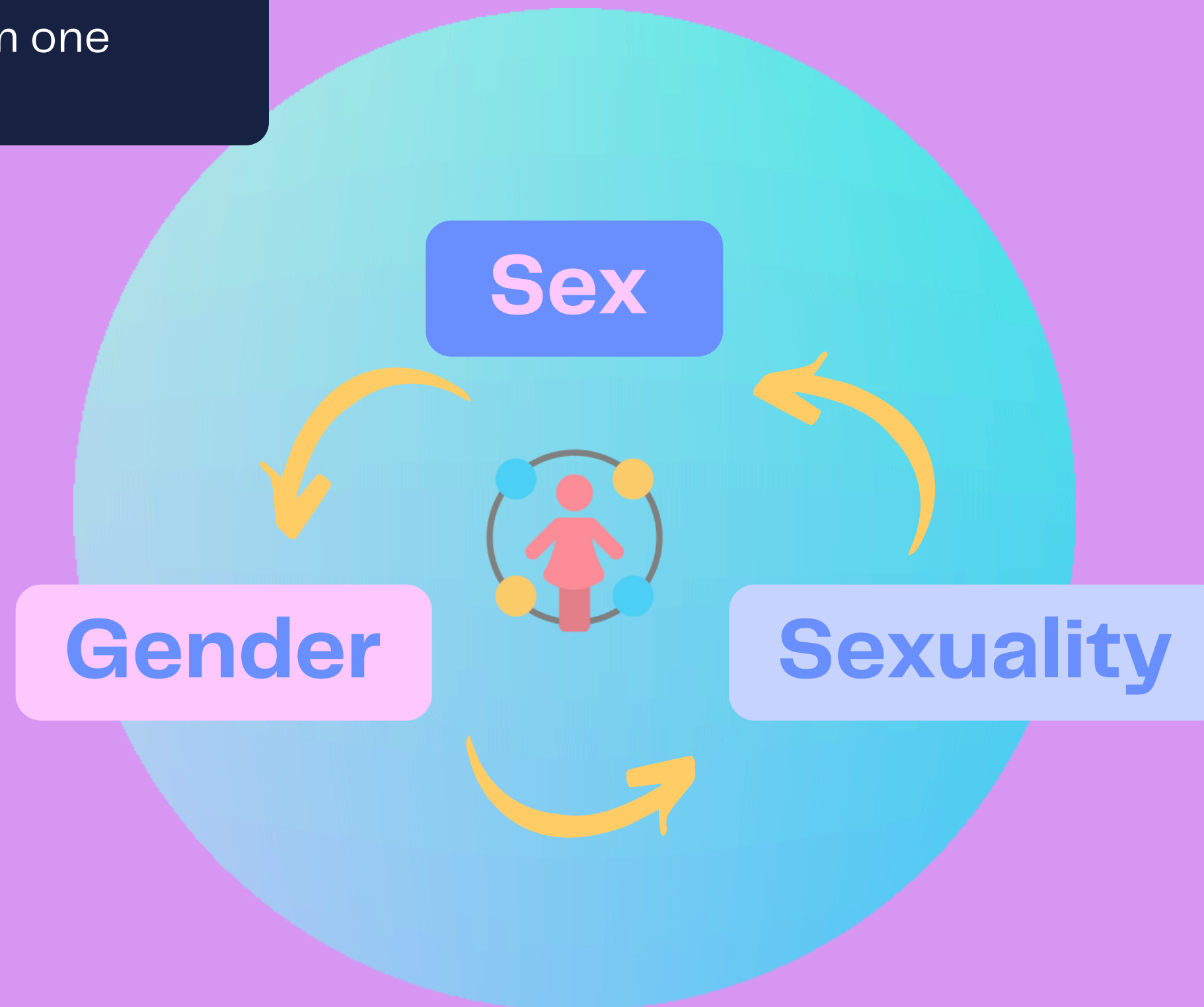


Sex refers to a classification and categorization of bodies based on an individual's genitals, chromosomal genetics, and reproductive system (gonads)

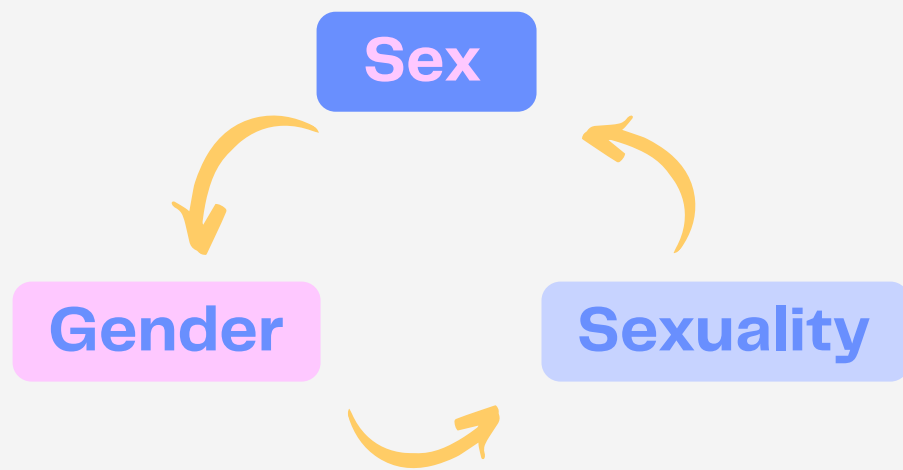
Western thinking defines sex as universal and distinct between two types of bodies: male and female

However, scientific evidence and critical thought informs us that **sex, too, operates as a social construct**

Sex, gender, and sexuality are **different** but **intersectional** constructs that inform one another



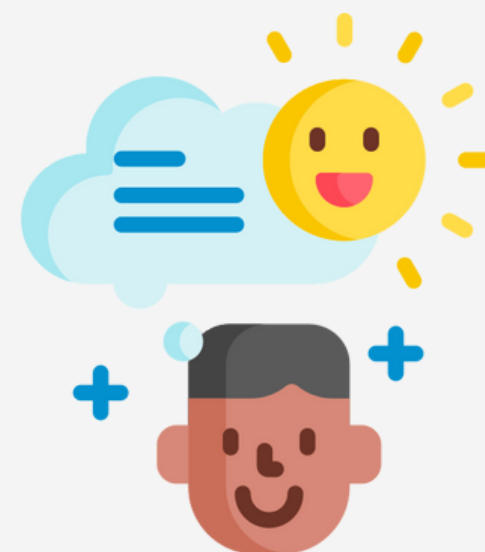
Example



Assigned
female at
birth



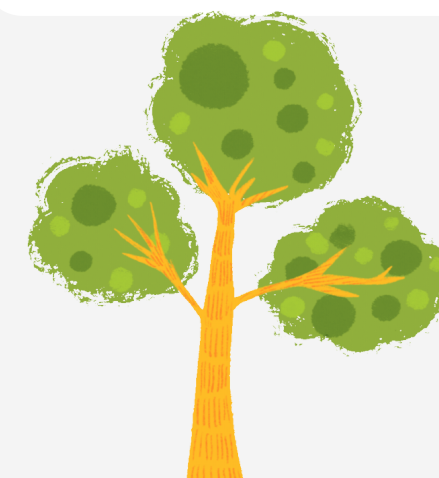
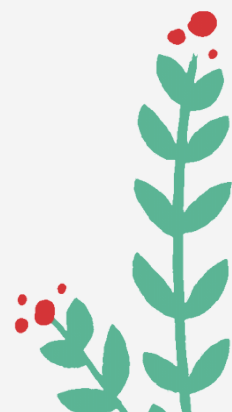
Grows and
socializes as
a girl. Enjoys
it!



Through
education and
self awareness,
finds self as
queer trans
masculine



Realizes is
attracted to
men and comes
out as gay






10 min

Menti Activity





Reflection & Discussion

Thoughts



What feelings or thoughts came up during the presentation or your discussions?

What questions does this bring up for you?

Are these concepts straightforward or confusing?

Was there something you didn't know or previously reflect on?

What improvements could you see being made to include and support TGNCNB people?

What would you like to learn more about?



Thank you!

Thank you for participating in the first of 3 series designed to understand and include TGNCNB people in health practice and advocacy

Feel free to contact us for any additional questions or resources:

kevalyn.b@columbia.edu