

University of Nebraska–Lincoln

Trans* Guide



be the **CHaNGE**
LGBTQA Resource Center



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Definitions

SEX

Refers to the biological, chromosomal and anatomical features associated with maleness and femaleness in the human body.

GENDER

Our way of perceiving things as masculine or feminine including physical traits, dress, behavior, and even inanimate objects.

WHAT IS TRANSGENDER?

An umbrella term for individuals who blur the boundaries between traditional masculinity and femininity and/or whose gender expression is considered nontraditional for their sex or gender. Also used as a term for transsexuals.

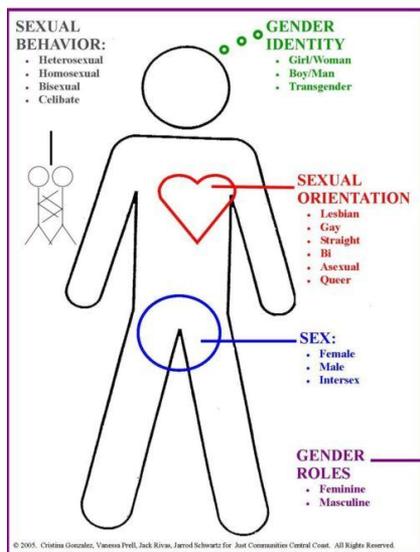
WHAT IS INTERSEX?

Persons with genitalia that are not distinctly male or female.

WHAT IS AN ALLY?

An ally is pro-LGBTQ (lesbian, gay, bisexual, transgender, queer and questioning) and is actively committed to diversity and inclusion, mutual respect and personal safety for all people of all sexual orientations, gender identities and expression.; some define allies as non-members of the target group they support (e.g., straight allies).

For more definitions and other resources, please see the GenderQueer Coalition. Definitions are based on the terms defined by the GenderQueer Coalition.



Gender-Neutral Bathrooms

Many buildings at the University of Nebraska-Lincoln have gender-neutral restrooms. Below is a list of all the gender-neutral/unisex bathrooms available on the UNL campus.

All of the gender-neutral/unisex bathrooms listed below are one-room or one-stall facilities with locks that can be used as changing facilities.

City Campus

Building	Room #
Andersen Hall	104
Andrews Hall	133
Andrews Hall	138
Beadle Center	E108
Campus Rec	GN Changing Facility for Members*
Canfield Administration Building	135
Ferguson Hall	206A
Jackie Gaughan Multicultural Center	First floor
Kauffman Academic Residential Center	15.1
Kauffman Academic Residential Center	15.2
Love Library	449.3
Mabel Lee Hall	125.1
Morrill Hall	208C
Morrill Hall	208D
Nebraska Union	124
Raymond - Neihardt Residential Center	107B
Scott Engineering Center	131
Seaton Hall	18
Seaton Hall	218
Seaton Hall	312
University Housing Office	102

East Campus

Building	Room #
Family Resource Center.	107
Food Industry Building.	115
Barkley Memorial Center	248
Splinter Labs	208

* UNL's Campus Recreation Center now features one family/gender-neutral changing room with toilets and showers, on the south side of the building. Visiting teams are able to reserve this room, so sometimes it may not be available, usually on Thursdays and Fridays. When this room is closed, there will be a changing room available in cook pavilion but this room does not have shower facilities. Please note that the Campus Recreation Center swimming pool and spas can only be accessed through gendered locker rooms, which have lockable bathroom stalls.

Student Housing

Student housing at UNL is assigned according to an individual's legal sex assignment. However, there are many alternative options for transgender and gender-nonconforming students.

IMPORTANT:

All unmarried first year undergraduate students under the age of 19 are required to live in the residence halls for the first year, except when proof of housing with family is available. If you do not plan to live in university-approved housing for your first year and you are under the age of 19, you must fill out the Campus Residency Requirement form. If you have questions about exemptions, please contact housing.

Single-room Residence Hall Housing

Single rooms are available in the following traditional residence halls:

- **Pound** - Rooms are singles unless a double is requested. Shared gender-specific bathrooms on each floor. Predominantly upper class. Coed building.
- **Burr** - Single rooms located on East Campus, reserved for upper class students, graduate students and students with valid reasons for having single rooms. Shared gender-specific bathrooms on each floor. Shuttle service to city campus. Coed building.
- **Fedde** - Single rooms located on East Campus, reserved for upper class students, graduate students and students with valid reasons for having single rooms. Shared gender-specific bathrooms on each floor. Shuttle service to city campus. Coed building. 12-month and vacation contracts available.

Apartment-style Housing

There are two apartment-style residence halls located on City Campus, available **only** to upper class, graduate and non-traditional (20 yrs or older) students:

- The Courtyards - Fully-furnished 4 and 2 bedroom units with full kitchen and living area. Bathrooms are shared with one other resident. 12 and 9 month contracts available. Coed building, but residents living within a 4 or 2 bedroom unit must be of the same legal sex designation.
- The Village - Fully-furnished 4 and 2 bedroom units with full kitchen and living area. Bathrooms are shared with one other resident. 12 and 9 month contracts available. Coed building, but residents living within a 4 or 2 bedroom unit must be of the same legal sex.

Single-room Graduate/Non-traditional Housing

Husker Hall is a coed housing facility located on 23rd and Vine St. (3 blocks from City Campus), available for graduate and non-traditional (23 yrs or older) students at UNL. All rooms are singles, with shared kitchen facilities available, Free shuttle service to city and east campuses, Only one occupant per room.

Family Housing

UNL provides apartment-style family housing units to single students with dependent children and legally married couples (with a marriage certificate recognized as legally binding by the State of Nebraska). Same-sex marriages from other states are not currently recognized in Nebraska.

Trans-friendly Healthcare

Below, you will find information regarding trans-friendly care on campus. If you are interested in off-campus healthcare, please contact the LGBTQA Resource Center in room 346 of the Nebraska Union or call the office at 402-472-1652 to access our private referral list.

University Health Center

The University Health Center (UHC) staff is committed to providing LGBTQ-friendly health services to students, staff, and faculty. Students get primary medical care clinic visits at NO CHARGE. Other services are at reduced cost for students. Currently, trans-specific health care is not provided (i/e, hormone prescription and monitoring.)

The UHC is located on City Campus, with an East Campus branch in the Nebraska East Union. On City Campus the building is located at 1500 U St, on the intersection of 16th and Vine St.. Or visit the UHC website for more information. **The UHC requires that all medical forms have legal sex and name information for insurance purposes however, if you have a preferred name, this can be entered into the system by the check-in clerk during your first visit.**

Student Health Insurance - "Healthy Option" Student Plan

UNL, in partnership with Aetna Student Health and Aetna Dental Group, offers medical and dental insurance to all students. The insurance covers 100% of all University Health Center (UHC) services with a reduced pharmacy plan for medications from the UHC Pharmacy. Graduate students with Graduate Assistantships are automatically enrolled in this program. Please see the UHC website for premiums and coverage details.

UHC Student Advisory Board

The University Health Center Student Advisory Board (UHCSAB) is a group of selected students with the responsibility of representing the student body to the UHC and presenting the health concerns of the university community. The SAB makes recommendations to the UHC staff and the UNL Administration. All SAB meetings are open to the public and are held every other Tuesday in the University Health Center Conference Room C from 5 p.m. to 6 p.m. If you would like to see more trans-oriented services offered, we welcome you to attend the meetings and voice your opinion. If you would like to be on the SAB, selections are normally made at the end of the fall semester. For more information, visit <http://health.unl.edu/supportservices/sab/> or contact uhcsab@unl.edu.

Privacy

Please review the UHC Notice of Privacy Practices for details.

Counseling

The University Health Center (UHC) provides Counseling and Psychological Services (CAPS) at reduced cost to students taking seven or more credit hours. There is generally at least one counselor on the staff who specializes in issues related to gender identity. To learn about the CAPS counselors and their areas of expertise, check out their Bio webpage at <http://health.unl.edu/caps/staff/>.

CAPS is located on the second floor of the University Health Center (1500 U St.), with a branch in the Nebraska East Union. Call (402) 472-5000 to schedule an appointment and rest easy because **CAPS intake forms have a "Transgender" option for designating gender!**

Student Rates

All students are eligible for CAPS services. Students taking seven or more credit hours qualify for reduced rates. **The first three counseling visits are free of charge for all students**, and all following visits are based on an hourly rate. There is a charge for all visits with a psychiatrist.

Eating Disorders

CAPS provides individual, group and nutritional counseling for issues relating to weight, body image, disordered eating, food preoccupation, exercise obsession and eating disorders. See the CAPS website for details.

Privacy

All CAPS services are confidential. All records are accessible only to CAPS staff. Records are accessible to other University Health Center medical providers on an as-needed basis only. Information is released only with the written consent of the client, except as required by law.

Transitional Surgeries and Hormones

There are currently no On-Campus solutions for hormones or transitional surgeries. There are surgeons in the Lincoln-Omaha area for almost all transitional surgeries except genital Sex Reassignment Surgery (SRS) and the Resource Center also has references for hormone replacement therapy. Please contact the LGBTQA Resource Center at (402) 472-1652 or LGBTQA@unl.edu to access our private referral list.

If you are interested in off-campus healthcare of any kind, please contact the LGBTQA Resource Center in room 346 of the Nebraska Union or call the office at 402-472-1652 to access our private referral list.

Getting Hormones

Most local doctors require a letter of referral from a qualified and licensed counselor (See above) before they will prescribe hormones. Injectable hormones are compounded. While most pharmacies keep some compounded prescriptions in stock, it is usually recommended that these prescriptions be obtained from compounding pharmacies. If you have health insurance that is not provided by the University, there are some compounding pharmacies in Lincoln. The cost of a 10mL vial before insurance is between \$90 and \$120 in Lincoln.

Support and Community

Transmasculine Support Group

This group is for individuals that identify with a nontraditional masculine sense of self. This may include but is not limited to genderqueer, gender nonconforming, gender rebel, two-spirit and female to male (FTM) individuals. Partners are welcome. Contact Ejay Jack (Ejay.Jack@ppheartland.org) or Scott Schneider (sas331999@gmail.com) for more information.

Individual Support

If you have additional questions or would prefer to speak with someone in the community, the individuals listed below have been active in the community for many years and would be happy to help you with any trans related topics.

FtM: Ejay Jack- ejay.jack@ppheartland.org

Scott Schneider- sas331999@gmail.com

MTF: Ashley- msashley@nntc.net

Process for Changing Records

(All UNL specific steps are in red!)

Name Change

Name Changes must be initiated in your official state and county of residence (usually where you file your taxes) and you will need to be present for the hearing so if you need to file in your home state, you may want to plan to complete this process over the summer. The details of the process may be different depending on the location but a good place to begin is to Google "Filing a Petition for a Change of Name in (your county, state)"

Once the name change is complete in the court system, a good document to get changed first is your driver's license. If you have a Nebraska driver's license, you can download this form (<http://www.dmv.ne.gov/examining/pdf/Certificationofsexreassignment.pdf>), fill out the form, take it to your Doctor to sign. This signature must come from an M.D. so you may want to point this out to the receptionist at the Doctors office. If you don't have a regular Doctor, any Dr's signature is acceptable.

More information coming soon

If you have questions about information that isn't included in the manual, feel free to contact the LGBTQA Resource Center. This guide is currently under construction so the Resource Center has plenty of information that just hasn't been included here....yet!

Here are some links to online resources that may be of help for general information!

LGBTQA Resource Center

involved.unl.edu/lgbtqa

Spectrum UNL

Qac.unl.edu

Committee on GLBT Concerns

Unl.edu/cglbtc

PFLAG-Cornhusker

Pflagcornhusker.org

OutLinc

OUTlinc.org

Rainbow Outreach Community Center

<http://rainbowoutreach.org/>

Hudson's Guide (FTM)

<http://www.ftmguide.org/>

Transexual Road Map (MTF)

<http://www.tsroadmap.com/index.htm>

being the **CHANGE**
LGBTQA Resource Center

UNL's LGBTQA

Resource Center

346 Nebraska Union
Lincoln, NE 68588

Phone: (402) 472-1652
Email: LGBTQA@unl.edu

<http://involved.unl.edu/lgbtqa>

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