

TRANS* 101

Some tips on being trans* positive and supportive:

- Use the pronouns and name/s transgender individuals use for themselves. If you aren't sure, it's better to ask than assume.
- Apologize if you make a mistake, and be willing to admit when you don't know something. Remember that one trans* person's perspective cannot represent the entire trans* experience.
- Remember that everyone has the right to self-identify. Allow individuals to define their own sexual orientation and gender.
- Respect a person's right to keep their orientation and identity private unless you have their explicit consent to share that information. Respect their confidentiality and recognize that outing people can put them at risk or in danger.
- It is inappropriate to ask anyone what their genitals look like, if they've had any surgery, or how they have sex.
- Remember that not all transgender people want to or can transition or undergo certain types of treatment/surgery. This does not delegitimize their gender identity. It is impolite to ask why a person does or doesn't want to do certain things regarding transitioning, since their reasons may be deeply personal.
- Remember that *all* people are individual human beings who deserve respect and understanding.

If you have more questions,
contact the LGBTQA Resource Center
at 346 Nebraska Union, or visit our website:
<http://involved.unl.edu/lgbtqa>

Basic Terminology

- **Trans man/FTM:** Refers to a person who was assigned female at birth and identifies as male.
- **Trans woman/MTF:** Refers to a person who was assigned male at birth and identifies as female.
- **Cisgender or cis:** Refers to a person whose gender identity matches their designated sex at birth.
- **Nonbinary/Genderqueer:** Refers to a person who identifies as neither male nor female, but somewhere in between.
- **Agender:** Refers to a person who doesn't identify with any gender.
- **Trans*:** Umbrella term that refers to all transgender identities. The asterisk is there to acknowledge the existence of non-binary gender identities.
- **Sex:** The physical state of someone's body; involves chromosomes, genitals, etc. (Male, female, intersex)
- **Gender identity:** A person's psychological sense of being masculine, feminine, or another gender (e.g. genderqueer, androgynous, transmasculine, transfeminine)
- **Gender Expression/Presentation:** The way a person manifests who they are in terms of masculinity and femininity using cues such as hairstyle, vocal inflection, etc. Cues vary by culture and may or may not reflect gender identity.
- **Transitioning:** Refers to the medical and social process of living as a certain gender. This may involve dressing a certain way, getting a legal name or gender change, taking hormones, and/or having surgery.

