

Trans Health Awareness **FACILITATOR NOTES**

The person who facilitates this discussion should have some education and or personal experience on the subject.

Depending on how many people are participating in this discussion, class time will vary from 1 hour to 2 hours.

* Place chairs in a circle to encourage dialogue

* You will need a large white board with dry erase, or big paper to write on.
hand on the board.

Class time: 1 hour

Introduction: 15 minutes

1. Welcome Group, give them your history and experience with this subject.
2. Go over classroom health justice classroom guidelines (<http://www.farmacyherbs.com/introduction-to-health-justice/>)
3. Go over preferred gender pronouns.

Part 1 GENERAL TERMINOLOGY 15 minutes

Ask the group to define (provide a clear definition if group does not):

Sex: The classification of people as male or female. At birth, infants are assigned a sex based on a combination of bodily characteristics including: chromosomes, hormones, internal reproductive organs, and genitals.

Gender Identity: One's internal, personal sense of being a man or a woman (or a boy or a girl). For transgender people, their birth-assigned sex and their own internal sense of gender identity do not match.

Gender Expression: External manifestation of one's gender identity, usually expressed through "masculine," "feminine" or gender-variant behavior, clothing, haircut, voice or body characteristics. Typically, transgender people seek to make their gender expression match their gender identity, rather than their birth-assigned sex.

M-F, F-MTransition: Altering one's birth sex is not a one-step process; it is a complex process that occurs over a long period of time. Transition includes some or all of the following personal, legal and medical adjustments: telling one's family, friends and/or co-workers; changing one's name and/or sex on legal documents; hormone therapy; and possibly (though not always) one or more forms of surgery.

Intersex: Describing a person whose biological sex is ambiguous. There are many genetic, hormonal or anatomical variations that make a person's sex ambiguous (e.g., Klinefelter Syndrome). Parents and medical professionals usually assign intersex infants a sex and perform surgical operations to conform the infant's body to that assignment. This practice has become increasingly controversial as intersex adults

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speak out against the practice. The term intersex is not interchangeable with or a synonym for transgender.

Transgender: An umbrella term (adj.) for people whose gender identity and/or gender expression differs from the sex they were assigned at birth. The term may include but is not limited to:

Transsexuals, cross-dressers and other gender-variant people. Transgender people may identify as Female-to-Male (FTM) or male-to-female (MTF). Use the descriptive term (transgender, Transsexual, cross-dresser, FTM or MTF) preferred by the individual. Transgender people may or may not decide to alter their bodies hormonally and/or surgically.

Transsexual: An older term which originated in the medical and psychological communities. While some transsexual people still prefer to use the term to describe themselves, many transgender people prefer the term transgender to transsexual. Unlike transgender, transsexual is not an umbrella term, as many transgender people do not identify as transsexual. It is best to ask which term an individual prefers.

Gender Queer: denoting or relating to a person who does not subscribe to conventional gender distinctions but identifies with neither, both, or a combination of male and female genders.

Trans Health Discussion Notes for facilitator

Highlight: Gender Identity Disorder (GID) A controversial DSM-IV diagnosis given to transgender and other gender-variant people. Because it labels people as "disordered," Gender Identity Disorder is often considered offensive. The diagnosis is frequently given to children who don't conform to expected gender norms in terms of dress, play or behavior. Such children are often subjected to intense psychotherapy, behavior modification and/or institutionalization. This term replaces the outdated term "gender dysphoria."

Part 2: QUESTIONS FOR THE GROUP 15 minutes

What does health care for trans people look like within the western allopathic model?

What does health care for a transgender person look like within a holistic model?

Part 3: Group work 15 minutes

Break the group into groups of 3-5 and have them answer the following questions:

What can I do to make my classes more trans friendly?

What can I do to make my consultations more trans friendly?

What can I do to make my physical space more trans friendly?

How can I work to educate my peers and students about trans awareness?