

TRANS 101:

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Project HEALTH
Lyon-Martin Health Services



Primary care clinic in San Francisco that services cis-women, lesbians, transgender and gender non-conforming people regardless of their ability to pay



P R O J E C T
H E A L T H
H A R N E S S I N G E D U C A T I O N ,
A D V O C A C Y & L E A D E R S H I P
F O R T R A N S G E N D E R H E A L T H

Project HEALTH aims to improve access to transgender health through education, advocacy, and leadership

- *Trainings*
- *Clinical Rotation in transgender medicine at Lyon-Martin*
- *The TransLine*
- *Policy change on local, state, and national level*
- *Surgery referrals at Lyon-Martin*

OBJECTIVES

- **Differentiate** between assigned sex, gender identity, gender expression, and sexuality
- **Describe** techniques of gender transition (social, medical, surgical)

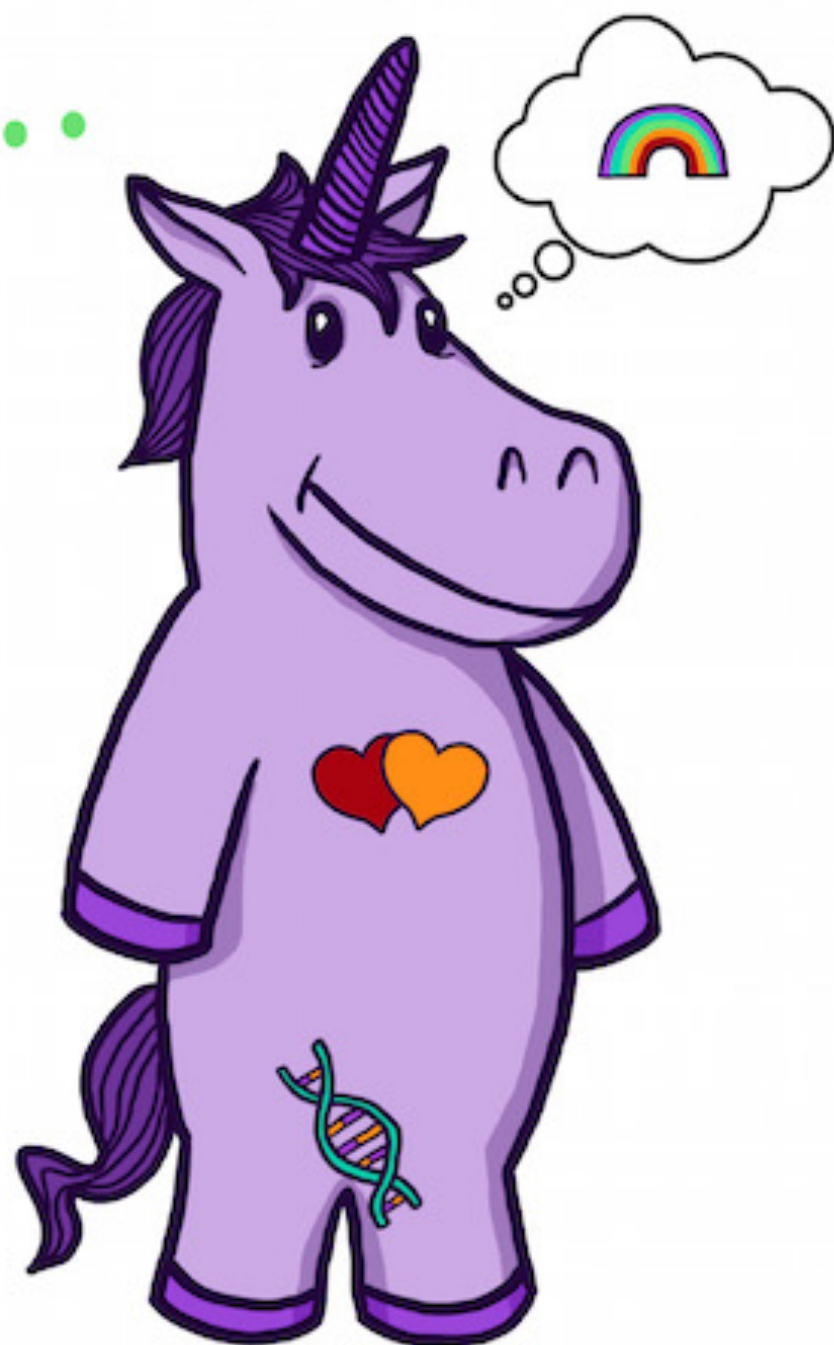




101 BASICS

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



Gender Identity

- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)



Gender Expression/Presentation

- Feminine
- Masculine
- Other



Sex Assigned at Birth

Female



Male



Other/Intersex



Sexually Attracted To

- Women
- Men
- Other Gender(s)



Romantically/Emotionally Attracted To

- Women
- Men
- Other Gender(s)

To learn more go to:
www.transstudent.org/gender

Design by Landyn Pan

VOCAB: CIS- & TRANS- GENDER

➤ A **cis-gender** person:

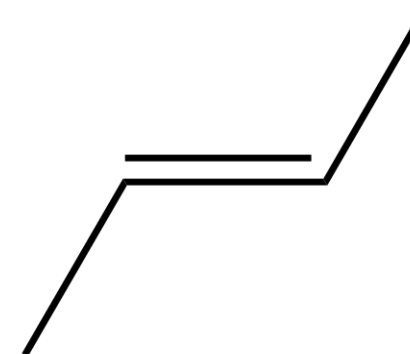
Identifies as the gender that is assumed to **align** with the sex they were assigned at birth



cis (Z)

➤ A **transgender** person:

Identifies as a gender that is **different** than the gender that is assumed to align with the sex they were assigned at birth, as **multiple genders** or **dis-identifies** with any gender



trans (E)

VOCAB

- FTM, transguys, transmen
- MTF, transwomen
- Genderqueer, gender non-conforming
- Two-spirit
- Infinite other words
- Trans as umbrella term

- Passing
- Stealth



THE GENDER SPECTRUM: BINARY VS NON-BINARY

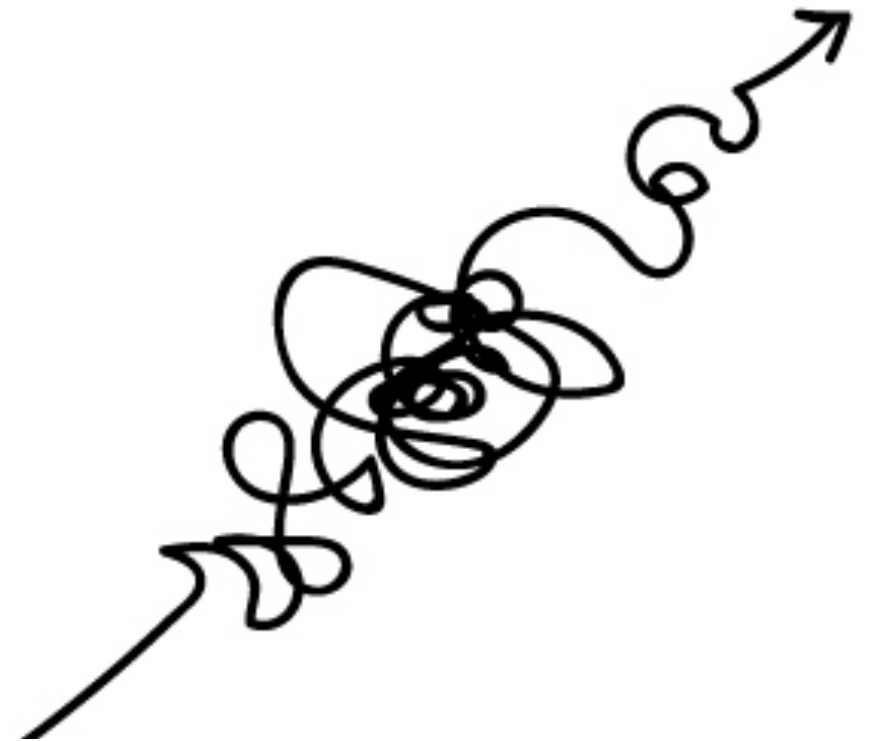




TECHNIQUES OF TRANSITION

TECHNIQUES OF GENDER TRANSITION: EVERYONE'S DIFFERENT

- Change Name
- Change Pronouns
- Come "Out" to Friends, Family, Community
- Change Dress, Clothes, Hair, Make-Up
- Use Different Gendered Facilities (Bathrooms, Dressing Rooms)
- Change Identity Documents
- Use Compression and/or Prosthetic Device
- Speak in Different Vocal Pitch
- Body Modification (tattoos, piercings, etc)
- Hormone Therapy
- Surgery



SOCIAL TRANSITION



CHANGING IDENTITY DOCUMENTS

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USING DIFFERENT BATHROOMS



COMPRESSION & PROSTHETIC DEVICES FOR TRANSMEN

- Binder
- Packer
- Stand-to-pee (STP) device
- Dildo, "Strap-on"



Fenis



pStyle



Number one Stp



Whiz
Freedom



Shewee



Mr Fenis

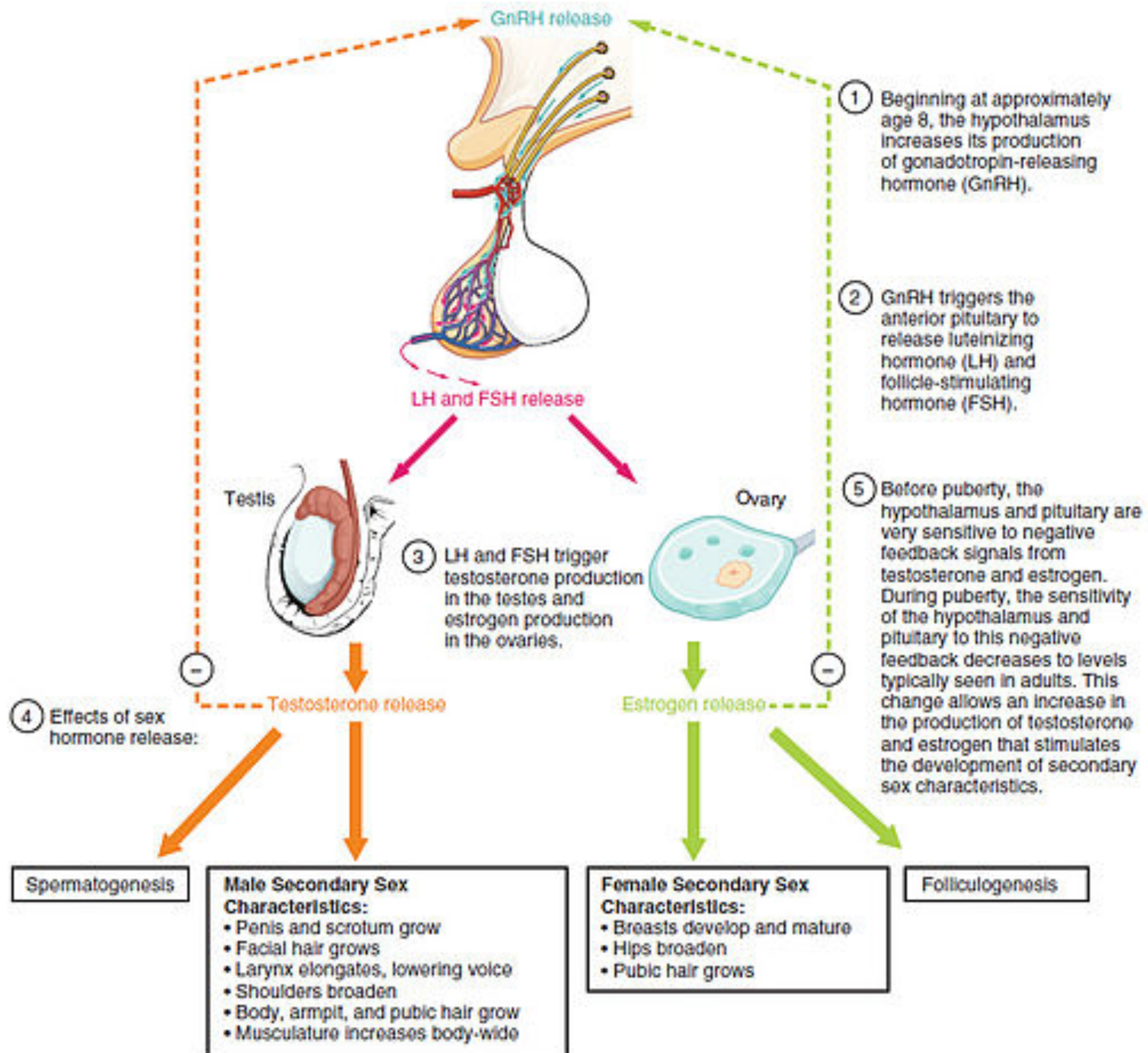
COMPRESSION & PROSTHETIC DEVICES FOR TRANSWOMEN

- Breast forms
- Gaff
- Padded bra / underwear



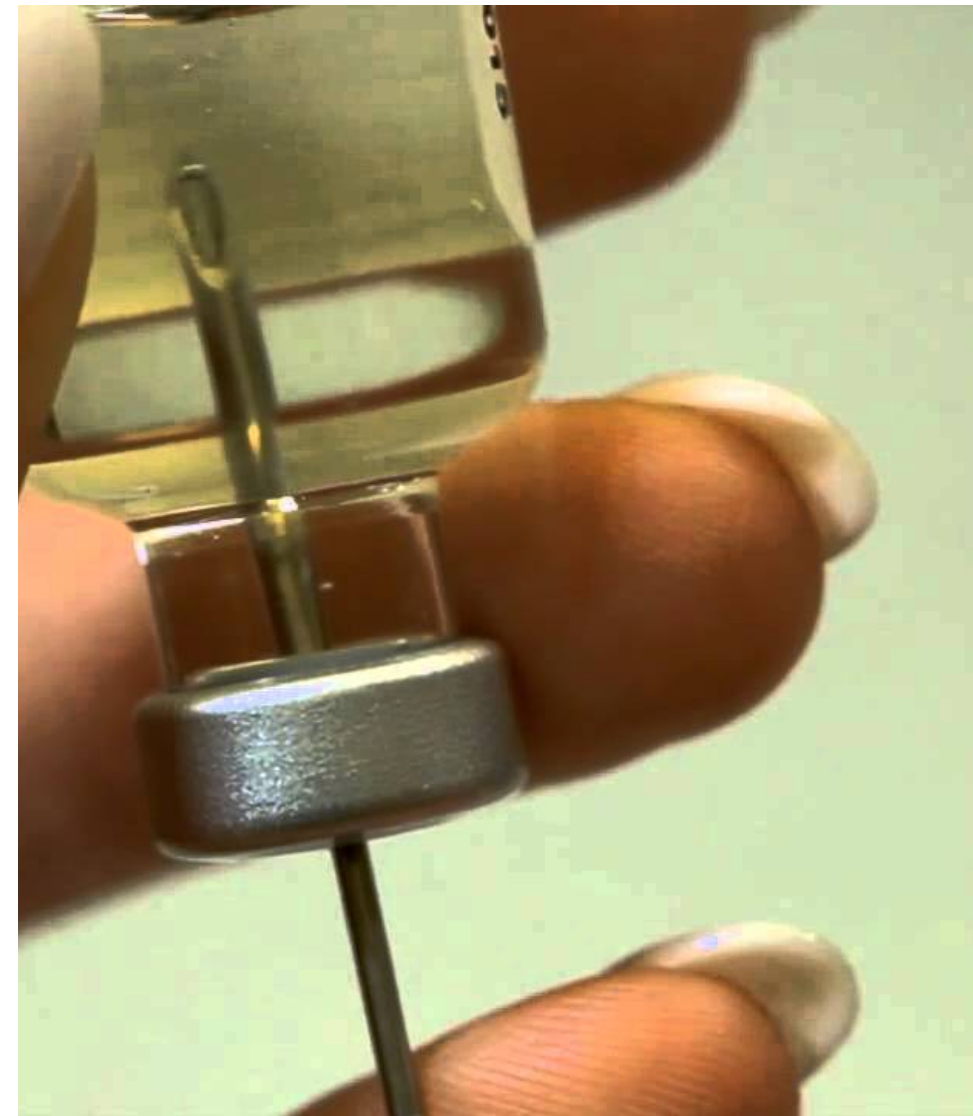
MEDICAL TRANSITION





HORMONE THERAPY OPTIONS FOR GENDER TRANSITION

- FTM Transmen use testosterone
- MTF Transwomen use estrogen, spironolactone, and sometimes progesterone
- Trans Youth can use Lupron to inhibit hormone release during puberty



SURGICAL TRANSITION



MASCULINIZING SURGERY OPTIONS

- Mastectomy
- Hysterectomy
- Oophorectomy
- Vaginectomy
- Metoidioplasty
- Scrotoplasty, Testicular Implants
- Phalloplasty, Penile Implant
- Facial Masculinization Surgery
- Body Contouring



FEMINIZING SURGERY OPTIONS

- Breast Augmentation
- Orchiectomy
- Penectomy
- Vulvoplasty
- Vaginoplasty
- Facial Feminization Surgery
- Tracheal Shave
- Facial Electrolysis
- Body Contouring

