



you're assuming you know what a trans person looks like and that's your first mistake! We should never assume someone's gender based on their appearance.

Like anyone else, trans and non-binary people (enby for short) can look however they want.

Clothes, hair, and makeup are just tools we use to express ourselves. They've only come to have gendered associations because we made it that way in our cultures! We've slowly moved away from the idea that only cis men wear pants - let's take it a step further and unlearn all these damaging gender standards. Yay!

Everyone's body is also unique and does not determine their gender either. Concepts like masculinity and femininity are social constructs and elements of them can be found in all of us to varying degrees.

These social constructs can be damaging to cis people as well. For example, some cis women naturally grow mustaches, and some cis men are petite and/or cry watching rom coms. Rigid, outdated concepts about gender are not only false but can continuously harm us. It's time to grow beyond this. Everything is a spectrum!

A SPECTRUM!



LITERALLY EVERYTHING!

This pamphlet is based on MY experience. It's designed to serve both cis and trans communities. It is important to remember, everyone's experience is different, as are our needs! Consider these some helpful suggestions and ways in which you can help yourself. There's no rule book on how to treat every single person but compassion, kindness, and thoughtfulness are good starting points.

Yes! I'm transgender! I'm a non-binary trans femme raccoon. Though I may present more "feminine," I use only gender-neutral pronouns, they/them.

People use a variety of pronouns. Some common pronouns are he/him, she/her, they/them. Some other pronouns I've heard are ze/hir, ze/zir, xe/xem, and ve/ver. This is just a small sampling and we're creating more every day. Everyone's pronouns are valid and we should respect them by using them.

Another way to support people's pronouns is to unlearn gendered language. Language is always changing, and when we don't change with it, some of the things we say can be harmful to other people, regardless of our intent. Gendered language is one of those things! Ending sentences with bro or man and using terms like Miss, Mr, and Mrs, sir and ma'am are all things that can really hurt people. A little work to break ourselves of some old habits can go a long way to normalize things for trans and enby people.



HERE ARE SOME COMMON ?'s

These are some common questions I get as a trans person and answers based on MY experience. This isn't a rule book, just a general guide of things to keep in mind. It's important to remember that every person's experience is different. First, some basic definitions.

Transgender - people whose gender identity does not match their sex assigned at birth.

Cisgender - people whose gender identity matches their sex assigned at birth.

Non-binary - describes a gender identity that does not fit the male and female binary. Can also describe a person that doesn't identify with a gender at all which is sometimes called agender.

What does the term "dead name" refer to?

A dead name is the name assigned to a person at birth who has since changed it.

Can I ask about it?

No. If you're addressing a trans person in a customer service scenario and need to access information that might be under their dead name, you can use a phrases like "What is the name on this account?"

MORE ?

Do all trans people get surgery?

Nope. Gender affirming surgery procedures are things some trans and non-binary people use to feel more comfortable in our bodies and lessen our dysphoria. Not all trans people want or need these procedures. Nor do all of us have the resources to acquire them. Not all trans people experience dysphoria. No trans person is any more or less trans because they have had access to surgery or HRT (hormone replacement therapy). And in case it wasn't clear, you should NEVER ask anyone (trans or cis) about their body parts.

When did you become trans?

The moment I was born and assigned the incorrect gender at birth. Not all of us have the language to identify it, so it takes different amounts of time for us to become aware. No one is any more trans because they realized they were trans at a younger age. There are also many reasons a trans person might not choose to come out even after they realize they are trans. Trans people face a drastically increased threat of physical and emotional violence as well as reduced access to things like safe employment and stable housing. All reasons a trans or enby person may feel afraid to come out.

Can I ask about when you came out?

No. This is sometimes very personal and can be a traumatic thing for some trans people to talk about.

RESOURCES

DO NOT SEEK HELP FROM YOUR LOCAL TRANS PERSON.

I personally really enjoy educating people, but even I find it challenging sometimes.

It can be traumatic and stressful for some trans people to discuss these things. It is a lot of labor for an oppressed person to unpack and educate their oppressors of the ways in which they do harm. That goes for power dynamics involving all people who experience oppression, not just trans people. In these dynamics remember we are not entitled to anything and any education we get is a gift.

THINGS YOU CAN DO

Google, a powerful tool. There are tons of resources on the internet on trans and enby folx.

Find trans people on the internet. Find them on social media, follow them, and LISTEN. There are a lot of amazing trans and non-binary people being vocal on the internet and doing a lot of powerful work.

Trevor Project - thetrevorproject.org
Trans Lifeline - translifeline.org
Transgender Law Center - transgenderlawcenter.org



SO YOU
THINK
YOU'VE
MET YOUR
FIRST
TRANS
PERSON?

