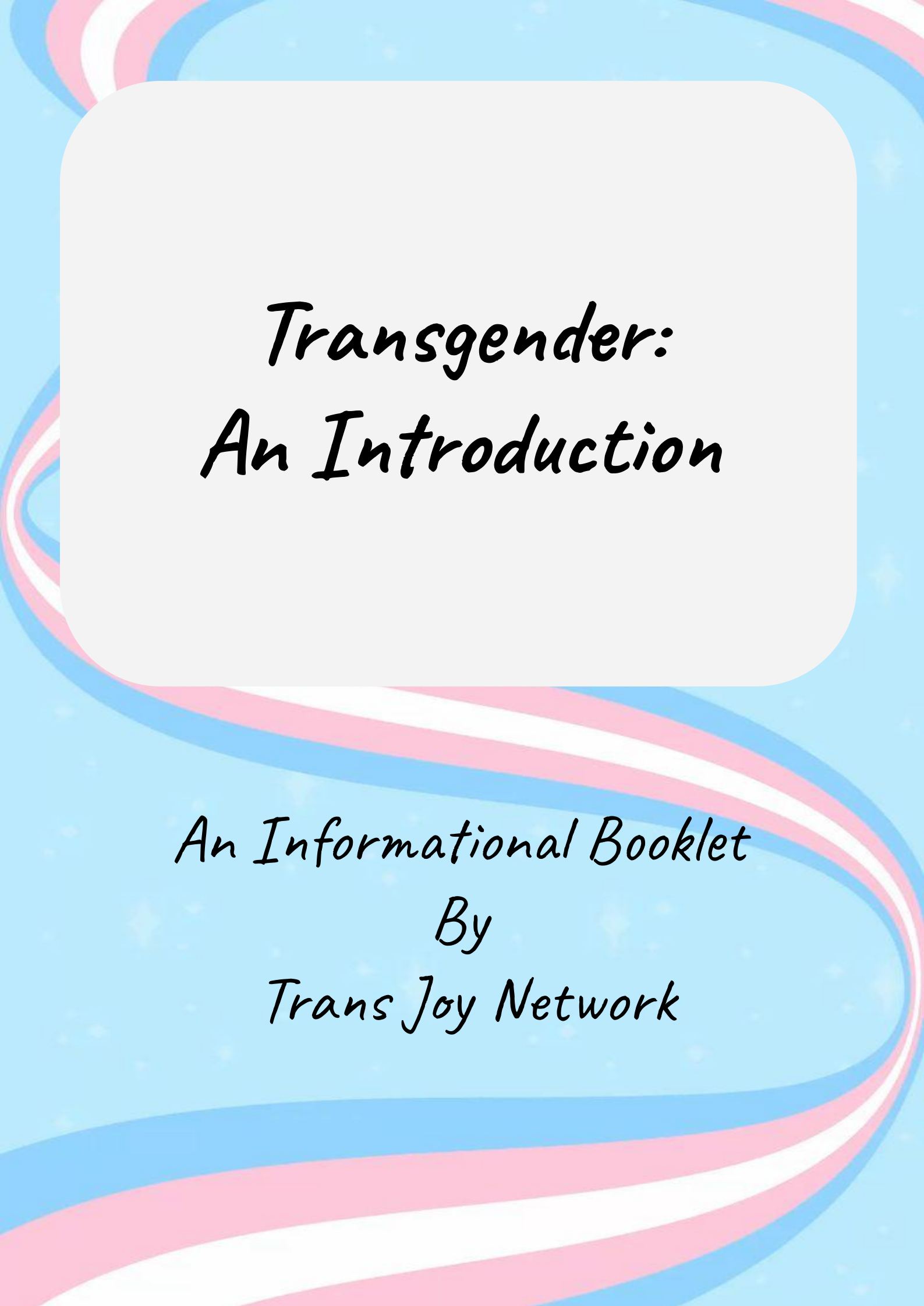




Transgender: An Introduction

*An Informational Booklet
By
Trans Joy Network*

This booklet is a breif introduction to the concept of gender and the concept of being transgender.

Disclaimer

Sources are not cited to retain conciseness of the booklet.

All information from the related presentation powerpoint will remain in this booklet rendition, unchanged. Whilst this is true, there are additions made to this booklet which are excluded from the powerpoint, regarding adjacent topics which will be highlighted on this booklet's *Index Page*

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Trans Joy Network

Who Are We?

We are Trans Joy Network, a small grassroots organisation founded in Basingstoke, England.



How Do We Do It?

Trans Joy Network host several community centre groups, assemblies and pride events across the county to provide community support, resources and education to cisgender and transgender+ people alike.



What Do We Do?

Our goal, as an organisation, is to spread positivity and encourage kindness amongst The Transgender + Communities and provide transgender individuals with the resources to live safely and authentically.



What Does Transgender Mean?

Etymology

The word, “transgender,” is comprised of two components. “Trans,” the latin prefix meaning, “on the other side,” and the modern English word, “gender, meaning the roles a person performs within an established society.”

Transgender

This word is an adjective. A person described as, “transgender,” *does not* feel as though they relate to the gender they were assigned at birth.

Cisgender

Respectively, “cisgender,” is an adjective used to describe person *does* identify with the gender, or sex, they were assigned at birth.

What Does Transgender Mean?

Neither of these words are offensive or oppressive. They are just descriptive antonyms used to refer to specific groups of people.

Sex VS. Gender

Gender

“Gender,” refers to a label attributed to an individual who performs a certain set of societal roles and hold physical or emotional characteristics according to a specific social structure.

Gender can further be categorised into, “**identity**,” and, “**expression**.”

Gender Identity

“Gender identity,” refers to the way a person feels *inside*. It may relate to the pronouns a person uses or how they align with masculinity, femininity and androgyny.

Gender Expression

“Gender expression,” however, is the way a

Sex VS. Gender

person presents on the *outside*. This can be the clothes a person wears, the way they wear their hair or if and how they use makeup, to name just a few.

In Practice

This means that a person can feel as though they align with a certain gender, ie; male and using he/him pronouns, whilst still being comfortable dressing, “femininely”.

Sex VS. Gender

Sex

Sex differs from gender as it is characterised by a set of visual and biological factors of a person's body. There are no single biological factors that strictly determine sex, however, a combination of commonly aligning characteristics may indicate a sex. This being said, individuals with a combination of sex characteristics aligning with both or neither binary sex is as common as nearly 2% of people.

Sexual Orientation

Sexual orientation, or attraction, is the feelings one may feel toward another individual, often affected by their sex, gender identity and gender expression. Due to gender having such a loose and fluid definition, and even completely have no

Sex VS. Gender

meaning to some, the terms revolving around sexual orientation can become a little blurry. It is important to let people use the terms that they feel represent the way that they feel.

Buzzwords

Deadname - A transgender person's birth name that is no longer used to refer to them

Misgender - To use a pronoun, title or gender that is not correct to refer to a person

Dysphoria - The negative feeling experienced by feeling misaligned with your gender identity

HRT - Hormone Replacement Therapy, a part of medical transition

Transition - The act of changing one's gender or sexual characteristics socially or medically

Passing - To be perceived as the gender you identify as by strangers

Stealth - To hide the fact that you are transgender while presenting as your correct gender

Buzzwords

Coming Out - For an individual to tell others that they are transgender

The Closet - Not being 'out' yet

Binder/Tucker/Packer - Garments used for social transition

Under the Umbrella

Binary

Gender identities can be divided into two initial categories; binary and non-binary.

“Binary,” refers to a system involving two subjects and thus “non-binary,” refers to those existing outside of this system.

“Binary,” identities are, “man,” and, “woman.”

These are the most commonly recognised genders. These correlate with the modern western expectation that those with masculine aligning reproductive abilities uphold certain roles and characteristics and vice versa.

Nonbinary

In the same notion, “Nonbinary,” identities are those that, in any aspect, lie outside of the binary. This means someone who is

Under the Umbrella

performing or adhering to multiple or neither set of social norms for the two binary genders.

Agender

Finally, those who feel no attachment to the concept of gender at all; agender. Someone who is agender may entirely reject the construct of performative conformity and exist outside of the context of the perception of masculinity, femininity or androgyny.

Summary

Each of the categories of genders can be infinitely doubled down due to gender being a personalised internal concept, but these encompassing terms will definitely get you by, no-problem!

Pronouns and Titles

Pronouns

Pronouns are a part of everyday language. Personal, possessive, demonstrative, to name a few, hold incredible value in effective communication. This, that, he, she, you, me, yours, mine- these are all pronouns.

Gendered Pronouns

Personal pronouns typically have ties to genders due to the evolution of language. A small table below to decode this.

Titles

In the same fashion, titles, such as Mr., Mrs., Mx., etc, are ways to refer to people which can, but do not always, indicate gender. For example, Miss, and Mrs. refer to those most aligned with femininity; Mr. and Master with Masculinity; and Mx. with neutrality.

Pronouns and Titles

<u>Binary Pronouns</u>	He, Him, His, Himself, She, Her, Hers, Herself
<u>Neutral Pronouns</u>	They, Them, Their, Theirs, Themselves, It, Its
<u>Neopronouns</u>	Xe, Xim, Xir, Xirself, Ze, Zem, Zer, Zerself, E, Em, Eir, Eirself, etc.

<u>Masculine Titles</u>	Mr, Master, Sir, Prince, King, Count, Duke
<u>Feminine Titles</u>	Miss, Mistress, Mrs., Madam, Ma'am, Princess, Queen, Countess, Dutchess
<u>Neutral Titles</u>	Mx., Dr., Nurse., Monarch, Constable, Officer

Bullying

Often, the smaller acts of bullying and exclusion are dismissed due to the lack of impact the individual act may have. What many people fail to recognise is that behaviours can snowball. What may begin as using someones deadname or incorrect pronouns could devastatingly devolve into acts of physical violence. These things do not just happen in, “rough areas,” nor are they performed by those who are raised a certain way. These acts are not committed by any particular group of people.

In 2023, the world mourned the loss of Brianna Ghey, a 16 year old transgender girl who was murdered by people that she considered to be her friends.

A similar incident occurred in 2024 when

Bullying

Nex Benedict, also 16, was ambushed by a group of girls and physically assaulted in a school bathroom, later passing away from their injuries. Each attack; an act of violence that evolved from small verbal assaults and quickly progressed into something fatal.

Whilst physical acts of violence from another party are of high concern, bullying and abuse may also incite a person to hurt themselves or even tragically take their own life.

It is important to catch and address these behaviours. Hold your friends accountable and educate them when safe and possible. Report concerning comments and behaviours that you witness to trusted, responsible adults. There is support around you.

Statistics

Life can be made difficult for some, and dangerous for others, all because of actions and decisions born from ignorance.

These shocking statistics show just how difficult life can be made for people.

Statistics

- **79%** report having struggled with **bullying** at some point in their life
- **48%** have reported **attempting suicide** at some point in their life
- **56%** have reported having been **assaulted** at some point during their life

Statistics

Statistics

- **62%** have reported having been **sexually assaulted** at some point during their life
- **25%** have reported struggling with **homeless** at some point in their life
- **A Majority** have reported struggling with **unemployment** at some point in their life
- **70%** have reported struggling with **education** at some point in their life
- **48%** have reported struggling with **medical malpractice** at some point in their life

Neurodivergence

Across the transgender+ community, it is noted that there is a prevalence of neurodivergence. It is believed that upwards of 10% of transgender+ individuals are autistic. With autism, alone, only being one in a plethora of neurodivergent conditions, it can be assumed that those who fall under the umbrella of neurodivergence is much higher than the 10% mentioned above. But, why?

Whilst it is not yet a certified answer, it is highly theorised amongst psychologists, and their respected sciences, that the nature of defying social expectations from neurodiverse peoples, encourages them to seek expression outside of the cultural norm much higher than their neurotypical or allistic counterparts.

Neurodivergence

This means that they are more likely to make alternative self discoveries such as their gender identity and expression or their sexual orientation.

With that knowledge, it is safe to assume that many more allistic or neurotypical individuals may be transgender, or otherwise LGBTQIA+ without knowing.

Pronouns and Titles

Transgender

An umbrella label which encompasses every identity wherein an individual identifies as a gender differing from the one they were assigned at birth.

Nonbinary

An umbrella label which encompasses every non-binary transgender identity wherein an individual identifies as a gender between or outside of the binary of male and female.

Intersex

An umbrella term which encompasses anyone whose physical or biological sexual components are not strictly male or female or are any combination of the two.

Pronouns and Titles

Agender

those who feel no attachment to the concept of gender at all. Someone who is agender may entirely reject the construct of masculinity, femininity or androgyny.

Genderfluid

Someone whose gender identity or dysphoria may fluctuate

Genderqueer

Someone whose gender expression or identity fall outside of the binary of male and female

A Transgender World

Prior to colonisation by the British, many civilisations throughout history had their own views on gender that differ from today's rigid western idea of gender identity and expression.

We can see this in the Native American identity, "Two-Spirit" referring to a third gender. Those with this label were considered sacred or divine as they were able and willing to perform the tasks of both men and women within their communities.



A Transgender World

This can also be observed in The Sister Girls, a queer, indigenous group from the Tiwi Islands of Australia. This identity closely resembles the western label, “transwoman,” in that the members of the community typically are of masculine-aligned sexual characteristics but feminine social characteristics.



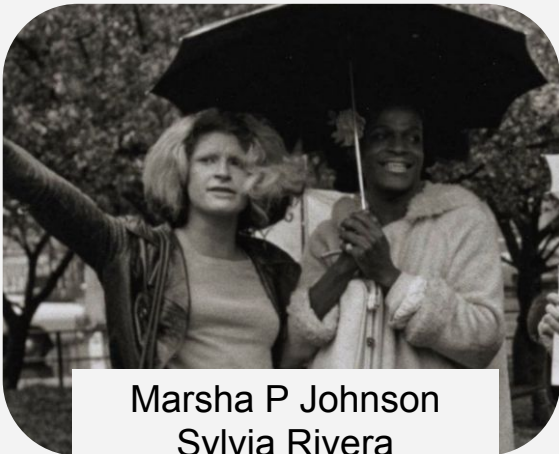
The Sister Girls, however, do not enforce physical or medical transition to validate one's identity unlike within our western world and instead implore others to look beyond the outside.

Trans+ Icons of The Past



Lili Elbe

The first recorded individual to have undergone a successful gender realignment surgery.



Marsha P Johnson
Sylvia Rivera

Activists who co-founded Street Transvestite Action Revolutionaries, supporting homeless LGBTQ+ youth.



Lou Sullivan

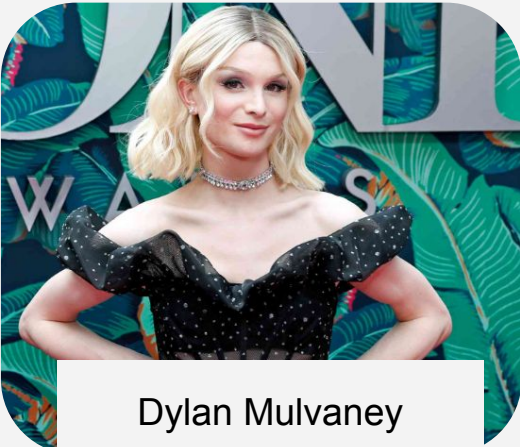
Largely responsible for the modern understanding of sexual orientation and gender identity as distinct, unrelated concepts.

Trans+ Icons of Today



Yasmin Flinney

A young transgender activist and upcoming actress, carrying her activism inside and outside of her roles.



Dylan Mulvaney

A brave transgender woman who documented and shared her transition online despite the criticisms.



Vivian Wilson

A young transgender influencer who advocates for queer rights, women's rights, and much more.

Transition Resources



Spectrum Outfitters

A trans-owned clothing brand who sell chest binding garments, boxers and more



Point Of Pride

An organisation providing funding and gender affirming garments to transgender individuals.



Anne Healthcare

A trans-owned charity providing gender affirming healthcare

Safety Resources



AKT Charity

A queer-owned charity supporting homeless LGBTQ+ youths



Switchboard LGBT

The national LGBTQ+ support line



Mermaids

Supporting young transgender individuals and their families

Thank You

We thank you for taking the time to read our carefully constructed information booklet. We hope this has helped you to gain a deeper understanding of the concepts of the various, complex parts of an identity.

Should you have any questions or queries, please do not hesitate to reach out to us on our listed contact methods.

For our other resources and information booklets, visit our website.



Trans Joy Network

For more information and resources, find us on

Instagram : TransJoyNetwork

Facebook : Trans Joy Network

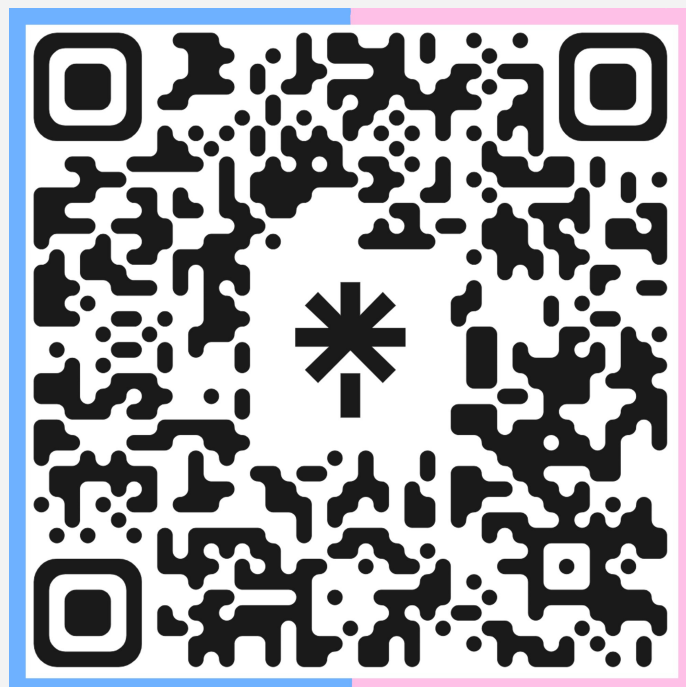
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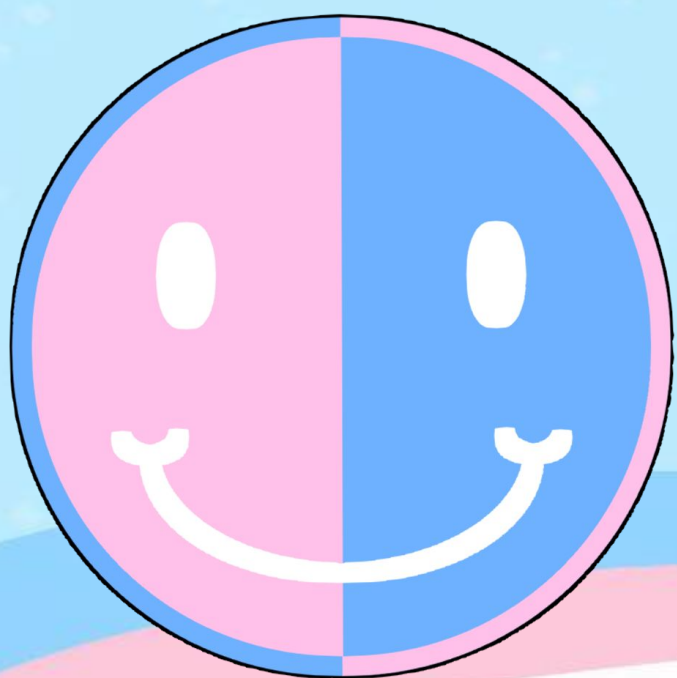
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<https://transjoynetwork.org.uk>





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