Culturally Responsive Care for Transgender Patients

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Brought to You By:
The Plan

- Section 1: Disclaimers
- Section 2: Language Review
- Section 3: Current State of Affairs
- Section 4: Ky’s Top Tips
- Section 5: Social Transition
- Section 6: Resources
Section 1: Disclaimers
The LGBTQ+ Community is Diverse and Ever-Expanding; Of Course We Don’t Agree on Everything (Anything*)!
Intersectionality is Everything
Our Language is Always Evolving
-And That is Wonderful-
If you can’t love yourself, how in the hell you gonna love somebody else?
Section 2: Language Review
Key Definitions

• Sexual Orientation
  • “An individual’s patterns of romantic and/or sexual attraction, in terms of gender. Sexual orientation is not the same as gender expression or gender identity. People of any gender may have any sexual orientation.”
Sexual Diversity
Key Definitions

• Gender Identity
  • “People’s own understandings of themselves in terms of gendered categories, like man and woman, boy and girl, transgender, genderqueer, and many others... Some people’s gender identity is consistent for their whole lives; other people experience shifts in their gender identity over time.”
Venn Diagram

GENDER IDENTITY

SEXUAL ORIENTATION
Key Definitions

• Gender Expression
  • “Appearance and behaviors that convey something about one’s gender identity, or that others interpret as conveying something about one’s gender identity, including clothing, mannerisms, communication patterns, etc.”
SEX ASSIGNED AT BIRTH

Key Definitions
Key Definitions

• Transgender
  • “Anyone whose gender identity and/or gender expression differs significantly from what is expected of them in their culture based on their sex assigned at birth.”

• Cisgender
  • “Describes people whose gender identity matches what is expected of them based on their sex assigned at birth.”
Key Definitions

*TRANSGENDER
*TRANSSEXUAL *TRANSVESTITE
*GENDERQUEER
*GENDERFLUID *NON-BINARY *GENDERF*CK
*GENDERLESS
*AGENDER *NON-GENDERED
*THIRD GENDER
*TWO-SPIRIT * BIGENDER
*TRANS MAN
*TRANS WOMAN
Key Definitions

• Gender Dysphoria
  • Discomfort or distress that is caused by a discrepancy between a person’s gender identity and that person’s sex assigned at birth (and the associated gender role and/or primary and secondary sex characteristics)
Key Definitions

- **Gender Euphoria**
  - The opposite of gender dysphoria. Refers to the pleasurable feelings associated with living in your true gender.
Key Concepts

• Transphobia
  • “Transphobia is discrimination based on our status as transgender or gender nonconforming people. Transphobia overlaps with homophobia (discrimination against gay, lesbian, and bisexual people), sexism (discrimination based on our perceived sex), and misogyny (hatred or dislike of women).”
  • “Trans-misogyny, a term coined by trans writer and activist Julia Serano, is a form of misogyny directed at trans women.”

Key Concepts

• Cissexism
  • “The system of oppression that privileges cisgender people while marginalizing trans people.”

• Heteronormativity
  • The assumption that all people are heterosexual

• Cisnormativity
  • The assumption that all people are cisgender.
  • Cultural and societal structures that normalize cisgender identities

Key Concepts

Passing

• “The ability to present our gender in such a way that we are consistently seen as our correct gender identity.”

Key Concepts

**Passing Privilege**
“The social advantage of being perceived by others to be cisgender.”

Key Definitions

• Misgendering (v.)
  • “Calling someone the wrong pronoun, name or honorific, whether intentionally or unintentionally.”
Common Language Errors (And How to Avoid Them)

‘YOUR SO GAY.’
CAN YOU SPOT TWO COMMON MISTAKES?
Common Error #1: Misgendering

“Being mispronounced can have a particular impact on trans people because, whereas most cisgender people can comfortably assume that their gender is obvious and legitimate, trans people’s genders are contested.”
Common Error #1: Misgendering

“I can’t go more than five minutes of an interaction with the medical industry without being gendered female. Immediately, I am defensive. Immediately, I am dysphoric. Immediately, after each time they use terms like ‘lady’ and ‘miss’ and ma’am,’ the message is clear: They do not understand my body. So why would I trust them to help me with my health and wellness?”

- Sinclair Sexsmith
It looks like you're trying to purposely misgender someone.

**Don't do that.**
Misgendering: Tips

• You’ve been raised to get this wrong; it’ll take some **work** to get it right!
  • Household objects
  • Pets
  • Journaling
  • Get motivated
  • Be held accountable
Misgendering: Tips

• Be cool!
  • You messed up. It happens. Here’s what you do:
    • Apologize
    • Repeat yourself with the correct pronoun
    • Move on
    • Later, take some time to reflect so you can do better next time
Misgendering: Tips

• Time to Reflect
  • What happened?
    • Body parts
    • Role
    • Previous relationship
    • Environment
    • Distraction
    • System
    • Peer pressure
    • Confusion
    • Relational
    • Honest mistake
When greeting others

Avoid:

ladies   gentlemen   ma’am   sir   girls   guys   etc.

Consider using instead:

“Thanks, friends. Have a great night.”

“Good morning, folks?”

“Hi, everyone!”

“Can I get you all something?”

Why?

Shifting to gender-inclusive language respects and acknowledges the gender identities of all people and removes assumption.

Be mindful of language

Based on Toni Latour’s “Hello there” cards.

Learn more at qmunity.ca
Common Error #2: It’s Not a Preference
Common Error
#3: Don’t Deadname People, People
### Say This!
- Transgender people/folks/patients/friends
- Intersex people/folks/patients/friends/person
- Crossdresser
- Trans woman, trans man, trans person
- Drag queen/king
- Assigned male/female at birth
- They
- Transgender history
- Transgender life experience
- “When he identified/presented as a woman”
- Gender affirming surgery

### Don’t Say That!
- Transgenders
- Transgendered
- “An Intersex”
- Hermaphrodite
- Tranny
- Transvestite
- “Real” woman/man
- Bio-male/female
- “He-She”
- “It”
- “When he was a she”
- Man/dude in a dress
- “I can’t even tell you are trans!”
- “The Surgery”
Section 3: Current State of Affairs
• 10% of trans* folks who are out to their immediate family experience physical violence from a family member

• One in twelve (8%) respondents who were out to their immediate family were kicked out of the house, and one in ten (10%) ran away from home.

• Nineteen percent (19%) of respondents who had ever been part of a spiritual or religious community left due to rejection
What Does That *Really* Mean?

“On New Year’s Day, my brother started throwing stuff at me. I told him to stop, and he wouldn’t. We physically fought. My mom tried to separate us. He was yelling that he wasn’t the one with the problem. ‘She’s the one with the problem. She’s the one that ruined the family because she’s a freak.’

Whenever the family called me *she*, I’d try to explain, ‘please don’t call me that. I’m not *she*.’

‘No, that’s what you are! *She!* End of story!’ my brother said.

He said a lot of crap and called me hurtful things like faggot.

‘That’s it. I’m moving out.”

- Nat, they/them, high school senior

Excerpt from: *Beyond Magenta; Transgender Teens Speak Out*
there is a biological family and a logical family
• The unemployment rate among respondents (15%) was three times higher than the unemployment rate in the U.S. population (5%).

• Fifteen percent (15%) of respondents who had a job in the past year were verbally harassed, physically attacked, and/or sexually assaulted at work because of their gender identity or expression.

• In the past year, 27% of those who held or applied for a job during that year—19% of all respondents—reported being fired, denied a promotion, or not being hired for a job they applied for because of their gender identity or expression.