Section 3: Current State of Affairs

What are the figures, what are the facts? What do people mean when they talk about things?
• 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.
Nearly one-third (29%) were living in poverty, more than twice the rate in the U.S. population (12%).
• Nearly one-quarter (23%) of respondents experienced some form of housing discrimination in the past year, such as being evicted from their home or denied a home or apartment because of being transgender.

• Nearly one-third (30%) of respondents have experienced homelessness at some point in their lives.

• In the past year, one in eight (12%) respondents experienced homelessness because of being transgender.
Seven out of ten respondents who stayed in a shelter in the past year reported being mistreated because of being transgender.
• “I couldn't as a transperson go to a regular soup kitchen kind of place.” – trans woman with experience of homelessness

• “I think transwomen are held up to a much higher standard of femininity. I don't think biological women in shelters who yell, who scream, thrown things, etc... I don't think that anybody says they're acting like men [about these biological women]. But... transwomen, the instant that they defend themselves, it's this, you know.... you're either too masculine or too feminine or something.” - Trans-identified service provider

• One in five (20%) have participated in the underground economy (sex work, drug sales, other work that is currently criminalized).

• Those who have done income-based sex work were also more likely to have experienced violence. More than three-quarters (77%) have experienced intimate partner violence and 72% have been sexually assaulted.

• (86%) reporting being harassed, attacked, sexually assaulted, or mistreated in some other way by police while engaging in sex work or mistakenly thought to be engaging in sex work.
More than half (57%) of respondents said they would feel uncomfortable asking the police for help if they needed it.

Of those who were arrested in the past year (2%), nearly one-quarter (22%) believed they were arrested because they were transgender.
“Trans people, especially trans women of color and those for whom strangers are likely to guess that they’re trans, are extremely vulnerable to violence from police and to disproportionate arrest and incarceration. *If you are used to thinking of police and other authority figures as helpers, remember that this is usually not the case for trans folks.*”
• Nearly half (46%) of respondents were **verbally harassed** in the past year because of being transgender
• Nearly one in ten (9%) respondents were **physically attacked** in the past year because of being transgender
• Nearly half (47%) of respondents were **sexually assaulted** at some point in their lifetime and one in ten (10%) were sexually assaulted in the past year
• More than half (54%) experienced some form of **intimate partner violence**
One-third (33%) of respondents who had seen a health care provider in the past year reported having at least one negative experience related to being transgender, such as verbal harassment, refusal of treatment, or having to teach the health care provider about transgender people to receive appropriate care.
“Participants described experiencing open gawking, superfluous history taking about gender-related surgeries, assumption of sexually transmitted infections, drug use, and psychiatric disease, and being put on display.”

Nearly one-quarter (23%) of respondents reported that they avoided seeking health care they needed in the past year due to fear of being mistreated as a transgender person.
Romany Latham @romanpixie2 · 7 Oct 2015
Can't to get a diagnoses of BPD cause then I'd be unable to access hormones. Apparently you can't be mentally ill and trans #transhealthfail

Li @rhythmandbitch · 6 Jun 2016
Most medical prof. have no idea how to communicate with me and you wonder why I’m terrified enough to go to the OBGYN #transhealthfail

drtangential @drtangential · 5 Jun 2016
I don't go 2 doc unless fever >105 for days or something's broken. Otherwise I care 4 myself, including doing own stitches. #transhealthfail

Alena Neumann @numeratrix · 12 Dec 2015
I feel super sick. I don't want to go to a hospital w/o a lawyer though b/c I'm so tired of the discrimination. #transhealthfail #lgbt
• 40% reported that all of their current health care providers knew they were transgender
• 13% reported that most knew
• 17% reported that some knew that they were transgender.
• Nearly one-third (31%) of respondents reported that none of their health care providers knew they were transgender.
“Generally, providers did not seem to know when and how TGGNC-related medical history was relevant to a chief complaint.”

"You're I'm hormones" 2:30 PM. 4 Sep 2015

Kitten Wasp @Weakshine · 4 Sep 2015

Replying to @neco-neko-nwa@BestServedCold0 · 26 Jul 2016

Ever gone through puberty and got confused about your genitals? I was.

Logan Ferraro @L_A_Ferraro

I went to the ER for a stomach bug once, doc asked if I was "making myself sick b/c I'm depressed over being trans."

Alex @potatocrip · 5 Jun 2016

"Are you sure the pain in your fingers isn't caused by the hormones?"

#transhealthfail

Magical Girl @NicoleTaltos · 5 Jun 2016

Proctologist told me digestion problems are due to HRT. Recommended I stop transitioning or risk lifetime of constipation. #transhealthfail
• **Forty percent (40%)** have attempted **suicide** in their lifetime, nearly **nine times** the rate in the U.S. population (4.6%).

• Respondents were living with HIV (1.4%) at nearly **five times** the rate in the U.S. population (0.3%).

• Seven percent (7%) of respondents used prescription drugs that were not prescribed to them or used them not as prescribed (“nonmedical prescription drug use”) in the past month, compared to 2% of the U.S. population

• **Eighty-two percent (82%)** of all respondents had seriously thought about killing themselves at some point in their lives
“Minority Stress refers to the excess stress that members of stigmatized groups experience because of the prejudice and discrimination they face.”

“In developing the concept of minority stress, researchers’ underlying assumptions have been that minority stress is:

1. Unique
2. Chronic
3. Socially-based

“Minority Stress is…

Unique – that is, minority stress is additive to general stressors that are experienced by all people, and therefore, stigmatized people are required an adaptation effort above that required of similar others who are not stigmatized”

“Minority Stress is...

...Chronic – that is, minority stress is related to relatively stable underlying social and cultural structures”
Minority Stress is...

- ...Socially based – that is, it stems from social processes, institutions, and structures beyond the individual rather than individual events or conditions that characterize general stressors or biological, genetic, or other nonsocial characteristics of the person or the group.”

The minority stress model states that social conditions characterized by prejudice and stigma...predispose LGBT people to greater exposure to stress compared with heterosexual cisgender individuals. In turn, this excess exposure to stress can cause adverse health outcomes.”

“... Coping and social support, along with other forms of resilience, counteract the impact of stress and can have salutogenic effects.”

Distal Stressors

Anticipation of Stressors

Proximal Stressors

The Minority Stress Model
First Described by Ilan H. Meyer, 2003

The Minority Stress Model

*First Described by Ilan H. Meyer, 2003*
Physical Violence

Sexual Violence

Incarceration

Employment Discrimination

Systemic Racism

Verbal Abuse

Hate Crimes

Health Care Inequity

Anti-Trans Legislation

Proximal Stressors

Anticipation of Stressors

Housing Discrimination

Meyer 2003, 2016
Proximal Stressors

Meyer 2003, 2016

Distal Stressors

Rood et al, 2017

Fear

Hiding

Hypervigilance

Pressure to Pass

Social Isolation

Staying Closeted

Identity Concealment

Proximal Stressors

Loneliness

Invalidation
Yes I am...

Hate yourself

You're stupid

Black is Ugly!!

subliminal messaging in advertising...
Distal Stressors

Anticipation of Stressors

Internalized Transphobia
Internalized Racism
Sense of Not Belonging
Self-Hate

Reduced Resiliency
Perceived Burdensomeness

Hendricks, 2012
The Minority Stress Model

Measuring Outcomes

**Figure 1.** Minority stress and resilience factors in transgender and gender non-conforming people. Dashed line indicates inverse relationships.

“Sexual orientation and gender identity are not risk factors for health problems; stigma associated with those identities creates the risk.”

Eliason et al, LGBTQ Cultures: What Health Care Professionals Need to Know About Sexual and Gender Diversity
Section 4: Ky’s Top Tips for an Affirming Care Environment
Ky’s Top 10 Tips for Creating an LGBT Affirming Environment

1. Ask, don’t tell
Ky’s Top 10 Tips for Creating an LGBT Affirming Environment

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2. Be respectfally curious
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2. Be respectfully curious
3. Names and pronouns matter
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5. Intersectionality is important
6. Let Your Office Speak For You
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10. Remember: Ally is a Verb
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8. Put Your Money Where Your Mouth Is
9. Recognize Your Privilege
10. Remember: Ally is a Verb
Section 5: Social Transition
Social Transition

• The process by which a transgender or gender non-conforming individual begins to live their life in their true gender
• May be part time or full time
• May include some, all, or none of the following:
  • Changes in gender expression
  • New clothes
  • Binding
  • Packing
  • Tucking
  • Electrolysis/ Hair removal
  • Coming out in the workplace
• Coming out to family
• Name change
• Pronoun change
• Hairstyle change
• Vocal training
• Make Up
• Non-surgical breast enhancement
• Changing official documents
• Adopting new gender-specific behaviors
There is No “Right Way” to Be Trans

“JUST BECAUSE I'M NOT CHANGING MY BODY WITH HORMONES OR SURGERY DOESN'T MEAN I'M NOT TRANSITIONING.”
There is No "Right Way" to Be Trans

What Happens If You're A Trans Person Who Doesn't Feel "Trapped In The Wrong Body"

www.buzzfeed.com
Body Modification Techniques
Chest Binding

Demonstrably beneficial for mental health and self-esteem
<table>
<thead>
<tr>
<th>Health outcome (all that apply)</th>
<th>Percent (n) (n = 1800)</th>
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<tbody>
<tr>
<td><strong>Pain</strong></td>
<td></td>
</tr>
<tr>
<td>Chest pain</td>
<td>48.8 (878)</td>
</tr>
<tr>
<td>Shoulder pain</td>
<td>38.9 (700)</td>
</tr>
<tr>
<td>Back pain</td>
<td>53.8 (969)</td>
</tr>
<tr>
<td>Abdominal pain</td>
<td>14.5 (262)</td>
</tr>
<tr>
<td>Any pain outcome</td>
<td>74.0 (1333)</td>
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<tr>
<td><strong>Musculoskeletal</strong></td>
<td></td>
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<tr>
<td>Rib fractures</td>
<td>2.8 (50)</td>
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<tr>
<td>Rib or spine changes</td>
<td>11.6 (209)</td>
</tr>
<tr>
<td>Bad posture</td>
<td>40.3 (726)</td>
</tr>
<tr>
<td>Shoulder joint ‘popping’</td>
<td>12.3 (221)</td>
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<tr>
<td>Muscle wasting</td>
<td>5.4 (97)</td>
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<tr>
<td>Any musculoskeletal outcome</td>
<td>46.8 (843)</td>
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<tr>
<td><strong>Neurological</strong></td>
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<tr>
<td>Numbness</td>
<td>15.7 (282)</td>
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<tr>
<td>Headache</td>
<td>19.1 (344)</td>
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<tr>
<td>Lightheadedness or dizziness</td>
<td>27.8 (500)</td>
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<tr>
<td>Any neurological outcome</td>
<td>41.0 (738)</td>
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<tr>
<td><strong>Gastrointestinal</strong></td>
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<tr>
<td>Digestive issues</td>
<td>11.3 (203)</td>
</tr>
<tr>
<td>Heartburn</td>
<td>11.1 (200)</td>
</tr>
<tr>
<td>Any gastrointestinal outcome</td>
<td>17.7 (318)</td>
</tr>
<tr>
<td><strong>Generalised</strong></td>
<td></td>
</tr>
<tr>
<td>Overheating</td>
<td>53.5 (963)</td>
</tr>
<tr>
<td>Fatigue</td>
<td>27.2 (489)</td>
</tr>
<tr>
<td>Weakness</td>
<td>73.3 (1311)</td>
</tr>
<tr>
<td>Any generalised outcome</td>
<td>61.7 (1112)</td>
</tr>
<tr>
<td><strong>Respiratory</strong></td>
<td></td>
</tr>
<tr>
<td>Cough</td>
<td>17.2 (310)</td>
</tr>
<tr>
<td>Respiratory infections</td>
<td>3.4 (62)</td>
</tr>
<tr>
<td>Shortness of breath</td>
<td>46.6 (839)</td>
</tr>
<tr>
<td>Any respiratory outcome</td>
<td>50.7 (914)</td>
</tr>
<tr>
<td><strong>Skin/tissue</strong></td>
<td></td>
</tr>
<tr>
<td>Breast changes</td>
<td>27.5 (495)</td>
</tr>
<tr>
<td>Breast tenderness</td>
<td>33.9 (611)</td>
</tr>
<tr>
<td>Scarring</td>
<td>7.7 (138)</td>
</tr>
<tr>
<td>Swelling</td>
<td>4.3 (77)</td>
</tr>
<tr>
<td>Acne</td>
<td>33.8 (608)</td>
</tr>
<tr>
<td>Itch</td>
<td>4.4 (808)</td>
</tr>
<tr>
<td>Skin changes</td>
<td>15.2 (273)</td>
</tr>
<tr>
<td>Skin infection</td>
<td>5.3 (95)</td>
</tr>
<tr>
<td>Any skin/tissue issue</td>
<td>76.3 (1375)</td>
</tr>
<tr>
<td>Any of the above</td>
<td>97.2 (1750)</td>
</tr>
</tbody>
</table>
Chest Binding: Dos and Don’ts

- Do NOT bind with ACE bandage
- Limit binding to 6-8 hours most days, 10 hours max
- Do not sleep in a binder
- Do not work out/exert yourself while binding
- Good options for binding include:
  - Sports bra or two layered sports bras
  - Binder from reputable company
    - GC2B.co
    - Underworks
    - T-Kingdom
Tucking

• Tucking refers to the practice of hiding the penis and testes so they are not visible in tight clothing.
• There are a few ways to tuck, most commonly pushing testes up through inguinal canal, or pulling back on either side of penile shaft
Tucking Best Practices

• If using tape:
  • Recommend medical tape or sports tape. Duct tape or other tape can be very irritating to the skin and can cause damage.
  • Shave prior to use; however, do not tape directly after shaving
  • Use anti-fungal or other powder to prevent infections forming
  • It is not possible to pee while tucking with tape
  • Do not tuck for more than 4-8 hours
  • Listen to the body, go slowly
  • Wrap toilet paper or gauze around penile head and shaft prior to taping
  • Only tuck when penis is flaccid
Tucking Best Practices

**Control Briefs**
$10–30
Often marketed for "tummy control", control briefs (like SPANX) are made of strong, elastic material. Pull yourself toward the back between your legs and pull the control briefs up snugly. You might have to readjust throughout the day. Some people prefer buying a size smaller than usual.

Another option is cutting the legs off a pair of panty hose and wearing them like control briefs.

**Layering Undies**
$10–30
Layering spandex undies might cause more irritation, so use cotton. Pull yourself toward the back between your legs and pull the underwear up snugly. Low waist/"hipster" styles don’t work as well.

**Taping**
$5–10
(See "Comfort Tips" on the back). Avoid using duct tape. Wrap medical tape around the shaft and pull it down toward the back. Use more tape to secure. Medical tape removes less painfully, but does not stick when wet. Taping could make it painful to sit.

**Gaff**
$20–30
Gaffs are worn like underwear and made of strong, elastic material to hold things in place.

**Vee String**
$200–500
Vee Strings are like gaffs but are made of latex rubber and the outside looks like a vagina.
Questions?
Resources for Patients
Questions in the Future?
Thank you