

SOMEONE I KNOW
CAME OUT AS TRANS!

HOW TO SUPPORT
THE TRANS COMMUNITY
FOR BEGINNERS ♡
♡ ♡ ♡ ♡ ♡ ♡ ♡

A HANDY HELPER ZINE
BY OVAETTR

< OVAETTR.gay >

WHAT DOES TRANSGENDER MEAN?

“TRANSGENDER” IS A BROAD TERM THAT IS USED TO DESCRIBE PEOPLE WHOSE GENDER IDENTITY IS DIFFERENT FROM THE GENDER THEY WERE THOUGHT TO BE WHEN THEY WERE BORN

--- TERMS TO KNOW ---

GENDER IDENTITY -

THE INTERNAL KNOWLEDGE & THE UNDERSTANDING OF YOUR GENDER(S) OR YOUR LACK THEREOF. EVERYONE HAS A GENDER IDENTITY - CIS OR TRANS! :)

GENDER EXPRESSION -

IS HOW A PERSON PRESENTS THEIR GENDER ON THE OUTSIDE. OUR EXPRESSIONS DO NOT ALWAYS HAVE TO ALIGN W/ STEREOTYPICAL WAYS OF PRESENTING IN OUR CULTURE. YOU CAN WEAR ANYTHING YOU WANT TO AS ANY GENDER OR LACK THEREOF.

CISGENDER -

A PERSON WHO IDENTIFIES WITH THE GENDER THEY WERE ASSIGNED AT BIRTH

GENDER 101

TRANSITION

WHEN A PERSON BEGINS TO LIVE ACCORDING TO THEIR GENDER ID INSTEAD OF THE GENDER ASSIGNED AT BIRTH. THIS TIME PERIOD IS CALLED "GENDER TRANSITION."

SOME TRANS PEOPLE HAVE SPECIFIC GOALS & MILESTONES. WHILE OTHERS FEEL TRANSITION IS ETERNAL

TO SEEK TRANSITION CARE,
SPEAK TO YOUR DOCTOR

COMMON TRANS MILESTONES

SOCIAL:

- * CHANGE NAME
- * CHANGE CLOTHES
- * CHANGE PRONOUNS
- * CHANGE LEGAL DOCS

PHYSICAL:

- * PUBERTY BLOCKERS
- * STARTING HORMONES (HRT = HORMONE REPLACEMENT THERAPY)
- * CERTAIN PROCEDURES OR SURGERIES

[[[CHANGE IS NOT NECESSARY TO BE TRANS]]]

SEX & GENDER

SEX IS OFTEN USED IN A MEDICAL OR SCIENTIFIC CONTEXT. SEX IS A LABEL OF "MALE" OR "FEMALE" THAT WE ARE ASSIGNED AT BIRTH BASED ON GENITAL APPEARANCES. HOWEVER, SEX DOES NOT DEFINE WHO YOU ARE OR WHAT YOUR GENDER IDENTITY MIGHT TURN OUT TO BE.

INTERSEX AWARENESS!

INTERSEX PEOPLE ARE PEOPLE WHO LIVE WITH VARIATIONS OF ANATOMY THAT DO NOT FIT IN THE TYPICAL DEFINITIONS OF "MALE" OR "FEMALE"...THERE ARE MANY INVASIVE SURGERIES DONE TO INTERSEX BABIES IN ORDER TO "ASSIGN" THEIR SEX. BY CHOICE OF THE PARENTS. INTERSEX PEOPLE ARE FIGHTING FOR THEIR RIGHT TO BODILY AUTONOMY STILL TODAY.

THE "♂ GENDER BINARY ♀"

THE GENDER BINARY HURTS US ALL.

IT IS THE INACCURATE ASSUMPTION THERE ARE "ONLY TWO GENDERS" (MALE/FEMALE) - IN REALITY, SEX IS MALLEABLE & DIVERSE. GENDER IS VAST AND DIVERSE WITH MORE OPTIONS THAN ONE CAN COUNT.

HUMAN EXPERIENCE IS WONDERFULLY COOL!



WHAT DOES NONBINARY MEAN?

NONBINARY PEOPLE ARE PEOPLE WHO DO NOT EXIST WITHIN THE GENDER BINARY. MANY NONBINARY PEOPLE EXIST OUTSIDE THE CONFINES OF BINARY GENDER.

SOME OF MANY OPTIONS INCLUDE BEING AGENDER, GENDEROVOID, GENDERQUEER, BIGENDER, TRIGENDER, A MAVERIQUE.

SOME NONBINARY PEOPLE ARE GENDERED
SOME NONBINARY PEOPLE ARE GENDERLESS
BOTH TYPES ARE NOT MEN OR WOMEN
SOME NONBINARY PEOPLE ARE PART MAN
OR PART WOMAN, BUT IN NONBINARY WAYS.

ALL OF THIS AND MORE EXISTS UNDER
THE NONBINARY UMBRELLA / COMMUNITY

ON THIS NOTE, IT'S WORTH MENTIONING THAT MANY NONBINARY PEOPLE CONSIDER THEMSELVES TRANS TOO. SOME NONBINARY PEOPLE DO NOT ID WITH TRANSNESS.

PRONOUNS

EVERYONE HAS PRONOUNS. IT COMES WITH SPEAKING A LANGUAGE, SO THEY ARE VERY IMPORTANT FOR DETERMINING THINGS ABOUT PEOPLE IN OUR SOCIETY BASED ON GENDER.

IF YOU DON'T KNOW WHAT PRONOUNS TO USE FOR SOMEONE, ASK POLITELY!

IT HELPS TO INTRODUCE YOUR OWN SET OF PRONOUNS TOO, TO MAKE IT EASIER.

TIPS FOR PRACTICING PRONOUNS

WHEN ADJUSTING TO A RECENT CHANGE, IT IS GOOD TO PRACTICE MENTALLY!
PRACTICE SENTENCES:

-- (NAME) IS MY FRIEND. -- (PRONOUN) IS/ARE REALLY AWESOME.

YOU SHOULD MEET -- (NAME).
-- (PRONOUN) IS/ARE COOL AND NICE

THAT'S -- (PRONOUN) STUFF. I'LL TAKE IT TO -- (PRONOUN)

PRACTICE WITH ANY PRONOUNS AT...
PRACTICEWITHPRONOUNS.COM

GOOD ALLY REMINDERS !!

- THERE IS NO ONE WAY TO BE A PERFECT ALLY'
- YOU DON'T HAVE TO UNDERSTAND AN IDENTITY TO RESPECT
- YOU CAN'T ALWAYS "TELL" SOMEONE IS TRANSGENDER
- THERE IS NO ONE "RIGHT WAY" TO BE TRANSGENDER
- CONTINUE TO LEARN, & EDUCATE YRSELF
- ASK QUESTIONS WITH RESPECT & DO A GOOD AMOUNT OF RESEARCH!

TOP 10 WAYS TO SUPPORT TRANS PPL

- 1 USE THE LANGUAGE THE TRANS PERSON IS USING FOR THEMSELVES
- 2 CORRECT PEOPLE WHO DEADNAME OR MISGENDER A TRANS PERSON, ESP. WHEN THEY ARN'T THERE
- 3 ACCOMPANY YOUR TRANS FRIEND TO THE PUBLIC RESTROOM IF NEEDED
- 4 SEND THEM GENDER AFFIRMING THINGS. EVEN MEMES ARE NICE
- 5 STAND UP FOR TRANS RIGHTS IN YOUR HOME, WORKPLACE, AND YOUR FRIEND GROUP. MAKE IT A SAFER PLACE FOR YOUR TRANS FRIEND.
- 6 DONATE GENDER AFFIRMING CLOTHES
- 7 GROW IN YOUR UNDERSTANDING OF GENDER & QUEERNESS
- 8 WORK ON YOUR OWN PERCEPTION OF SAID TRANS PERSON. SEE THEM FOR WHO THEY REALLY ARE.
- 9 HELP WITH TRANS HEALTHCARE FEES OR JUST BUY A TREAT FOR THEM
- 10 ASK QUESTIONS THAT ARE NOT OBJECTIFYING OR INVASIVE

RESOURCES!

FOR ALLIES / OUR SOURCES

- TRANSLANGUAGEPRIMER.COM
- TRANSEQUALITY.ORG
- GLAAD.ORG

FOR LBGTQ FOLKS:

- * MYRESOURCECENTER.ORG
(HRT + CARE + COMMUNITY)
- * OUTREACHDENTON.ORG
(TEEN GROUP, ADULT SOCIALS
LOCAL RESOURCES)

FIGHTING THE GOOD FIGHT:

- > EQUALITYTEXAS.ORG
- > ACLUTX.ORG
- > SOUTHERNEQUALITY.ORG

THIS ZINE WAS LOVINGLY
CREATED BY YOUR LOCAL
TRANS & QUEER ARTIST
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