

BECOMING A TRANS ALLY

What is An Ally?

An ally is someone who supports and advocates for the equal treatment of a community other than their own. If you're not okay with the disproportionate challenges trans and non-binary folks face, it's time to use your voice and actions and establish yourself as a trans ally.



DEMONSTRATE TRUST

If someone comes out to you as trans it means they trust you! Check-in with them before telling anyone else that they are trans.



LISTEN & RESPECT PRONOUNS

Trans people will tell you what their preferred name and pronouns are. Make a note of them and use them.



PRACTICE KINDNESS

Be courteous, caring and respectful. Apologize when you make a mistake such as using the wrong pronouns.



BE APPROPRIATE

Don't ask trans folks about their genitals, surgical status or sex lives. if you wouldn't ask a cisgender person, don't ask a trans person!



DO YOUR HOMEWORK

There are tons of great resources including websites, books, and video that can help you to learn about trans communities.



DON'T TOLERATE DISRESPECT

Whether it's hurtful language, remarks or jokes, call it out if it's inappropriate. Seek out other allies who will support your efforts.



BECOME AN ADVOCATE

Learn about policies that impact transgender people. Then get involved with promoting transgender rights

Terminology

Cisgender(Cis) - Someone who is not Transgender. Refers to people whose sex assignment at birth corresponds to their gender identity and expression.

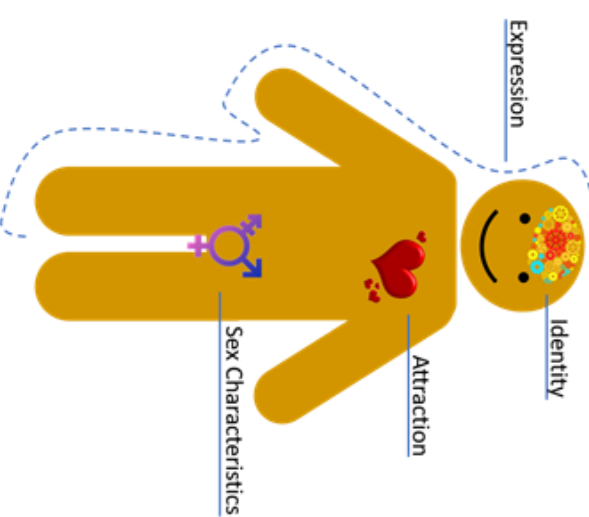
Gender Dysphoria – The condition of feeling one's emotional and psychological identity as male or female to be opposite to one's biological sex.

Gender Nonbinary - A person whose gender identity is neither male nor female. Gender Queer individuals may reject the notion of static, binary categories of gender.

Transgender (Trans) - A person whose gender identity does not match their assigned sex at birth. May be an umbrella term to describe anyone whose identity or behavior falls outside of stereotypical gender norms.

Transition - The process by which a transgender individual strives to live in alignment with gender identity. Transition can occur in three ways: social transition, medical transition and surgical transition.

Gender vs. Sex



Identity – How you define yourself in terms of maleness or femaleness – or anywhere in between!

Attraction – Who you are attracted to physically and romantically.

Expression – How you present yourself to others in terms of dress, demeanor and actions.

Sex Characteristics – Physical characteristics of your body including genitalia, body hair, voice, body shape, hormones and chromosomes.



Transgender Facts

- According to the Williams Institute at UCLA, there are approximately 1.9 million transgender people in the United States and that is likely an under-counting of the actual trans population.
- 54% of trans students have been verbally harassed. 24% have been physically attacked.*
- 30% of survey respondents who had a job reported being fired, denied a promotion, or experiencing some other form of mistreatment in the workplace.*
- Nearly one-third (29%) of trans people live in poverty, compared to 14% in the U.S. population.*
- The unemployment rate for trans people is three times higher than the unemployment rate for the U.S. population as a whole.*
- One in four trans people (25%) have experienced a problem with their insurance or accessing healthcare within the past year.*
- Only 16 States (plus DC) offer full protections for trans people from [discrimination](#).**

*Source: 2015 US Transgender Survey conducted by the National Center for Transgender Equality

** Source Transgender Law Center