

gender identity
the internal knowledge & the total understanding of your gender(s) or lack thereof. Everyone has a gender identity, including cisgender people!

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 cultures. You can wear anything you want as any gender or lack thereof.

cisgender adjective, type of person
cisgender people are those who identify with the gender they were assigned at birth. They are happy being this gender. "Cis" is short for cisgender. i.e. "I am a cis woman"

terms to know

too and it is not strictly binary. This includes non-binary individuals gender they were assigned at birth. gender identity is different from the used to describe people whose "Transgender" is a broad term that is **mean?**

what does "transgender" mean?

Sex is often used in a medical setting or scientific context. While sex labels are either "male" or "female" in the systems medical establishments use, the reality is that "the idea of 2 sexes is overly simplistic" as an article explores written by Claire Ainsworth & Nature Magazine available at:
<https://bit.ly/MoreThan2Sexes>

Sex does not define who YOU are or WHAT your gender identity might turn out to be. It is best to simply ask someone what their gender & pronouns are instead of assuming pronouns and gender.

NOTE: Trans people (& cis people) can be any sexuality, including straight, and sometimes our histories impact it. gender & sexuality are separate yet often intertwine. Respect people.

HOW TO SUPPORT the TRANS & non-binary Community FOR BEGINNERS

by Ovaettr Art & Zine Distro (2025)
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sex & gender

- good ally reminders!!**
- There is no one way to be a perfect ally
 - You don't have to understand an identity to be capable of respecting it and them
 - You can't always "tell" if someone is trans
 - There is no one "Right way" to be trans
 - Continue to learn & educate yourself
 - Ask questions with respect, but do good research on your own too from good sources.

Resources for Learning More

Explore the Map of Gender-Diverse Cultures in History
<https://bit.ly/43eWTdV>

Learn language related to being trans
↳ translanguageprimer.com

Learn Basics About Being Trans
↳ transequality.org

Learn More About Trans BASICS!
↳ glaad.org/transgender

Common Transition Milestones

Social:

- * Name Change Socially
- * Update Clothes
- * Pronouns Change Socially
- * Learning how to change ingrained behaviors from being raised as the wrong gender socially.
- Name Change Legally (Costs \$)
- Legal Docs Updated (License, SS, Gender Marker, etc.)

Physical:

- * Puberty Blockers (allowing more time to consider their gender identity and consent to what hormones enter their body.) <https://bit.ly/PubertyBlockers101>
- * Hormone Replacement Therapy (Estrogen or Testosterone, or a mix)
- * Hairstyle Changes / Updates
- * Surgeries as needed for anything they want to change from pre-transition and going through the wrong puberty, or just want. All surgeries are for adults.

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pronouns!

EVERYONE has pronouns, it comes with speaking a language. They are important to many people and determine how people speak to us and about us.

practicing pronouns

If you do not know someone's pronouns, just ask them "What are your pronouns?"
Sharing your own helps break stigma.

Practice adjusting pronouns for someone you know who changed recently at...
www.practicewithpronouns.com

top 5 ways to support trans people!

- 1) Use the same language for someone that they use for themselves (incl. pronouns)
- 2) Correct people deadnaming/misgendering trans/non-binary people in your vicinity.
- 3) Send them gender-affirming memes.
- 4) Learn about trans / queer history.
- 5) Ask non-invasive questions if needed.

gender transition 101

When a person begins to live according to their gender identity that feels true to them, instead of the gender assigned to them at birth. This time period is called "gender transition".

Some trans folks have certain goals and milestones in mind for their transition, while others feel transition is eternally unfolding throughout the rest of their lives.

Tip: All of this is what we all consider to be "gender-affirming care." Even cis people embrace GAC, as some cis women get breast implants and some cis men get hair implants to fix baldness.

Not all transgender and/or non-binary people seek to change anything, and that is still a valid way to be and exist. Nobody owes anyone any type of change to come to a better understanding of the self and/or being transgender and/or non-binary.

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the gender binary

The gender binary hurts all people. It is the inaccurate assumption that there is only "male/female", when in reality, sex and gender is malleable & very diverse and this is natural.

what is non-binary?

Non-binary is a way to experience being human with gender(s) or lack thereof that exist outside of the gender binary. Some non-binary people are gendered, some are genderless, some are part man or part woman, or both, or neither. Gender diversity has always existed in humanity.

intersex awareness

Intersex means a person lives with one or more genetic conditions that cause physical or chromosomal characteristics that fall outside the gender binary. Often, invasive surgeries are done to intersex babies to "assign" their gender. This is violence and must end.