

## My big rule for talking about sex / gender / sexual orientation

You are your own expert. I will respect you as the absolute source of knowledge and information about you. I ask that you recognise other people as the experts in their lives.

## Words and possible meanings

Until recently, matters around gender identity and gender expression were solely defined by medical professionals. Many trans people are now engaged in an exciting process of creating our own identities and inventing words to explain who we are. Part of that process is that different people may use the same word in different ways. If you are not sure what someone means – ask!

Sex	A legal status assigned at birth designating a person as either male or female. Usually based on external genitalia and/or reproductive organs.
Gender Expression	The ways one communicates hir gender identity to others. This can include clothing, hair, mannerisms, tone, secondary sex characteristics, name and more.
Gender Identity	A person's internal sense of self as being masculine, feminine, both, androgynous or other.
Sexual Orientation	Refers to the sex/gender of the person one is attracted to romantically or sexually.
Cissexual	A person whose internal sexual identity is congruent with their birth-assigned sex.
Coming out/Disclosing	Sharing one's identity with others.
Gender Non-conforming Behaviours	Behaviours or interests that do not match what is assumed appropriate based on a assigned sex.
Gender Variant	A person who's behaviours and interests fall outside of what is assumed appropriate for hir assigned sex.
Intersex(ed)	A number of medical conditions where a persons genitals, chromosomes, hormones, reproductive tissue, or physical response to hormones do not conform to the expected male female binary.

	Such individuals are assigned a legal classification of male or female at birth.
Trans	An umbrella term used to describe individuals who, to varying degrees, do not conform to their society's usually definitions of a man or a woman. Note – a person needs to self identify as trans, this is not a label to apply to others.
Transbashing	Verbal or physical attacks based on an irrational fear or hatred of transgender people. Note – the actual identity of the person being attacked not relevant to the act being identified as transbashing or transphobic – the motivation of the attacker is what is significant.
Transgender	Someone whose lived experience includes existing in more than one gender, or outside of the gender categories of "man" and "woman". This may include cross dressers, drag queens, drag kings, bois, and others.
Transition	A physical or social process of changing ones sex/gender, or a physical or social process of changing how one presents ones sex/gender.
Transphobia	An irrational fear, hatred, repulsion of transgender people.
Transsexual	Someone who was identified at birth as one sex, but who self-identifies differently.
Two-Spirit	A term used by many aboriginal peoples for someone with both male and female spirits.
<p>Always privilege someone's self knowledge when you talk about them. When you talk about someone's identity you talk about who <i>they are</i>, and who they know themselves to be, not who <i>they were</i>.</p> <p>Transman / transboy / affirmed male / FTM / F2M / female-to-male / man / boy /</p> <p>Transwoman / transgirl / affirmed female / MTF / M2F / male-to-female / woman / girl /</p>	

## General

- The Ontario Human Rights Commission Policy on Gender Identity and gender Expression is downloadable in full from the Commission's web-site at <http://www.ohrc.on.ca/en/resources/Policies/PolicyGenderIdent>.
- They have a shorter, two page pamphlet can be downloaded from the site.

### Books for Children

- Be Who You Are! by Jennifer Carr. The story of a child transitioning from male to female with the support of her parents.
- 10,000 Dresses, by Marcus Ewert. The story of a child who dreams of designing dresses and insists on her own identity despite her family's dismissive and hurtful comments.
- Tough Boris, by Mem Fox. Pirates are tough, fierce, strong and brave, and able to cry.
- No Matter What, Debbi Gilori. The parent is called Large, and the child is called small, and Large loves small "No matter what". Neither small nor Large have a discernable gender.
- The Sissy Duckling, by Harvey Fierstein. A young duckling embraces his love of the feminine despite the rejection by peers and his father. He flees from the community and makes himself a home. His skills allow him to save his father and win the appreciation of other ducks.
- Rough Tough Charlie, by Verla Kay. Told in rhyme, and based on an actual person, this is the story of Charlie, who was born a girl and lived as a man.
- William's Doll, by Charlotte Zolotow. William wants a doll. His father wants William to have more masculine toys, but William wants a doll to practice being a good father.

Please contact me at [j@juxtaposeconsulting.com](mailto:j@juxtaposeconsulting.com) for a longer annotated list of books. This is a small sample.

### Resources for youth

- Bending the Mold: An Action Kit for Transgender Youth, a toolkit of resources for transyouth addressing how to make their highschools safer places. Available at <http://www.lambdalegal.org/publications/bending-the-mold/order-bending-the-mold.html>.
- Beyond the Binary: A Tool Kit for Gender Identity Activism in Schools, from the GSA Network, available for download at <http://gsanetwork.org/resources/overview/beyond-binary>. Probably the most accessible, most readable fun toolkit of it's kind!
- Luna, by Julie Anne Peters, a totally readable book about a young person who was named Liam by his parents, but knows her name should be Luna.
- Parrotfish, by Ellen Wittlinger, again, a totally readable and tender book about a teen transitioning into becoming a boy.

## Resources for parents and others supporting gender variant children and youth:

- The Transgender Child: A Handbook for Families and Professionals, by Stephanie Brill and Rachel Pepper, 2008. Very detailed, calm, reassuring and very helpful. Extensive and professional, with quotes from many children and families. It can be bought on line from the Gender Spectrum Family website, [www.genderspectrum.org](http://www.genderspectrum.org).
- Gender Born, Gender Made: Raising Healthy Gender-Nonconforming Children, by Diane Ehrensaft 2011. Similar to the above, more clinic examples, also an excellent resource.
- Families in TRANSition, Central Toronto Youth Services created this manual for the parents of transyouth. it's available for free download from their website at [http://www.ctys.org/about\\_CTYS/FamiliesInTransition.htm](http://www.ctys.org/about_CTYS/FamiliesInTransition.htm).
- Transparent is a Canadian group, started by a woman in St. Catherine's who's child came out as trans, and aims to provide peer support to and connect other parents of trans youth. They can be found on line at [www.transparentcanada.ca](http://www.transparentcanada.ca).
- A similar site for parents in the U.S. using a PFLAG like model is [www.transfamily.org](http://www.transfamily.org).
- PFLAG USA's brochure Our Trans Children and book, Trans Forming Families, Real Stories About Transgendered Loved Ones are supportive, and answer questions. Tends to focus on teens and older. The brochure can be downloaded for free and copies of the brochure or the book can be ordered from their site <http://community.pflag.org/Page.aspx?pid=413>.
- A Portland Oregon resource for the parents of trans children and youth has some useful resources and simple clear language: [www.transactiveonline.org](http://www.transactiveonline.org).
- Parents of young transchildren looking for images of young and happy trans kids may find [www.transkidspurplerainbow.com](http://www.transkidspurplerainbow.com) helpful.

## Resources of particular use to educators:

- The Gender Spectrum, a K-12 resource created by educators at The Pride Education Network B.C. Download it from: <http://pridenet.ca/staff-resources>
- Questions and Answers: Gender Identity in Schools, by the Public Health Agency of Canada. Available for download: <http://www.phac-aspc.gc.ca/publicat/qagis-qrise/index-eng.php>
- The Gay Lesbian Straight Educators Network and the National Centre for Transgender Equality collaborated on the creation of a Model District Policy on Transgender and Gender Nonconforming Students. It can be downloaded here: <http://www.glsen.org/cgi-bin/iowa/all/news/record/2819.html>

## Conferences and Camps (with 2012 dates where available, and in calendar order)

- Philadelphia Trans-Health Conference (May 31-June 2) <http://www.trans-health.org/> While the conference is open to all trans people of all ages, they do

have special programs for children and youth, and parents would be able to attend open sessions. The conference is huge, diverse and has no fee to participate.

- Camp Aranu'tiq (July 1-7, Aug. 19-25) <http://www.camparanutiq.org/> Camp Aranu'tiq is a weeklong, overnight summer camp for transgender and gender-variant youth ages 8 through 15. The July program runs in New England, and the August program in California. While American this program is open to Canadians. Camp fees this year are \$550, and subsidies are available for those in need.
- Gender Spectrum Family Conference (July) <http://www.genderspectrum.org/> This stand-alone conference focuses on the needs of gender variant children and their families. There is a camp for gender variant children (with three age groups), program for siblings, and program for parents.
- Gender Odyssey Family Conference (Aug 2-5) <http://www.genderodysseyfamily.org/> Part of a larger conference for trans people of all ages, this conference offers a camp for children, programming for parents and a teens track. Teens and parents can also attend parts of the larger conference.
- Camp Ten Oaks (Aug 14-20 for children, and ) <http://www.camptenoaks.org/> Based in Ottawa, Ten Oaks offers a week-long summer camp for children of LGBTQ (lesbian, gay, bisexual, trans, two-spirit, queer) and/or non-traditional families, youth who are themselves LGBTQ, and their allies.
- National Workshop on Gender Creative Kids (Oct. 25-26) This conference is being organized in Montreal by an academic, who is also a parent of a gender variant child. It looks like the conference will focus on workshops for parents, researchers and service providers. [gender.creative@gmail.com](mailto:gender.creative@gmail.com)