

External Resources

<http://www.transkidspurplerainbow.org/>

The TransKids Purple Rainbow Foundation was founded by the parents of a transgender child, identified as trans at three years old. Their mission is to normalize gender dysphoria, encourage parents to let their children grow up free to be who they are, and achieve fair and equal treatment for all trans children. They strive to enhance the lives of future trans children by educating schools to create a safe, bully free environment. TKPR also reaches out to religious groups, the medical community, government groups, and society as a whole. In addition, they strive to fund research on trans children, and wishes to add this research to current university and medical school curriculums. TKPR also helps transyouth who are unwelcome in their homes and/or by their families because of their identity, and provide healthcare and scholarships. On their website are many personal stories from families of trans children about the child's transition and the importance of a strong family support system. There is also a list of FAQs parents of trans children may have about their child's identity and transition in addition to links to website for further information and literature on the subject.

<https://www.genderspectrum.org/>

Gender Spectrum provides a variety of resources and services “to help youth, families, organizations and institutions understand and address the concepts of gender identity and gender expression, including how societal, cultural, organizational and community definitions of gender can be detrimental to any young person that does not fit neatly into these categories.” Among these services include training sessions for professional groups and organizations to better understand gender identity, The Child and Adolescent Gender Center (CAGC,) an organization dedicated to the health and wellbeing of trans and genderqueer children, a monthly call-in support group (including a Spanish language group,) research opportunities, and more. One special resource is the “Lounge,” which offers a safe space for teens, parents, and professionals to connect and form a broader community online to share questions and stories. In addition to these services, the Gender Spectrum website offers an “explore topics” page with links to information about topics surrounding and related to gender identity such as parenting and family, adolescence, education, medicine, mental health, legal issues, social services, and faith. Their resources page also offers more links to further information on these topics.

<http://www.imatyfa.org/>

TransYouth Family Allies, founded in 2006, is an organization that partners with educators, service providers, and communities to create supportive environments for trans youth in which gender can be respected and expressed freely. Their website provides numerous resources for youth, parents, educators, healthcare providers, and allies including videos, news articles, transyouth in the media, recommended reading, and literature for counselors and educators about trans and genderqueer youth. They also provide educational programs that include information on different aspects of being a parent of a gender variant child.

<http://www.tolerance.org/>

The Teaching Tolerance website is a blog that provides teachers and families with a variety of resources that focus on diverse social justice and equality. On the site one can find archives of their seasonal magazine publications. Teaching Tolerance also provides education materials to help create a safe, understanding, and accepting school environment in schools, including lesson plans on race, gender equity, gender expression, civil rights, and more. They provide free magazine subscriptions and educational kits to a variety of types of educators. The kits are centered around a film targeted at a particular age group to conquer topics such as the Civil Rights Movement, The Holocaust, bullying, and more. On the site one can also find links to webinars which offer information and ideas on issues such as prejudice, intersectionality, and LBGT+ equality.

<https://sites.google.com/a/transadvocacy.org/ct-transadvocacy/>

The mission of the Connecticut TransAdvocacy Coalition is “to make Connecticut a safe and tolerant place for the trans and gender non-conforming individual through education and social advocacy.” The organization is comprised of individuals and organizations working to attain full human rights for all trans and genderqueer people in all aspects of society and to abolish discriminatory acts. CTAC provides resources for trans individuals and families including support groups, forms and documents regarding name changes in Connecticut, social security, and other pieces of personal identification, links to legal help, and a reading list of trans related books. CTAC also holds a Transgender Lives Conference each year to explore perspectives, relationships, community, and intersectionality. Their site lists other LBGT+ events throughout Connecticut and New England and features photos from past CTAC events.

<http://www.newhavenpridecenter.org/>

New Haven Pride Center provides resources for queer individuals and allies in the New Haven Community. Their site provides a news section that features NHPC news, LBGT+ related articles, blog posts written by a “PFLAG mom,” creative pieces, and a space to sign up for their newsletter. Their calendar features a monthly agenda of community events taking place at the center, including board/card game gatherings and support group meetings. The website lists LBGT+ groups sponsored by the center with descriptions of each. Among these groups is a trans adult support group, GLANCE (a support group for ages 18-28,) and a parents group. Their resources page lists businesses and services that support the Pride Center and the queer community such as therapy, community centers, and health-related organizations. The website provides information on how to get involved by volunteering, fundraising, donating, or becoming a member of New Haven Pride Center.

<http://www.nctsn.org/products/nctsn-safe-places-video>

The National Child Traumatic Stress Network works to “raise the standard of care and improve access to services for traumatized children, their families and communities throughout the United States.” They do this by creating welcoming environments for trans teens. On their site are articles outlining different kinds of trauma and abuse including information for healthcare professionals on LGBT+ youth and sexual abuse. Their resources include links to how to get help, public awareness on the topic, and funding opportunities. NCTSN also provides treatments and products developed by the network to help traumatized youth.

<http://www.stonewallspeakers.org/>

The mission of The Connecticut Stonewall Foundation Inc. and Stonewall Speakers is to increase understanding and acceptance of the queer community through educational outreach. Stonewall Speakers is a group of volunteers composed of LGBT+ individuals and their allies who tell personal stories and answer questions to promote understanding and decrease discrimination. These speakers serve as an educational resource for many different groups. They cater to thousands of youth and adults each year at middle schools, high schools, colleges and universities, teacher’s groups, police departments, mental health facilities, religious groups, medical students and professionals, peer counselors, gay-straight alliance groups, military members, community groups, and conferences. On their website one can find contact information for booking a speaking engagement as well as a list of their upcoming events. There is also information on how to get involved by becoming a speaker or donating to The CT Stonewall Foundation, Inc., as their company is non-profit.

<http://outct.org/about-us/>

OutCT is a non-profit organization dedicated to creating a community that “honors and recognizes the diverse spectrum of gender identities and sexual orientations” through educational, cultural, and social programming that encourages understanding and acceptance. Their purpose is to create spaces for LGBT+ individuals to celebrate their diverse identities, promote human and civil rights, work against prejudice and discrimination, and promote queer visibility. Their website includes a list of monthly OutCT events such as an art exhibit and masquerade ball, a scavenger hunt, a pride festival and a National Coming Out Day event. OutCT also hosts monthly youth program meetings for LGBT+ youth and allies in southeastern Connecticut. The program provides a space for high school students to gather, socialize, and build peer support. Their website also includes a number of businesses and services that support the queer community on the resources page. There is also a space for how to get involved with OutCT by volunteering and/or donating.

<http://www.ourtruecolors.org/>

True Colors is a non-profit organization centered in Hartford that works with schools and other community organizations to provide services to sexual and gender minority youth. Their events calendar includes movie nights, game nights, and “GSA summits.” True Colors hosts an

annual conference for LGBT+ students and adults to attend workshops relating to queer issues and intersectionality. They offer a number of GSA support resources including a list of support groups and ideas for meetings. Other resources include links to reading materials, personal stories, and a FAQ page. There is also a space on the website for how to get involved with True Colors by volunteering and/or donating.

These sites provide information on human rights, pride events in CT, and news articles.

<http://www.hartfordpride.com/>

<http://www.hrc.org/>

<http://www.ct.gov/chro/site/default.asp>

Helpful Terms

Biological/Anatomical Sex - The physical structure of one's genitalia used to assign sex at birth. Biological sex also includes chromosomes, hormones, internal organs, and other structures related to reproduction.

Gender - A socially constructed system of classification which assigns qualities of masculinity and femininity to people. Gender expectations and norms can change over time and across different cultures. "Gender" is often used synonymously, and incorrectly, with "sex." This is inaccurate because sex refers to physical and biological characteristics while gender refers to social and emotional attributes associated with identity.

Gender Identity - A person's innermost core concept of self which can include male, female, a blend of both or neither, and many more. Gender identity is how individuals perceive themselves and what they call themselves. One's gender identity can be the same or different than the sex assigned at birth. Most people develop a gender identity that matches their biological sex. Some, however, develop a gender identity that is different than their biologically assigned sex. (see *transgender*)

Gender Expression - Refers to ways in which people externally communicate their gender identity to others through behavior, clothing, hairstyle, and other forms of presentation. Gender expression also works the other way, as people perceive and assign the gender of others based on their appearance, mannerisms, and other artificially gendered characteristics. A person's gender expression may not necessarily match their gender identity.

Gender Role - Societal norms that dictate what types of behaviors, roles, and activities are generally considered acceptable, appropriate, or desirable for a person based on their actual or perceived gender.

Sexual Orientation - Refers to being physically or sexually attracted to people of a specific gender and/or sex. Sexual orientation is separate from gender identity; each are distinct parts of one's overall identity.

Heterosexual/Straight - Describes a person who is sexually attracted to the opposite gender (a man who is attracted to women.)

Homosexual/Gay/Lesbian - Describes a person who is sexually attracted to the same gender (*gay* - a man who is attracted to men, *lesbian* - a woman who is attracted to women.)

Bisexual - Describes a person who is attracted to two genders (typically male and female)

Pansexual - Describes a person is attracted to all genders (this includes male, female, trans individuals, genderqueer individuals, nonbinary individuals, etc.) People who are pansexual sometimes refer to being sexually "gender-blind," meaning that a person's gender simply does not play a role in sexual attraction. Pansexual individuals acknowledge in the label of their sexual orientation that gender is a non-binary concept.

Asexual - Describes a person who does not experience sexual attraction. An asexual person may still wish to engage in romantic relationships that may or may not involve sexual intercourse. (see *romantic orientation*.) An asexual person who is "sex-positive" may choose to engage in sexual intercourse if their romantic partner wishes to, while other asexuals may never engage in sexual intercourse, as some asexuals are even repulsed by sex. (note that *celibacy* is a choice while *asexuality* is not.)

Skoliosexual - Describes a person who is attracted to non cis or nonbinary individuals (this includes trans individuals, genderqueer individuals, etc.)

Romantic Orientation - Refers to being romantically attracted to people of a specific gender and/or sex. A person's romantic orientation can be different than their sexual orientation.

Aromantic - Describes a person who does not experience romantic attraction. An aromantic person may still experience sexual attraction.

Demisexual/Demiromantic - Describes a person who does not experience attraction unless they form a strong bond with a person first.

Queer - A reclaimed word (once used in a derogatory way to hurt people in the LGBT+ community) now used as an umbrella term to describe a person who identifies outside of the heterosexual and/or cis majority. The word queer is often used interchangeably with LGBT+. Queer can also be an ambiguous term to describe someone who does not identify with heterosexual but does not identify with a specific label to describe their sexual orientation.

Transgender - Refers to people whose gender identity does not correspond to their biological sex assigned at birth.

FtM (Female to Male)/Transman - A person who was born anatomically female but who has a male gender identity.

MtF (Male to Female)/Transwoman - A person who was born anatomically male but has a female gender identity.

Cisgender - Refers to people whose gender identity corresponds to their biological sex assigned at birth.

Crossdresser - A cisgender person who wears the clothing typically associated with the opposite gender.

Drag - The act of dressing in gendered clothing and adopting the behaviors of the opposite gender. *Drag queens* are men who perform femininity theatrically, while *drag kings* are women who perform masculinity theatrically. Drag is often used for parody or entertainment, and is associated more with performance than crossdressing is.

Transition - The process by which a transgender person strives to have social interactions and physical presentation more closely align with their identity. *Social transition* occurs through changes in clothing, hairstyle, name and/or pronouns. *Medical transition* occurs through the use of medicine such as hormone blockers and cross hormone treatment to promote gender-based body changes such as changes in voice, body hair, and fat distribution. *Surgical transition* occurs when a transperson's body is modified through the surgical addition or removal of sex-related physical traits.

Gender Dysphoria - Experiences of discomfort and distress relating to a person's physical characteristics because their biological sex assigned at birth does not match their gender identity. Many trans and some genderqueer individuals experience this.

Intersex - Refers to a person whose sex does not fit the typical definition of male or female; a person who is born with chromosomes, genitalia, hormones, and/or other sex characteristics that are not exclusively male or female as defined by the medical establishment of society. In most cases, Intersex individuals are at no medical risk, but most are assigned a biological sex by a doctor at birth.

Transphobia - Fear or hatred of transgender people

Genderqueer - Refers to identities that fall outside of the cisgender norm and/or the gender binary. It is often used as an umbrella term to describe any non-cis gender identity.

Nonbinary - An umbrella term that refers to all identities that do not fall under the gender binary. Nonbinary also describes someone who do not identify as solely one gender. This person may move between genders, outside of genders, etc.

Genderfluid - Describes a person whose gender identity changes and fluctuates depending how this person feels day to day. At any given time, a genderfluid person may feel strongly female or male, slightly female or male, a mixture of both, or neither.

Demigirl/Demiguy - Describes a person who only partially identifies with a certain gender.

Agender - Can describe a person who does not identify with any gender, or who feels “genderless.” Some agender individuals, however, use this term not to mean the lack of gender, but rather to mean “*gender neutral*,” or neither male nor female.

Neutrois - Gender neutral, genderless, neither male nor female.

Third Gender - Describes a person whose gender identity falls not only outside of the gender binary, but outside of the spectrum that exists between male and female; a person who identifies with an entirely different gender than male and female.

The Gender Binary - Refers to there being only two genders, male and female, and limits the roles that men and women can play in society. In reality, there are infinite genders, existing on a spectrum.

Androgyny - Refers to male and female characteristics being mixed typically in fashion and other forms of presentation. (A woman who has short hair and wears what is considered typically male clothing could be called androgynous, as well as a man who wears makeup and jewelry.)

Pronouns - The word that a person would like used when referring to them. For example, masculine pronouns are “he” and “him,” and feminine pronouns are “she” and “her.” However, many genderqueer individuals choose to use gender neutral pronouns such as “they” and “them” or even “ze” and “hir.” Often when a non-cis person transitions, they will ask to be referred to using the pronoun that matches their gender identity. It is important to honor the pronouns that a person would like others to use. For example, when telling a story about a transperson, even if the story took place before they transitioned, one should still use the pronouns they presently identify with.

***Transsexual** - An old term referring to transgender individuals who have undergone gender affirming surgery. This word is outdated and is less accepted as it has been misunderstood and used throughout history as an insult.

***Transvestite** - An offensive and incorrect way to refer to someone who is a *crossdresser*, an individual who wears the clothing of the opposite gender but who are comfortable with their anatomy.

***Hermaphrodite** - An offensive and incorrect way to refer to someone who is *intersex*. Since this is a scientific term (for example, some plants are referred to as hermaphroditic,) it is not yet widely known that this term is derogatory and no longer accepted.

Gender Grammar

Problem	Correction	Reason
"transgendered" (adjective)	transgender	Transgender is an "unchanging" adjective that does not require an "ed" at its end. Adjectives that end in "ed" are applied to temporary conditions.
"intersexed"	intersex	Intersex is another "unchanging" adjective that does not require an -ed at its end.
"transgendered" (verb)	transition	Only verbs can have "ed" added onto the end of the word to become a participle. Transgender is an adjective, not a verb. One does not "transgender," they transition.
"a transgender", "transgenders"	a transgender person, transgender people	Transgender is not a noun. "Jake is a transgender" is not only grammatically incorrect, but can be offensive.
"sex change", "sexual re- assignment surgery", "gender reassignment surgery"	gender confir- mation surgery, genital recon- struction surgery, genital reass- ignment surgery	Surgery does not change one's sex or gender, only genitalia.

For more information, go to
www.transstudent.org/graphics 



Basic Information on Transitioning

Hormone replacement therapy changes the balance of sex hormones in the body and is generally the first step of medical transition. It causes the development of features that appear during puberty known as *secondary sex characteristics*. These characteristics include body hair and changes in stature and body fat distribution. During hormone replacement therapy, MtF transgender individuals are commonly prescribed estrogens, progestogens, and antiandrogens. FTM transgender individuals are commonly prescribed testosterone.

The overall effects of HRT for transwomen are:

- Redistribution of body fat in a feminine pattern
- Breast growth and enlargement of nipples
- Reduced and lightened body hair
- Changes in body odor and sweat production
- Widening of the pelvis
- Reduced muscle development
- Thinning of the skin
- Less prominent veins
- Decreased sex drive
- Decreased gonadal size
- Changes in vision

The overall effects of HRT for transmen are:

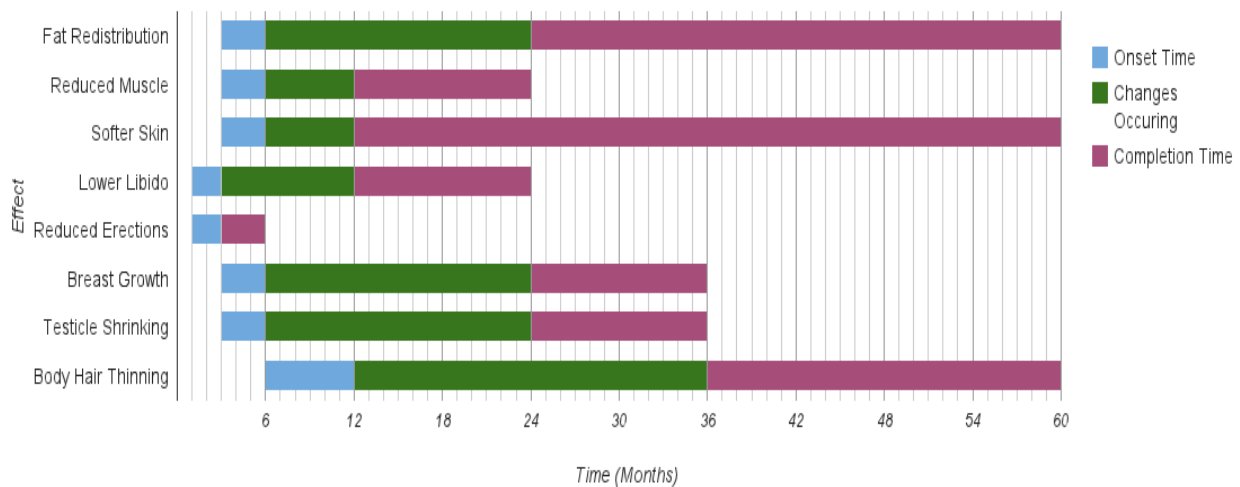
- Increased muscle development and decreased body fat
- Redistribution of body fat
- Growth of facial and body hair
- Deepened voice
- Male-pattern baldness (in some individuals)
- Enlargement of the clitoris
- Growth spurt and closure of growth plates (if treatment is given before the end of puberty)
- Possible shrinking and/or softening of breasts
- Ovulation and menstruation ceases*
- Increased sex drive
- Further muscle development (especially in the upper body)
- Changes in body odor and increased sweat production
- More prominent veins and coarser skin
- Acanthosis nigricans (especially in the first few years of therapy)
- Alterations in blood lipids (cholesterol and triglycerides)
- Increased red blood cell count

*This change is reversible

Effects and Expected Time Course of Testosterone Hormones

Effect	Expected Onset	Expected Maximum Effect
Skin oiliness/acne	1-6 months	1-2 years
Facial/Body Hair Growth	3-6 months	3-5 years
Hair Loss (depending on genetics)	>12 months	variable
Increased Muscle Mass/Strength	6-12 months	2-5 years (depending on amount of exercise)
Body Fat Redistribution	3-6 months	2-5 years
Menstruation Ceases	2-6 months	N/A
Clitoral Enlargement	3-6 months	1-2 years
Vaginal Atrophy (thinning of tissue/lubrication)	3-6 months	1-2 years
Deepened Voice	3-12 months	1-2 years

MTF HRT Effect Timeline



More detailed medical information can be found below

<https://transline.zendesk.com/entries/22001397-What-are-commonly-used-medications-for-transition->

<http://transhealth.ucsf.edu/trans?page=protocol-hormones>

Legal Name Change

Information on name changes in Connecticut can be found on the TransAdvocacy website:

<https://sites.google.com/a/transadvocacy.org/ct-transadvocacy/resourcesmain/resources>

Below is the procedure for applying to the probate court for change of name:

http://www.ctprobate.gov/Documents/Name_Change_Instructions.pdf

<http://jud.ct.gov/lawlib/law/namechange.htm> - The Connecticut Law for Name Changes

In addition, the TransAdvocacy website provides the forms that are required for this procedure:

<http://www.ctprobate.gov/Forms/PC-910.pdf> - Affidavit Re Change of Name (Adult)

<http://www.ctprobate.gov/Forms/PC-901.pdf> - Form (Adult)

<http://www.ctprobate.gov/Forms/PC-900.pdf> - Form (Minor)

On the TransAdvocacy resources page, they also provide tips for giving a reason for a name change and for waiver probate fees.

Social Security Card

<https://faq.ssa.gov/en-US/Topic/article/KA-01981> - Changing name on a Social Security card

<http://www.ssa.gov/forms/ss-5.pdf> - Social Security card form

*The Social Security Administration has just changed their policy on changing a gender marker. One does not need to have sex reassignment surgery to change their gender marker.

*An original notarized copy of one's birth certificate and probate order is required, and an original of a letter from one's doctor may also be required.

Drivers Licence

<http://www.ct.gov/dmv/cwp/view.asp?a=805&q=244738> - Name change form (driver's license)

<http://www.ct.gov/dmv/lib/dmv/20/29/b-372.pdf> - Gender designation change form (driver's license)

*Both of these forms must be filled out with a doctor/therapist in order to change one's name/gender on a driver's license

*The location of the gender designation change form changes often and is sometimes taken off of the internet. Here are some other links that work as well:

<http://www.ct.gov/dmv/cwp/view.asp?a=810&Q=245046>

<https://docs.google.com/a/transadvocacy.org/open?id=0B-6UjfVog-wCNjZreDF5UUE4cms>

*An original notarized copy of one's birth certificate and probate order is required, and an original of a letter from one's doctor may also be required.

Birth Certificate

<https://www.glad.org/wp-content/uploads/2017/06/CTBirthCertificateToolKit.pdf> - Connecticut Birth Certificate Tool Kit ~ name change on birth certificate

*In Connecticut a letter from a physician, advanced practice registered nurse or psychologist is required in order to change one's gender on a birth certificate. For just a name change on a birth certificate, only a Probate Court order is required. It is recommended that both name and gender are changed at the same time. If just the name is changed, they will draw a line through the old name and write the new name. When a gender marker is changed, they will issue an entirely new

birth certificate. Sex reassignment surgery is not required to change the gender on a birth certificate.

*An original notarized copy of one's probate order is required and an original copy of a letter from one's doctor may also be required.

Passport

<http://www.transequality.org/know-your-rights/passports> - Change gender on passport

<https://travel.state.gov/content/passports/en/passports.html> - Passport form

*An original notarized copy of one's birth certificate and probate order is required, and an original of a letter from one's doctor may also be required.

All forms can be mailed to:

Vital Records Office
Department of Public Health
410 Capital Avenue
Hartford, CT 06134

List of Places of Worship

<http://outct.org/resources-2/places-of-worship/> - complete list on website of places of worship including New Haven, Hartford, Waterford, etc.

http://www.newhaven.edu/student-life/CampusLife_StudentAffairs/CampusMinistry/spiritual_resources/ - list of spiritual resources of many different faiths, such as organizations and religious centers rather than places of worship

<http://www.gaychurch.org/> - search for affirming churches by state, address, and zip code

http://www.gaychurch.org/find_a_church/ - includes information on homosexuality and the bible