



**HELLO, MY NAME IS**

**My  
pronouns are**

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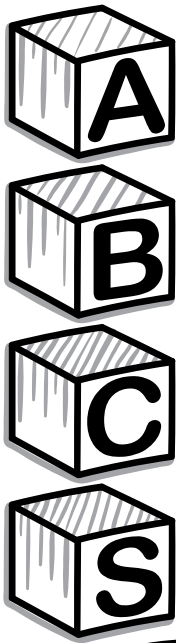
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## Intent and Disclaimer

This is intended to be a basic guide about how to behave toward trans people. My goal is to help inform people who feel like they just don't know what to say, or like things have changed very rapidly and like they may be out of date. Although I wrote this primarily to distribute to my friends, family, and coworkers, I hope this is useful for many people. This is not intended to debate the validity of trans identities. Trans people are deserving of care and respect. That is non negotiable.

This zine was written by one white, middle class, 23-year-old, midwestern, fairly able-bodied, enby (and then later updated by the same 25-year-old). Although I say things like "we" and "us," I can only speak for myself. I acknowledge that trans experiences are not a monolith. I tried to consider many perspectives when writing this, but I am cognizant of my blindspots. Any short-sightedness or bias on display is my own. To keep this zine short I have glossed over a lot of nuance and complexity, and neglected to explore intersectional factors. I encourage anyone who can to explore the influence of race, class, ability (etc.) Additional resources provided at the end.



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# GENDER AND SEXUALITY 101



These are all related but **INDEPENDENT** concepts

## WHAT DOES IT MEAN TO BE TRANSGENDER?

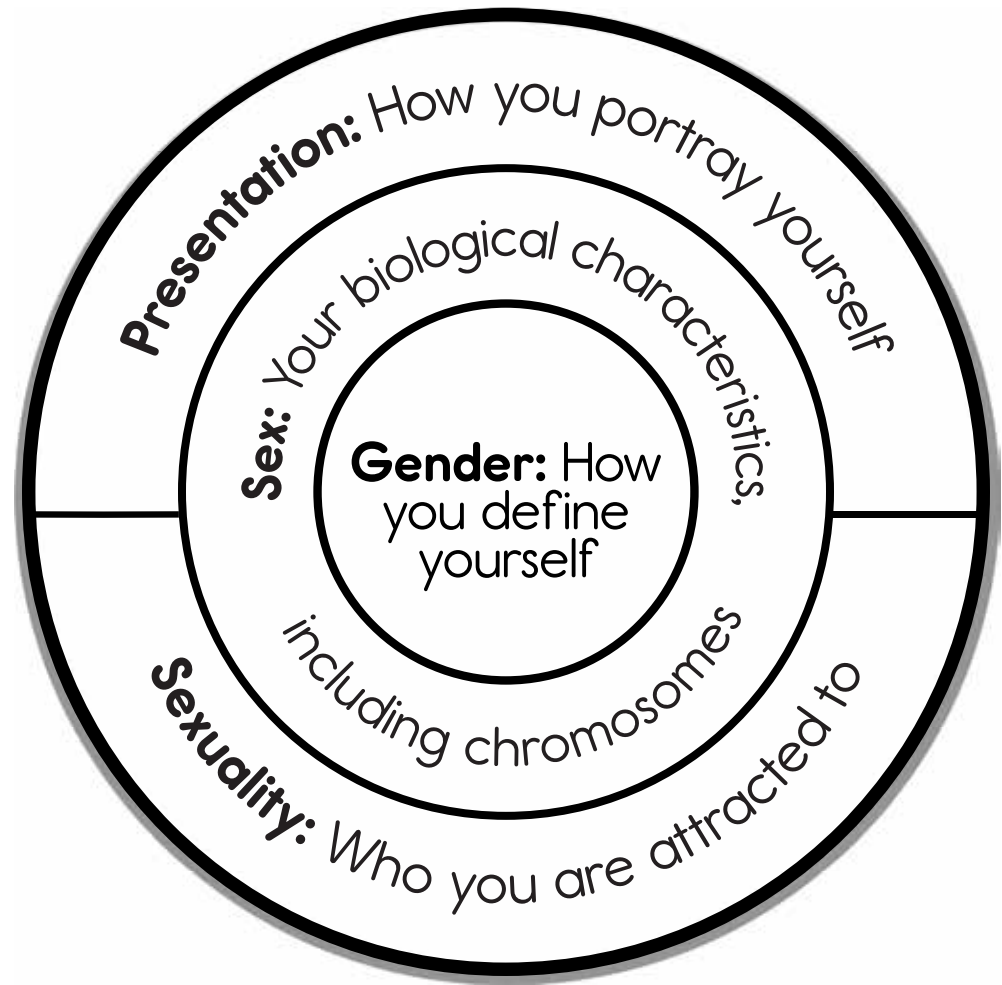
**Transgender (trans):** Identifies as a gender other than the one assigned at birth

if you're not trans then you're...

Most babies are assigned a gender at birth that coordinates with their sex

**Cisgender (cis):** Identifies with the same gender assigned at birth

 Trans is an adjective. You don't know "a transgender," you know "a transgender person"



EVERYTHING EXISTS ON A SPECTRUM

# What might a transition look like?

## SOCIAL CHANGES

## PHYSICAL CHANGES



## TRANSGENDER IDENTITIES

### BINARY

### NONBINARY

Trans Man  
Trans Woman

Gender Queer  
Agender  
Demi Gender  
Gender Fluid  
Etc.

### Some terms are outdated

Transsexual  
Transvestite  
Female-to-Male (FtM)  
Male-to-Female (MtF)

### These are up-to-date terms

Trans Man  
Trans Woman  
Trans Person

Although these terms are less common, some people still identify with them. It's not a good idea to call someone one of these terms, unless they say it's how they want to be described.

These changes are optional and can be done in any order. Choosing to do some, all, or none of these things doesn't make anyone more or less trans.

# Getting Used to New Pronouns

**The best way to get in the habit of using someone's correct name and pronouns is practice**

- ❑ Correct yourself in your head
- ❑ Make sure they are up-to-date in your contacts
- ❑ Use their correct name and pronouns even if they're not there

**CONSTANT REMINDERS WILL HELP RETRAIN YOUR BRAIN**

We might be more familiar with using he & she. Sometimes it takes more time to adjust when our friends use they/them or another set.

**Neopronouns:**  
Any pronoun set not officially recognized by the language they're used in  
ex: xe/xem/xyr

# THEY ARE ONE PERSON

Sometimes people say "they is plural. I can't use they for one person!" But you can, and you already do

**You will never believe what my neighbor did!**

**Ugh, what did they do?**

If you're unsure how to use they, model your usage after another famous plural pronoun- you

**Singular they has been used in English since the 14th century. It fell out of favor in 18th century grammar textbooks.**

# THINGS TO ASK ABOUT

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## ? Using names/pronouns with other people

When trans people are in the process of coming out, they may be out in some places but not in others. Sometimes this means misgendering and deadnaming are actually preferred. This keeps your friends safe and allows them to control when and how they come out

## ? Using gendered terms

Most of us use words like “bro” or “dude” or “girl” without thinking about gender, but some trans people prefer not to be called those

## ? What titles to use

Your friend might choose to use new titles (or not). Sometimes options aren't immediately available (like gender neutral aunt/uncle). You can come up with something new together

## ? Ways to support your friend

Some trans folks feel nervous about using public restrooms by themselves, or buying new clothes. They will know what they want and need. And sometimes the answer is that they don't need anything. That's okay too!

# Things NOT to Ask About

**If it would be weird to ask anyone else, it's gonna be weird if you ask me**

HERE ARE SOME EXAMPLES:

**HAVE YOU HAD THE SURGERY?** Is this for attention?

Can I give you a makeover? WHAT'S YOUR OLD NAME?  
How do you have sex? WHAT'S YOUR OLD NAME?  
WHAT HAPPENED TO YOUR BOOBS?

**HOW DO YOU PEE?** ARE YOU CONFUSED?  
**What's in your pants?**

Are you worried about your style?  
about your style?  
hell

TRANS PEOPLE DON'T OWE YOU ACCESS TO OR INFORMATION ABOUT OUR BODIES

Often people are really interested in trans bodies. It's natural to be curious, but please keep your questions to yourself.

What our bodies look like and what we do with them is personal and private

# Outing, Deadnaming, & Other Bad Feelings

**Outing:**  
Revealing someone is trans

In particularly dangerous situations this can result in harm and possibly death for the outed individual

**Deadnaming:**  
Calling a trans person by the birth name they no longer use

**Misgendering:** Referring to someone as an incorrect gender

Disrespect hurts just as much when you do it behind our backs as it does to our faces

**Transphobia:** Prejudice or discrimination against trans people

**Transmisogyny:** The specific prejudice trans women and transfeminine people face

## Why does it hurt?

These actions show trans people that you don't believe us.

That you don't respect us.

That you don't trust us to know ourselves, or make decisions in our best interests.

And sometimes, that you actively wish to harm us.

Think of it like physical pain. Little things, microaggressions, and minor slip-ups are like paper cuts. One paper cut isn't too bad, but after several your hands are gonna be sore. Especially if someone else cuts deep first

### Anti-Trans Discrimination

From a 2023 KFF-Washington Post survey

64% of trans adults have been verbally attacked because of their gender identity/expression or sexuality

25% have been physically attacked

21% of trans adults have been fired, denied a job, or denied a promotion because of their gender identity


Rates of discrimination and violence are more severe for people of color, especially for black trans women

# TALKING ABOUT YOUR TRANS FRIENDS: DOS AND DON'TS

A quick guide on using respectful language

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 You remember Dana from English class? They go by Micah now.

 You remember the kid from English class with curly hair? They go by Micah now.

Avoid using someone's old name, use other identifying features instead

 Back when he was a she / Back when he went by Amanda...

 Before he transitioned / Before he came out...

Ask yourself, is their transition vital to this story? If not, tell the story as if they had always been transitioned

 This is Allen, he's trans!

 This is Allen!

Don't disclose this without previously talking about it with your trans friend


# WHAT IF I MESS UP???

## IT'S OK.


### CORRECT YOUR MISTAKE AND MOVE ON

Names and pronouns are muscle memory. It takes time and effort to retrain your brain.

We get it. We can tell when you're really trying to improve, and we appreciate that effort.

 Actions speak louder than words. It means more to show me you're working on my pronouns

Don't make a production of apologizing for slip-ups

 Ohmygoodness I'm the worst friend ever, I'm so so sorry

 Oops, sorry

### Understand if your friend is upset.

You don't know how many paper cuts they have.



# ANYONE CAN BE TRANS

People of any age, ethnicity, class, background, ability, or sexuality can be trans. These factors play a role in what being trans means to each person

Some people have medical issues that make physically transitioning difficult

Some trans people don't want to change their bodies, and some want to change lots of things

Some trans people are able to afford to transition very quickly, and some are not

Some trans people use labels that might seem outdated today, but are the right words for them

Some people have gender identities which are specific to their cultures

Some people know they're trans from the time they're seven, and some don't figure it out until they're seventy

## Learn More

### Human Rights Campaign Reports:

"Black LGBTQ Discrimination Report"

"The Epidemic of Violence Against the Transgender and Gender Non-Conforming Community in the US"

### Full report referenced on page 10:

"1 in 4 Transgender Adults Say They've Been Physically Attacked, New KFF/Washington Post Partnership Survey Finds"

## Get Support

**The Trevor Project** 1 866-488-7386

Mental health support and suicide prevention for LGBTQ youth [thetrevorproject.org](http://thetrevorproject.org)

**Trans Lifeline** 1 877-565-8860

Crisis hotline, support and resources, by and for trans people [translifeline.org](http://translifeline.org)

**GLAAD's list of transgender resources**  
[glaad.org/transgender/resources/](http://glaad.org/transgender/resources/)

**KC Center for Inclusion's list of resources:**  
[www.inclusivekc.org/resources](http://www.inclusivekc.org/resources)

This zine was created by Gryffin Eason. You can print, post, share, or save it as many times as you like, as long as you don't sell it for a profit and do credit the artist.



# Glossary

**Androgynous** - Neither masculine nor feminine, often possessing traits of both

**Assigned Gender at Birth** - One's gender, usually assigned by doctors, based on genital appearance. Often shortened to afab for those assigned female, amab for those assigned male, or agab generally

**Birth Name** - The name given to a child by parents or caregivers. Often trans people will use this term when both the birth name and chosen name are in use. Also called the given name

**Bottom Surgery** - Part of a medical transition. Bottom surgery often includes adaptations to the genitals. There is no universal surgery for trans men or trans women, and a variety of procedures fall under this name

**Chosen Name** - The name a trans person chooses for themselves. The name a trans person transitions to using

**Cisgender** - Identifies with the same gender assigned at birth. Abbreviated as cis

**Cisnormativity** - The assumption that someone is cis until proven otherwise. A component of systemic transphobia

**Coming Out** - Acknowledgement and public disclosure of one's true self

**Crossdresser** - Someone who wears clothes associated with another gender. Although it is considered by many to be an outdated term, some still identify with this label

**Dead Name** - The name a trans person no longer uses. Often trans people will switch from using birth name to dead name once the name is no longer in use

**Drag** - A performance art which uses gender and presentation as its medium. Some drag performers are trans, some trans people do drag - but the two are definitely not synonymous

**Enby** (pl. enbies)- The noun for someone who is nonbinary. As man is to male, enby is to nonbinary. Sometimes people use nb, but this also stands for non-black, which can be confusing, so we recommend using enby instead

**Gender** - An identity reflecting social and cultural classifications. Related to but not dependent upon one's appearance and/or biology

**Gender Dysphoria** - The discomfort and distress trans people feel in specific relation to their gender not aligning with their physical characteristics. Often alleviated through transitioning to better reflect their gender. Most trans people will experience dysphoria at some point

**Gender Euphoria** - The opposite of dysphoria, euphoria is the at-home-in-one's-body feeling most trans people strive for. Often accompanied by self-realization and satisfaction

**Gender Non-Conforming** - Presents in a way inconsistent with gender norms, can describe both cis and trans people. Also called nonconforming, or gnc

**Hormone Replacement Therapy** - Part of a medical transition. Involves supplementing and/or blocking certain hormones to promote the development of secondary sex characteristics. Also called HRT

**Intersex** - Possessing reproductive or sex characteristics which don't fully fit in the male or female categories. Some intersex people consider themselves trans, some don't

**Medical Transition** - Any part of a transition which utilizes medical procedures. Common medical interventions include top surgery, bottom surgery, and hrt. Many other procedures, like facial feminization surgery or hair transplants, fall under this category

**Microaggressions** - indirect, subtle, or unintentional discrimination against members of a marginalized group

**Misgendering** - Referring to someone as an incorrect gender, especially their agab

**Neopronouns** - Any pronoun set not officially recognized by the language they are used in. Neopronouns are especially common and useful in languages with a binary grammatical gender

**Nonbinary** - A gender identity which is outside the male-female binary. Nonbinary identities are both and neither male nor female. Some enbies use specific labels, and some just consider themselves nonbinary generally

**Outing** - Revealing someone is trans without their consent. This act is rude and potentially dangerous

**Perisex** - Possessing reproductive or sex characteristics which fully fit in the male or female categories. This is the opposite of intersex. Also called dyadic

**Presentation** - The way one portrays themselves through style, dress, mannerisms, etc.

**Queer** - A sexuality which is not straight. Many more specific sexualities fall under this umbrella term. Queer is a reclaimed slur. Some people take offense being called queer because of its history, so it's recommended not to describe someone else as queer

**Sex** - Biological characteristics, including chromosomes and genitals. Although originally thought to be binary, human biology and intersex conditions show sex is a continuum

**Sex** - An act performed by two or more people which elicits bodily pleasure. May incorporate penetration, orgasm, and genital contact, among other things

**Sexuality** - A person's identity in relation to the gender(s) they are typically attracted to

**Top Surgery** - Part of a medical transition. Top surgery often includes augmentation to or removal of breasts. There is no universal surgery for trans men or trans women, and a variety of procedures fall under this name

**Tr\*nny** - A slur for trans people. This has been reclaimed by some, but is still highly offensive. Also called the t-slur

**Transfeminine** - Presents femininely, although their assigned gender would dictate a masculine presentation. Encompasses trans women and many nonbinary individuals. However, not all feminine trans people are transfeminine. Also called transfem or transfemme

**Transgender** - Identifies as a gender other than their assigned gender at birth

**Transition** - The process of changing the exterior to better match the interior. Transitions include social changes, like names, and physical changes, like surgery

**Transmasculine** - Presents masculinely, although their assigned gender would dictate a feminine presentation. Encompasses trans men and many nonbinary individuals. However, not all masculine trans people are transmasculine. Also called transmasc

**Transmisogyny** - Specific prejudice and judgment that trans women and trans feminine people experience. This term describes the interactions of transphobia and misogyny that transfem people experience

**Transphobia** - Prejudice against or hatred towards transgender individuals and identities. Some is practiced directly by individuals, and some is systemic. Transphobia can be subtle or unintentional and must be challenged

**Transsexual** - An outdated term for someone who is transgender, specifically for someone who has undergone a medical transition. Although not commonly used today, many historical trans people used it and some people still identify with and use this label

**Transvestite** - An outdated term for someone who is transgender. Although not commonly used today, many historical trans people used it and some people still use it. Only use this term for someone with prior permission

**Umbrella Term** - A broad term under which more specific labels fall, like transgender or nonbinary