

# Resources

## The Trevor Project

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

## GLBT National Hotline

<http://www.glbthotline.org/hotline.html>

## National Center for Transgender Equality

<http://transequality.org/>

## Transgender Network of PFLAG

<https://community.pflag.org/transgender>

## Trans @ RU

[socialjustice.rutgers.edu/trans-ru/](http://socialjustice.rutgers.edu/trans-ru/)

This page is dedicated to providing resources to transgender, gender-nonconforming, and gender questioning students, faculty, and staff at Rutgers University.

# Transmissions

Transmissions aims to open up a safe space for trans folk and their allies. Transmissions allows trans people and allies to join together in an informative and discussion-based group, creating a sense of community and a field of resources.

---

Transmissions meets **weekly** during the school-year, beginning on **Wednesday, September 16<sup>th</sup>**. Meetings are in the **College Ave Student Center, Room 411A**, from **8 to 9 pm**.

---

**Trans and questioning folk as well as allies are all welcome!**

## References

[http://socialjustice.rutgers.edu/wp-content/uploads/sites/51/2014/12/RU\\_TransAlly.pdf](http://socialjustice.rutgers.edu/wp-content/uploads/sites/51/2014/12/RU_TransAlly.pdf)  
[http://socialjustice.rutgers.edu/wp-content/uploads/sites/51/2014/12/Queering\\_Our\\_Vocabulary.pdf](http://socialjustice.rutgers.edu/wp-content/uploads/sites/51/2014/12/Queering_Our_Vocabulary.pdf)  
[http://socialjustice.rutgers.edu/wp-content/uploads/sites/51/2014/12/RU\\_ALLY.pdf](http://socialjustice.rutgers.edu/wp-content/uploads/sites/51/2014/12/RU_ALLY.pdf)  
<http://gillfoundation.org/grants/gender-expression-toolkit/gender-expression/>  
<http://gender.wikia.com>  
<https://www.gsafewi.org/wp-content/uploads/What-the-heck-is-a-PGP1.pdf>  
<https://internationalspectrum.umich.edu/life/definitions>

# TRANS

# 101



Brought to you by

## Transmissions

**RUTGERS**  
THE STATE UNIVERSITY  
OF NEW JERSEY



# Terms to Know

**Transgender / Trans:** An umbrella term that includes people whose gender identity does not correlate to their assigned sex according to culturally normative standards.

**Gender / Gender Identity:** A person's own understanding of themselves in terms such as man, woman, trans man, trans woman, genderqueer, and others.

**Ally:** A cisgender person who cares about transgender issues and works to challenge gender related oppression.

**Assigned Sex:** Infants are usually assigned to a sex category (usually male or female) at birth on the basis of physiology or anatomy.

**Cisgender:** An identity in which a person's assigned sex aligns with their gender identity.

**Gender Expression:** The ways in which people manifest masculinity or femininity. This may not correlate with gender identity.

**Gender Binary:** The social classification of sex and gender into two distinct forms of masculine and feminine.

**Non-binary:** A gender identity that does not fit within the binary of male and female, but identifies with neither, both or a combination (agender, bigender, pangender, etc). Similar to genderqueer.

**Intersex:** A variation in sex characteristics, including genitalia and/or hormone production, differing from cultural ideals of male and female.

**Queer:** A reclaimed slur that is an umbrella term for people who do not conform to heterosexual and/or gender binary norms. Can be used as a political term.

**"Passing":** Convincingly presenting as one's preferred gender image. A controversial term in trans communities, as it seems to imply that trans people are fooling people or hiding something.

**Pronouns:** A set of words that a person would like others to use when talking to or about that individual (e.g. she/her, ze/hir, they/them, he/him, etc).

**Sexual Orientation:** The type of sexual, romantic, and/or physical attraction someone feels toward others (lesbian, pansexual, bisexual, gay, asexual, etc).

**Transphobia:** The fear, intolerance, or hatred of transgender or gender non-conforming people.

# Trans Allyship

- 1. Don't assume** someone's gender or sexual orientation.
- 2. Respect the confidentiality** of anyone who comes out to you as transgender, non-conforming, or questioning.
- 3. Listen** – if a person comes out to you or deals with painful experiences, you can help tremendously just by listening.
- 4. Know your limits.** Don't speak on behalf of the trans community as an ally.
- 5. Use the correct pronouns.** Ask, "Which pronouns do you prefer?"
- 6. Do your best to be respectful** and call the person by the name they request.
- 7. Actively educate yourself** on issues faced by trans people.
- 8. Examine your ideas of gender** stereotypes and challenge those around you to do the same.
- 9. Above all, transgender people are human beings** who deserve respect and understanding.