

Whose gender is it anyway?

The bottom of the slide is decorated with two large, overlapping curved shapes. The shape on the left is a solid orange semi-circle. The shape on the right is a light orange semi-circle that overlaps with the orange one.

Trans 101: terminology

A **cis woman** is a woman who was presumed to be female at birth.

A **trans woman** a woman who was presumed to be male at birth.

A **cis man** is a man who was presumed to be male at birth.

A **trans man** a man who was presumed to be female at birth.

A **non-binary** person is anyone whose gender is not fully described by either the word 'man' or the word 'woman'.

An **intersex** person was born with naturally occurring differences of chromosomes, gonads (ovaries and testes), hormones, and/or genitals. People may find out they are intersex at birth, during puberty, when trying to conceive a pregnancy, or by random chance, and some people never find out. They may or may not identify as transgender, for the same reasons as anyone else.

Gender-affirming healthcare may include hormones, hair removal, one or more surgeries – or it may just be the same healthcare anyone else gets, using pronouns and other vocabulary the patient is comfortable with. Each person's journey is unique.



<https://www.transhub.org.au>

Intersectionality

Some reasons trans and gender diverse people need health justice

- Housing discrimination
- Employment discrimination
- Transphobic violence
- Reduced family support networks
- Healthcare opportunity cost

Some complications

- Racialised gender norms
- Class vulnerability
- Disability roadblocks

“When researchers do not acknowledge the complex ways that power operates to create inequities in health outcomes, we are complicit in the making of structural injustice.”

Wesp, Linda M et al. “Intersectionality Research for Transgender Health Justice: A Theory-Driven Conceptual Framework for Structural Analysis of Transgender Health Inequities.”

pangender

genderfluid

demigirl

butch

What is gender identity all about?

“Gender identity is how we make sense of our gender subjectivity, the totality of our gendered experiences of ourselves. Gender identity is constituted by gender subjectivity, but this constitutive relationship is underdetermined. While gender subjectivity may narrow the range of inhabitable gender identities, it is always compatible with more than one. **To arrive at a gender identity, we arrange gender subjectivity like building materials.**”

Florence Ashley, *What Is It like to Have a Gender Identity?* 2023. MIND, vol. 132(528)

genderqueer

agender

femboy

bigender

Engaging with gender diversity

1. Meet people where they're at – follow their lead in language

- Many trans women (and nonbinary people presumed to be male at birth) use the term **transfeminine** or **transfem** to describe themselves
- Many trans men (and nonbinary people presumed to be female at birth) use the term **transmasculine** or **transmasc** to describe themselves
- Nonbinary people may describe their identity using a variety of words – or they may prefer umbrella terms to save time and avoid vulnerability
- Indigenous people or people from other cultures may use words like sistagirl, two spirit or hijra – or they may prefer to adapt their language to save time and avoid vulnerability
- Some older people might refer to themselves using words like transvestite, which many people now consider offensive. Don't make them feel self-conscious about their own language, but avoid these terms outside of that person's individual context.

Engaging with gender diversity

2. Ask practical questions – don't assume what their needs are

- Trans and gender diverse people may or may not:
 - have or want hormone prescriptions
 - have had or want surgery
 - have a history of romantic/sexual relationships with people of any gender/s
 - be biological or adoptive parents
- (From Transhub) The parts and practices model comes out of sexual health testing and focuses on the body parts a person has and what they're doing with them, rather than making assumptions based on their gender, sexuality, or other language they use.
 - "This medication can sometimes mess with people's periods. Do you or have you menstruated in the past?"
 - "This test can be done via a urine sample or an internal genital swab. Do you have a preference?"
 - "Is there a risk of pregnancy for any of the sex that you're having?"

Resources – find these links @

<https://linktr.ee/HJ2025>

- [Clinicians | TransHub](#)
- [10 tips for clinicians working with trans & gender diverse people – PDF](#)
- [Supporting the health of trans patients in the context of Australian general practice – RACGP](#)
- [Intersectionality Research for Transgender Health Justice: A Theory-Driven Conceptual Framework for Structural Analysis of Transgender Health Inequities](#)
- [Improve collection and recording of gender identity | Healthy North Coast](#)
- [RACGP Standards for general practices \(5th edition\) fact sheet](#)
- [Articles by Florence Ashley](#)