Combatting Transphobia Through Allyship

**KEY TERMS**

Many of these definitions are blanket terms that describe a multiplicity of different types of experiences. To preface, someone who identifies as one of these terms, may experience that term in a slightly different way....

- Transmisia
- Sex
- Gender Identity
- Cisgender
- Transgender
- Intersex
- Non-binary
- Gender expansive (and/or diverse)
- Gender dysphoria
- Gender euphoria
- Transphobia
- Xenophobia

**DISCRIMINATION**

Transgender and gender expansive communities and individuals experience many different types of discrimination based on their gender identity and gender expression. Some of these types of discrimination include:

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<thead>
<tr>
<th>Systemic</th>
<th>Interpersonal</th>
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<td>• Homelessness, specifically youth</td>
<td>• Having to justify ones baseline identity</td>
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<td>• Career and job limitation</td>
<td>• Bullying</td>
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<td>• Issues obtaining trans content medical access</td>
<td>• Violence</td>
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<td>• Government assistance</td>
<td>• Family Alienation</td>
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<td>• Housing discrimination</td>
<td>• Exclusion of social activities</td>
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<td>• Few and poor media representations</td>
<td>• Being expected to know everything about transness</td>
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<td>• Lack of school support (emotionally and academically)</td>
<td>• disproportionately high rates of domestic abuse and sexual violence</td>
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**HOW TO BE A GOOD ALLY**

1. Promote transgender affirming and accepting institutional and governmental support. Also spread awareness of local and national resources.
2. Educate and verbalize transgender acceptance with other individuals.
3. Prioritize trans representation
   - Watch and consume trans content. The more stories we consume and share, the more we can increase visibility of trans stories in communities, especially those with fewer (out) trans individuals.
4. Make an effort to have a diverse social network, specifically with those belonging to the LGBTQ+ community.
   - Studies have shown that those who know a trans person in their personal lives, are more likely to be a trans ally, and more likely to be a more effective bystander to transmisic situations. When individuals have a personal association with trans identities, it’s more likely for them to be empathetic towards the trans struggle.
5. Although it’s important for trans people to have access to the medical care they need, medicalization is not at the center of (all) transgender experiences. The majority of trans/gender-diverse people don’t need medical procedures to experience gender euphoria. So just don’t ask! It isn’t your business :)

**PRONOUNS**

- In a study done to research what types of educational practices are successful when it comes to educating communities about transgender experiences, it was found that coming out stories are insightful stories to present to people not in the LGBTQ+ community. Discussing the fearful experiences of coming out can increase a sense of empathy and understanding of those who don’t belong to the LGBTQ+ community, specifically by finding common ground on other difficult ways many of us come out as taboo identities... whether that be coming out as a cheater, a high-school dropout, an addict, etc.
- Usually trans people must “come out” many times throughout their life with different people, communities, etc. Not coming out in new situations usually is for safety reasons, when an individual may not feel comfortable, safe, and trusting in the new environment or new relationship with someone.

Pan, Landyn. (n.d.). Gender Pronouns. Trans Student Educational Resources.

There are many other pronouns not listed in this table but these are some of the most used ones.

**COMING OUT**

Presented by Jo Strand (‘24) and Rio Neves (‘25J).
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