

# TRANS AFFIRMING CARE



**Presented By:**

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An illustration featuring a person with dark hair and a green outfit sitting on a large white pill. The person is positioned on a grey, textured surface. To the left, there are several dark blue pills of various sizes. To the right, there are more white pills. Below the person, a vibrant, wavy rainbow-colored landscape (red, orange, yellow, green, blue) flows across the bottom of the scene. The overall style is soft and illustrative.

# Program Overview

The UC Irvine Pediatric Gender Diversity Program is Orange County's only interdisciplinary program dedicated to caring to transgender and gender-expansive children, teens, and adults.

Our services include:

- Patient and family counseling
- Puberty suppression
- Gender-affirming hormone therapy
- Sexual health, education, and HIV prevention
- Community connections and support
- Provider and trainee education
- School and community engagement

**UCI Health**  
Gender Diversity Program

# IMPORTANCE OF LGBTQ+ HEALTH EDUCATION

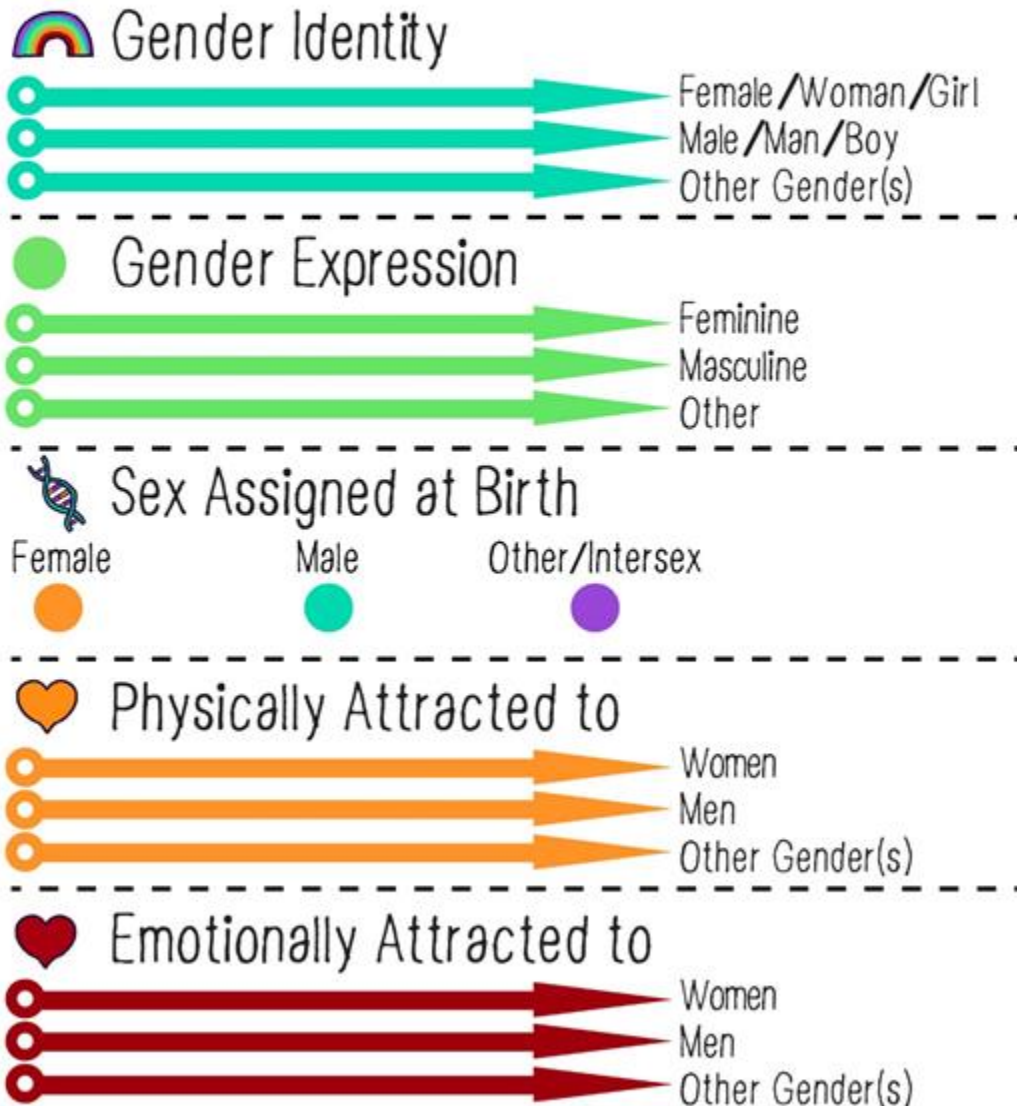
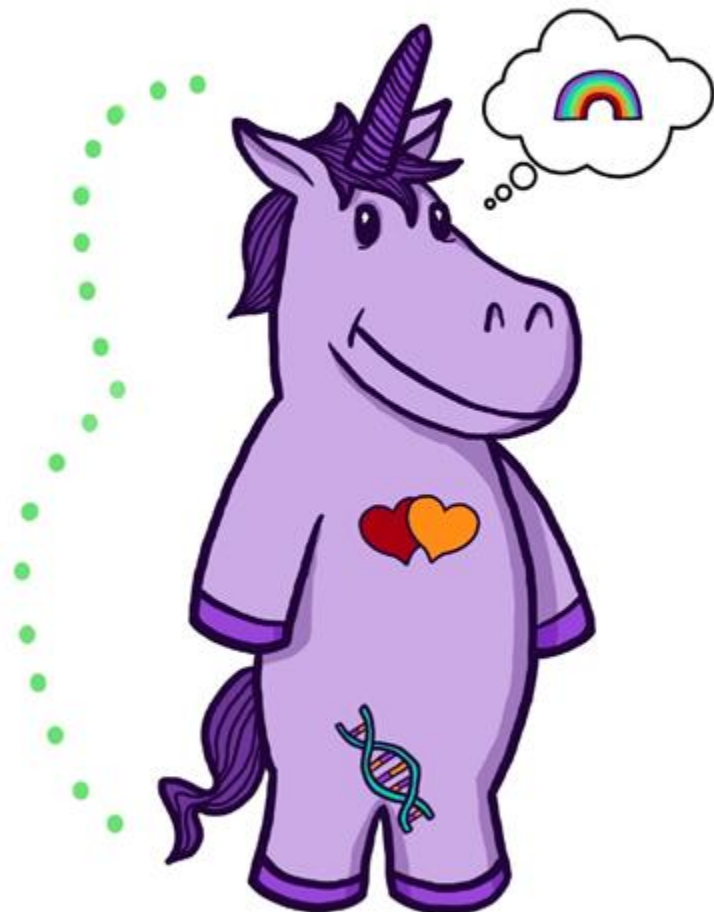
**5 hours**

was found to be the median  
time spent on LGBTQ content  
in medical education



# The Gender Unicorn

Graphic by:  
**TSER**  
Trans Student Educational Resources



To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan and Anna Moore

# Gender

- **Gender Identity:** A person's internal, deeply felt knowledge of being male, female, something else, or something in-between.
- **Transgender:** An "umbrella" term describing a person whose gender identity does not match their sex assigned at birth.
- **Cisgender:** Also known as cis. Someone who is not trans and whose gender identity matches their sex assigned at birth.



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# Sexual Orientation vs Gender Identity

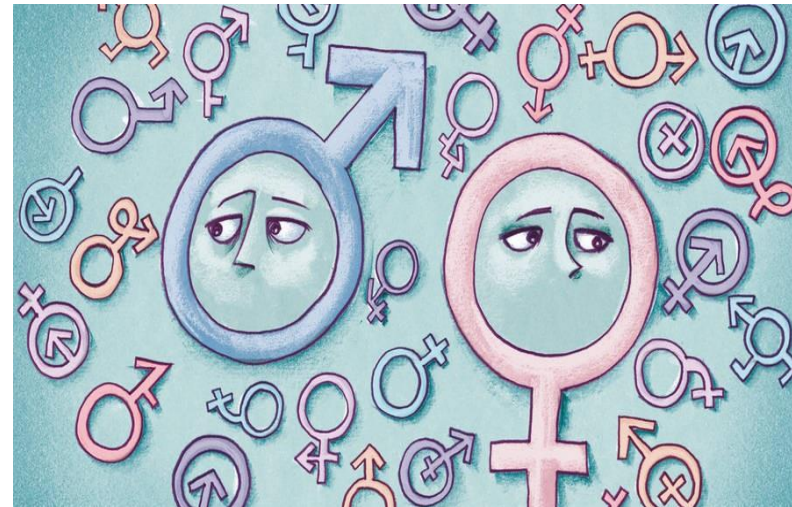
- Sexual Orientation: refers to an individual's enduring pattern of physical, romantic, emotional and/or spiritual attraction toward other people.
- You can only know a person's sexual orientation or gender identity if they tell you.

# What is the Gender Binary?

This is the concept or belief that there are only two "**genders**," male and female.

This concept implies that these two genders align with a person's biological sex and that their gender identity, expression, and sexuality will all line up with one another

# What's Wrong with the Gender Binary?



**The gender binary perpetuates heteronormativity and cissexism.**



# Cissexism in Healthcare

Bathroom access

Language that is not gender inclusive

Insurance Barriers

Housing/Rooming

The background features a series of overlapping, wavy layers in shades of teal and green, creating a sense of depth and movement. The colors transition from a dark teal on the left to a bright, vibrant green on the right.

# **WHAT IS GENDER AFFIRMING CARE?**



A photograph of a person with long hair tied back, wearing a light blue hospital gown, sitting on a medical table. They are looking out a window with a white grid pattern. The room is a clinical setting with medical equipment on the wall and a metal cabinet on the right. The text 'TRAUMA INFORMED CARE' is overlaid on the left side of the image.

# TRAUMA INFORMED CARE

PHOTO SOURCE: THE GENDER  
SPECTRUM COLLECTION BY ZACKARY DRUCKER

# What can be traumatizing?

Any exam or procedure could be potentially traumatic for transgender and non-binary patients

- Create a culture of consent with patients
- Ask first before touching
- Go slow and stop immediately if requested by the patient
- Avoid gendered language
- Explain *what* you are doing and *why* you are doing it
- Ask the patient if they'd like to have a loved one or safe person present if an exam is needed

SOURCE: [HTTPS://FENWAYHEALTH.ORG/WP-CONTENT/UPLOADS/9E.-TRAUMA-INFORMED-CARE.PDF](https://fenwayhealth.org/wp-content/uploads/9E.-TRAUMA-INFORMED-CARE.PDF)

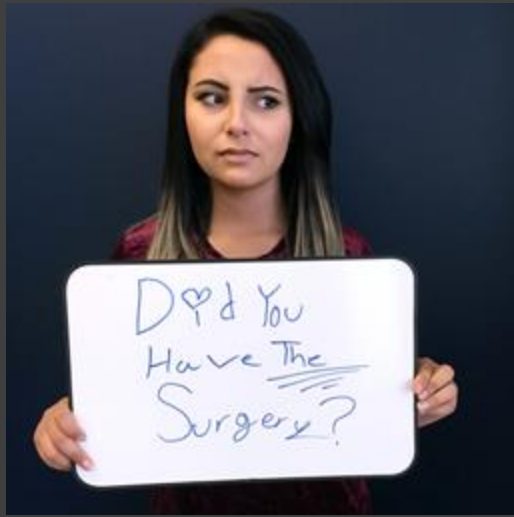
# TRANS BROKEN ARM SYNDROME

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# Microaggressions

"Microaggressions are the everyday verbal, nonverbal, and environmental slights, snubs, or insults, ***whether intentional or unintentional***, that communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership"



Zoey Luna, trans teen,  
She/Her



Seven King, trans male,  
He/Him



Jacob Tobia, genderqueer,  
they/them



Tiq Milan, trans man,  
He/Him



Maya Jafer, trans  
woman, she/her



# Creating a Safe Space



**SAFE ZONE**

everyone deserves a safe space to live and learn  
to help make your school safe, contact Youth Empower To Act at YETA@thecenter.org or call 714.953.5420 x206



- DIVERSE**
- INCLUSIVE**
- ACCEPTING**
- WELCOMING**
- SAFE SPACE**
- FOR EVERYONE**



# Be inclusive

- Be aware of assumptions or biases
- Try not to assume everyone is heterosexual, cis-gender or anatomically “typical”. Be open to differences.
- Use gender neutral language on intake forms and when taking a social or sexual history
- Ask open ended questions
  - Who lives at home with you?
  - Are you in a relationship?
- Use language you are asked to use
  - chosen name
  - “Preferred” pronoun
  - labels for patient or partner
- If you make a mistake, apologize and continue providing your excellent care

# Trans Inclusive Language

## Instead of

- They are transgendered
- The transgenders
- My friend is a transgender
- They are transgendering

## Try

- They are transgender
- The transgender community
- My friend is transgender
- They are transitioning

Other terms to outright avoid saying/using: Transsexual, Tranny, He/She, Tranvestite, She-Male, It, Transgenderism

## Instead of:

Assuming	person uses legal name
Assuming	a person's pronouns
Using	gendered language to refer to people
Having	forms with gendered language or only male/female options available

## Consider:

- I see your legal name is XX, is there a different name you go by?
- Hello, my name is Brit and my pronouns are they/them. What are your pronouns?
- Consider other ways to address groups of people. "Hello Friends"
- Updating forms to have additional options for legal sex, gender identity, and pronouns.

# Affirmed Name and Pronouns

- Previously referred to as "preferred" name and pronouns
- Pronouns: Gender pronouns used to refer to someone in place of their name
- Affirmed name: A name that is used in place of their legal name
  - Do not refer to a person's legal name as their "real" name



# Gender Neutral Pronouns

- Pronouns that can be used in place of more gendered pronouns like he/him or she/her
- They/Them/Theirs are common gender neutral pronouns but they are not the only ones!

Did you know that using they/them for a singular person can be traced as far back as the 1300s? Writers such as Shakespeare and Jane Austen used *they* to refer to one person

# Pronouns-- A How To Guide

**Subject:** \_\_\_<sup>1</sup>\_\_\_ laughed at the notion of a gender binary.

**Object:** They tried to convince \_\_\_<sup>2</sup>\_\_\_ that asexuality does not exist.

**Possessive:** \_\_\_<sup>3</sup>\_\_\_ favorite color is unknown.

**Possessive Pronoun:** The pronoun card is \_\_\_<sup>4</sup>\_\_\_.

**Reflexive:** \_\_\_<sup>1</sup>\_\_\_ think(s) highly of \_\_\_<sup>5</sup>\_\_\_.

**The pronoun list on the reverse is not an exhaustive list. It is good practice to ask which pronouns a person uses.**

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Subject: They laughed at the notion of a gender binary.

Object: They tried to convince them that asexuality does not exist.

Possessive: Their favorite color is unknown.

Possessive Pronoun: The pronoun card is theirs.

Reflexive: They think highly of themselves.



# LGBTQ Advocacy in Healthcare

- Create a gender-affirming environment
- Partner with providers for immediate & preventive health needs
- Become familiar with gender inclusive language
- Find transgender inclusive HIV education and prevention materials for PrEP & PEP
- Understand Hormone Replacement Therapy side effects
- Help patients understand health insurance issues
- Referrals to gender affirming providers or other resources
- Ask patients how they would like to be referred to. Ask if they'd like that information to be added to their record.

# Resources

## For Providers:

- UCSF Center of Excellence for Transgender Health <http://Transcare.ucsf.edu>
- Endocrine Society Guidelines

<https://www.endocrine.org/~media/endosociety/Files/Publications/Clinical%20Practice%20Guidelines/Endocrine-Treatment-of-Transsexual-Persons.pdf>

- World Professional Association of Transgender Health [http://www.wpath.org/uploaded\\_files/140/files/Standards%20of%20Care,%20V7%20Full%20Book.pdf](http://www.wpath.org/uploaded_files/140/files/Standards%20of%20Care,%20V7%20Full%20Book.pdf)
- Fenway Trauma Informed Care <https://fenwayhealth.org/wp-content/uploads/Potter-SGM-Presentation.pdf>

## Social Support/ Patient Resources:

- Gender Diversity Digital Resource Document

[https://docs.google.com/spreadsheets/d/1WiVugfaswJqbxQOn0pEGYW9KsP\\_rmXWpTumMjfLIDZ8/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1WiVugfaswJqbxQOn0pEGYW9KsP_rmXWpTumMjfLIDZ8/edit?usp=sharing)

- LGBTQ Center OC <https://www.lgbtqcenteroc.org/>
- PFLAG <https://pflag.org/>
- Transgender Law Center ID Please <https://transgenderlawcenter.org/resources/id/id-please>
- Health Bodies Safer Sex [https://www.plu.edu/gender-equity/wp-content/uploads/sites/219/2014/11/safersexbooklet\\_national.pdf](https://www.plu.edu/gender-equity/wp-content/uploads/sites/219/2014/11/safersexbooklet_national.pdf)

# KEY TAKE HOME POINTS

## **Sex, Gender, Sexuality:**

Three separate concepts as they relate to biology, expression, and attraction. These concepts are far from being binary.

## **“Ally” is a verb:**

Demonstrate allyship to your LGBTQIA+ friends and loved ones. This is ongoing and sometimes uncomfortable. However, it is life-saving and life-changing.

## **Learning takes time:**

Mistakes will happen. As long as you are putting in the effort to practice using gender inclusive language and educate yourself you are moving *forward*.



# UCI Health

## Gender Diversity Program

## Thank you

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