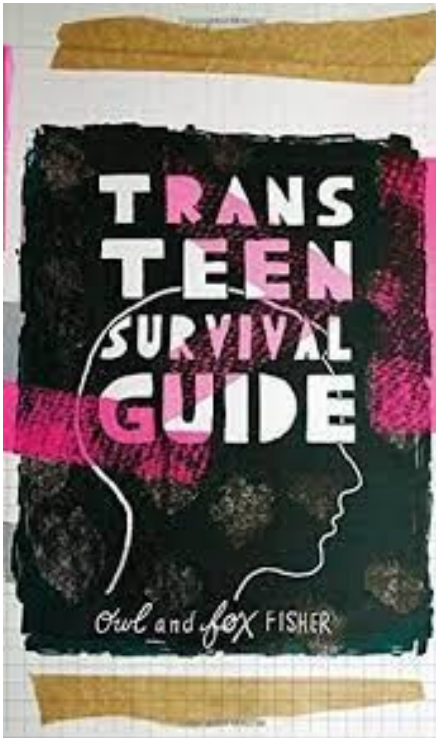


TRANS TEEN SURVIVAL GUIDE



Young Adult

By Owl and Fox Fisher

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Book Summary:

An information and instructional guide for teenagers who may believe they are transgender.

Summary of Concerns:

This book contains alternate gender ideologies; profanity; sexual nudity; inexplicit sexual activities; and controversial social commentary.

2/**5**

Teen Guidance
BookLooks Review Rating

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1	<p>In transitioning from male to female, I am going to become a second-class citizen in the eyes of many people. ...I'm going to get into debt due to cosmetic and medical bills, and this is also not something that I would choose to do.</p>
9	<p>Chances are that the reason you're starting to read this book is because you're wondering if you're trans or not. Or that you've already figured out that you're trans and you need some more information. Or perhaps someone close to you might be trans. ...There are so many trans people and they are so diverse that there isn't a universal experience that is more trans or truly trans. Gender is a complicated social construct, and trying to define it, or people within it, is quite hard! ...But just remember that ultimately it's you who defines who you are, whether that's as a trans person or not.</p>
10	<p>The short answer, though is this: Trans people are people who don't identify with the gender that they were assigned at birth. ...When we are born (and even before we are born) we are assigned a certain gender based on our sex. This means that when we're born, medical professionals take a look at our genitals (gross, we know!), classify us as male or female and assign us the gender 'boy' or 'girl' according to what they see down below.</p>
11	<p>Page 11, Chapter 1, So You're Trans? Whether it's that you're actually a girl, or a boy, or non binary (people who aren't fully boys or girls), the main thing is that you're just not what most people seem to think you are. ...Being trans is pretty straightforward, right? You've known you are trans for as long as you can remember, you've always dressed up as the 'other gender', played with girls' toys or boys' toys as a kid and almost exclusively had playmates of the 'other gender'. Then you come out, take hormones, have surgery and, hey presto, you're done!</p>
12	<p>There are so many trans people online on different social media platforms (such as Instagram, Tumblr, and YouTube) who are telling their stories. Try checking some of them out and see if their experience resonates with you. Our entire being is often limited by ideas of sex and gender.</p>
13	<p>Our entire social reality is based around gender and how people are treated in society.</p>
15	<p>When we're born, we're assigned a sex based on our sex characteristics, and following on from that we are assigned a gender. This is where our troubles begin. People who are categorised (sic) as male get assigned as a 'boy' at birth and those categorised (sic) as female get assigned as a 'girl'. Girls are assigned a certain set of expectations, personality traits, hobbies, colours (sic) and status in society. However, a set of different expectations and attributes are assigned to boys. Men or boys generally have more access to power or a higher status in society. This doesn't mean women can't have power in society or that women are always oppressed by men-it just means that men have more opportunities for achieving success.</p>

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17	When we try to pin a gender on someone else and tell them what they are or what they are not, we are enforcing the same ideology that divides men and women and creates inequality and discrimination based on gender. We are reducing people to the sum of their bodies and reproductive capacity and using the same oppression that has primarily been used against women to enact laws, limitations and systematic discrimination on their freedom and their bodies.
18	This is because we as a society have assigned certain types of clothing to boys and girls, and anyone who crosses the line immediately gets noticed and even punished.
19	Both men and women are confined by certain stereotypical traits and expectations, and although it's not impossible, it can be very difficult to break out of the mould (sic). For example, women still do the lion's share of housework and childcare; and when they work outside the home, they are frequently not seen as capable of pursuing careers in science, technology and engineering; instead they are often steered towards the creative industries or the caring professions. Compared with men, women have more trouble being listened to and respected, and as more often the target of gender-based violence. ...Actually, it's not that gender is inherently bad-rather it's the expectations and the oppressive gender roles that we enforce upon people that cause grief. They create inequalities in society and make it hard for trans people to be who they are.
33	For the near future, know that my transition is under way. Things will be changing about my dress, my mannerisms, my voice, my looks, but keep in mind that beneath it all I'm still the same person.
35	Silas, 17 year-old non binary person I first came out to my friend who is LGBTQIA+ herself so she understood completely.
36	Lauren, 12 year-old trans girl At first I was really worried that nobody would accept me and I'd be forced to live as a boy.
38	Hastur, 17 year-old trans woman ...Nate, 17 year-old trans man
40	At my worst moments they made me believe that if I'd have killed myself I'd at least have given them closure.
41	NEW NAME, NEW BEGINNING Finding a new name and starting to use different pronouns are often some of the most important things you can do as a trans person beginning your journey- they are a validation of your identity and who you are.
44	Please Ask Me My Pronouns Pronouns are equally as important as names. Pronouns are also an indication of how you want to be seen and they reflect your identity. So it's important that you find a pronoun that fits you, whether that is sticking to the one you already have or starting to use a new one. The most common pronouns are the masculine and feminine 'he/him/his' and 'she/her/hers'. There are a few gender neutral pronouns out there, but the most common one is the singular gender neutral

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	<p>pronoun ‘they/them/theirs’.</p> <p>...But more importantly, regardless of whether it’s in the dictionary, it’s a valid pronoun which many trans people use and that should really be the only justification anyone needs. Dictionaries are often a bit behind changes that occur in languages over time.</p> <p>...Just remember that you can always try out different pronouns to see how they feel and that different pronouns can work for you at different times.</p>
45	<p>If your school or workplace is not supporting your decision and makes things difficult for you, we encourage you to contact organisations (sic) such as Stonewall, Gendered Intelligence, Diversity Role Models, Mermaids or any other organisation (sic) fighting for trans rights (see Chapter 19 for details). They often have programmes (sic) that your school or workplace can join to combat prejudice.</p>
47	<p>For example, in certain countries it might be much harder to change your name as they have different regulations about name changes that are often tied up with cultural norms about names. We suggest you contact bigger LGBTQIA+ or trans organisations (sic) in order to find how things work where you are.</p> <p>...Changing your gender on your ID, passport and driving licence (sic) is quite easy as well, even though it takes a lot of form-filling and there are some age restrictions.</p> <p>...To change the gender (and name) on your passport in the UK (see ‘Useful links’ at the end of this chapter), you will need some sort of proof that you are indeed living as your authentic self. This can either be a Gender Recognition Certificate, which is acquired through an application process, or a signed letter from your doctor or medical consultant along with your new deed poll and evidence that you’re using your new name (payslip, letter from your local council or an official letter with your new name).</p>
49	<p>If you’re looking to change your gender legally, the best course of action is to contact LGBTQIA+ or trans organisations (sic), which will most likely be able to give you all the information you need.</p>
50	<p>USEFUL LINKS</p> <p>How to get a Gender Recognition Certificate: www.gov.uk/apply-gender-recognition-certificate How to apply for a name change: www.deedpoll.org.uk How to change your name for free: https://freedeedpoll.org.uk How to change your name or personal details on your passport: www.gov.uk/changing-passport-information/gender</p>
51	<p>You don't have to be tied down by outdated gender roles on how boys, girls or non binary people should look and behave.</p>
54	<p>Being constantly seen as trans and being constantly harassed or discriminated against due to the way you look can be exhausting, unsafe and soul-destroying. This is why many trans people try their best to pass with help of things such as makeup, vocal training, hormones, binding, padding, and even surgeries.</p>
55	<p>Just like everyone else, trans people can have any sexual orientation. They can be gay men, lesbians, straight, bisexual, pansexual, asexual, demisexual and so on.</p>

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	<p>...Bisexual and pansexual are very much alike. Both of these refer to people who are attracted to more than one gender. Pansexual has often been described as being attracted to someone regardless of their gender and rather because of their personality, but it's not quite that simple.</p> <p>...Pansexual is a term that was created in an attempt to encompass attraction to more gender identities than just man or woman.</p>
56	<p>Asexual (or ace) is an umbrella term for people who don't experience sexual attraction to anyone, people who have very limited sexual attraction, or people who can only develop sexual attraction if certain attributes are in place. Being asexual includes a broad set of experiences and there are many who separate sexual attraction from romantic attraction. This means that if someone is asexual, they can still experience romantic attraction, want to be in a relationship, and even in certain circumstances be sexual with their partners.</p> <p>...As you can imagine, this opens up a whole new spectrum of people having certain sexual attractions and romantic attractions (such as homoromantic, heteroromantic, biromantic, etc.).</p> <p>As asexual is an umbrella term, there are many other terms that fall under it, such as demisexual. Demisexual refers to people who need to have a very strong emotional connection with someone before being able to develop a sexual attraction to them.</p>
58	<p>Anyone straying out of this normal therefore automatically becomes different, and that can lead to prejudice and stigma towards them and their bodies (not to mention that trans people can have all sorts of bodies there are so many different ways of having sex).</p>
61	<p>BINDING</p> <p>Binding is an effective way to make your chest flatter and there are a lot of people who use this as an option. It can help a lot with dysphoria and 'passing' since the appearance of breasts increases the chances of people using female pronouns. Popular brands for binders include Underworks and GC2b.</p> <p>...Some people opt for tape instead, which is a specific type of breathable tape that releases moisture and can be used for up to three days at a time. There are several brands, but we recommend Trans Tape, which was created by a trans guy who just couldn't find a binder that worked for him.</p>
62	<p>No money for a binder or unable to make the purchase online? There are a few binder schemes, like MORE Binders (email: binders@morf.org.uk), which helps to recycle old binders and pairs you up with one for free.</p> <p>...PACKING</p> <p>A packer is used to give the appearance of having a penis and is a phallic object that is worn in your underwear.</p> <p>...Some prefer just to a rolled-up sock, while others buy silicon packers online, and some even buy very expensive prosthetics that you can attach and gives more of realistic look.</p> <p>Some packers offer a 3-in-1 option- pack, pee and play- which means you can use your packer to pee through and (usually once a rod is inserted in it), to use with partners in the bedroom.</p>

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65	Buying oversized shirts can often help with giving you more of a boxy shape. They are also perfect to wear over your T-shirt and binder and can help with giving you a flatter chest if they are the right size.
71	Dysphoria is often defined within health care services and is used as a diagnosis to determine whether or not you are trans. While this is in many ways useful (especially when it comes to health insurance covering hormone treatment and/or surgeries), it can be very problematic to only define trans people as those who have dysphoria.
74	No one deserves to live in the wrong gender or feel so deeply distressed about themselves and their body. It can cause serious psychological damage, and in cases where people feel utterly hopeless and have no access to ways to alleviate it can even lead to suicidal thoughts or suicide. ...Other ways to alleviate dysphoria include medical interventions such as hormones and/or surgeries. In many instances these things can do miraculous things to make us feel better about ourselves. Speaking from first-hand experience (we, the authors, hi!), a medical transition was entirely something we needed in order to alleviate dysphoria and feel good about ourselves.
76	When I wasn't on T, I used to shop clothes or man cosmetics to feel better. Dysphoria is still hard to handle 1.5 years on T but I learned that I can manage it.
77	Michael, 15-year-old trans man When I first realized (sic) I was trans I had no idea how medical transition worked, what was possible or how to access it. I wish I had known because I experience a lot of dysphoria but am stuck on the waiting list. Something that I would tell people is if you ever think you may want to change your body in the future-even it's just maybe-then ask your GP to refer you to the NHS gender identity clinics.
78	Silas, 17-year-old non binary
79	It's therefore vital that those who require them can access hormone blockers, which can alleviate and halt the effects of puberty until people can make a choice of whether to start cross-hormones and start a physical transition or not.
81	It's also important that we mention that not everyone who menstruates is a woman and not only women can get pregnant.
82	Sperm production also kicks in, the testicles drop and reproductive organs start working. This can cause distress for some people, especially trans people who want genital surgery. The physical changes that AMAB people go through are often harder to change with hormone treatment as testosterone has more dramatic effects on the body and bone structure. Luckily, with modern science, we are now able to intervene and stop the changes of puberty with something called hormone blockers, which will be our next topic of conversation.
83	It's about alleviating some of the distress they might feel, i.e. puberty blockers are used to increase the wellbeing of trans teens and prevent dysphoria, depression and poor mental health. Puberty blockers can therefore be a lifesaver for trans teens. If you feel like they would be the right choice for you, you should start seeking information about the closest clinic that could provide them for you. ...Puberty blockers can be prescribed at the start of puberty and are prescribed for a few years at time, or until people are between 16 and 18 years old. Around that

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	<p>age you can make a decision on whether you want to start cross-hormones that will start shaping your body and sex characteristics in a way that you want. Later on, when you are 18, you can make decisions on whether you want to undergo any surgeries</p>
84	<p>Our advice is to seek support and help sooner rather than later. Getting access to hormone blockers might take a while as the clinics often have a long waiting list and it might take the people around you some time to come to terms with things. Don't put it off for too long though-we promise you that coming out and being true to yourself will always ultimately be better.</p> <p>...Once you become old enough-around 16 years old-you can normally start cross-hormones. This means you can start hormone treatment to take estrogen or testosterone.</p>
86	<p>These, along with A LOT of other questions, are what trans people wonder when it comes to accessing and beginning hormone treatment therapy.</p> <p>...When trans people begin their hormone therapy and start taking hormones that differ from the ones they produce naturally, it is often said they are taking cross-hormones.</p> <p>The terms hormone blockers/stoppers or puberty blockers refer to hormones that put your puberty on hold. Hormone stoppers can also specifically refer to testosterone or estrogen blockers, but those can be given alongside cross-hormones (especially testosterone blockers as testosterone often overpowers the effects of estrogen).</p>
87	<p>A lot of trans people decide to undergo medical interventions in order to feel like their authentic self and alleviate dysphoria. This includes some forms of hormone treatment and/or various surgeries.</p> <p>...A rather persistent and false myth states that trans children and trans teenagers are being given access to cross-hormones and surgeries in droves. This couldn't be farther from the truth, as in most countries trans children and teenagers (and trans people in general) don't even have access to such health care.</p>
88	<p>Hormone therapy can have various physical effects on your body-quite simply, it puts you through second puberty (of the first real one if you had access to hormone blockers at puberty). It's important to mention that the greater effect your first puberty has had on you and the most your body has developed, the smaller the effects of hormone replacement therapy might be. Hormone therapy cannot change major physical attributes such as bone structure.</p> <p>...These differ slightly from puberty blockers as they are different types of drugs that block out estrogen or testosterone specially and allow the administered cross-hormones to do their magic.</p> <p>...It's important to say that eventually the effects of hormone replacement therapy can make you infertile. Taking hormones for long periods of time can affect your reproductive organs so that you can no longer produce eggs, carry children or produce sperm. Therefore it's extremely important to consult with your doctor and perhaps think of ways to freeze your sperm or eggs in case in the future you want to have children that are biologically yours.</p>
91	<p>If you don't feel supported by a medical professional and can get to London, cliniQ offers health support for all trans people (https://cliniq.org.uk).</p>

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95	<p>You may have heard of minoxydil, a topical liquid, which is often used for pre-T trans masculine people to grow better facial hair.</p> <p>...There are alternatives you can use, such as serioxyl, which can also be taken topically and have no known side-effects. Be sure you do some proper research before using things to increase hair growth.</p>
96	<p>In most cases a bigger clitoris will also increase sexual pleasure, and many people notice a big increase in sex drive during this time.</p> <p>...Another change that you'll notice is to do with smell; and if you usually get very wet when you're turned on, you may notice that you become less so or it's different.</p>
97	<p>If a person has had their testicles removed, there is no longer any need for testosterone blockers as most of the production of testosterone occurs there. However, it's important not to feel pushed to have any surgeries you might not want to have.</p>
98	<p>Oestrogen (sic) does not affect your voice, and a lot of trans feminine people therefore take voice-training lessons instead or even have vocal cord surgeries.</p>
102	<p>The effects of testosterone blockers and oestrogen (sic) on your junk can, of course, differ between people.</p> <p>...For many people it is a source of joy that they no longer have to endure morning wood or random boners, and this will most likely be the case for you too.</p> <p>Your smell might also change, and the fluids released when you have an orgasm might seem less or different.</p>
103	<p>GETTING HORMONES ONLINE-DESPERATE TIMES LEAD TO DESPERATE MEASURES</p> <p>...It's a well-known fact that you can get almost anything off the internet, and hormones are no different. Trans people sometimes resort to obtaining hormones online out of desperation (it's often a matter of life and death for people to start a medical transition).</p> <p>...One of the authors of this book was once in a desperate place where they had to wait for up to two years to get access to hormones and they saw no other option than getting them online or getting leftovers from other trans people's prescriptions. Eventually they ended up going private as they were able to, but this isn't always an option for trans people.</p> <p>This is why we encourage all trans people to try to come out as soon as possible so that they can access the medical interventions that they need as soon as possible.</p>
104	<p>Zoe, 20-year-old trans woman</p> <p>It was so, so important for me to start hormones, when the GIC refused to start them for at least another year I turned to ordering off the internet. I was 17 when I started. For me it meant feeling so much more comfortable in my own body as the oestradiol (sic) made all these subtle changes that made me feel so much better, like softening my skin and hair and causing breast growth.</p> <p>Emile Judson, 15-year-old trans man</p> <p>I started hormones when I was 15, about five months after I came out.</p> <p>...I am now four months on testosterone and I have seen positive changes like voice and facial hair and my mental health has been so much better.</p>

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105	<p>Elliot, 21-year-old agender ...Michael, 15-year-old trans man I started hormone blockers when I was 14, just over a year after my first appointment with Tavistock.</p>
106	<p>Hastur, 17-year-old trans woman Just getting hormones was a huge spike in happiness for me, even before I took the first dose ...I was 16 when I started, and over a year on, I would never look back.</p>
109	<p>So while some AFAB people who haven't had surgery might refer to their genitals as clit, pussy and vagina, others might prefer terms associated with masculinity, such as dick, cock, dickclit, manhole, fuckhole or hole. ...Some might feel comfortable talking about having sex or being fucked, or fucking others or how they have sex, whereas others don't. ...The same goes for AMAB people. Some don't mind referring to their junk in the conventional sense, such as dick, cock, penis, balls and testicles, whereas other might prefer more feminine words, such as vagina, pussy, clit, girdick, ladycock or any other equivalent.</p>
110	<p>Most trans women and AMAB non binary people that have had genital surgery referred to their junk as vagina, pussy, clit, down there and private parts. Most trans women and AMAB non binary people that have not had genital surgery generally referred to their junk as dick, vagina, junk and down there. Only a very small percentage of respondents were trans men or AFAB non binary people that have had genital surgery, but they mostly referred to their junk as dick, cock and penis. Trans men or AFAB non binary people that have not had genital surgery mostly referred to their junk as dick, junk, vagina, clit and down there.</p>
113	<p>VAGINOPLASTY Vaginoplasty is a surgery where a vagina is created. There are two different types of vaginoplasty: penile inversion vaginoplasty and rectosigmoid vaginoplasty. For penile inversion vaginoplasty, which is the more common surgery, without going into too much detail, what is conventionally referred to as the penis is used to create the inside of the vagina, and the tip of the penis is used to create what's conventionally referred to as the clitoris. Rectosigmoid vaginoplasty is rather different, as a part of the sigmoid colon is used to create the vagina lining. This latter surgery is often more suitable for those who do not have a lot of skin, have had a circumcision or have small parts. Both surgeries have similar results and both are found to be successful and bring sexual satisfaction and sensitivity. ...Many who have had this surgery can have orgasms and have full sensitivity, but there are rare cases of people losing sensitivity and not being able to orgasm. ...It's important to experiment and find out what works for you. It isn't always the most conventional ways that work, so be creative and don't be afraid to try different things! After this surgery, you will need to use what is called a dilator to keep the vagina from closing. You have to use it several times a day for at least six months and up to a year while the body is healing.</p>

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115	<p>A metoidioplasty (or a meta) is a surgery where surgeons use the clitoral growth from hormone therapy to shape a penis. The size will always be quite small and not eh same as from a phalloplasty but as these two organs are essentially the same (they develop in different ways due to hormones released in the womb and throughout people’s lives) it will function in pretty much the same ways. A urethra can be made through it, allowing people to pee standing up. It is also possible to have a ball sac created out of some of the skin down there and silicone testicles inserted, which is done as a separate procedure. Since it will not be large in size, it isn’t guaranteed that people can have penetrative sex, but they can still get an erection.</p>
116	<p>A vaginectomy (removal of the vagina), hysterectomy (removal of the uterus) and/or oophorectomy (removal of the ovaries) can usually also be performed at this time if people want.</p> <p>...Phalloplasty refers to a type of surgery where a penis is constructed.</p> <p>...There are several types of prosthesis; the most common types are those you can bend down into a flaccid position or bend up for an erect position; alternatively, a pump is installed into a ball sac and you can pump it to give an erection and then release it to be flaccid again.</p>
117	<p>It’ rare to lose the ability to orgasm and many experience good sensation.</p> <p>...The biggest pros of phalloplasty are the ability to have penetrative sex, to pee standing up and the appearance of the constructed penis. The cons are that it won’t work the same as a penis someone was born with in regards to erections and ejaculation, and there is less sensation; also it involves a lot of operations and long healing process, and of course there is the scarring on forearm or thigh.</p> <p>A vaginectomy (removal of the vagina), hysterectomy (removal of the uterus) and/or oophorectomy (removal of ovaries) can usually also be performed at this time if people want.</p>
118	<p>Trans Bucket (www.transbucket.com) is a great place to see the results of surgeries, ask questions or see specifically what results your surgeon achieves. You will have to register with them first in order to access the images.</p> <p>...In some cases, top surgery may not be necessary at all (for example, the case of some trans masculine people who perhaps didn’t develop a massive chest due to hormone blockers or genetics, combined with lots of weight training). One surgery for trans masculine people is body masculinisation (sic) surgery (BMS). With this type of surgery, fat reserves are moved to create a more V-line, top-heavy shape, rather than a bottom-heavy, pear-shaped.</p>
119	<p>Periareolar (sic) surgery technique (peri) is also known as the ‘donut’, and is one of the ways to surgically flatten the chest through skin removal using incisions around each areola (the area around the nipple).</p>
120	<p>Trans feminine people might opt for breast augmentation surgery.</p> <p>...Be sure you’re ready for it and that it’s what will make you feel better about yourself. If that’s the case, go for it!</p>
121	<p>Facial feminisations (sic) are surgeries that some AMAB trans people have to soften rough facial features that are generally seen as more masculine.</p> <p>...This can help prevent misgendering by strangers or the people around you and help with how people perceive you and your gender. In other words, it often</p>

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	<p>helps people 'pass' better as their authentic gender.</p> <p>VOCAL TRAINING AND VOCAL SURGERY</p> <p>Some AMAB trans people decide to have vocal training and even voice surgery.</p>
122	<p>Those who feel that they cannot get the results they want through vocal training may look at the option of having vocal cord surgery.</p> <p>..Some require a small incision on the neck, but there are also methods by which their vocal cords are accessed through the mouth and leave no scars.</p>
124	<p>I was really happy with the end result, and although I had to sacrifice size and the ability to penetrate, I have full erotic sensation, can get erect without a device and can pee standing.</p> <p>...In the first stage I had a mouth graft taken from the inside of my left cheek and grafted onto the inside of my T-dick, which was sliced down the middle and left open to heal.</p> <p>...In the second stage I had a hysterectomy, vaginectomy, oophorectomy and urethroplasty (where the urethra is connected through)</p>
125	<p>I also found the first stage really hard to cope with as I didn't like my T-dick being left open like that, and I was told to prise (sic) the sides apart often to keep it open.</p>
126	<p>We're constantly navigating people's perceptions of us and our bides, and often people start to question their sexual orientation for simply being attracted to us, regardless of whether our bodies and identities conform with their sexual orientation and preferences. This is because sexual orientation is based upon gender and ideas about gender and bodies, and trans people break out of the mould (sic). Not only do we challenge the sex and gender we were assigned at birth, but we also have bodies that don't often conform.</p>
127	<p>If you are sending people naked photos or videos, be aware that people might break your trust and even use them against you.</p>
128	<p>There are many different dating apps and sites that are trans-friendly, including places like Spotafriend (specifically for 13-19-year old's) and 18+ sites like Tinder, Plenty of Fesh, OkCupid and, most recently, Grindr.</p> <p>...Tinder, Plenty of Fish and OkCupid allow for more casual dating and exploring while Grindr is a bit more focused on hook-ups.</p>
130	<p>As mentioned earlier, there isn't anything you can do in this situation as people will see this as their preference and part of their sexual orientation. It is, however, ultimately rooted in society's ideas for desirable bodies and the way we classify gender and sexual orientation.</p> <p>...Trans people aren't all straight and trans people can have any sexual orientation.</p>
131	<p>WHAT IS FETISHISATION?</p> <p>On the flip side of being disgusted and repulsed by trans people, there are also people who have a 'thing' for trans people and their bodies.</p> <p>...A whole industry is dedicated to this in porn, and trans women are often referred to by awful terms there such as 'she-males' and 'trannies'. Trans men are also subjected to this to a certain degree, fetishized (sic) by gay men who wish to</p>

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	experiment or experience 'female' anatomy, but it seems to be predominantly aimed towards trans women.
133	<p>Emile Judson, 15-year-old-trans man</p> <p>One very awkward experience for me happened when I was still using the women's restroom. I was very confident this day and I was like 'Yeah bro, I'm a manly man' but I just decided to use the women's restroom because it was a gas station and the other bathrooms are always a hit or miss there. So, I go into the women's restroom and I do my business and I walk out of the stall and a lady is standing there.</p>
134	<p>Avery Elliot, 17-year-old non binary</p> <p>I have had many awkward tans moments, but my favourite (sic) was leaving my packer in my sink while peeing forgetting it was there, and scaring myself when I went to grab something from the bathroom and realising (sic) I had left a prosthetic penis in the sink.</p> <p>Tristan, 19-year-old trans man</p> <p>My most ridiculous story would probably involve me accidentally leaving my packer in a friend's bathroom after a house party. I had to send her a Facebook message asking if she'd seen my penis anywhere! Luckily she had and wasn't too awkward about it, but it's not every day a guy forgets his dick!</p> <p>Luke, 20-year-old non binary</p> <p>...So I say to him 'You know there are ways to cover that kind of stuff up, right? Like binding and stuff?'</p>
137	<p>Tally, 19-year-old non binary</p> <p>I was in the car with my parents, and I told them I wanted to use 'they/them' pronouns.</p> <p>...Forum M, 17-year-old trans man</p>
140	<p>Non binary trans people are also finally getting to be a part of the conversation, but there is still a long way to go for trans people to be recognised (sic) and accepted for who they are.</p> <p>Many news outlets will deliberately post misleading articles about trans people that put down our gender identity and showcase trans people as harmful to society. This can most often be seen in articles where trans women are said to be men wanting to invade and take over women's spaces and movements, and articles about trans people recruiting children and forcing gender non-conforming children to have hormones and surgeries.</p>
145	<p>"Are you that kid's sister?"</p> <p>"Their babysitter, actually!"</p> <p>"'Their'?" Is it a boy or a girl?"</p> <p>"We don't know yet, they haven't told us."</p> <p>"But won't that confuse the kid?! They must have been born as something!"</p> <p>"The most confusing part of it is actually the amount of strangers who feel entitled to ask what's in that kid's pants."</p>
151	<p>While that is all well and good, they have to realise (sic) that this will always create a skewed view of our reality as they do not have the experience or insight that trans people have. We refer to this as the 'cisfilter'.</p>

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152	There are many such organisations (sic), and in the UK we specifically want you to know about All About Trans (www.allabouttrans.org.uk ; see Chapter 19 for further information), but they work on positive representation of trans people in the media and have wonderful staff that are there to support you and give you advice. They have a lot of resources on how to deal with the media and even hold media trainings for trans people in the UK.
157	As for platforms, the most popular platforms for photos are definitely Instagram and Facebook. If you want to create videos or take audio recordings, platforms such as YouTube and Tumblr are probably more suitable.
166	For example, you could organise (sic) a play on trans issues or try to implement gender neutral bathrooms at your workplace.
173	Some of the bigger role-playing games even have trans representation as well as other LGBTQIA+ characters, most notably in Dragon Age: Inquisition, in the 'Dragon Age' series by BioWare.
185	<p>What Are Your Hopes for the Future?</p> <p>Emile Judson, 15-year-old trans man ...Avery Elliot, 17-year-old non binary</p> <p>In my future as a trans person, my next step is physically transitioning. I can't wait to start T and get top surgery. In a few years I want to be able to walk around without a shirt and feel proud. I want this world to be safe for my trans siblings. I can't wait for more representation in the media, and in politics.</p> <p>Hastur, 17-year-old trans woman I see a bright future for trans people, where it isn't 'trans and cis', instead it's just 'us'.</p> <p>...Tristan, 19-year-old trans man The UK seems like a scary place for trans people right now, but I hope it will get better. Personally, I'd like to be able to access medical transition and in a few years to graduate from university with my degree and having made some positive changes for other trans people through working with my SU (students' union).</p> <p>Xen, 16-year-old non binary</p>
186	<p>Silas, 17-year-old non binary</p> <p>I hope to change my name. I hope to go on testosterone. I hope to get top surgery. I hope that when I ask people to use/they/them' pronouns, they will just use them instead of asking why I can't be normal and use 'she' or saying that singular 'they' is not grammatically correct. I hope I can still be feminine without feeling like I am invalidating my nonbinaryness.</p>
187	<p>Esme, 20-year-old trans woman</p> <p>I see myself as a happier and more physically transitioned, potentially including surgeries, hopefully as a full-time musician.</p> <p>...I see the future for trans people as a very bright with improved health care services and improved communities who love and accept everyone to the point where being trans, gay, straight, disabled, etc. Is a non-issue.</p> <p>...Julien, 20-year-old non binary ...Tanya, 29-year-old non binary</p> <p>I wish for all the m/f boxes to disappear from the document forms everywhere.</p>

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188	I wish to continue my effort in making fashion more inclusive and cater to my trans siblings' needs as long as I am physically able to.
189	Anonymous, 14-year-old demiboy ...I know that moving to uni before HRT (hormone replacement therapy) or chest surgery was one of the most painful decisions (but also the best) I've had to make and I don't want anyone else to even consider putting their life on hold for transition. Nobody should have to wait so long for such basic needs.
190	All About Trans is a project run by On Road Media, and focuses on creating positive representation of trans people in the media and beyond. The project has already made massive changes in the UK and hosts interactions with platforms such as the BBC, Channel 4, ITV, The Sun, the Daily Mail and institutions such as the NHS. Website: www.allabouttrans.org.uk
192	Diversity Role Model is an organization (sic) that deals with tackling queerphobic bullying in schools. ...Website: www.diversityrolemodels.org ...Gendered Intelligence specialises (sic) in services and support for trans people under 21. ...Website: www.genderedintelligence.co.uk
194	From its website: GIREs is a UK wide organization (sic) whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender. ...Website: www.gires.org.uk
195	It represents LGBTQIA+ civil society within the United Nations and other international organisations (sic). ...We are funded by governments, private foundations and the invaluable contributions of hundreds of private donors. ...Website" www.ilga.org
196	International LGBTQI Youth and Student Organisation (sic) (IGLYO): head and heart for change ...It hosts conferences and events throughout the year, which are a perfect place for young activists to get to know other activists and learn the ropes at a grassroots level. Many leading LGBTQIA+ activists across Europe started their activist careers in IGLYO and we definitely encourage you to get involved! ...Website: www.iglyo.com
197	We work to raise awareness about gender, nonconformity in children and young people amongst professionals and the general public. ...Website: www.mermaids.org.uk ...Museum of Transology: my transness cannot be defined by a single image ...Facebook: www.facebook.com/MuseumofTransology
198	Do check out our films on YouTube and Facebook and see if you want to get involved. We specifically encourage trans people from diverse and underrepresented backgrounds to get in touch-please don't hesitate to contact

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	<p>us! Website: www.mygenderation.com</p>
199	<p>QTIPOC Brighton A group for queer, trns, non binary and intersex people of colour in Brighton and beyond. ...Website: http://qtipocbrighton.tumblr.com/whoarewe ...Website: www.scottishtrans.org</p>
200	<p>Stonewall: acceptance without exception Stonewall is one of the most influential organisations (sic) in the UK with regard to LGBTQIA+ rights on a political, national and international level. It offers various training and programmes (sic) on LGBTQIA+ rights for schools, institutions and corporations, and works on projects and issues related to research, education and the LGBTQIA= community, along with launching national awareness-raising campaigns across the UK. ...Website: www.stonewall.org.uk</p>
201	<p>Website: www.tgeu.org</p>
202	<p>Website: https://transpridebrighton.org</p>
204	<p>...Are You a Boy or Are You a Girl? Are You a Boy or Are You a Girl? is a book for children that centres (sic) around a young kid called Tiny. Throughout the book, Tiny gets asked if they area. boy or a girl by the people around them. The book explores how we shouldn't actually be tied to gender roles or gender expectations. The main point isn't whether we are a boy or a girl (or non binary for that matter), but it's about doing what we enjoy and wearing whatever feel good to us. This book opens up a discussion about gender identity and gender expression in an innocent, non-intrusive way. A Queer and a Pleasant Danger by Kate Bornstein A queer bible in our books, this book is an essential read for anyone trans. ...Be sure to check out all of her other work too! Queer: A Graphic History by Meg-John Barker From identity politics and gender roles, to privilege and exclusion, Queer explores: how we came to view sex, gender and sexuality in the ways that we do; how these ideas get tangled up with our culture and our understanding of biology, psychology and sexology; and how these views have been disputed and challenged. This book is essential for anyone wanting to learn more about these issues from an accessible academic perspective. Redefining Realness by Janet Mock A tear-jerking, beautiful and honest book written by Jent Mock about her life and experiences as a trans person.</p>
206	<p>The Gender Games by Juno Dawson A fun, witty and honest review of her life, in which Juno Dawson writes about the game of gender and how it's embedded into our culture and everyday lives. ...It is a powerful book that advocates for the inclusion of everyone, regardless of gender or expression. ...To MY Trans Sisters by Charlie Craggs ...Trans Britain: Our Journey from the Shadows by Christine Burns</p>

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207	<p>Trans Mission: My Quest to a Beard by Alex Bertle</p> <p>A book written by the wonderful Alex Bertie about his experiences as a trans person in the UK, it offers valuable insight into what it is like to be a trans person in society today. It is essential reading for any trans masculine person out there. Do check out his social media channels and videos- we promise you will love him just as much as we do!.</p>
211	<p>It's fair to say that it differs between people, but children in general are quite perceptive and they can understand themselves in relation to gender from as young as 3-4 year old.</p>
212	<p>And it isn't just one flippant comment; they usually insist on this quite often and might even say that they want to cut their genitals off or they wish they could grow certain things.</p>
214	<p>Going to a gender clinic to speak to health care professionals is always good, as they can give you further advice on how to deal with things.</p> <p>...If they are adamant on who they are and want to start hormone blockers (see Chapter 7 for further information), these can be accessed through the NHS's Gender Identity Development Service (http://gids.nhs.uk) in the UK (or similar services in other countries).</p>
215	<p>Trans kids who don't get support end up feeling very distressed and depressed and might develop other mental health issues or even try to take their own lives. Without wanting to sound too serious or dramatic, it really is a matter of life and death for trans people.</p>
216	<p>For more support and advice for families in the UK, we recommend contacting the organisation (sic) Mermaids (see Chapter 19 for more information).</p>
218	<p>AFAB: Assigned female at birth. Less common terms include CAFAB: (coercively assigned female at birth) and DFAB (designated female at birth).</p> <p>AMAB: Assigned male at birth. Less common terms include CAMAB (coercively assigned male at birth) and DMAB (designated male at birth).</p> <p>Cisgender: Cisgender refers to people whose gender identity aligns with the sex and gender they were assigned at birth — basically, people who are not trans.</p> <p>Demigirl: Demigirl describes someone who partially, not wholly, identifies as a woman, girl or otherwise feminine, regardless of what they were assigned at birth.</p> <p>Demiguy: Demiguy describes someone who partially, not wholly, identifies as a man, boy or otherwise masculine, regardless of what they were assigned at birth. Demiguy and demiboy are often used interchangeably.</p> <p>Dyadic: Dyadic refers to people who are defined as male or female at birth — basically, people who are not intersex.</p>

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	<p>Gender: Gender is assigned to us at birth, based on our sex characteristics, and refers to socially constructed ideas and expectations of what it is to be a man or a woman. Gender differs between time and cultures, and there are many different ideas about what gender is across the world. Gender is also sometimes used synonymously with the term gender identity (see below), and can therefore refer to a person's personal experience.</p> <p>Gender expression: Gender expression refers to how we express ourselves and how we are perceived by others: as masculine, feminine, or androgynous. People who express themselves in a feminine way aren't automatically women; and those who express themselves as masculine aren't automatically men; and those who are androgynous aren't automatically non binary (see below). It's important to disconnect our ideas of expression from gender identity, as many people don't conform to rigid gender expectations.</p> <p>Gender fluid: Gender fluid refers to people whose gender identity feels fluid and fluctuates between feminine, masculine or non binary.</p> <p>Gender identity: Gender identity refers to our inner sense of self and the gender that we are. It is an intrinsic part of who we are and relates to our understanding and experiences of who we are in this gendered world. It's important to remember that our sex characteristics and our gender expression do not govern our gender identity.</p> <p>Intersex: People are defined as intersex when their sex characteristics fall outside the binary categorization (sic) of male and female. There are over 40 different variations of sex, so intersex covers a vast array and is much more common than people believe. It can describe people who are visibly intersex, but it can also relate to people's genitalia, hormonal glands and/or chromosomes. Some variations are not visible at birth and there are people who are intersex without ever knowing it.</p> <p>Non binary: Non binary is a term under the trans umbrella that encompasses all identities that don't fit within the binary of men and women. It can refer to those who are gender fluid (see above), those who are both men and women, those who fall completely outside of that binary or those who don't feel they have a gender. It's important to remember that non binary refers to your gender identity, but not your sex characteristics.</p> <p>Sex and sex characteristics: Sex refers to the categorisation (sic) of our sex characteristics, such as chromosomes, hormonal glands, genitalia and reproductive organs. There are three major categories: male, female and intersex. Sex is a very tangled web, and it's important to remember that these categories are simplifications that are entirely socially constructed around our ideas and perceptions of bodies.</p> <p>Stealth refers to living in society without people that you are trans (see below).</p> <p>Trans(gender): Trans (or transgender) is an umbrella term people who don't identify with the gender they were at birth. It can refer to those who are trans men, women or those who have non binary gender identities.</p>

Profanity	Count
Cock	4
Dick	10
Fuck	3
Pussy	3