

# THE AWESOME AUTISTIC GUIDE FOR TRANS TEENS



*Young Adult*

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## **Book Summary:**

Teaches minors with autism about alternate gender ideologies.

## **Summary of Concerns:**

This book contains frequent references to alternate gender ideologies and alternate sexualities.

**2** /5

**Teen Guidance**  
BookLooks Review Rating

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7	<p>We are both autistic and gender divergent, which is a good thing because this book is all about being autistic and gender divergent.</p> <p>...am also non-binary. This means that my gender is neither male nor female but a sort of third option. While I have been non-binary all my life, I didn't understand this about myself until I was 43! This is because when I was younger there was not a lot of understanding around gender diversity.</p>
8	<p>Nowadays, I mostly label myself as genderqueer, trans or trans-masculine, or non-binary, but I do find that there are many other labels that fit me too.</p>
18	<p>Gender diversity means that there are many more than two genders in the world. Anyone who feels outside of the two genders we have in Western culture is gender divergent, meaning our gender identities don't follow the same path as what is expected for males or females.</p>
19	<p>Male and female can be seen as binary genders, but they are far from the only genders. Here are some terms around gender that are helpful to know. These are:</p> <p>Trans and gender divergent people—people who do not identify as the sex they were assigned at birth.</p> <p>...Cisgender—this simply means a person who identifies as the sex they were assigned at birth.</p> <p>...Trans/ transgender—a person who does not identify with the sex they were assigned at birth. Transgender people can identify as male or female or something else.</p> <p>Non-binary—non-binary people do not identify as binary male or female.</p> <p>...Trans man/ trans-masculine—a trans man or a trans-masculine person is a transgender person who transitions from female to male and identifies as male and/ or masculine.</p> <p>Trans woman/ trans-feminine—a trans woman or a trans-feminine person is a transgender person who transitions from male to female and identifies as female and/ or feminine.</p>
20	<p>Some people are bigoted about gender diversity and will bully or attack trans and gender-divergent people.</p>
23	<p>As you read in Chapter 1, trans and gender-divergent identities make up a big part of gender diversity; we are found all over the world!</p>
27	<p>For example, two-spirit people are a third gender identity in Indigenous North American cultures, and the Bugis people from an area of Indonesia recognize five distinct gender identities!</p> <p>If you are gender divergent, it generally means that you feel outside of the Western binary of man or woman, boy or girl.</p>
30	<p>A good way to think about gender identities is through the genderbread person. The genderbread person looks at gender identity, gender expression, anatomical sex, and sexual and romantic attraction. The genderbread person infographic can be found at <a href="http://genderbread.org">genderbread.org</a>. This can be a helpful resource for understanding how gender can vary across individuals but also how you think of your own gender.</p>
31	<p>Sam finds that there are many gender-identity labels that they align themselves with, but mostly they just say that they are non-binary.</p> <p>...Here are just a few gender-identity labels:</p> <p>Agender—you do not feel like gender is a strong part of your identity, or you do not identify with the concept of gender at all.</p> <p>Autigender—your gender identity is strongly related to your autistic identity. Autism is a</p>

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	<p>neurotype, and some people feel that this has shaped their gender identity so much that they are hard to separate. Only autistic people can identify as autigender.</p> <p>Brotherboy/ sistergirl—these are transgender identities exclusive to First Nations cultures in Australia. A brotherboy is a transgender male, and a sistergirl is a transgender female.</p> <p>Many indigenous cultures across the world have their own trans and non-binary gender identities.</p> <p>Demigender—people who are demigender feel a little bit, but not fully, like one of binary genders of male and female. For example, someone who is a demiboy might feel a little like a boy, but not fully. A demigirl will feel a little like a girl, but not fully. You could put the prefix demi-in front of any other gender-identity label if you feel a bit like it, e.g. demi-agender, demi-genderfluid.</p> <p>Genderfluid—your gender identity changes regularly. It could change between binary identities or between any range of other gender identities.</p> <p>Non-binary—you don't identify as simply 'male' or 'female'; you identify somewhere in between these two, somewhere else completely or nowhere.</p> <p>Transgender—this means you identify as a gender that is different from the one you were assigned at birth.</p>
48	Non-binary, intersex and trans-boys can experience periods too.
50	Some trans and gender-divergent people will want to change their hormone levels in order to better reflect their gender identity to themselves and the world. To do this, they can undergo a form of therapy called hormone replacement therapy, or HRT for short. HRT helps to change the levels of testosterone or oestrogen you have in your body in order to change your appearance to be more masculine or more feminine.
51	An option for the meantime can be to take 'puberty blockers', which temporarily block the effects of puberty and can be useful if you want more time to make a decision.
52	HRT is just one form of gender affirmation. Others might find that socially transitioning (e.g. changing their gender-identity label, clothing style, hair style, name or pronouns), is what is needed to help them feel 'at home' in themself.
53	If you are experiencing gender dysphoria, thinking about medical interventions like hormones or surgeries, having a hard time with your mental health or just want someone to talk to, it is best to speak with an experienced medical professional for support.
54	<p>Unfortunately, some medical practitioners can be transphobic, or they might not understand your needs properly.</p> <p>...Some people will want to change their name to something that fits better. This will involve thinking about lots of different names, trying some of them out and deciding which names feel best!</p> <p>Some tips for 'trying on' different names can be:</p> <ul style="list-style-type: none"> <li>Asking certain people to call you a particular name so you can see how it feels to hear it from others</li> <li>Going to a cafe where they take a name alongside your order, so you can hear a stranger call it out</li> <li>Writing it down and seeing how it looks</li> <li>Practising writing new signatures</li> <li>Using it in your online spaces such as in games, in forums or on social media.</li> </ul>

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55	Public toilets are gendered spaces, which means that they are often labelled as ‘men’s’ and ‘women’s’. This can be really uncomfortable if you are questioning your gender identity or if you aren’t sure how your gender will be perceived by others.
56	The main thing to remember about toilets is not to let them define you. Just because you use the women’s toilets doesn’t make you a woman and using the men’s toilets doesn’t make you a man.
57	You can choose which pronouns suit you; you can choose one set of pronouns or many. ...There are many pronouns to choose from, including some less-known pronouns called neo-pronouns, which offer some alternatives to he or she. People might express confusion around using neo-pronouns, but they are here to stay! Some pronouns: ...Xe/ xem/ xeirs (pronounced zee/ zem/ zeers) Thon/ thon/ thons
58	Nounself pronouns: Choose any word you like and that can be your pronoun (e.g. flower/ flowerself/ flowers, frog/ frogself/ frogs).
59	Xe/ xem: ‘I met Alex the other day; xe were really nice and I want to spend time with xem again.’ Frog/ frogself: ‘I bought frog a new book today; frog likes to read fantasy books. Frog said frog will lend me frog’s book when frog has finished it.’
61	Coming out means telling others in your life about your gender identity and/ or sexuality.
65	However, if you are considering medical interventions around your gender such as surgery or hormones or if you change how you express your gender (such as through wearing different clothes or a binder) or change your name, then it is a good idea to have a conversation about your gender with those who are close to you.
69	Trans people shouldn’t have to be responsible for educating everyone in the world about gender diversity, but sometimes we—or our allies—do need to correct someone getting it wrong. Calling someone out on getting our pronouns, gender or name wrong also helps other trans people by making them aware of gender diversity.
72	Transphobia refers to discrimination based on being transgender. It could be people calling you mean names, intentionally using incorrect pronouns to refer to you, insulting your gender identity or not letting you use gendered spaces, such as toilets or sports teams, that align with your gender identity.
80	‘There are only two genders...’ ‘If you want to limit gender diversity to two boxes, that is your decision. I do not see gender like that. I am comfortable with my understanding of gender diversity, and my viewpoint is not up for discussion with you.’
89	This means that many trans and gender-divergent people need to create a family of choice—a family that loves and respects them. If you need to make a family of choice, then look for people you like and who like you. Your close friends can form your family of choice, as can supportive members of your biological family. You do not need to have been discriminated against by your biological family to have a family of choice. Many people simply add people to their family who are loving and supportive, even if their biological family is supportive as well.