MOVING BEYOND MYTHS & LIES TO REDUCE THE STIGMA SURROUNDING TRANSGENDER AND GENDER NON-CONFORMING (TGNC) CITIZENS

Suzanne Wheeler,
M.A. LDP, PMP, Colonel (ret) U.S. Army
University of Missouri Kansas City,
School of Nursing and Health Sciences
Collaborative to Advance Health Sciences
OBJECTIVES

- Create a better personal understanding of the TG/TGNC population
- Differentiate sexuality and gender
- Analyze common myths and stigma about the transgender population
- Describe resources and strategies for creating a affirming and inclusive environment
A BIT ABOUT YOUR PRESENTER
A BIT ABOUT YOUR PRESENTER

- Athletics
- Dating
- Fraternity Man
- Family Man
- Military
  - Second Family
  - Hyper masculine
  - 21.4% serve in the military
A BIT ABOUT YOUR PRESENTER

Before

After
TIME FOR A POLL?

One or two words which describe what you think or believe about transgender people?
Identity and/or expression different from cultural expectations based on the sex they were assigned at birth.
ANOTHER POLL?

What are some of the myths and lies which you have heard or read about transgender people?
MYTHS AND LIES

- Mentally disturbed
- Hate their bodies
- Not real men or women
- Public bathroom threat
- Not that many
- Crazy lives
- Gay
- Confused
- Weird
- New Fad
- Kids can’t know
- Regret transitioning
- Can tell just by looking
- Only men and women

https://everydayfeminism.com/2012/08/myths-about-transgender-people/
https://www.washingtonpost.com/opinions/five-myths-about-transgender-issues/2016/05/13
# TRANSGENDER POPULATION

<table>
<thead>
<tr>
<th>Myth</th>
<th>Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>It’s a fad</td>
<td>Term is only 35 years old</td>
</tr>
<tr>
<td>There aren’t many transgender</td>
<td>Transgender people have existed throughout recorded history</td>
</tr>
<tr>
<td></td>
<td>Embraced in some cultures</td>
</tr>
<tr>
<td></td>
<td>Many trans-people fail to self identity because of fear</td>
</tr>
<tr>
<td></td>
<td>About 1 in 200 Americans are estimated to be transgender.</td>
</tr>
</tbody>
</table>

How Many Adults Identify as Transgender in the United States, Andrew R. Flores et al, the Williams Institute, June 2016
VISIBILITY CREATES FAMILIARITY

2009 – 18% of Americans reported having seen a Ghost
People who know a transgender person
2013: 9%
2014: 17%
2015: 22%
2016: 35%

What if I know a ghost who happens to be transgender?

Public Research Institute, 2009
Pew Research Survey, 2009
VISIBILITY CREATES FAMILIARITY

1,397,150 adults
0.58% of United States Adults

How Many Adults Identify as Transgender in the United States, Andrew R. Flores et al, the Williams Institute, June 2016
FOUNDATIONAL DEFINITIONS

- Sex Assigned at Birth
- Sexuality
- Gender
- Gender Dysphoria
- Gender Affirmation
**SEX ASSIGNED AT BIRTH**

<table>
<thead>
<tr>
<th>Someone Born With:</th>
<th>Someone Born With:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Vulva</td>
<td>A Penis</td>
</tr>
<tr>
<td>Ovaries</td>
<td>Testicles</td>
</tr>
<tr>
<td>XX Chromosomes</td>
<td>XY Chromosomes</td>
</tr>
</tbody>
</table>

“For grey matter, there is no black and white. If you think in black and white, the you do not use enough brain functions.” – Petek Kabakci

Source: Dr. Elizabeth Schroeder: Taking and LGBTQ+ Inclusive Sexual History
### Myth vs. Facts

<table>
<thead>
<tr>
<th>Myth</th>
<th>Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Your genitals determine your gender identity</td>
<td>• 3 Factors in development</td>
</tr>
<tr>
<td>• Biology is absolute</td>
<td>• Genetic</td>
</tr>
<tr>
<td>• People are this way only because of their childhood</td>
<td>• Chemical/Hormonal</td>
</tr>
</tbody>
</table>

#### 3 Factors in development
- Genetic
- Chemical/Hormonal
- Environmental

#### Additional Points
- XO, XXY, XXY, XXX... chromosomes
- Male female brain differentiation
- Hormone wash
- Hormone sensitivity

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Transsexual differences caught on brain scan, Jessica Hamzelou, New Scientist, Jan 2011
Gender Identity Disorder in Twins: A Review of the Case Report Literature, G. Heylens et al., The Journal of Sexual Medicine, Dec 2011
SEXUAL ORIENTATION

- Who you want to wake up with
- Physical Attraction
- Romantic Attraction

Components
- Orientation
- Behavior
- Identity

SEXUAL ORIENTATION TERMS

- Bisexual
- Queer
- Femme
- Lesbian
- Pansexual
- Bear
- Asexual
- Top
- Butch
- Bottom
- Twink
## GENDER AND ITS COMPONENTS

<table>
<thead>
<tr>
<th>Gender</th>
<th>Gender Expectation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Characteristics differentiating between masculinity and femininity</td>
<td>Cultural or societal differences expected according to their sex at birth or gender presentation.</td>
</tr>
</tbody>
</table>

### Gender Identity
- Innermost concept of self as male, female, a blend of both or neither
- How individuals perceive themselves and what they call themselves.
- Can be the same or different from their SAB

### Gender Expression
- External appearance of one's gender identity
- May or may not conform to gender expectations

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*Biological Theories of Gender, Saul McLeod, Simply Psychology, 2014*
ANOTHER POLL?

You wake up tomorrow morning, look in the mirror, and are the opposite sex at birth. How do you feel?
GENDER DYSPHORIA

- Clinically significant stress because SAB is not aligned with gender identity

- Distress of gender dysphoria, when present, is the concern that might be diagnosable and for which various treatment options are available

- Only some gender nonconforming people experience gender dysphoria at some point in their lives.

<table>
<thead>
<tr>
<th>Myth</th>
<th>Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transgender people are mentally disturbed</td>
<td>Insistent, consistent, and persistent about gender identity</td>
</tr>
<tr>
<td>They are confused</td>
<td>Most know gender identity from an early age</td>
</tr>
<tr>
<td>Children are too young to understand gender</td>
<td>Not all transgender people experience gender dysphoria</td>
</tr>
<tr>
<td>They hate their bodies</td>
<td>Transgender people use the restroom</td>
</tr>
<tr>
<td>They dress to go in bathrooms of the opposite sex</td>
<td>Suicide rates are a result of stigma</td>
</tr>
<tr>
<td>41% attempt suicide because they are crazy</td>
<td></td>
</tr>
</tbody>
</table>

TRAUMA BECAUSE OF SOCIAL STIGMA

- Crossing normative gender boundaries generates moral censure rather than compassion in many cultures.

- Chronic social prejudice and discrimination

- Causes abuse and neglect in relationships with family and peers causing psychological distress.

- Socially induced

WPATH Standards of Care V7 2009
MINORITY STRESS

- 57% Family rejection
- 53% Publically harassed
- 40% harassed because of ID
- 65% Physical or sexual violence at work

TOXIC STRESS
ADDITIVE TO EVERYDAY STRESS

- 26% Lost job
- 69% Experienced homelessness
- 4X more likely to live on <$10K
- 2X unemployment

Grant et al., Injustice at Every Turn: http://www.thetaskforce.org/downloads/reports/ntds_full.pdf
SELF IMPOSED STIGMA
RESULTS OF EMOTIONAL AND SOCIAL ISOLATION

- Humans are social & need to feel connected in order to be healthy and happy.

- Social isolation is a person’s avoidance of social interaction:
  - Associated with abandonment fears or social anxiety.
  - A result of depression, shame, or low self-worth.
  - Proves detrimental to important social or professional relationships.
  - Persists for an extended period of time.

- Both the cause and symptom of other mental health issues.

- Emotional results:
  - Shame.
  - Low self worth.
  - Loneliness.
  - Depression.
  - Anxiety.
  - Anger.
  - Guilt.

## Impact of Adverse Childhood Experiences and Disordered Gambling

- **Sexual and gender minority individuals** have higher rates of adverse childhood experiences.
- **Other areas** higher rates of ACEs impact:
  - Alcoholism and alcohol abuse
  - Health related quality of life
  - Illicit drug use
  - Intimate partner violence
  - STI’s
  - Smoking
  - Multiple sexual partners

### Table: ACEs and Gamblers

<table>
<thead>
<tr>
<th># of ACE / Type of ACE</th>
<th>Problem Gamblers</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Ace</td>
<td>14.0 %</td>
</tr>
<tr>
<td>1 ACE</td>
<td>11.4 %</td>
</tr>
<tr>
<td>2 ACEs</td>
<td>19.3 %</td>
</tr>
<tr>
<td>3 or more ACEs</td>
<td>55.3 %</td>
</tr>
<tr>
<td>Emotional Abuse</td>
<td>32.46 %</td>
</tr>
<tr>
<td>Emotional Neglect</td>
<td>56.14 %</td>
</tr>
<tr>
<td>Physical Abuse</td>
<td>26.3 %</td>
</tr>
<tr>
<td>Physical Neglect</td>
<td>50.0 %</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>26.3 %</td>
</tr>
<tr>
<td>Domestic Violence</td>
<td>28.1 %</td>
</tr>
</tbody>
</table>

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https://asexualoutreach.org/@BrianLangevin/study-on-trans-discrimination-explores-trans-aces/
TOXIC STRESS ALSO IMPACTS

Lifetime Suicide Attempt Rate

<table>
<thead>
<tr>
<th>Transgender</th>
<th>U.S. Overall</th>
<th>U.S. LGB Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>41% Transgender</td>
<td>4.6%</td>
<td>10-20%</td>
</tr>
<tr>
<td>46% Transgender Men</td>
<td></td>
<td></td>
</tr>
<tr>
<td>42% Transgender women</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Grant et al., Injustice at Every Turn: http://www.thetaskforce.org/downloads/reports/ntds_full.pdf
GENDER AFFIRMATION

- Process of coming to recognize, accept, and express one’s gender identity
- Allows one to affirm their gender identity through outward changes to presentation or behavior
- Can greatly improve a person’s mental and general well being
- Authenticity creates resiliency
<table>
<thead>
<tr>
<th>Treatment</th>
<th>World Professional Association for Transgender Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individualized</td>
<td></td>
</tr>
<tr>
<td>Therapy</td>
<td>Gender Expression</td>
</tr>
<tr>
<td>Hormone Treatment</td>
<td>Gender Role</td>
</tr>
<tr>
<td>Surgical Intervention</td>
<td>Any one or combination</td>
</tr>
</tbody>
</table>

WPATH Standards Version 7
BARRIERS TO PROFESSIONAL BEHAVIORAL AND MEDICAL CARE

Insurance

Knowledge

Refusal of Care

Harassment

National Transgender Discrimination Survey Report on health and health, Jaime M. Grant, Ph.D et al., October 2010
ELIMINATING BARRIERS

Be a Good Ally

- Collaborative
- Seeks Knowledge
- Nonjudgmental
- Empathetic
- Caring and kind
- Respectful
- Mutuality
- Honest
- Forgiving
- Friendly
- Privacy
- Equals

Truman Medical Center, Trauma Informed Care Orientation
National LGBT Health Education Center
Denver Prevention Training Center
ELIMINATING BARRIERS

Framing Conversations About TG/GNC People

- See something wrong, say something
- Build understanding
- Begin with basic human values
- Tell stories
- Use strategic messages
- Foster familiarity
- Contextualize health care challenges using stories
ELIMINATING BARRIERS

Establishing an Affirming Environment

✓ Pronouns
✓ Golden Rule
✓ Restrooms
✓ Respectfully clarify
✓ Policy for addressing discriminatory comments and behavior
✓ Never ask about genitalia
✓ Do not “out”
✓ Be open about acceptance
✓ Safety
FIRST UP

QUESTIONS AND PARTING GIFTS

Contact information:
wheelersu@umkc.edu

- Transgender Cultural Awareness Checklist
- Resources List