

How can I be a Transgender Ally?

- **Be a friend!** Let the person know you respect and accept them and they are safe to be themselves with you.
- **Use the person's preferred pronouns.** If you don't know what pronouns to use, just ask!
- **Be careful and considerate** about the questions you ask. It is best to let the person decide what *they* want to tell you when *they* are ready.
- **Don't make assumptions.**
- Remember that you *can't* tell if someone is transgender just by looking at them. There is no "one right way" to be transgender.
- **Speak out** when you see or hear someone being transphobic. Remind them that *everyone* deserves kindness, respect, and acceptance.
- Remember that a person's gender identity is **their private information** to share if and/or when they choose.
- Continue to **educate yourself** on transgender topics and issues.



Where can I get Support or Learn More?

Transgender Resource Center of NM
(505) 200-9086
<https://tgrcnm.org/>
5600 Domingo Rd NE
Abq, NM 87108

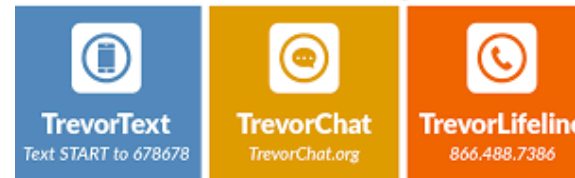


National Center for Transgender Equality
<https://transequality.org/>

The Trevor Project

<https://www.thetrevorproject.org/>

GET HELP 24/7:



Trans Lifeline

<https://translifeline.org/>



This brochure is brought to you by the
RGHS Peer Helpers

Transgender Awareness Week

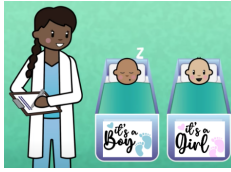
November 13 - 19, 2023



Transgender - A person who feels their gender **does not match** the sex they were assigned at birth and how they feel about themselves.

Important Definitions

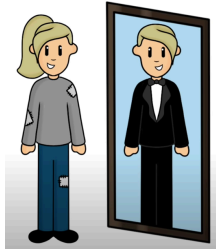
Assigned Sex - A label of “Male” or “Female” given at birth based on the person’s sexual organs.



Gender Identity - A person’s *internal knowledge* of who they are. Who a person *feels* they are.

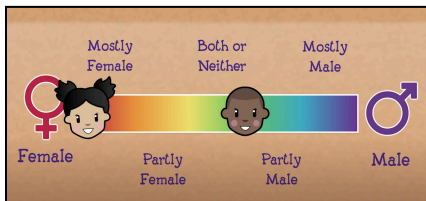
Cisgender - A person who feels their gender is the *same* as the sex they were assigned at birth.

Transgender - A person who feels their gender *does not match* the sex they were assigned at birth.



Non-binary (or genderqueer) - A person who identifies as non-binary may:

- Feel like they are a *mixture of both* male and female.
- Feel they *move between* male and female.
- Feel they are *neither* male or female.
- Feel they don’t have a gender at all.



Gender Expression - How a person presents their gender to the world.

Gender can be expressed through clothing, hairstyle, voice, mannerisms, pronouns, and more.



Why is Transgender Equality Important?

Everyone, no matter their gender identity, should be treated with dignity and respect. However, transgender people often face serious discrimination and mistreatment such as:

- Harassment and bullying at school
- Abuse and violence at home and in the community
- Being fired or denied a job
- Being denied access to critical medical care
- Being evicted or denied housing or access to a shelter
- Becoming homeless or living in extreme poverty
- Be targeted and incarcerated by law enforcement

Living without fear of discrimination and violence and being supported and affirmed is critical for allowing transgender people to live healthy, safe, and fulfilling lives.

Transgender Youth & Suicide

Due to how they are mistreated and stigmatized, transgender youth are more than **4 times** as likely to attempt suicide than their cisgendered peers. **More than half** of transgender and nonbinary youth seriously considered attempting suicide in the past year. (The Trevor Project)

Key factors contributing to high suicidal ideation among trans youth:

- Parental and society rejection.
- Lack of social support.
- Lack of affirming (accepting) spaces.
- Transphobia, bullying, violence, discrimination, and physical harm.

How can I Make a Difference?



By taking the time to read this brochure, you are already making a difference! The best thing you can do is be an informed, accepting, and supportive ally.

LGBTQ+ youth with **trusted adults** and **supportive peers** in their school have higher self-esteem, lower levels of anxiety and depression, and **significantly lower** odds of attempting suicide. Infact, having just **one accepting adult** can reduce the risk of a suicide attempt among LGBTQ+ young people by 40 percent.