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Transmasculine Youth

What is Gender?

Gender is someone's internal sense of being female, male, neither, both, or an additional gender(s). Sometimes a person's gender identity is different than the sex they were assigned at birth.

That's OK!

What is Gender Affirming Terminology?

Your healthcare provider will always want to ensure that they use language that makes patients feel comfortable and supported, such as:

Chosen name: This is the name someone goes by, and may not be the same as the legal name.

Personal Pronouns: Everyone has pronouns. They are how we refer to one another. Pronouns include: he/him; she/her; they/them; ze/zir, but youth may have other pronouns as well.

Transgender: Someone whose gender identity *differs* from their sex assigned at birth.

Genderqueer/gender non-binary: Terms someone may use to identify their gender when they feel like they do not fit into either male or female identities.

Transmasculine: A term used to encompass those who identify as transgender men and those who identify on the masculine side of the gender nonbinary spectrum.

Cisgender: Someone whose gender identity matches their sex assigned at birth.

Gender Expression: The way someone presents their gender, which can include dress and mannerisms. Gender expression DOES NOT equal gender identity. Someone who identifies as a boy or man may want to express themselves in a feminine way.

What are Sexuality and Sexual Orientation?

Sexuality is the romantic, physical, and/or emotional attraction to another person(s).

Do you have to START TAKING HORMONES?

NO. Not every person who identifies as transmasculine desires hormones. Choosing whether or not hormones are right for you does not make you more or less transgender than someone else. For your health, it's important to have hormones during your teen years and in adulthood, whether it's the hormones your body makes or hormones you are prescribed. Discuss with your healthcare provider the best option for you.

What are the Symptoms/Changes that you may experience if...

You are on hormone blockers (like leuprolide)?
headaches, hot flashes, irregular bleeding, visual changes

You are on gender affirming hormones (like testosterone)?
irregular bleeding and/or no bleeding, facial and body hair growth, new or worsening acne, voice deepening, changes in your genitals (like clitoral growth)

You are chest binding with a binder?
if a binder is ill-fitted, too tight, or worn for too long, you may experience rashes, tenderness, and restricted breathing

Can I access Medical Therapy in the United States if I am younger than 18 years old?

Laws in certain states have placed some restrictions on who has access to gender-affirming care. It should be noted that some of these restrictions are not evidence-based or supported by medical providers. Contact your doctor and see the references below for information specific to your area.

Do I need birth control?

If you are having sex that can get you pregnant, then **YES**. Testosterone is not birth control. There are many forms of effective birth control. Speak to your healthcare provider to

Sexual orientation is how we describe this attraction. It is also self-identified, like gender, and just like gender, may change over time!

Persons may be attracted to persons of one or more than one gender, or none, and include terms such as gay, lesbian, bisexual, queer, pansexual, and asexual.

When can I start MEDICAL THERAPY?

If you are thinking about medical therapy as a part of transition, you should talk with your healthcare provider. In general, medical therapy can begin when you start to show the early signs of puberty, like breasts beginning to get bigger or hair under the arms, or underwear beginning to grow.

It's okay to come in and talk about options before puberty or periods start, so that we can talk about what feels right to you. It's okay for you and your guardians to have many questions.

For more information on the latest guidelines by the Endocrine Society for Transgender Care, see: <https://academic.oup.com/jcem/article/102/11/3869/4157558>

Is there a way of stopping my period without going on testosterone?

YES. There are numerous ways healthcare providers can try to help reduce the frequency of your periods or stop them altogether and it does NOT require the use of estrogen.

The use of hormonal medication to stop periods is called menstrual suppression. This is a **reversible** treatment option; however, patients may experience breakthrough bleeding, which is unscheduled bleeding despite adhering to a prescribed medication. Talk to your provider about which option is best for you.

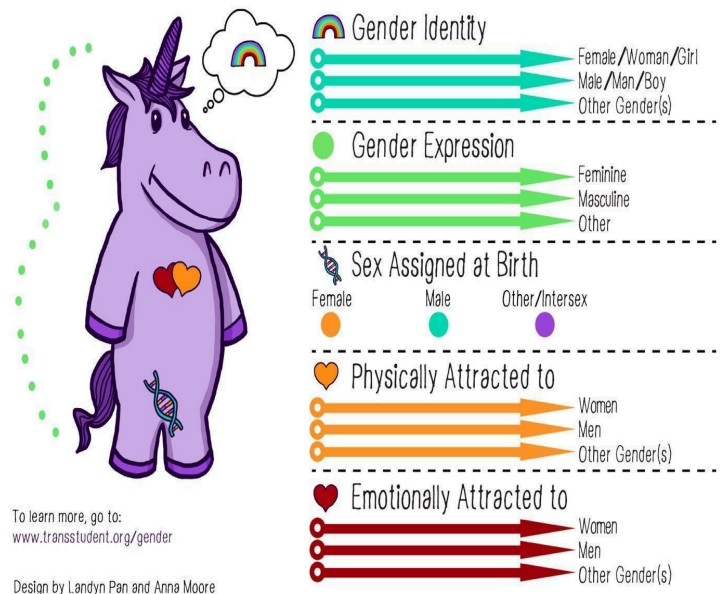
decide which option is best for you. Testosterone should not be taken during pregnancy.

What are some resources I can share?

1. Transgender Student Educational Resource: <https://Transstudent.org>
2. Callen Lorde: <https://callen-lorde.org/transhealth/>
3. National LGBT Health Education Center (A program of the Fenway Institute): <https://www.lgbthealtheducation.org/>
4. National Center for Transgender Equality <https://transequality.org/>
5. Gender Spectrum: <https://www.genderspectrum.org/>
6. Human Rights Campaign: [HRC | Map: Attacks on Gender Affirming Care by State](https://www.hrc.org/)
7. Patient information handout, Menstrual Suppression: <https://www.naspag.org/naspag-patient-handouts>

The Gender Unicorn

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TSER
Trans Student Educational Resources



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