



Transgender and Gender Diverse Youth: Transmasculine

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 health care provider will always want to make sure they use language that makes their patients feel comfortable and supported. This includes asking for and using the following terms:

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 gender nonbinary spectrum.

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

Gender Expression: This is 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 is sexuality and sexual orientation?

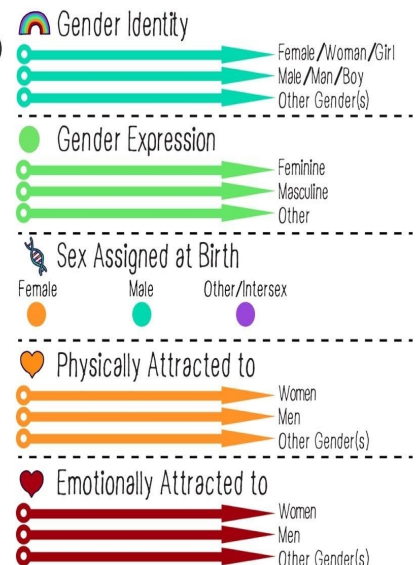
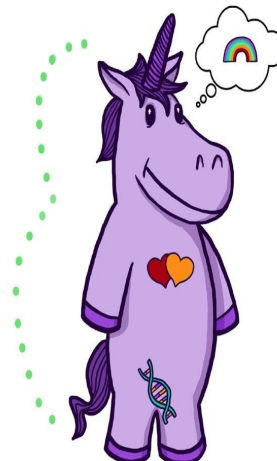
Sexuality is the romantic, physical and/or emotional attraction to another person(s).

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.

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

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Do I have to take 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. Talk to your healthcare provider about what the best option is for you.

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 pubic area beginning to grow.

It's ok 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 ok 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?

YES. There are numerous ways healthcare providers can try to help you reduce the frequency of your periods or stop them all together. Talk to your provider about which option is best for you.

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. You should speak to your healthcare provider to decide which option is best for you. Testosterone should not be taken during pregnancy.

Symptoms or changes that you may experience if...

You are on **hormone blockers** (example: leuprolide)

- headaches
- hot flashes
- irregular bleeding
- visual changes

You are on **gender affirming hormones** (example: testosterone)

- irregular bleeding and/or no bleeding
- facial and body hair growth
- new or worsening acne
- voice deepening
- changes in your genitals (such as clitoral growth)

If you are chest binding with a binder

If it is ill fitted, too tight or worn for too long you may experience:

- rashes
- tenderness
- restricted breathing

What are some resources I can share...

Transgender Student Educational Resource:
Transstudent.org

Callen Lorde: callen-lorde.org/transhealth

National LGBT Health Education Center (A program of the Fenway Institute): www.lgbthealtheducation.org

National Center for Transgender Equality
transequality.org

Gender Spectrum: www.genderspectrum.org