

**The Rainbow Resource Centre** is a non-profit, community-based charitable organization that serves as the central agency offering support, information, counselling, referrals, library, and public awareness on issues related to sexual orientation, gender diversity, and anti-homophobia education.

**The Rainbow Resource Centre** envisions and works toward an equal and diverse society, free of homophobia and discrimination, by encouraging visibility and fostering health and self-acceptance through education, support, resources, and outreach.

**Peer Support/Info Line:**

(204) 284.5208 or 1.888.399.0005  
(Toll free in Manitoba and Northwestern Ontario)  
Monday to Friday: 7:30 p.m. to 10:00 p.m.  
(subject to volunteer availability)

**Counselling:** (204) 452-7508 (intake)  
counselling@rainbowresourcecentre.org

**Administration:** (204) 474.0212  
info@rainbowresourcecentre.org  
fax: (204) 478.1160

**Address:** 170 Scott St.  
Winnipeg, Manitoba, R3L 0L3

**The Rainbow Resource Centre is open:**  
Wednesday-Friday: 1:00 p.m. to 4:30 p.m.  
Monday-Friday: 7:30 p.m. to 10:00 p.m.  
(subject to staff and volunteer availability)

Please visit our website:

[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)

TRANS?

For individuals who want to learn  
more about it.

**TRANSGENDER:**

(Trans) is an umbrella term that represents many individuals who defy the binary male and female “laws” of gender.

This may include drag kings and queens, genderqueers, androgynous folks, intersex folks, two-spirit individuals, cross-dressers, transmen, transwomen, transsexuals, and gender non-conformists.

A trans individual’s “[s]exual orientation varies and is not dependent on gender identity.”

- Adapted from Trans-Academics. “LGBTTSQI Terminology.” <http://www.trans-academics.org/lgbttsqiterminology.pdf>, (2006).

**TRANSSEXUAL:**

A person who typically experiences discomfort with the disparity between their physical bodies and their sense of self and therefore seeks to modify their body through hormones and/or surgical procedures in order to bring their body closer to their gender identity.

Most transsexuals want to be perceived as the gender that is congruent with their identity, regardless of what physical changes they have pursued.

- Adapted from TransForming Community. [www.transgender.org/transcend/guide/index.htm](http://www.transgender.org/transcend/guide/index.htm), 2001.

**Gender:** Gender is “the established psychological, social and representational differences between men and women.” This socially constructed and culturally influenced notion refers to the components of masculinity and femininity which is based on a person’s sex assigned at birth. The concept of gender may be seen as a fluid idea, in that it shifts and changes, rather than remaining rigid. - Adopted from Howson, A. (2004). *The Body in Society: An Introduction*. Cambridge and Oxford: Polity Press.

**Biological/Birth Sex:** The biological form of male, female or intersex. This includes the “external genitals, hormones, internal reproductive organs and chromosomes.”

- Adapted from Family Service Association of Toronto. Adapted from [www.fsatoronto.com/programs/dks/broch\\_transsex.html#12](http://www.fsatoronto.com/programs/dks/broch_transsex.html#12), date unknown.

**Intersex:** A general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy (including hormones) that does not seem to fit the typical definitions of female or male. - Adapted from Intersex Society of North America. [www.isna.org/faq/what\\_is\\_intersex](http://www.isna.org/faq/what_is_intersex), 2006.

Although not entirely accurate, the word “hermaphrodite” has previously been associated with the term InterSEX. For more information regarding Intersexuality, please refer to our “Intersex Individuals” fact sheet.

**Genderqueer:** A gender diverse person whose gender identity is neither male nor female, is between or beyond genders, or is some combination of genders. This identity is often related to or in reaction to the social construction of gender, gender stereotypes and the gender binary system. - Adapted from Trans-Academics. “LGBRRSQI Terminology.” [www.trans-academics.org/lgbttsqiterminology.pdf](http://www.trans-academics.org/lgbttsqiterminology.pdf), 2006.

Please refer to The Rainbow Resource Centre’s “[Trans] Gender Definitions” Fact Sheet for more information.

## THE GENDER BINARY & TRANSPHOBIA:

Many things in our world are divided into male/man and female/woman categories. People are expected to participate in specific activities, behaviors and mannerisms based on the body parts they were assigned at birth. Anyone veering from these constructed ideas of masculinity and femininity are often targets of transphobia. **Transphobia is the aversion, hatred and/or fear of transexuality, those who identify as transgender, and/or those who are perceived to be transgender.** Transphobia may take the form of indirect actions or behaviours, such as the failure to recognize that trans individuals have the same rights and freedoms as non-trans identified individuals or direct actions such as harassment, assault, and/or murder.

### WHERE ARE THEY?

Trans individuals are everywhere – in every community, job industry, culture, age group, religion, socioeconomic position and are represented throughout history. A person may participate in life the way they choose. There is no right or wrong way of being trans, as there is no right or wrong way to eat an apple. There is a lot of variety and diversity in the transgender community. Not all trans individuals identify as transsexual, nor do all androgynous folks identify as transgender.

### HOW DO YOU KNOW?

**Some folks feel there is an intense divide between their inner self (core identity) and their outer self (body).** These individuals may feel that they were born in the wrong body.

Confusion, depression, fear, shame, anger, and alienation are just a few of the feelings people may experience during childhood, youth, or adulthood. For some, this anguish becomes so great, that they decide to change their physical sex to match their internal identity.

### THE PHYSICAL TRANSITION PROCESS:

**Transition** – the process a gender diverse person undergoes when changing their bodily appearance either to be more congruent with the gender/sex they feel themselves to be and/or to be in harmony with their preferred gender expression.

- Adapted from Trans-Academics. "LGBTTSQI Terminology."  
<http://www.trans-academics.org/lgbttsqiterminology.pdf>, (2006).

Transition takes years and involves a number of steps and guidelines for which The Harry Benjamin Society's *Standards of Care* are widely used. The steps are personal, psychological and medical, and may include: coming out, psychological and psychiatric assessments (for a DMSVI Gender Identity Disorder diagnosis), name change, hormone therapy, esthetic treatments, a "Real Life Experience," gender/sex reassignment surgery, and years of counselling.

### SOME ISSUES GENDER DIVERSE INDIVIDUALS FACE:

Most individuals assume and categorize others based on their body parts, body structure (including height, weight, and body hair), behaviour and clothing. This assumption and automatic separation into male/man and female/woman categories is costly. The binary categories are limiting, offer no sense of individuality and/or allowance for the natural fluidity of gender, gender identity, and gender expression that everyone experiences in their lifetime. By enforcing the binary gender system, society may alienate and oppress many people.

Some issues include, but are not limited to:

- ▶ Lack of accessible and accurate transgender information and support
- ▶ Inflexible language (i.e. pronouns, Male or Female checkboxes)
- ▶ Safe and accessible restrooms and change rooms
- ▶ Affordable, accessible and knowledgeable health care
- ▶ Discrimination (job, school, housing, etc.)
- ▶ Lack of respect for and/or recognition of name, pronoun, sex and/or gender changes
- ▶ Non-inclusive anti-discrimination policies
- ▶ Alienation from friends, family members, and community
- ▶ Personal safety

### COMMUNITY RESOURCES:

#### Local Links:

**Winnipeg Transgender Support Group:**  
[www.transgendercafe.com](http://www.transgendercafe.com)

**Masquerade:** [www.masquerade.ca](http://www.masquerade.ca)

**FTM Gender Alliance of Winnipeg:**  
Group for trans FTM individuals and their allies.  
email: [ftmalliancewinnipeg@yahoo.com](mailto:ftmalliancewinnipeg@yahoo.com)

**Nine Circles Community Health Centre:**  
(204) 940.6000 or 1.888.305.8627  
(Toll free in Manitoba)  
STI Info: (204) 945.2437 or  
Toll free 1.800.782.2437  
[www.ninecircles.ca](http://www.ninecircles.ca)

**Klinic Community Health Centre**  
**24 Hour Crisis Line:** (204)786.8686, or  
1.888.322.3019 (Toll free), or TTY 784.4097  
[www.klinic.mb.ca](http://www.klinic.mb.ca)

### National and International Links:

**Gender Education and Advocacy:**  
[www.gender.org](http://www.gender.org)

**Transgender Health Program:**  
[www.vch.ca/transhealth](http://www.vch.ca/transhealth)

**The Harry Benjamin International  
Gender Dysphoria Association:**  
[www.hbigda.org](http://www.hbigda.org)

**Hudson's FTM Resource Guide:**  
[www.ftmguide.org](http://www.ftmguide.org)

**Gender Talk/Gender Education & Media Inc.**  
[www.gendertalk.com](http://www.gendertalk.com)

**Intersex Society of North America:**  
[www.isna.org](http://www.isna.org)

**Transgender Law Center:**  
<http://transgenderlawcenter.org>

**Canadian Rainbow Health Coalition:**  
[www.rainbowhealth.ca](http://www.rainbowhealth.ca)

**PFLAG Canada:** [www.pflagcanada.ca](http://www.pflagcanada.ca)

**GLSEN:**  
(Gay, Lesbian and Straight Education Network)  
[www.glsen.org](http://www.glsen.org)

### Books and Articles:

*Trans Forming Families: Real Stories about Transgendered  
Loved Ones* by Mary Boenke.  
Walter Trook Publishing (1999).

*True Selves: Understanding Transsexualism*  
by Mildred L. Brown and Chloe Ann Rounsley.  
Jossey-Bass; Reprint edition (2003).

*Transgender Warriors: A History of Resistance/Making  
History from Joan of Arc to Dennis Rodman*  
by Leslie Feinberg. Beacon Press (1997).