

---

Undergraduate Certificate in Transgender Healthcare Training

## Supporting Transgender Youth

---

**Transgender:** Transgender is a term used to describe individuals whose gender identity differs from the sex they were assigned at birth. This can include people who identify as male, female, a blend of both, or neither.

Example: A transgender person assigned female at birth who identifies as male is a transgender man.

**Gender Identity:** Gender identity refers to a person's internal sense of their own gender, which may be different from the sex they were assigned at birth. It is how individuals perceive themselves and what they call themselves.

Example: A person assigned male at birth who identifies as female has a gender identity that is female.

**Cisgender:** Cisgender is a term used to describe individuals whose gender identity aligns with the sex they were assigned at birth. They are not transgender.

Example: A person assigned female at birth who identifies as female is considered cisgender.

**Gender Dysphoria:** Gender dysphoria is the distress experienced when a person's assigned sex at birth does not match their gender identity. It is recognized as a medical condition that may require treatment.

Example: A transgender individual experiencing gender dysphoria may feel uncomfortable with their body or the way they are perceived by others.

**Gender Expression:** Gender expression refers to the way a person presents their gender to the world through behavior, clothing, hairstyle, voice, etc. It does not necessarily correlate with a person's gender identity.

Example: A person assigned female at birth who identifies as male may express their gender through wearing traditionally masculine clothing and adopting a deeper voice.

**Transition:** Transition is the process through which transgender individuals may change their appearance, name, pronouns, and/or other aspects of their lives to align with their gender identity. It can include social, medical, and legal changes.

Example: A transgender person may transition by changing their name, undergoing hormone therapy, and having gender-affirming surgeries.

**Gender Affirmation:** Gender affirmation involves actions that support and validate a person's gender identity. This can include using the correct name and pronouns, providing access to gender-affirming healthcare, and creating a safe and inclusive environment.

---

Example: Using a transgender person's chosen name and pronouns is a form of gender affirmation that shows respect for their identity.

Deadnaming: Deadnaming is the act of referring to a transgender person by their birth name, which may be different from the name they currently use. This can be hurtful and invalidating to the individual's gender identity.

Example: Referring to a transgender woman by her birth name instead of her chosen name is an example of deadnaming.

Misgendering: Misgendering is the act of using incorrect pronouns or gendered language to describe a person. It can be unintentional but still harmful to the individual's sense of self.

Example: Referring to a transgender man as "she" or "her" instead of using his preferred pronouns "he" or "him" is a form of misgendering.

Gender-Affirming Care: Gender-affirming care is healthcare that respects and affirms a person's gender identity. It may include hormone therapy, surgeries, mental health support, and other services tailored to meet the needs of transgender individuals.

Example: Providing access to gender-affirming hormones for transgender individuals is a key component of gender-affirming care.

Puberty Blockers: Puberty blockers are medications that can temporarily halt the physical changes associated with puberty. They are sometimes prescribed to transgender youth to give them more time to explore their gender identity before undergoing irreversible changes.

Example: A transgender teenager may be prescribed puberty blockers to delay the development of secondary sexual characteristics until they are ready to make decisions about their gender transition.

Hormone Replacement Therapy (HRT): Hormone replacement therapy is a medical treatment that involves the administration of hormones to align a person's physical characteristics with their gender identity. It can include estrogen for transgender women and testosterone for transgender men.

Example: A transgender woman may undergo hormone replacement therapy to develop more feminine secondary sexual characteristics such as breast growth and softer skin.

Gender-Affirming Surgery: Gender-affirming surgery, also known as gender confirmation surgery, is a medical procedure that helps transgender individuals align their physical body with their gender identity. This can include surgeries such as chest reconstruction or genital reconstruction.

Example: A transgender man may undergo gender-affirming surgery to remove breast tissue and create a more masculine chest appearance.

Transphobia: Transphobia refers to prejudice, discrimination, or violence against transgender individuals. It can manifest in various forms, including hate speech, harassment, and denial of rights.

---

Example: Refusing to hire a qualified candidate based on their transgender status is an example of transphobia in the workplace.

Allyship: Allyship is the practice of actively supporting and advocating for marginalized groups, including transgender individuals. Allies work to create inclusive and safe spaces, challenge prejudice, and amplify the voices of those facing discrimination.

Example: A healthcare provider who undergoes training on transgender healthcare and actively supports their transgender patients is practicing allyship.

Genderqueer: Genderqueer is a term used to describe individuals who do not conform to traditional gender norms or identities. They may identify as a mix of genders, neither gender, or a different gender entirely.

Example: A genderqueer person may use they/them pronouns and present themselves in a way that does not fit typical male or female stereotypes.

Nonbinary: Nonbinary is an umbrella term for individuals whose gender identity is not exclusively male or female. Nonbinary people may identify as a mix of genders, neither gender, or something entirely different.

Example: A nonbinary person may use gender-neutral pronouns like they/them and embrace a gender presentation that is not strictly masculine or feminine.

Preferred Name/Preferred Pronouns: A preferred name and preferred pronouns are the names and pronouns that a person chooses to use to reflect their gender identity. It is important to respect and use these preferences when referring to or addressing individuals.

Example: A transgender person may have a preferred name that differs from their birth name and preferred pronouns that align with their gender identity.

Intersectionality: Intersectionality is a concept that recognizes how different aspects of a person's identity (such as race, gender, sexuality, and class) intersect and interact to shape their experiences of privilege and oppression.

Example: An intersectional approach to supporting transgender youth considers how factors like race, ethnicity, and socioeconomic status impact their access to resources and experiences of discrimination.

Gender Minority Stress: Gender minority stress refers to the unique stressors and challenges faced by individuals whose gender identity falls outside of societal norms. This can include discrimination, stigma, and internalized feelings of shame or inadequacy.

Example: A transgender youth may experience gender minority stress when facing bullying at school or rejection from family members due to their gender identity.

Affirmative Care: Affirmative care is an approach to healthcare that validates and supports a person's gender identity. It involves listening to the individual, respecting their self-identification, and providing services that affirm their sense of self.

---

Example: A mental health provider using affirmative care practices with a transgender client would focus on their gender identity as a valid and important aspect of their overall well-being.

**Transgender Rights:** Transgender rights refer to the legal and social protections that ensure equal treatment and opportunities for transgender individuals. This can include anti-discrimination laws, healthcare access, and recognition of gender identity.

Example: Advocates for transgender rights may work to secure legal protections against discrimination in employment, housing, and public accommodations based on gender identity.

**Gender-Affirming Language:** Gender-affirming language is language that respects and validates a person's gender identity. This includes using correct names and pronouns, avoiding gendered assumptions, and affirming diverse gender expressions.

Example: Using phrases like "What pronouns do you use?" instead of assuming someone's gender identity based on appearance is a practice of gender-affirming language.

**Gender Dysphoria Diagnosis:** Gender dysphoria diagnosis is a mental health diagnosis used to describe the distress experienced by individuals whose gender identity does not align with their assigned sex at birth. It is necessary for accessing certain medical interventions like hormone therapy or surgery.

Example: A healthcare provider may assess a transgender individual for gender dysphoria to determine their eligibility for gender-affirming treatments.

**Transgender Youth:** Transgender youth are individuals under the age of 18 who identify as transgender or whose gender identity differs from the sex they were assigned at birth. They may require specific support and resources to navigate their gender identity development.

Example: A transgender youth may seek guidance from healthcare providers, educators, and family members to affirm their gender identity and access appropriate care.

**Legal Gender Recognition:** Legal gender recognition is the process by which individuals can change their gender marker on official documents (such as identification cards, passports, and birth certificates) to align with their gender identity. It is a crucial step in affirming transgender individuals' identities and ensuring their rights.

Example: A transgender person may petition a court or government agency to legally change their gender marker from male to female on their driver's license to reflect their gender identity.

**Gender-Affirming Hormone Therapy:** Gender-affirming hormone therapy involves the administration of hormones (such as estrogen or testosterone) to help transgender individuals develop secondary sexual characteristics that align with their gender identity. It is a common medical intervention for transgender people seeking a physical transition.

Example: A transgender woman may undergo gender-affirming hormone therapy to promote breast development and redistribute body fat in a more feminine pattern.

---

**Transgender Health Disparities:** Transgender health disparities refer to the differences in health outcomes and access to care experienced by transgender individuals compared to the general population. These disparities can be attributed to discrimination, lack of provider knowledge, and systemic barriers to care.

**Example:** Transgender individuals may face higher rates of mental health issues, substance abuse, and HIV infection due to stigma, discrimination, and limited access to transgender-affirming healthcare.

**Gender-Affirming Mental Health Care:** Gender-affirming mental health care is therapy or counseling that supports a person's gender identity and addresses the unique challenges faced by transgender individuals. It focuses on promoting self-acceptance, coping skills, and resilience.

**Example:** A transgender person may seek gender-affirming mental health care to address feelings of dysphoria, anxiety, or depression related to their gender identity.

**Gender-Affirming Parenting:** Gender-affirming parenting involves supporting a child's gender identity and expression without imposing traditional gender norms or expectations. It includes respecting a child's self-identification, providing resources for exploration, and creating a safe and accepting home environment.

**Example:** Gender-affirming parents may allow their child to choose their clothing, hairstyle, and pronouns based on their gender identity rather than societal expectations.

**Transgender Healthcare Provider:** A transgender healthcare provider is a medical professional who has specialized knowledge and experience in providing healthcare services to transgender individuals. They are trained to offer gender-affirming care and support the unique needs of transgender patients.

**Example:** A transgender healthcare provider may be a doctor, nurse, therapist, or social worker who has received education and training on transgender health issues and best practices.

**Gender-Affirming Support Groups:** Gender-affirming support groups are safe spaces where transgender individuals can connect with others who share similar experiences, receive emotional support, and access resources related to gender identity. These groups can be in-person or online and may focus on specific identities or issues within the transgender community.

**Example:** A transgender teenager may join a gender-affirming support group for LGBTQ youth to meet peers, share stories, and learn coping strategies for navigating their gender identity.

**Gender-Affirming Legal Services:** Gender-affirming legal services are resources provided by attorneys or organizations to assist transgender individuals with legal matters related to their gender identity. This can include name changes, gender marker corrections, discrimination cases, and other legal challenges faced by transgender people.

**Example:** A transgender person seeking a legal name change may access gender-affirming legal services to navigate the court process, complete paperwork, and ensure their rights are protected.

**Gender-Affirming Bathrooms:** Gender-affirming bathrooms are facilities that accommodate individuals of all gender identities and expressions. They may be single-stall, all-gender restrooms that provide privacy and

---

safety for transgender and nonbinary people who may feel uncomfortable or unsafe using gender-specific facilities.

Example: A workplace or school may install gender-affirming bathrooms to create a more inclusive environment for transgender employees or students who may face discrimination or harassment in restrooms.

**Gender-Affirming School Policies:** Gender-affirming school policies are guidelines and practices implemented by educational institutions to support transgender students and create a safe and inclusive learning environment. These policies may address issues such as name and pronoun use, dress codes, bathroom access, and anti-bullying measures.

Example: A school with gender-affirming policies may allow students to use their preferred name and pronouns, wear clothing consistent with their gender identity, and access facilities that align with their gender expression.

**Transgender Cultural Competency:** Transgender cultural competency is the knowledge, skills, and attitudes needed to effectively work with and support transgender individuals. It involves understanding gender diversity, respecting diverse identities, and providing affirming care that meets the needs of transgender clients.

Example: Healthcare providers can enhance their transgender cultural competency by attending training sessions, reading literature on transgender health, and actively seeking feedback from transgender patients on their experiences of care.

**Gender-Affirming Clothing:** Gender-affirming clothing refers to attire that aligns with a person's gender identity and expression. This can include clothing styles, colors, and accessories that help individuals feel comfortable, confident, and authentic in their gender presentation.

Example: A transgender person may choose to wear gender-affirming clothing that reflects their true gender identity, such as a trans man wearing a suit or a trans woman wearing a dress.

**Gender-Affirming Pronouns:** Gender-affirming pronouns are the pronouns used to refer to a person in a way that affirms their gender identity. This can include he/him, she/her, they/them, or other gender-neutral pronouns preferred by the individual.

Example: Asking for and using a person's gender-affirming pronouns is an important way to show respect for their identity and create an inclusive and affirming environment.

**Gender-Affirming Haircuts:** Gender-affirming haircuts are hairstyles that help individuals express their gender identity and feel comfortable in their appearance. They may involve cuts, colors, or styling techniques that align with a person's gender expression.

Example: A nonbinary person may choose a gender-affirming haircut that blends masculine and feminine elements or reflects their unique sense of style and identity.

---

**Transgender Healthcare Training:** Transgender healthcare training is education and instruction provided to healthcare professionals to increase their knowledge and skills in delivering gender-affirming care to transgender patients. It covers topics such as transgender health disparities, hormone therapy, surgery options, mental health support, and cultural competency.

**Example:** A hospital may offer transgender healthcare training to its staff to ensure they are equipped to provide respectful and competent care to transgender patients, including youth seeking gender-affirming treatments.

**Gender-Affirming Voice Therapy:** Gender-affirming voice therapy is a type of speech therapy designed to help transgender individuals modify their voice to align with their gender identity. It can involve exercises, techniques, and vocal training to achieve a pitch, resonance, and intonation that feels authentic and comfortable for the individual.

**Example:** A transgender woman may undergo gender-affirming voice therapy to develop a higher-pitched and more feminine-sounding voice that matches her gender identity and expression.

**Gender-Affirming Legal Name Change:** A gender-affirming legal name change is a legal process through which individuals can change their name to align with their gender identity. It involves filing a petition with the court, providing evidence of identity, and obtaining a court order to update legal documents and records.

**Example:** A transgender person seeking a gender-affirming legal name change may hire an attorney to guide them through the process, complete the necessary paperwork, and represent them in court to secure the name change.

**Gender-Affirming Social Transition:** Gender-affirming social transition is the process through which transgender individuals change their name, pronouns, appearance, and social roles to live authentically in their gender identity. It can involve coming out to family, friends, and colleagues, updating legal documents, and navigating social interactions in alignment with one's gender.

**Example:** A transgender person may undergo a gender-affirming social transition by asking others to use their chosen name and pronouns, updating their driver's license and passport, and presenting themselves in a way that reflects their true gender identity.

**Gender-Affirming Healthcare Access:** Gender-affirming healthcare access refers to the availability and affordability of medical services that support transgender individuals in aligning their physical characteristics with their gender identity. This includes access to hormone therapy, surgeries, mental health support, and other gender-affirming treatments.

**Example:** Improving gender-affirming healthcare access may involve reducing barriers to care, expanding insurance coverage for transgender-related treatments, training providers on best practices, and increasing the number of healthcare facilities that offer transgender-affirming services.

**Gender-Affirming Legal Gender Marker Change:** A gender-affirming legal gender marker change is the

process by which individuals can update their gender marker on official documents (such as identification cards, passports, and birth certificates) to reflect their gender identity accurately. It may require a court order, medical documentation, and other legal steps to update records and identification.

Example: A transgender person seeking a gender-affirming legal gender marker change may need to provide a letter from a healthcare provider confirming their gender identity, complete paperwork with the appropriate government agencies, and attend a court hearing to finalize the change.

Gender-Affirming Healthcare Policy: Gender-affirming healthcare policy