

## International Transgender Day of Visibility

### **March 31st is International Transgender Day of Visibility!**

It is a time to celebrate transgender people around the globe and acknowledge the courage it takes to live openly and authentically. It is also a day to raise awareness around discrimination and violence that trans people still face. It is an attempt to break the cycles of violence and discrimination against trans people.

Hiding one's identity can be a damaging experience and increase feelings of isolation, stigma and shame. Standing out as a trans person can make someone a target.

Trans Day of Visibility acknowledges the contributions made by people within the transgender, nonbinary and gender-diverse communities. Rachel Crandal, a transgender activist from Michigan, organized the first Trans Day of Visibility in 2009 and by 2015 it was celebrated internationally.

Let's come together and find support and solidarity by supporting the community members and let them know they are not alone.



**The past year there has been an escalation in legislation that targets trans people (sports bans, limited access to health care). Trans population is estimated to be less than 1%, yet over 20 states introduced at least one anti-trans bill in 2020. This sends a very specific message to the trans community that they are not welcome even though**

**Gender Identity:** How one identifies and sees themselves. People can identify as a female, male, agender, genderqueer, nonbinary or just as a person. We have the right to identify however we want, and identity should be respected.

**Sex Assigned At Birth:** This is the label a person is given when they are born. If your gender identity matches the sex assigned to you at birth, then you are cisgender. People whose gender identity does not match their sex assigned at birth may be transgender.

**Transgender:** An umbrella term describing people whose gender identity does not match the gender they were assigned at birth.

**Gender Attribution:** This describes how your gender is perceived by others. This can change depending on the people you are around, the country you are in or even the time period (ie; dresses are stereotypically feminine, but in ancient Roman times, dresses or togas were worn regardless of their gender. A man wearing one at that time would be perceived as masculine).

**Misgendering:** Misgendering refers to the experience of being labeled by others as a gender other than one that a person identifies with.

**Pronouns:** The pronoun or set of pronouns that a person identifies with and should be called. Examples: "she/her/hers", "he/him/his", "ze/hir/hirs" and "they/them/theirs". Pronouns are a first step toward respecting people's gender identity, working against cisnormativity and creating a more welcoming space for people of all genders. By providing an opportunity for people to share their pronouns, you are showing that you are not assuming what their gender identity is based on their appearance.

## Transgender

National Center for Transgender Equality  
[www.transequality.org](http://www.transequality.org)

Transgender Law Center  
[www.transgenderlawcenter.org](http://www.transgenderlawcenter.org)

National Center for Lesbian Rights (NCLR) Transgender Law Project  
[www.nclrights.org/explore-the-issues/transgender-law/](http://www.nclrights.org/explore-the-issues/transgender-law/)

Transgender Law & Policy Institute  
[www.transgenderlaw.org](http://www.transgenderlaw.org)

Sylvia Rivera Law Project  
[www.srlp.org](http://www.srlp.org)

TransLatina Coalition  
[translatinacoalition.org/](http://translatinacoalition.org/)

World Professional Association for Transgender Health (WPATH)  
[www.wpath.org](http://www.wpath.org)

Trans Youth Family Allies (TYFA)  
[www.imatyfa.org](http://www.imatyfa.org)

Gender Spectrum  
[www.genderspectrum.org](http://www.genderspectrum.org)

PFLAG Transgender Network  
[community.pflag.org/transgender](http://community.pflag.org/transgender)

Lambda Legal Transgender Parents Program  
[www.lambdalegal.org/know-your-rights/trans-parents/transgender/transgenderaud1](http://www.lambdalegal.org/know-your-rights/trans-parents/transgender/transgenderaud1)

COLAGE: Kids of Trans Parents Resources  
[www.colage.org/resources/kids-of-trans-resource-guide/](http://www.colage.org/resources/kids-of-trans-resource-guide/)

SPART\*A (Service members, Partners, and Allies for Respect and Tolerance for All )  
[www.facebook.com/SPARTAArmedForces/info](http://www.facebook.com/SPARTAArmedForces/info)

Transgender American Veterans Association  
[www.tavausa.org](http://www.tavausa.org)

Transgender Day of R  
[www.transgenderdor](http://www.transgenderdor)

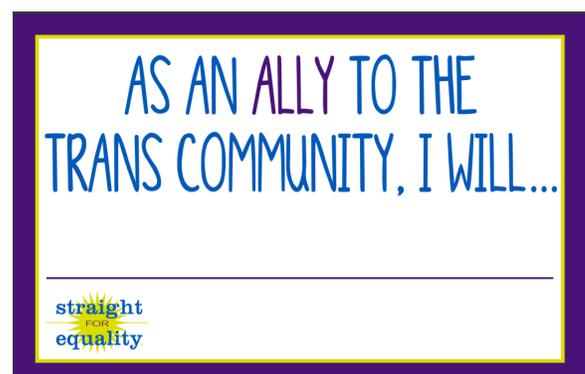


## Tips to be a better Ally

- ◆ You can't tell if someone is transgender just by looking.
- ◆ Don't make assumptions about a transgender person's sexual orientation. Gender identity is different than sexual orientation (who we are attracted to).
- ◆ If you don't know what pronouns to use, listen first.
- ◆ Don't ask a transgender person what their "real name" is.
- ◆ Understand the differences between "coming out" as lesbian, gay or bisexual and "coming out" as transgender.
- ◆ Be careful about confidentiality, disclosure and "outing"
- ◆ Respect the terminology a transgender person uses to describe their identity.
- ◆ Be patient with a person who is questioning or exploring their gender identity.
- ◆ Understand there is no "right" or "wrong" way to transition, and that it is different for every person.
- ◆ Don't ask about a transgender person's genitals, surgical status or sex life.
- ◆ Avoid backhanded compliments and "helpful" tips.
- ◆ Challenge anti-transgender remarks or jokes in public spaces, including LGB spaces.
- ◆ Support all-gender public restrooms.
- ◆ Help make UC Davis Health truly trans-inclusive. Being LGBTQ inclusive means truly understanding the needs of the trans community.
- ◆ Listen to transgender people
- ◆ Learn that trans gender people are not new.
- ◆ Know your own limits as an ally.

To learn the specifics of the bullet points above, see link below:

<https://www.glaad.org/transgender/allies>

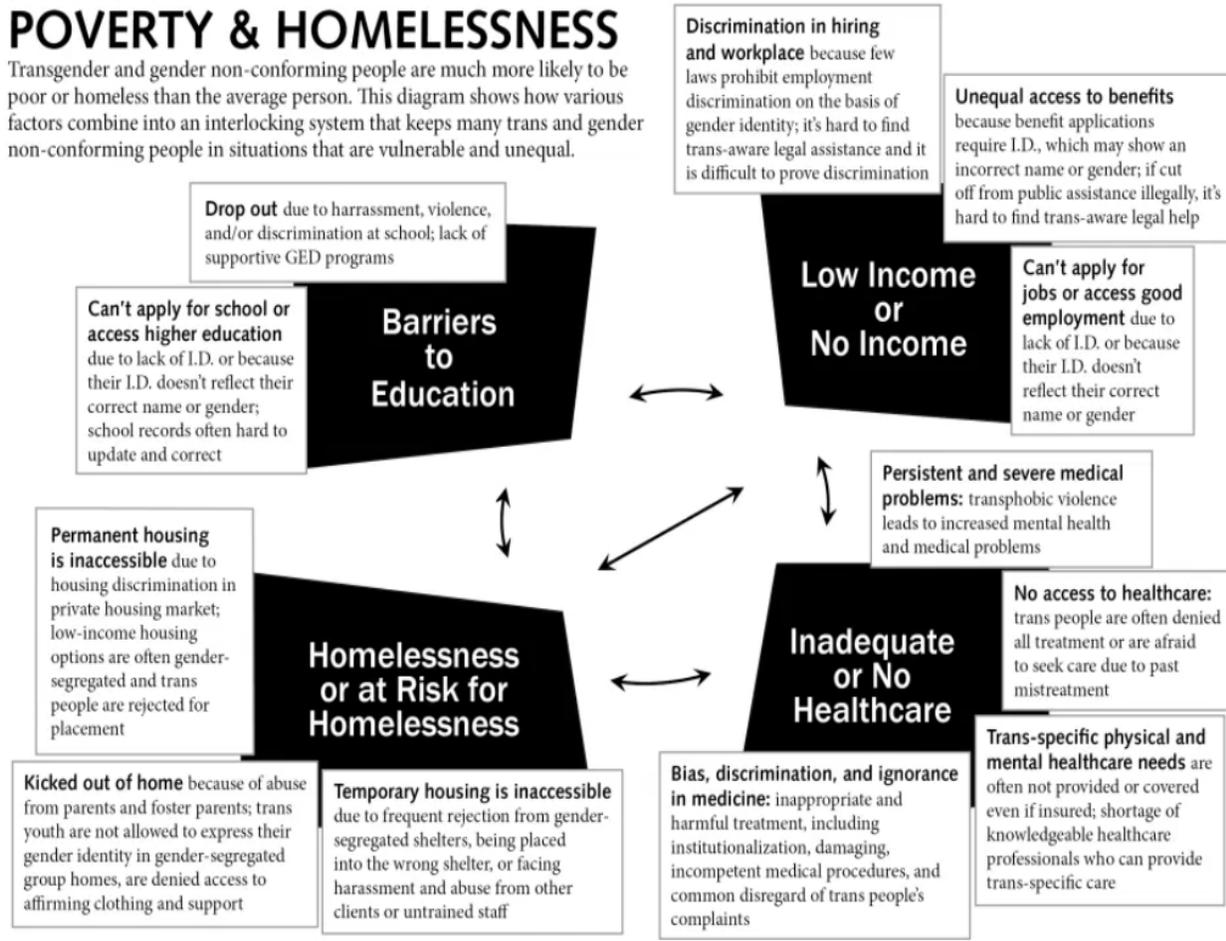




**SYSTEMS OF INEQUALITY:**

**POVERTY & HOMELESSNESS**

Transgender and gender non-conforming people are much more likely to be poor or homeless than the average person. This diagram shows how various factors combine into an interlocking system that keeps many trans and gender non-conforming people in situations that are vulnerable and unequal.



**RESOURCES:**

- <https://lgbtqia.ucdavis.edu/support/trans-resources>
- <https://transfamilies.org/>
- <https://lgbtqia.ucdavis.edu/support/trans-resources>
- <https://www.genderhealthcenter.org/>
- [https://greatergood.berkeley.edu/article/item/how\\_parents\\_can\\_support\\_their\\_transgender\\_teen](https://greatergood.berkeley.edu/article/item/how_parents_can_support_their_transgender_teen)
- <https://www.glaad.org/transgender/allies>
- <https://lgbtrc.usc.edu/trans/transgender/tips/>
- <https://srlp.org/>
- <http://www.straightforequality.org/workplace>

Transgender people come from all walks of life – we are moms and dads, sisters and brothers, sons and daughters. We are your coworkers and your neighbors. We are 7-year-old children and we are 70-year-old grandparents. We are a diverse community representing all racial and ethnic backgrounds, as well as faith backgrounds. International Transgender Day of Visibility celebrates transgender people around the globe and the courage it takes to live openly and authentically in a world that violently declares you have no place here, and where in many cases it can cost you your life.