



Created by Aidan Zingler (they/them)

Online Articles and National Resources:

- Transgender Language Primer: <https://www.translanguageprimer.com/>
- Pronoun FAQ: <https://medium.com/trans-talk/faq-on-pronouns-trans-people-b501cb1f668f>
- *The Gender Book*: <http://www.thegenderbook.com/>
- The Definitive Guide to Discussing Gender in the 21st Century: <http://tinyurl.com/discussing-gender>
- *2015 US Nat'l Trans Survey*: <http://www.ustranssurvey.org/report>
- Trans Lifeline: <https://www.translifeline.org/>

Iowa Specific:

- Transgender and Nonbinary Ames: <https://www.facebook.com/groups/785989931562105/>
- Transformations: <https://www.facebook.com/transformationsiowa>
- Iowa Queer Communities of Color Coalition: <https://www.facebook.com/IowaQueerCommunitiesOfColorCoalition/>
- Unity Point LGBTQIA Clinic: <https://www.unitypoint.org/desmoines/clinic.aspx?id=3633>
- UCS Transgender Support Groups: <https://www.ucsonline.org/resources-and-education/support>
- Des Moines Pride Center: <http://www.dsmpridecenter.org/>
- One Iowa: <https://oneiowa.org/>
- PFLAG Des Moines: <https://www.pflag.org/chapter/pflag-des-moines>
- Transformative Healing: <http://www.thiowa.org/resources.html>
- Iowa Safe Schools: <http://iowasafeschools.org/Organization>
- Transcend Legal: <https://transcendlegal.org>

Transgender

BASIC DEFINITIONS

Cisgender means someone whose gender identity matches the sex they were assigned at birth.

Gender binary describes our society's view of gender being only two sexes: male and female. Not all societies have a binary system for gender like America does.

Nonbinary means someone whose gender identity is outside the gender binary. This person may identify as genderqueer, agender, androgynous, or other labels. See Transgender Language Primer for more information. Most use gender neutral pronouns but may sometimes use he/him or she/her.

Transgender is an umbrella term for people whose gender and/or expression does not match their birth assignment.

Trans man is someone whose gender identity is a man but was assigned female at birth. Uses he/him pronouns.

Trans woman is someone whose gender identity is a woman but was assigned male at birth. Uses she/her pronouns.

Further definitions: see the *Transgender Language Primer* at <https://www.translanguageprimer.com/> (created by Greyson Simon; edited by A. Zingler and others within the transgender community.)

PRONOUN GUIDE

- Always ask a person's pronouns rather than assuming based on their gender presentation (as in how they look).
 - How to ask: "What pronouns do you use?" or "What pronouns should I use when talking about you? I like to make sure I ask rather than assuming."
 - Offer your own pronouns when you introduce yourself. List your pronouns in signatures.
 - Ask how trans people would like to be identified in specific situations.
 - Do not deadname a trans individual, even if talking about their past before they came out. Always use their chosen name and their correct pronouns.
 - He/him/his is often used for people who identify as a man.
 - She/her/hers is often used for people who identify as a woman.
 - Common gender neutral pronouns
 - Ze / Zem / Zir
 - They / Them / Their
 - Vi / Vem / Vir
 - Ey / em / eirs
 - Xe / xem / Xyrs
 - Ze / Hir / Hirs
 - Thon / Thon / Thons
 - How to use: *Vi saw vem with vir book. Ze walked to the store and bought zir partner a cake. They told their friend about their day.*