



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.

CONTACT US

General Inquiries: (204) 474.0212 Ext. 201
info@rainbowresourcecentre.org
fax: (204) 478.1160

Counselling: (204) 474.0212 Ext. 201
info@rainbowresourcecentre.org

Address: 170 Scott Street
Winnipeg, Manitoba, R3L 0L3

The Rainbow Resource Centre is open:

Monday 10:00 am to 5:00 pm

Tuesday 10:00 am to 5:00 pm

Wednesday 10:00 am to 5:00 pm

Thursday 10:00 am to 5:00 pm

Friday 1:00 pm to 5:00 pm

(closed weekends and statutory holidays)

Please visit our website:

www.rainbowresourcecentre.org

The Rainbow Resource Centre envisions a society in which diverse sexual and gender identities are included, valued and celebrated as a result of our active commitment to promote and maintain dignity, human freedoms and human rights.

TRANS?

For individuals who want to learn more.

TRANSGENDER:

(Trans) is an umbrella term that represents many individuals whose gender identity differs from their birth sex and/or their gender expression does not conform to society's standards of how men and women look and/or act.

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

A trans individual's "[s]exual orientation (attraction) varies and is not dependent on gender identity." Trans people encompass all sexual orientations including being straight, gay, lesbian, bisexual, or queer.

TRANSSEXUAL:

A person who typically experiences discomfort with the disparity between their physical bodies and their sense of self. Some seek to treatment 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, 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, date unknown.

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, 2006.

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, behaviours and mannerisms based on their body parts and the gender they were assigned at birth. Anyone who does not follow these ideas of masculinity and femininity are often targets of transphobia. **Transphobia is the aversion, hatred and/or fear of 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. There is a lot of variety and diversity in the trans community. Not all trans individuals identify as transsexual, nor do all androgynous individuals identify as transgender.

HOW DO YOU KNOW?

Some individuals feel there is an intense divide between their inner self (core identity) and their outer self (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 it's important to match their identity and external appearance through hormone therapy or surgery.

THE TRANSITION PROCESS:

Transition – the process a 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 gender identity.

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

The transition journey can take years and involves a number of guidelines for which the Standards of Care for Gender Identity are widely used. The steps are personal, psychological and medical, and *may* include: coming out, psychological and psychiatric assessments, name change, hormone therapy, esthetic treatments, gender/sex reassignment surgery, and years of counselling.

GENDER BINARIES AFFECT ALL OF US.

Most individuals assume and categorize others based on their body parts, body structure (including height, weight, 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.

ISSUES FACED BY TRANS PEOPLE:

- ▶ 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:

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

Transgender Health Clinic:
870 Portage Ave.
204.784.4051

Gender Dysphoria Assessment and Action for Youth
Health Science Centre
820 Sherbrook Street
204.787.7435 ext. 3

Winnipeg Transgender Support Group:
www.winnipegtransgendergroup.com

FTM Gender Alliance of Winnipeg:
Group for trans FTM individuals and their allies.
email: ftmmanitoba@gmail.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

Masquerade: www.masquerade.ca

National and International Links:

Get It On: www.getiton.ca

Gender Education and Advocacy:
www.gender.org

Transgender Health Program:
www.vch.ca/transhealth

The Harry Benjamin International Gender Dysphoria Association:
www.hbigda.org

Hudson's FTM Resource Guide:
www.ftmguide.org

Gender Talk/Gender Education & Media Inc.
www.gendertalk.com

Intersex Society of North America:
www.isna.org

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

PFLAG Canada: www.pflagcanada.ca

GLSEN:
(Gay, Lesbian and Straight Education Network)
www.glsen.org