

TRANSGENDER AND NON-BINARY EDUCATION



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INTERSEX

people born with a variety of differences in their sex traits and reproductive anatomy.

TRANSGENDER

A transgender person is a person who's gender identity is different from the gender they were assigned at birth. It's okay to use the word trans, if you are being respectful.

The most recent Gallop poll found that 3.7% of Americans identify on the transgender spectrum.

Being trans does not mean someone is gay.

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NONBINARY

An umbrella term that describes those who have a gender that can't be exclusively categorized as male or female.

GENDER DYSPHORIA

The current diagnosis used to describe the distress an individual may experience as a result of having a gender that is different from the sex assigned at birth.

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TRANS MALE

A male who was assigned a female at birth.

If a friend says, my son is transgender,
she means he/they identifies as a male or in other
words, they are male.

TRANS FEMALE

A female who was identified as a male at birth.

If a person says to you, I am a trans woman, that
means she/they identify as a woman.
In other words she is a woman.

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NO

He is transgendered
He is a transgender

She changed genders

He was born a girl

When he was a girl.

Before he became a
boy

YES

He is transgender
He is a transgender man

She transitioned

He was assigned female
at birth.

When he was perceived
as a girl.

Before he transitioned

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HER/SHE HE/HIM THEY/THEIR

It might feel uncomfortable at first but remember, this is about loving someone else, and I promise, it will soon feel more natural.

It's really pretty easy, just ask
"What pronouns would you like me
to use when I refer to you?"

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RISK AND SUPPORT

In a American Academy of Pediatrics survey of transgender youth showed that more than half of the male and 30% of the female teen respondents said they had attempted suicide. Among nonbinary youth, 41.8 stated they had attempted suicide at some point.

Transgender and nonbinary people attempt suicide at nearly 10 x the rate of those who are not.

Transgender and nonbinary youth who reported having pronouns respected by all or most people in their lives attempted suicide at half the rate of those who did not have their pronouns respected.

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CHANGES

It is not appropriate to ask if people have had surgery or if they take hormones. If they would like to share that with you, they will.

Some transgender people change their appearance, body, name or legal gender marker to convey and affirm their internal experience of gender. Others don't feel the need to make these changes to express and validate this aspect of who they are.

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IT'S ABOUT LOVE

The best way we can show love is by embracing and respecting our Trans and Nonbinary friends' and using their preferred names and pronouns.

Sharing your doubts about their gender or reiterating church doctrine is not loving or supportive. Most likely they know doctrine better than you do and these practices are hurtful to the individual and your relationship. These comments often make the individual feel like outsiders in the gospel and unable to feel the much needed love of the Savior.

We fulfill our baptismal covenants best by knowing, lifting and loving one another.

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