



Facilitator's Guide

Module 5: Transness, Trans Folks, and Transcending

Goals:

Learn about transgender lives.

Learn how to be an ally to transgender folks.

Play the video for your club and learn about gender!

The video will explain:

Gender diversity and the gender binary

Misgendering and deadnaming

Gender expression vs. gender identity

4 ways to be an ally to transgender folks.

Harm: intent vs. impact

When prompted in the video, pause, and ask the group to discuss:

**What are some ways that people have been
good allies to you in the past?**

**It doesn't have to be specifically related to LGBTQIA+ issues but can deal
with other things like racial identity or disability as well. Take a few
minutes and we'll share what you all came up with.**

Take at least 10 minutes for the discussion. Allow folks to expand on each example. Ask for specifics. Then, return to the video for some tips for trans allyship.

How to be an ally to transgender people:

- 1) Defend your trans peers when they're not in the room.
- 2) Defend your trans peers when they're right in front of you.
- 3) State your pronouns in your social media bios and when you're introducing yourself. (Especially at the start of every GSA meeting.)
- 4) Recognize that trans folks' past is their own. Recognize that their transness is confidential.

Discussion questions for your club:

What did you learn about transness that you didn't know before?

Why is impact more important than intent?

Which actions will you take to be an ally to trans people?

Please take our survey after each module: <https://tinyurl.com/mw9m6bd7>

Resources:

Transgender Resource Center of New Mexico (TGRCNM) offers in-person training, support groups, and resources for trans/nonbinary folks, including changing legal documents and finding healthcare professionals. <https://tgrcnm.org/>

GLSEN How to support transgender students has many links to resources for schools and students, including GSA and classroom activities, model school policies for transgender rights and inclusion, videos about trans allyship, and much more.
<https://www.glsen.org/supporting-trans-and-gnc-students>

The Pronoun Zine (by Stacy!) Learn about the many different pronouns folks use in the English language. <https://pronounzine.com/>

Santa Fe Mountain Center/NM GSA Network hosts many outdoor and overnight events, some specifically for trans/nonbinary people. The GSA Network provides support and education for GSA's around New Mexico. <https://themountaincenter.org/programs/nmgsa/>

QChat Space is a digital chat space for LGBTQ+ teens around the country to come together to discuss topics related to LGBTQ+ identities. Many topics have a focus on transgender and nonbinary experiences: <https://www.instagram.com/qchatspace/>

HEAL+NM

Healthy Equity Alliance for LGBTQ+ New Mexicans has a resource directory of agencies, online resources, and information. <https://www.healplusnm.org/explore/>

Join our newsletter for events, resources and updates.

<https://www.healplusnm.org/contact/newsletter/>

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Learn about pronouns: <https://uwm.edu/lgbtrc/support/gender-pronouns/>

Practice using gender neutral pronouns: <https://pronouns.minus18.org.au/>

Learn more about nonbinary genders in Module 8!

SQUINCH survey: <https://tinyurl.com/mw9m6bd7>