



Vocabulary

Transgender or “Trans”: a person whose gender identity does not match their sex assigned at birth.

Cisgender or “Cis”: a person whose gender identity *does* match their sex assigned at birth; a woman who was assigned female at birth, a man who was assigned male at birth.

Deadname: AKA birth name, old name, or given name; a name that has been laid to rest. It is usually impersonal to ask a person’s deadname.

Passing: “passing for male” or “passing for female” is used to describe a trans man or woman who people assume are cisgender.

FTM: female to male; somebody who identifies as male or transmasculine.

MTF: male to female; somebody who identifies as a woman or transfeminine.

Nonbinary: identifies neither exclusively as male nor female. May use they/them pronouns.

HRT: Hormone Replacement Therapy, usually referring to testosterone or estrogen treatment.

Gender: who you identify as.

Sexuality: who you are attracted to.



Resources



358 E. 6th St. Chico, CA. 95926
stonewallchico.com

Stonewall Alliance Center offers a variety of LGBTQ+ resources such as support groups, counseling, and workshops for people identifying as queer or trans, queer and trans people of color, and family and friends of queer folk.



reconcilingworks.org

Reconciling Works advocates for the acceptance, full participation, and liberation of all sexual orientations, gender identities, and gender expressions within the Lutheran Church.

Your Trans Neighbor



Frequently Asked Questions

Faith Lutheran in Chico is a Reconciling in Christ community. That means we advocate for the full participation of worship as our truest, most whole selves whether we are cisgender or transgender. None of us – no matter how we were born – know every single thing about being trans, but education starts somewhere. Let’s start at Faith!

FAITH LUTHERAN CHURCH

667 East 1st Ave.

Chico, CA. 95926

(530) 895-3754

chicofaithlutheran.org

F.A.Q.

Q: How do I use someone's pronouns?

A: If she says her pronoun is she, call her she; if he says his pronoun is he, call him he; if they say they do not identify as either gender, call them they. If you aren't sure, use "they."

Q: But "they" is plural, right?

A: It is both plural and singular, and that is proper English. If a masked rider trots into town, how would you describe them? "They rode into town. I saw them myself."

Q: I just misgendered you. What do I do?

A: Correct it and move on. "Yes, she –my bad, ~~he~~– said that..." Apologize, but don't draw more attention to someone who may feel awkward.

Q: I know I keep using the wrong pronoun, but it's an accident. Why are you upset?

A: You likely aren't the first person who has misgendered us today. Some days, it happens a dozen times. We understand that it is accidental, but it is still discouraging and exhausting.

Q: You take hormones, right?

A: Many of us take testosterone or estrogen, but not all of us.

Q: What are hormones like?

A: Second puberty. And that's not an exaggeration, it's science! A trans gal taking estrogen may experience mood swings, and her body will redistribute fat to create rounder, more traditionally feminine features; a trans guy taking testosterone may have his voice drop, build more muscle, grow facial/body hair, and start to show more traditionally masculine features.

Q: How do you take hormones?

A: The most common method is through injection. There are also oral and topical options. Hormones are usually taken once a week, and the dosage varies. We get our hormones, syringes, and other equipment from the pharmacy. Some of us do the shots ourselves, while others prefer someone else to do it.

Q: Why do people transition?

A: Because nobody wants to live in a way that makes them uncomfortable, trans or not. If you aren't happy with your body, you go to the gym. If you are struggling with your mental health, you see a counselor. And like getting in shape or taking care of your mental health, transitioning is a hard, worthwhile process that flourishes with the proper support.

Q: I want to ask a personal question.

A: Think about going up to Pastor Ben and asking him the same question. Is it about his body, his personal life? If the idea of asking him such a question makes you uncomfortable, then it is better to refrain.

Q: How do I know when it's appropriate to ask personal questions?

A: It's a person-to-person basis kind of thing. If you think you know someone well enough, ask if they're comfortable with it, just respect their boundaries if they aren't. This isn't so much trans-etiquette as it is personal, professional etiquette. Just take "trans" out of the equation and bam, there's your answer.

Q: Are you getting surgery?

A: This is not a question you want to ask right out the gate, because it directly pertains to our private parts. As mentioned above, take "trans" out of the equation. Would you ask a stranger a question about their body parts? On that note, surgery in general differs from person to person. "Top" surgery refers to either a mastectomy (a trans guy removing his breasts) or a trans woman getting breast implants. "Bottom" surgery is when a person's genitalia are reconstructed to match their gender identity. Some people get both surgeries, some get none; it varies from person to person. Not all trans folk want surgery.

Q: Why is the trans movement important?

A: Because we are in crisis. A larger percentage of trans people live in poverty than cisgender (or non-trans) people; almost a third of us have been homeless; we are more likely to be unemployed,

especially those of us who are not white; and several of us, especially trans folk of color, are killed, which is why we have a vigil each year called Transgender Day of Remembrance.

Q: If you were born male/female and you have transitioned, do you feel God made a mistake?

A: Nope! God doesn't make mistakes. Transitioning is a journey like any other. People switch jobs, get married, get divorced, have kids, lose loved ones... We *all* make transitions, and take the steps needed toward living a happier, healthier life. Our journey happens to revolve around gender, but isn't so different from the journeys you have had. What got you through your transition? Love and support from others!

Q: What should I avoid doing or saying?

A: Saying we look like "real" men/women implies we are *not* real. Telling us we are brave, while well-meaning, is a reminder that we live in a world that forces us to be courageous; we don't want to be brave, we want to just *be*. Giving us advice on how to look more feminine/masculine makes us feel like we look "less than." Asking what our deadname (or birth name) is, is inappropriate and personal. And lastly, never "out" us! Not all of us want people to know we are trans, and in some cases, it would be unsafe for us to come out.

Q: What I can do to be supportive?

A: Challenge people who call us out or misgender us and remind others to use our correct pronouns. If you don't know something, don't be afraid to say so; many of us are still learning things ourselves and it helps to take this journey together. Continue to educate yourself and pass that knowledge on to others. And please, be patient. Some days are very difficult for us; transitioning is a physically, mentally, and emotionally draining process however necessary it is. The best thing you can do is do what you'd do for anyone else going through a turbulent time: listen, learn, and love.