



## Ideas for Allies of the Transgender and Intersex Communities

1. **Don't assume you can tell if someone is intersex or transgender.** When addressing or speaking about any group of people, speak as though someone in the room might be TG or IS because, well, they might be!
2. **Do not tolerate anti-trans or anti-intersex remarks or humor in public spaces.**
3. **Report all anti-intersex or anti-trans harassment to the proper authorities.**
4. **Display positive materials for transgender and for intersex persons.** If possible, display relevant posters and flyers.
5. **Respect the confidentiality** of anyone who comes out to you as intersex, transsexual, transgender, or gender questioning. If your sense is that the person is "out" to everyone, ask just to be sure. ("Is there anyone with whom you prefer I not share this information?")
6. **Deal with feelings first.** If a person is coming out or dealing with painful experiences, you can help tremendously just by listening.
7. **Know your own limits.** When you have reached the limits of your knowledge or patience, refer the person to an appropriate person.
8. **Use the pronouns of the gender they feel themselves to be.** For instance, if a person says that she identifies as female, use "she"/"her" – regardless of what kind of body that person may have been born into. If you are not sure which pronouns a person prefers, ask, "Which pronouns would you like me to use/do you prefer?" This is a sign of respect and support.
9. **Be patient** with a person who is questioning their gender identity. A person may shift back and forth before deciding on what gender expression best matches their identity. A person may ask to be called by one name one day, and another name another day. Do your best to be respectful and call the person by the name they request. Although it can be hard to refer to a person by a new name, a gender questioning person will usually notice and appreciate your concerted effort to respect their wishes.
10. **Never try to tell a person what "category" they fit into.** For instance, if a person tells you that they feel they are "trapped in the wrong body," it is inappropriate to respond with "Oh, that means that you are a transsexual." A person has often spent their entire life being told what gender they are and as a means of empowerment a person should be allowed to choose the identities they feel best suit them.
11. Just as there is no one way to be male or female, there is no one way to be transgender. Each person will choose a path that they feel is right for them; no one path is better than any other. A way to be supportive of finding this path is to **help a person find the best and most appropriate resources and information to be able to make informed decisions.**

Source: UC Riverside LGBT Resource Center  
[www.out.ucr.edu](http://www.out.ucr.edu)

Gender and Sexuality Center  
Student Services Building, Ground Floor

12. **Be aware** that a transgender person who chooses to go through hormone therapy or undergo "sexual reassignment surgery: will have to endure an often times long and frustrating process as they try to seek the mandatory medical approval to receive hormones or surgery.
13. **A person who is transitioning from one gender to another may appear to be overly obsessed with the changes that their body is going through.** For many people these changes are a great relief as they start to develop the body they have always wanted, and each change is a cause to celebrate. **Be patient** as a person explores the changes.
14. While a person's sexual orientation is not directly connected to a person's gender identity, some who are transitioning may question previous understandings of their own sexual orientation and choose a new orientation label for themselves. **Don't assume you know what someone's sexual orientation is or is going to be.**
15. An intersex person may have undergone painful surgeries without their consent that can have permanent effects on their life (e.g. reduced or absent sexual function, increased susceptibility to infections, etc.). This non-consensual violation of bodily integrity can have lasting emotional effects as well. Realize that because of these possibilities, **an intersex person may not want to hear that infant genital surgeries are "for the best" or "necessary,"** since those judgments may ignore values that they hold dear.
16. **Be wary of assuming that a common genital conformation is better than an unusual one.** Many intersex persons who have escaped non-consensual genital surgery (and, for that matter, many transgender persons who have altered the appearance of their genitals in an uncommon way) express satisfaction and even delight with their unusual bodies. The message behind genital surgeries is that there is something freakish and unacceptable about uncommon genital conformations, such that the person who has or had those genitals must be a "freak." Such a message conveys extreme disrespect and can severely damage a person's self-esteem.
17. **If your family bears or adopts an intersex child, get all the facts before making a decisions about whether or not to choose to assign a gender to your child hormonally and/or surgically.** Your doctors may strongly pressure you to submit your child to such treatments. Remember that the vast majority of intersex conditions pose no health threat to the child.
18. **The Intersex Society of North America recommends assigning a gender socially but not medically until the child is of an age to declare his or her gender for him-or herself.** In other words, give the child a gender appropriate (or unisex) name. Stick to one set of pronouns. Advocate for your child in his or her school and insist on respectful treatment. Then, as your child matures, be open to the possibility that your guess as to his or her preferred gender expression may have been wrong; perhaps the child you raised as a boy will come to feel that she'd rather live as a girl/woman. Also be open to the possibility that your child will prefer a complicated and/or non-dichotomous gender expression. More than anything, love your child for who they are.
19. Historically speaking, transgender and intersex people have usually been targets of violence. This tradition continues today and is often based on the idea that gender is rigid, bi-polar category that cannot be violated. A useful way to help change this is to **examine your own ideas of gender stereotypes and challenge those around you to do the same.**
20. **If someone assumes that you are transgender or intersex just because you are a TG/IS ally, don't rush to deny it.** You might try to determine why someone is asking. If you feel a strong urge to deny it, examine that discomfort and the reasons behind it.
21. Remember: above all, **transgender and intersex people are individual human beings who deserve respect and understanding.**

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