

J. PANEL WORKSHOP:

Trans 101

an introduction to the diversity of trans communities including terminology

Objectives

By the end of this workshop we hope participants will have greater understanding of:

- the diversity of trans people
- the range of terms trans people may use to describe their gender identity, including culturally appropriate terms
- the experiences, including challenges, faced by trans people throughout their lives (through listening to the panellist's personal stories)
- human rights issues for trans people.

Approximate time: 90 – 120 minutes depending on size of the panel and number of questions asked.

Resources needed during workshop:

- a copy of the attached quiz (without answers) for each participant
- blank strips of paper
- pens

Resources to distribute at the end:

It would be useful to have copies of these online resources, available from the Human Rights Commission (infoline@hrc.co.nz):

- Links: Some trans groups and networks
- Links: Trans youth
- Links: Some trans-inclusive groups and networks
- Resources: Terminology

If you are not holding a separate Young and Trans workshop, you may wish to have copies of these additional online resources available from the Commission:

- Resources: Trans children, youth and their families
- FAQ: Supporting trans students
- FAQ: Transitioning at school

The Commission can also provide hard copies of:

- To Be Who I Am fliers advertising the Commission's Transgender Inquiry website (www.hrc.co.nz/transgenderinquiry) and email newsletter
- the Transgender Inquiry's final report

Another useful workshop resource is:

- Trans Respect/Etiquette/Support 101: <http://ganimede.transboys.info/trans101.html>



Finding a panel:

Approach trans groups in your area asking for volunteers. Contacts can be found on the HRC resources [Links: Some trans groups and networks](#) and [Links: Some trans-inclusive groups and networks](#). A panel of five or six people is a good size for this 90 minute workshop.

Try to have a panel that includes people with a variety of gender identities – for example a trans man (FtM), a trans woman (MtF), a whakawahine and someone who is genderqueer. It's good to have ethnic and age diversity where possible, including people who transitioned a long time ago and those who have only recently started to explore their gender identity. If you have few local contacts and a travel budget for this workshop, consider approaching trans groups from outside your region to increase the diversity of presenters. Their participation could also strengthen networks between trans groups.

When approaching people it is useful to show them the workshop outline beforehand. Encourage people to mention the celebratory aspects of being trans as well as any barriers they face. Stress there are no right answers and a diversity of views is welcome. It can help if panellists give examples of things workshop participants can do in the community or at work that make a positive difference for trans people.



Workshop Structure:

Facilitator notes

5 mins **Welcome**

(Facilitator explains any ground rules and housekeeping notices)

15 mins **Brief introductions from the panel**

Panellists give their name and where they are from

(If there is time, the facilitator asks workshop participants what they want from the workshop and writes these up on a whiteboard)

30 mins **Trans 101 panel**

(Give questions to the panellists well in advance and explain each question is optional.)

- What are 4 or 5 words that describe who you are including at least one that is about your gender identity (e.g. I'm a lawyer, grandparent, cyclist, singer and fa'afafine)
- When did you first feel like your gender identity was different from your body?
- When did you first have words to understand what that meant?
- What is something you like about being 'trans'?
- What is something you find hard about being 'trans'?

(Facilitator writes up terms people use to describe their gender identity. An experienced facilitator may wish to cluster the terms under headings such as 'trans men', 'trans women', 'third sex' and 'umbrella terms'.)

15 mins **Questions from the participants**

(Before the session, identify questions panellists do not want to answer. For example, often trans people do not want to discuss what surgeries they have or have not undergone. During the workshop, intervene if questions are too personal. If there is time, allow several panellists to answer the same question to show diverse views. Facilitator only adds to the answers at the end if some points are unclear. If necessary, explain any terms people have used to describe their gender identity or ask panellists to do this.)

5 mins **Quiz**

(Give each participant a copy of the quiz to complete individually. Also distribute blank strips of paper and pens for people to write down any questions that they did not feel comfortable asking directly.)

5 mins **Quiz Answers**

(Facilitator reads out the questions, asking participants to volunteer answers, then confirms the correct answers. If this process brings up further questions encourage the panellists to answer them. Collect up any questions that people have written down).

10 mins **Questions from participants** – including anonymous written questions

5 mins **Thank panel and participants**

(Facilitator also directs people to any resources and handouts).



Two minute gender identity quiz

1. These are some Māori terms to describe a trans woman:
(tick as many as apply)

- a) whakawahine
- b) hinehi
- c) hinehua
- d) taniwha
- e) tangata ira tane

2. Does an FtM person identify as male or female?
(circle one)

Male Female

3. The word 'Queen' is used by some trans women to describe who they are:

- a) True b) False

4. A trans person taking steps to live in their gender identity is ..

- a) transgendering
- b) transitioning
- c) being fabulous
- d) transliterating

5. Someone who identifies as transsexual, has had all gender reassignment surgeries:

- a) always true
- b) sometimes true
- c) never true

6. What term is often used to describe a fear of, or aversion to, trans people?

- a) genocide
- b) transrail
- c) transphobia
- d) transistor

7. Are trans people attracted to:

- a) same-sex
- b) opposite-sex
- c) neither sex
- d) both/all sexes
- e) any of the above?

8. Cross-dressers wear the clothes of 'the opposite sex' but do not want to transition to live in that gender identity:

- a) always true
- b) sometimes true
- c) never true



Two Minute Gender Identity Quiz

Answers

The facilitators' notes below provide some additional information in case there is discussion about the answers.

- Question 1** **a, b, and c** (whakawahine, hinehi and hinehua)
(Tangata ira tane is a term for a trans man)
- Question 2** **Male**
(FtM stands for 'female – to male' and describes the direction of a trans person's journey or transition. MtF stands for 'male to female').
- Question 3** **a** (True)
(Some gay men also use the word 'Queen'. The term 'Drag Queen' is used to describe people, typically men, who dress in female drag to perform female roles. Most Drag Queens do not identify as trans.)
- Question 4** **b** (transitioning) – and also c (being fabulous) 😊
- Question 5** **b** (sometimes true)
- Question 6** **c** (transphobia)
- Question 7** **e** (any of the above)
- Question 8** **b** (sometimes true)

