Trans Day of Visibility Action Day Guide 2020

Together, let’s take these actions on (or as near as possible to) March 31st to show our solidarity and make our communities safer for transgender people. March 31st is known as Trans Day of Visibility and we take these actions in solidarity with trans people. Learn more here.

Daily Practices

• Put your pronouns in your email signature

  ○ Example:

  Javier Andrés Vargas, B.A., CPS (they/them/their & he/him/his)
  LGBTQ+ Peer Specialist

  978-452-7721 x101 | 24hr Hotline 800-542-5212
  Fax 978-458-2822 | TTY 978-452-8723

• Ask someone what their pronouns are (even if you think you know!)
• Ask appropriate questions to get to know more about someone instead of making assumptions about identities they might hold
• Read the chart below to learn how to respectfully talk to and about trans people!
• Use inclusive language “Folks” instead of “guys”, “welcome friends” instead of “welcome ladies and gentlemen”
• Ask questions with a healthy balance of respect, curiosity and empathy
<table>
<thead>
<tr>
<th>Do use</th>
<th>Example</th>
<th>Do not use</th>
<th>Why not</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transgender (adjective)</td>
<td>“Javi is transgender.”</td>
<td>A transgender</td>
<td>Transgender is an adjective to describe someone’s gender identity so you wouldn’t use it to describe someone’s whole life</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Transgendered</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>The transgenders</td>
<td></td>
</tr>
<tr>
<td>Feminine (expression)</td>
<td>“Javi generally dresses very masculine.”</td>
<td>Man in a dress</td>
<td>It’s important to be respectful when describing how people look!</td>
</tr>
<tr>
<td>Masculine (expression)</td>
<td></td>
<td>Dyke</td>
<td></td>
</tr>
<tr>
<td>Transition</td>
<td>“He decided it was time to begin his gender affirmation process.”</td>
<td>Sex change</td>
<td>Transitioning means expressing who you really are and isn’t always about going from one thing to another.</td>
</tr>
<tr>
<td>Gender affirmation</td>
<td></td>
<td>Went from a boy to a girl</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Went from a girl to a boy</td>
<td></td>
</tr>
<tr>
<td>My pronouns are....</td>
<td>“My pronouns are they/them/their’s.”</td>
<td>“I am a him.”</td>
<td>Pronouns are words people use to talk about us when we’re not around. Pronouns are not an identity.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>“I am a she.”</td>
<td></td>
</tr>
<tr>
<td>LGBQ/T or LGBTQ</td>
<td>“It’s important to support LGBQ/T civil rights.”</td>
<td>A gay</td>
<td>LGBQ/T people are a big community made up of different smaller communities. When referring to laws or policies or the general community you can use this.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>A trans</td>
<td></td>
</tr>
</tbody>
</table>
Active Bystander Actions

- Challenge transphobic ideas and remarks
  - Example: if someone says it’s unattractive for women to look like men you can challenge the idea that men look one way and women look another way

- Complement and support people challenging gender norms
  - Example: men looking more feminine and women looking more masculine

- Ask your trans and nonbinary friends how you can support them when you’re out together
  - Example: Ask them how they would like you to respond if they get misgendered or deadnamed (when someone calls a trans person by the name they were given or their old name)
Actions to Take Considering the Virus:

- Check in on trans friends and family
  - Some trans people may have a hard time being home so checking in to listen to them or to provide a distraction (ask what they need!) can be helpful
- Offer to spend time with them virtually
- If they need to go to the doctor, accompany them in any way you can (over the phone, FaceTime etc.)
- Advocate for your trans friends and families when they are in need
- Offer to do some shopping for them
- With their permission, send them things to lighten the mood (ex. Memes)
Financial Actions

- Donate $10 to someone's transition fund on GoFundMe
  - search “top surgery” or “bottom surgery” or “transition fund”
- Shop at trans owned businesses
  - FtM Detroit
  - Style is Freedom
  - Flavnt
  - Chrysalis Lingerie
- Donate $10 to The Center for Hope and Healing’s LGBQ/T program
- Search #TransCrowdFund on social media
- Buy (with their consent) the transmasculine person in your life a binder or a packer
- Buy (with their consent) the transfeminine person in your life some breast forms or underwear
Educate Ourselves!

- Buy and read *Trans Allyship Workbook: Building Skills to Support Trans People in Our Lives* by Davey Shlasko ($11.39 on Amazon)
- Follow trans people on social media to learn more about their daily experiences
- Look out for The Center for Hope and Healing’s Allyship Guide
- Read articles online:
  - UMass Amherst – The Stonewall Center
  - National Center on Transgender Equality – What the Experts Say
  - GLAAD – Transgender FAQ
  - Unpacking Cisgender Privilege

Media (featuring trans stories and people to follow on social media!)

- Saturday Church (movie – transfemme character)
- Gun Hill Road (movie - transfemme character)
- Paris is Burning (movie – ballroom culture & transfemme characters)
- Watch trans YouTubers
  - Kat Blaque (education)
  - Jazz Jennings (youth, education)
• Pose (show – ballroom & transfemme characters)
• 10 Trans Activists To Follow On Twitter For Transgender Day Of Visibility
• 10 Trans Advocates And Organizations To Follow On Social Media Right Now
• 13 Trans Influencers & Activists That Inspire Us
• 7 Non-Binary & Transgender Fashion Influencers You Should Add To Your Feed

For Teachers
• Always introduce yourself using your pronouns
  ○ This helps normalize the practice for everyone so trans and nonbinary people aren’t singled out to be the only ones doing it
  ○ It also gives space for people to tell you their pronouns might be different than you assumed (e.g. a masculine person using she/her pronouns or a feminine person using they/them)

When someone on the street genders you correctly:

Thank you, random citizen!
• Ask students to name themselves
• Ask students to also introduce themselves by their pronouns
• Create an inclusive classroom with symbols and flags
• Create space for dialogue about how gender is implicated in your lessons
• Don’t use prefixes like “Miss” or “Mr”, use language like “friend”, “pal”, “buddy”
• Don’t separate your classroom into “girls vs boys”
• Use other examples in your questions (e.g. Mx. Smith has 3 apples and wants to share them with Niko. How many should they share?)
  ○ Gender-Inclusive Schools and Supporting Transgender and Non-Binary Students
  ○ Gender Spectrum – education
  ○ Lesson Plans to Help Students Understand Gender and to Support Transgender and Non-Binary Children
  ○ History UnErased
The Center for Hope and Healing

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