

Glossary:

- Transgender/TG: An umbrella term for people who are inclined to cross the gender line, such as; transsexuals, crossdressers, two-spirited, genderqueer, etc. Some transsexuals prefer to distinguish themselves outside of the transgendered umbrella.
- Transsexual/TS: People who have a strong and persistent feeling they are living in the wrong gender.
Pre-Op: A TS who hasn't had GRS.
Post-Op: A TS who has had GRS.
Non-Op: A TS who chooses not to have surgery.
F2M/FTM: Female To Male sometimes referred to as transboy or transman.
M2F/MTF: Male to Femal sometimes referred to as transgirl or transwoman.
- Cross-Dresser/CD/Transvestite*/TV*: A person who dresses in the clothes of the opposite gender.
- Genderqueer/Androgyne: Someone who plays with gender roles and exists outside them.
- Two-spirited/Bigendered: Someone who identifies as neither male nor female, or as both.
- Intersexed/Hermaphrodite*: A person born with (full or partial) sex organs of both genders, or with underdeveloped, or ambiguos sex organs.
- Drag Queen/King: A performer who expresses their opposite gender who may not be transgendered.
- Gender Dysphoria/Transsexuality: someone whose physical sex does not match their gender identity.
- GRS/SRS*: Gender Reassignment Surgery and Sexual Reassignment Surgery
Top Surgery: Breast implants for M2F, mastectomy for F2M.
Bottom Surgery: Vaginoplasty for M2F, phalloplasty or metoidioplasty for F2M.

■ * Denotes archaic terminology.



GENDER MOSAIC YOUTH

COURAGE TO BE. SUPPORT TO GROW.

GMY is an Ottawa based group for
transgendered people interested in
youthful oriented events and activities.

Information Resource:

- **Local Support**
www.geocities.com/gender_mosaic
www.ts-ottawa.ca
- **Therapy and Hair Removal**
www.making-a-difference.ca
www.lasermed-ottawa.com
- **General Information**
www.transactioncanada.com
www.tsroadmap.com
www.transsexuality.org
- **Health**
www.hbigda.org
www.trans-health.com
- **Hormone Replacement Therapy**
F2M: www.sexuality.org/1/transgen/f2m
M2F: www.transgenderzone.com/research/hrt.html
- **Legal Name Change**
www.cbs.gov.on.ca/mcbs/english/change_name.htm
- **GRS**
www.grsmontreal.com

email: gender_mosaic_youth@yahoo.ca
web: http://ca.geocities.com/gender_mosaic_youth
join: http://ca.groups.yahoo.com/group/gender_mosaic_youth

Why is gender fluid?

Consider the evolution of women's clothing from explicitly dresses and skirts to wearing pants. This is an example of how gender expectations change within a lifetime. We are always learning, changing and adapting how we represent ourselves socially.

Anatomy vs Gender

Anatomy (Sex): is the difference in genitalia (i.e; male, female or a combination of both) and chromosomes.

Gender Expression: is how we represent ourselves socially.

Gender Identity: is how we identify internally. We might identify more as male, female, or genderqueer.

What causes gender dysphoria?

There are many theories as to the cause of gender dysphoria. The most commonly accepted are:

Second Trimester Theory: points to hormonal imbalances affecting gender identity development within the brain.

Causes; genetic factors, certain prescription drugs, extreme emotional stress of the mother, etc.

Social Conditioning: attributes gender identity to learned behavior. **Causes;** rearing in the opposite gender, absent mother/father role models, a female with many brothers, etc.

Nature and Nurture: assumes children genetically predisposed towards incongruous gender may become gender dysphoric when exposed to certain family or social dynamics.

Are there signs of gender dysphoria?

While only you know if you are transgendered, some common indicators include; **early age crossdressing, friends and activities of the opposite gender, low self-esteem, extreme quietness, inability to interact socially, drug and/or alcohol abuse, anger, anxiety, violent behaviour and suicide attempts.** Many Trans people share these experiences, however, there are many others not listed here.



What is Gender Mosaic Youth?

We are a social and support group for transgendered people (19 years and older) interested in promoting and attending youthful oriented events and activities. We offer a positive environment, free of all forms of discrimination, to help you explore your gender identity. Our big sister group, Gender Mosaic, provides an experienced perspective into the life of a transgendered person.

Interesting and historical facts of transgendered people in society?

- 1 out of every 30,000 males transition (GRS).
- 1 out of every 50,000 females transition (GRS).
- 98% of transsexuals become well adjusted after GRS.
- Average cost of M2F surgery is approximately \$17,000 CAN.
- Average cost of F2M surgery is approximately \$32,000 CAN.
- Transsexuals exhibit an average intelligence 2 quotients above the national average. Average=90-109, TS Average=120-129.
- Transsexuals have neural advantages from the use of both male and female hormones and often exhibit the greater verbal abilities of females and the greater spatial abilities of males.
- Ancient cultures revered transgendered people because of their intellect and creativity.
- Ancient cultures identified more than 2 genders, many had 3 while some had up to 8.
- In ancient cultures transgendered people were given great responsibilities within their community; often as healers, spiritual guides, artists, teachers, warriors and leaders.

Why is it important to come out?

To be out is to claim the basic human feelings of dignity, self worth and the freedom to speak, to share, to be. The ability to communicate about one's own life, devoid of lies, and without fear of discovery or embarrassment. Coming out will always seem difficult, but the truth is it will never be easier to do than right now!

What is the transition process?

This example of the transition process is the most common within the transsexual community. Every trans person is unique and their process reflects that difference. Other transgendered people most often stop at public expression.

