



**Trans Healthcare
Maryland**

because you shouldn't have to know more than your doctor.

X Gender Marker:

Assisting Transgender & Nonbinary Marylanders

A Cultural Humility Training

Presented by Lee Blinder (they/them)

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Cisgender Questionnaire

Please take five minutes to answer the Cisgender Questionnaire.



MVA Update: Self-attestation & X

- ❖ Took effect October 1st, 2019
- ❖ What is self-attestation?
- ❖ F, M, X gender markers
- ❖ X is available in 12+ jurisdictions



Create a Brave Space

- ❖ You have the power to affirm folks
- ❖ You do this work because you CARE
- ❖ Being respectful = introducing yourself with your pronouns
- ❖ How someone looks doesn't tell you who they are
- ❖ Let's Practice!



They/Them/Theirs Pronouns

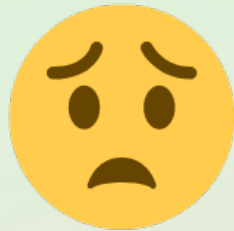
- ❖ Lee is your trainer today.
- ❖ They have a dog named Cupcake.
- ❖ Their dog is very cute.
- ❖ Ask them for more photos of Cupcake!



What to do if you make a mistake?



- ❖ You're human and you care about your clients
- ❖ Breathe, it's normal to make mistakes
- ❖ Briefly apologize (brief is key), correct and move on
- ❖ Practice with your trusted coworkers or a loved one later



Creating and Maintaining a Safer Space

- ❖ Gender Inclusive Single Stall Restrooms - By law in Baltimore
- ❖ Trans Flag on door
- ❖ Flyers
- ❖ Pronoun Pins / Added to Name Badges



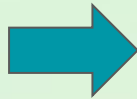
Gender Inclusive Language

- ❖ Language changes over time & can be individual
- ❖ Mirror what the person uses, gendered language may be appropriate here

Start With

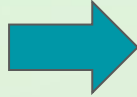
Mirror

Partner or Spouse



Wife or Husband

Child



Daughter or Son

Person



Man or Woman

They



He/She



Sexual Orientation vs Gender Identity



- ❖ Sexual Orientation is who you go to bed with (if you sleep with a partner)



- ❖ Gender Identity is who you are
 - Cisgender (cis): Your gender is the same as what the birth worker said when you were born
 - Transgender (trans): Your gender is different from what the birth worker said when you were born



What is trans affirming healthcare?

- ❖ A broken arm is broken and needs treatment whether patient is transgender or cisgender. A specialist is not required simply because they are trans
- ❖ Trans affirming healthcare can be highly specific to each individual & their transition needs which can include:
 - Medical - hormone replacement therapy(HRT) / surgery
 - Legal - EMR or EHR
 - Social - talking about the patient to another provider (pronouns, etc), referrals to trans-led orgs
- ❖ How do folks find trans affirming healthcare?
 - Peer to peer recommendations
 - www.transhealthcaremd.org
 - <https://www.facebook.com/groups/TransHealthcareMD/>



Thank you for all the hard work you do!

- ❖ Trans people are a very diverse community. Trans people are of every race, gender, sexual orientation, ability level, economic status, country of origin, and religious or atheist identity. Whatever population you serve already, has trans community members within.
- ❖ You all know the communities that you work in. Those connections are authentic, and the connections you make with your trans clients will be just as authentic.





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Contact us at:

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Find us online:

www.TransHealthcareMD.org

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