THE C©NVERSATION on Gender Diversity

edited by Jules Gill-Peterson



Contents

Series Editor's Foreword ix
Preface xiii

Part I.

Lessons from Transgender History 2

- Forgotten Figures Who Challenged Gender Expression and Identity Centuries Ago 11
- Trans Kids in the US Were Seeking Treatment Decades before Today's Political Battles over Access to Health Care 16
- The Early 20th–Century German Trans–Rights Activist Who Was Decades Ahead of His Time 21
- 4. How the Bulletin Board Systems, Email Lists, and GeoCities Pages of the Early Internet Created a Place for Trans Youth to Find One Another and Explore Coming Out 28
- Trans People Have a Long History in Appalachia—but Politicians
 Prefer to Ignore It 34

Part II. Cultural Change and the Gender Binary 40

- What Are Gender Pronouns and Why Is It Important to Use the Right Ones? 47
- How Did Public Bathrooms Get to Be Separated by Sex in the First Place? 52
- How Toys Became Gendered—and Why It'll Take More Than a Gender-Neutral Doll to Change How Boys Perceive Femininity 59
- Trans Youth Are Coming Out and Living in Their Gender Much Earlier than Older Generations 65
- Trans Day of Visibility Offers Chance for Community to Stand in Solidarity and Support 71
- Transgender People of Color Face Unique Challenges as Gender Discrimination and Racism Intersect 75

Part III.

Transgender Children and Youth 82

- 12. When Do Children Develop Their Gender Identity? 89
- 13. How Parents Can Support a Child Who Comes Out as Trans 94
- 14. How to Know if Your Kid Is Transgender 100
- 7 Tips for LGBTQ Parents to Help Schools Fight Stigma and Ignorance 106
- Nearly 10 Percent of Youth in One Urban School District Identify as Gender-Diverse 111
- 17. 5 Ways Parents Can Help Kids Avoid Gender Stereotypes 116
- 18. How to Tell If Your College Is Trans-Inclusive 122
- Transgender Youth on Puberty Blockers and Gender-Affirming Hormones Have Lower Odds of Depression and Suicidal Thoughts, a Study Finds 129

Part IV.

Transgender Health Care and Medicine 134

- 20. Sex and Gender Both Shape Your Health, in Different Ways 145
- I'm a Pediatrician Who Cares for Transgender Kids—Here's What You Need to Know about Social Support, Puberty

- Blockers, and Other Medical Options That Improve the Lives of Transgender Youth 150
- 22. Two Classes of Trans Kids Are Emerging—Those Who Have Access to Puberty Blockers and Those Who Don't 157
- 23. Doctors Treating Trans Youth Grapple with Uncertainty, Lack of Training 164
- 24. Conversion Therapy Is Discredited and Increases Risk of Suicide 171
- 25. Not Everyone Is Male or Female-the Growing Controversy over Sex Designation 177
- 26. Transgender and Nonbinary People Face Health Care Discrimination Every Day in the US 181
- 27. Denying Transgender Identity Has Serious Impact on Mental Health 186

Part V. Trans Rights Are Human Rights, but Rights Are Not Enough 190

- 28. A Supreme Court Decision to Grant Protections to LGBT Workers Is an Important Interpretation of the Civil Rights Act 199
- 29. Transgender Americans Still Face Workplace Discrimination despite Some Progress 205
- 30. Giving Birth as a Father-Experiences of Trans Birthing Parents 210
- 31. Gender Is Personal-Not Computational 215
- 32. Transgender Americans Are More Likely to Be Unemployed and Poor 221
- 33. How High School Sports Became the Latest Battleground over Transgender Rights 226
- 34. How the Olympics Shifted Away from Testosterone Tests and toward Human Rights 231

Suggested Supplementary Reading 237 Contributors 243 Index 253