

Rainbow Nursing Interest Group

An Interest Group of the Registered Nurses Association of Ontario (RNAO)

<http://rnig.weebly.com/>

How to be a Trans Ally

* Support me when I need you, but don’t pity me.
* Actively defend my rights.
* Don’t ask if I’ve had surgery or if I take hormones, unless it is relevant to my medical care. Otherwise, it’s not your business
* Treat me like you would any other person.
* Use the pronoun I want to use. If you make a mistake, apologize and quickly correct yourself.
* Politely correct others if they use the wrong pronoun.
* Offer to accompany me to the restroom if I’m getting problems.
* Don’t put the “T” in your group’s name unless you’ve done something to support trans issues.
* Do your own research. Don’t rely on me to explain it all to you.
* Don’t tell me how cool being trans makes me. I am not trans to be cool.
* Don’t tell jokes that might offend trans individuals, or allow others to do so.
* Don’t assume that trans always refers to an MTF or FTM person.
* Don’t assume you can guess my sexual orientation because I am trans.
* Include me. I’ve got plenty to offer.
* Don’t call me by a name that I do not want you to use.
* Be honest about what you know and what you don’t.
* Don’t judge my ability to “pass”.
* Don’t concern yourself with my genitalia, unless it is part of my medical care.
* When performing medical procedures, don’t use gendered words. Use “chest” instead of “breasts”, “bottom” instead of gendered words like “penis” or “cervix,” as an example.
* Don’t pretend to use terms you don’t understand.
* If you’re with me somewhere that you are not sure is a safe space, don’t bring up trans issues.
* Don’t support those who marginalize trans people.
* Realize that challenging binary gender systems is not always the same thing as being trans