

LIVE Talks: Trans Education & Inclusion in the Music Industry with Saskhia Menendez

Resource List

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Helplines:

London Friend - LGBT Helpline 0800 0119 100

Gendered Intelligence - 0300 330 0630

Mermaids - 0808 801 0400

Keychange Programme: www.keychange.eu - Supports females & gender diverse artists & innovators

The F List for Music: www.thef-listmusic.uk - A Directory of female & gender diverse artists

www.lgbt.foundation/downloads/transalliesguide - a guide to being an ally to trans and non-binary people.

www.scottishtrans.org/non-binary - an organisation that works towards influencing government policy, informing trans people and promoting positive visibility

www.genderedintelligence.co.uk – a non-profit community interest company that seeks to increase understandings of gender diversity

www.genderqueerid.com – A platform that seeks to provide awareness, information and resources for those whose gender identity exists outside of the binary.

www.pinktherapy.com - Therapy for the LGBTQI Community

TERMINOLOGY:

Transgender = Used both as an umbrella term and as an identity, it refers to those who do not identify with , or not happy with their assigned gender and gender roles. As an identity it refers to anyone who transgresses traditional sex and gender boxes.

Transition = A process in which a transgender individual strives to have a physical presentation that more closely aligns with their gender. This is a medical process that involves taking cross sex hormones.

FTM = Someone who was born female at birth who now identifies as a Male
MTF = Someone who was born male at birth who now identifies as Female

Gender Dysphoria = A persistent discomfort with ones assigned sex or sense of belonging to the other sex, and a desire to be of the opposite sex.

Non Binary = Someone who feels their gender identity cannot be defined within the margins of gender binary, Instead they understand their gender in a way that goes beyond simply identifying as a man or woman.

Trans = Is a really broad umbrella term. In general it refers to anyone who isn't cis and is inclusive of a range of identities such as trans men and women.

Transsexual = Those who recived a diagnosis of gender identity disorder or transsexualism and are seeking hormone treatment and or surgery.

Cis Gender / Gender Normative = Refers to people who's assigned sex at birth corresponds to their gender identity and expression.

Gender Identity = Ones innermost concept of self as male or female or both or neither. This conviction is not contingent on the individuals biological sex.

Queer = Not heterosexual, originally used with negative connotations but is currently being reclaimed by many in the lgbtqi community. It is sometimes used as an umbrella term for anyone who is not heterosexual.

Intersex = Having hormones, chromosomes and/ or primary sex characteristics, including genitalia and/ or internal sex organs, that are different from what is typically biologically male or female.