

Legal
Recognition

Gender
Identity

Gender
Transition

TRANSGENDER PERSONS SELF-HELP GUIDE



性別空間
Gender Empowerment

“ Transgender people are persons who identify themselves in a different gender other than that assigned to them at birth. ”



性別空間
Gender Empowerment

Foreword I
How to use this guide II

UNIT 1 GENDER IDENTITY

Introduction 1
1.1 Coming out to yourself 2
1.2 Coming out to friends and family 6
1.3 Transphobia 9

Gender Transition in a nutshell 13

UNIT 2 SOCIAL TRANSITION

Introduction 15
2.1 Changing your appearances 16
2.2 Transitioning at work 19
2.3 Dating 23

UNIT 3 PHYSICAL TRANSITION

Introduction 26
3.1 Hormone therapy 27
3.2 Gender affirming surgery 31

UNIT 4 LEGAL TRANSITION

Introduction	25
4.1 Legal name change	26
4.2 HKID gender change	27

UNIT 5 LEGAL RECOGNITION

Introduction	37
5.1 When can my gender be recognised?	38
5.2 Marriage and trans	41
5.3 International gender recognition	44
5.4 Sexual violence against trans	46

To be continued... ..	48
Final words	51
Resources	52
Terms you need to know	53
References	56



FOREWORD

Gender is diverse and fluid. Stereotypes and prejudice against gender identity, expression and sexuality are slowly breaking down as society evolves. These changes do not come without struggles and sacrifices as the transgender community is still moving forward on the journey of gender empowerment. Through dialogues and education, we engage in the process of social and biological evolution of gender. We might not be able to determine our assigned sex at birth; however, we can choose to be true to ourselves, and live an authentic life.

ABOUT GENDER EMPOWERMENT

Gender Empowerment is a charitable self-help organisation (NGO) supporting the transgender community. "Integrate into society, building harmony" is our vision, so that members of the transgender community would be able to help themselves and one another. By providing appropriate information and resources, we help trans individuals go through the different stages of their gender transition, to adapt to the changes in their appearances, bodies, daily lives and social relationships. We encourage everyone, especially transgender or gender diverse individuals, to positively live with their gender identities and gender expressions, and integrate into the society. We also provide support to family members of transgender persons.

HOW TO USE THIS GUIDE

It is likely you're reading this because you have experienced issues figuring out your gender identity, or need some help with your gender transition. We would like to thank you for taking your time and putting the effort. This self-help guide is written for all transgender persons including trans men, trans women, non-binary persons and genderqueers.

There are 5 units in this self-help guide:

- Unit 1: Gender Identity
- Unit 2: Gender Transition - Social Transition
- Unit 3: Gender Transition - Physical Transition
- Unit 4: Gender Transition - Legal Transition
- Unit 5: Legal Recognition

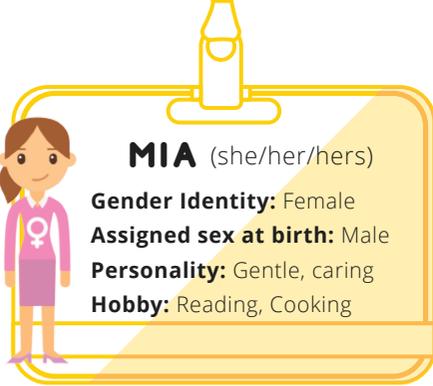
You may read accordingly to your needs and interests, learn from the main characters in this guide, utilise the tips and knowledge included, and imagine what you would do if you were them in different scenarios.

We wish to deliver these messages with this guidebook:

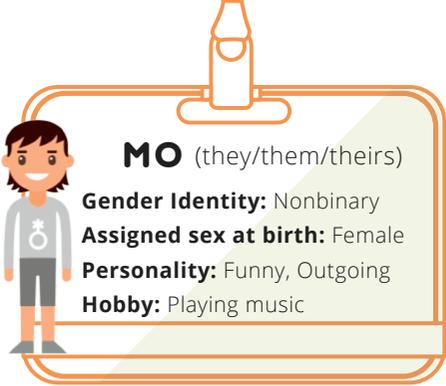
- Embrace who you really are. Your comfort and authenticity should always come first.
- Keep an open mind to different options and advices, talk to your local communities and look for what suits you best.
- Everyone is different and there are unique challenges in every journey.
- Learn to love yourself and build your confidence. You are not alone.

THE MAIN CHARACTERS

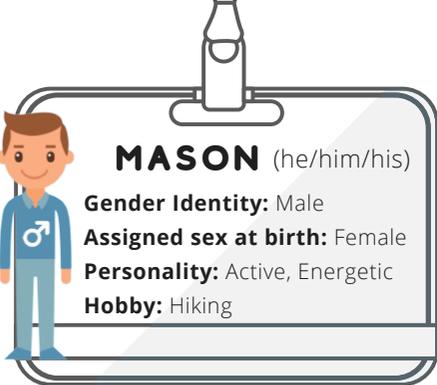
You'll be following Mia, Mo and Mason's stories throughout this guide. They've encountered different scenarios during their gender transition - 'How to come out to people around them?' 'What are the side effects of using hormones?' Read their stories and imagine what **you** would do if you were them. You can also learn more about the tips that would help your very unique transition journey.



MIA (she/her/hers)
Gender Identity: Female
Assigned sex at birth: Male
Personality: Gentle, caring
Hobby: Reading, Cooking



MO (they/them/theirs)
Gender Identity: Nonbinary
Assigned sex at birth: Female
Personality: Funny, Outgoing
Hobby: Playing music



MASON (he/him/his)
Gender Identity: Male
Assigned sex at birth: Female
Personality: Active, Energetic
Hobby: Hiking



NAME:

Gender Identity:

Assigned sex at birth:

Personality:

Hobby:

Write your info here and make this YOUR guidebook!

UNIT 1

GENDER IDENTITY

INTRODUCTION

If you feel confused about your gender identity, you are not alone. Recent years, there has been an increase in the number of teenagers questioning their gender, whether they think of themselves as male, female, non-binary or any other gender identity used on the gender spectrum. You may have a lot of questions in your head: you may wonder if your interests fit with society's expectations; you may feel uncertain whether you identify with being male or female; you may feel like you have been in the 'wrong body' since early childhood. However lonely, unhappy, isolated you may feel, remember this is not the end of your quest. Quite the contrary, it is just the beginning of a new chapter in your life.

CONTENT

Chapter	Reading time
1.1 Coming out to yourself	20 mins
1.2 Coming out to friends and family	15 mins
1.3 Transphobia	15 mins

1.1 COMING OUT TO YOURSELF

WHY DO I HATE WEARING MY SCHOOL UNIFORM SO MUCH?

Mason remembers very clearly when he was in kindergarten, kids were required to wear school uniform - blue for boys and pink for girls. He hated his pink dress so much that he remembers being disgusted by the idea of going to school wearing in that...



ACTIVITY: GENDER ROULETTE

If you do have a choice, what would you pick?

The 4 roulettes on P. 3 represents 4 different gender aspects. Try to answer these questions:

1. Imagine spinning the roulettes accordingly and get a random combination. Can you imagine what kind of difficulties that person might encounter? Try to list 5 possible issues. You can start with social life, school, career, family etc.
2. If you could change the result of one roulette, which one would you change and why?

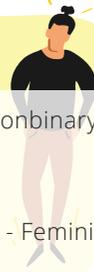
Not sure where to start? Try with the below examples - what difficulties would they face?

Example 1



Gender Identity - Male
Sex - Female
ID Gender - Female
Gender Expression - Masculine

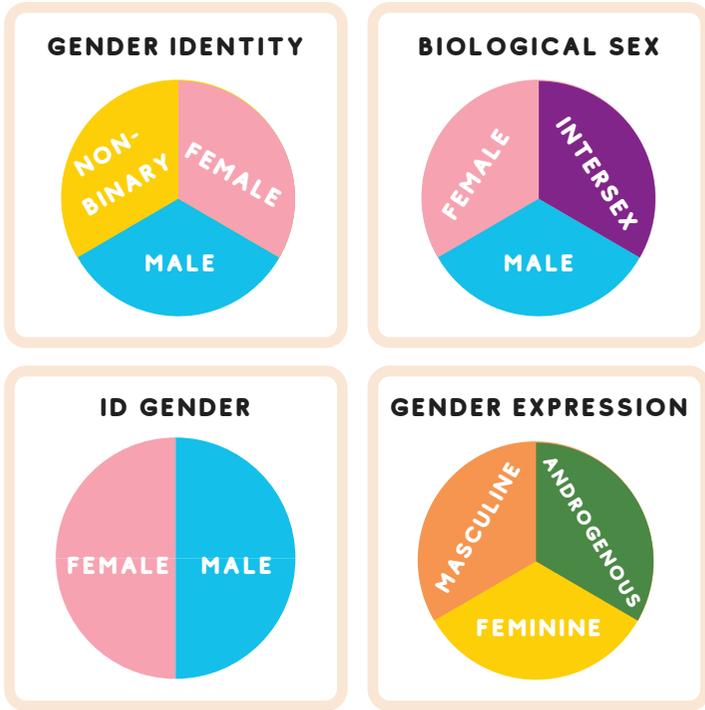
Example 2



Gender Identity - Nonbinary
Sex - Male
ID Gender - Male
Gender Expression - Feminine

Now, circle the one aspect you'd change and explain why.

Now's your turn! Spin the roulettes and get a random combination, write down the 5 possible difficulties that person might face.



5 POSSIBLE ISSUES:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

If you could change the result of one roulette, which one would you change and why?

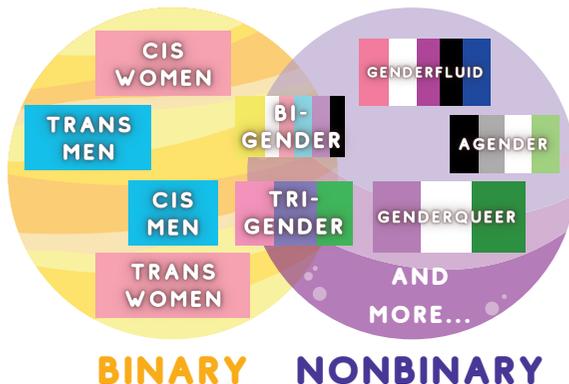
I would change _____, because _____.

LEARN MORE: WHAT IS TRANSGENDER?

Transgender people have a gender identity that differs from their assigned sex at birth. According to the World Health Organization (WHO), 'Transgender people are persons who identify themselves in a different gender other than that assigned to them at birth.'

In the past, people may use the term 'transgender' to categorise any ambiguous identities, such as drag kings or queens, cross-dressers, transsexuals, and genderqueers. In present days, when we talk about transgender persons, it's about their **gender identities**. Those who **express** their gender not according to their societal gender (in that their identified gender is the same as their assigned sex at birth) are defined as gender non-conforming persons. Transgender can also be simplified as 'Trans'.

In current social construct, gender is usually divided into either 'male' or 'female'. However, instead of simply categorising gender to either one of them, a more accurate categorisation could be 'binary' or 'nonbinary'. Such categorisation also applies to transgender persons: trans men and trans women are defined as binary gender, whereas genderqueers, genderfluid are defined as nonbinary.



LEARN MORE: INNATAL/POSTNATAL?

There is **no conclusive evidence to pinpoint the cause of gender dysphoria** (GD). The concurrency rate of autism spectrum disorders (ASD) and GD could be suggested as a biological-anthropology explanation to gender discomfort. There are also neurological studies stating that a fetus differentiates their anatomical genitals in the first trimester of pregnancy; while gender differentiation in their brains happens in the end of the second trimester. If there is an inconsistency between genital and neurological differentiations, it remains a possibility in causing gender dysphoria [2]. Nevertheless, there is plenty of room for developing new theories regarding gender studies.

LEARN MORE: WHAT'S THE TRANS POPULATION?

It's almost unattainable to put a number to the transgender population - Most countries do not recognise gender diversity such as the third gender or even intersex conditions. Dialogues regarding gender identity and sexuality are still fairly embryonic in Hong Kong, thus most people experiencing gender dysphoria would hide themselves to avoid stigma and social injustice. The Prince of Wales Hospital has established the 'Gender Identity Clinic' (GIC)* ('Gender Clinic' in short) in October 2016. People experiencing gender dysphoria can now receive related one-stop treatments at the GIC including psychiatry, endocrinology, surgical, clinical psychology, nursing, occupational therapy, speech therapy and mental health. Over 500 individuals registered at the GIC by Dec 2021. However, these numbers **do not include those who seek private and/or overseas medical attention, as well as those who have yet been in touch with the medical system**. Neither does the number include trans youth (under 18 years old), nonbinary folks etc.

[*] Renamed in Dec 2021 as Gender Identity Clinic, previously known as 'Gender Identity Disorder Clinic, GIDC'

1.2 COMING OUT TO FRIENDS AND FAMILY



MOM FOUND THE DRESS THAT I HID...

WHAT SHOULD I DO?

- Mia finally worked up the courage to buy her
- first dress. She hid it carefully inside the
- closet. However, her mom still found out
- about it when she was cleaning up...

ACTIVITY: THE PROS & CONS OF COMING OUT

When you feel like you're ready to come out to your friends and family, what do you think are the pros and cons? Try to list them out. (See the bottom of this page for suggesting answers)



COME OUT PROS

- _____
- _____
- _____
- _____
- _____



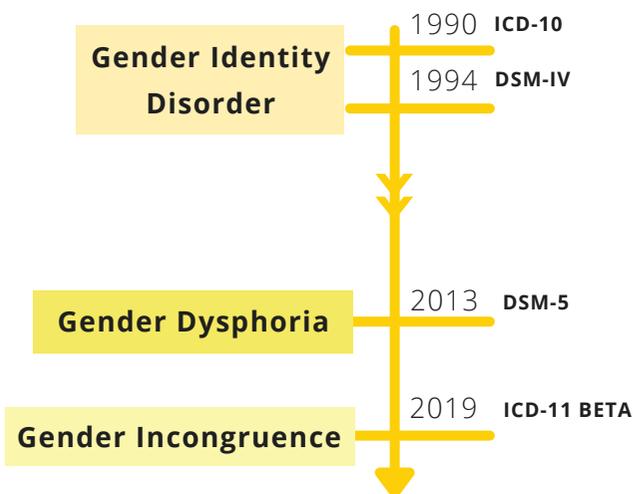
COME OUT CONS

- _____
- _____
- _____
- _____
- _____

Suggested answers:
Come Out Pros: Be your true self, Unloading the burden, Meeting like-minded people, Helping/ supporting other trans people, Gradually feeling at ease with yourself
Come Out Cons: Feeling rejected/ isolated, Negativity, Medical risk, It takes time to come out and you may have to do it over and over again, Worrying about your safety

LEARN MORE: WHAT DO THE PROFESSIONALS SAY?

The Diagnostic and Statistical Manual of Mental Disorders, 4th Edition (DSM-IV) published in 1994 by the American Psychiatric Association (APA) and the International Classification of Diseases, 10th Revision (ICD-10) published by the WHO in 1990 diagnosed one's discomfort and distress towards their gender as 'Gender Identity Disorder' (GID). However, along with medical advancement and clinical reevaluation, **GID is no longer considered as pathogenesis - it ceased to be considered a sickness or disorder.** Thus, the current definition in DSM-5 published in 2013 refrained from defining related issues as a disorder and renewed it as 'Gender Dysphoric'. GID is now re-named as '**Gender Dysphoria**'*. Nevertheless, as many transgender persons are still in need of medical attention and psychological consultation in order to combat with gender incongruence related anxiety and depression, related treatment maintains its value in the medical world for ongoing research and improvement. In 2019, WHO has re-defined GID as '**Gender Incongruence**'** in ICD-11 and re-categorised it from the 'Mental and behavioural disorders' chapter to a new chapter naming '**Conditions related to sexual health**'.



[*] The Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5)



[**] International Classification of Diseases, 11th Revision (ICD-11) (BETA)

[*] <https://www.psychiatry.org/patients-families/gender-dysphoria/what-is-gender-dysphoria>

[**] <https://www.euro.who.int/en/health-topics/health-determinants/gender/gender-definitions/who-europe-brief-transgender-health-in-the-context-of-icd-11>

TIPS: COME OUT BINGO

Remember there is no one correct way to come out to your loved ones. Only you can tell what feels right to you, and whom it feels safest to talk to. Here are some tips for coming out to your family and friends.

Give yourself the time to think through how to do it and what you want to say

Figure out the people or person you think will be the most supportive and come out to them first

Do your homework so you know the facts and information about being trans, in case they have questions

You can write a letter or send an email if you don't feel comfortable coming out in person

Be prepared to give your family and friends time to digest and accept it

Sometimes it takes a while for people around you to get comfortable with your new pronouns or name

Don't assume that everyone will react negatively

If they don't take it well, seek support and help from people that you trust

Learn from other people's coming-out experiences

1.3 TRANSPHOBIA



PEOPLE ARE SO RUDE ONLINE

- When Mo was figuring their identity,
- sometimes they'd go on YouTube and look
- for transitioning resources to see how
- it's like for trans people all over the
- world. They'd usually avoid the comment
- section, but one day they accidentally
- scrolled down and saw all those hateful
- comments...

ACTIVITY: HOW TO DEAL WITH HATERS

People are often intimidated by what they don't understand and react in a negative way to the unknown. It is somehow illogical but that doesn't mean it cannot harm you. You may experience stigma when dealing with people's opinions and their judgement on your appearance. If someone outwardly expresses their discomfort towards you, how would you respond? (See P.10 for suggested responses)



: A person is either male or female. There's no such thing as transgender!



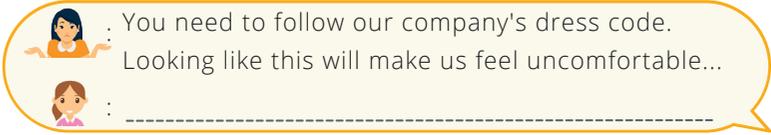
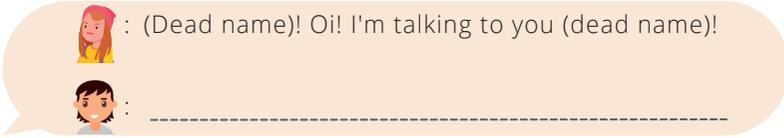
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: Have you completed your surgeries? What have you got down there?



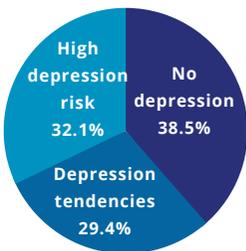
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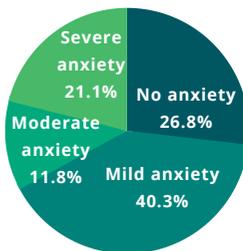
LEARN MORE: TRANS MENTAL HEALTH

Despite the increasing visibility of the transgender community, many individuals experiencing gender dysphoria may not receive the help they need in time. According to a study conducted by the Beijing LGBT Center in 2017, 73.2% transgender people experience anxiety disorders, while 61.5% show symptoms of depression [3]. Nearly half of the population have shown symptoms of suicidal ideation, where 12.7% have attempted suicide.

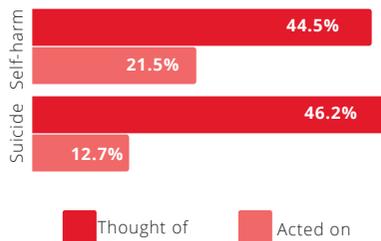
DEPRESSION



ANXIETY DISORDER



SELF-HARM/ SUICIDE



'Activity: How to deal with haters' suggested responses:

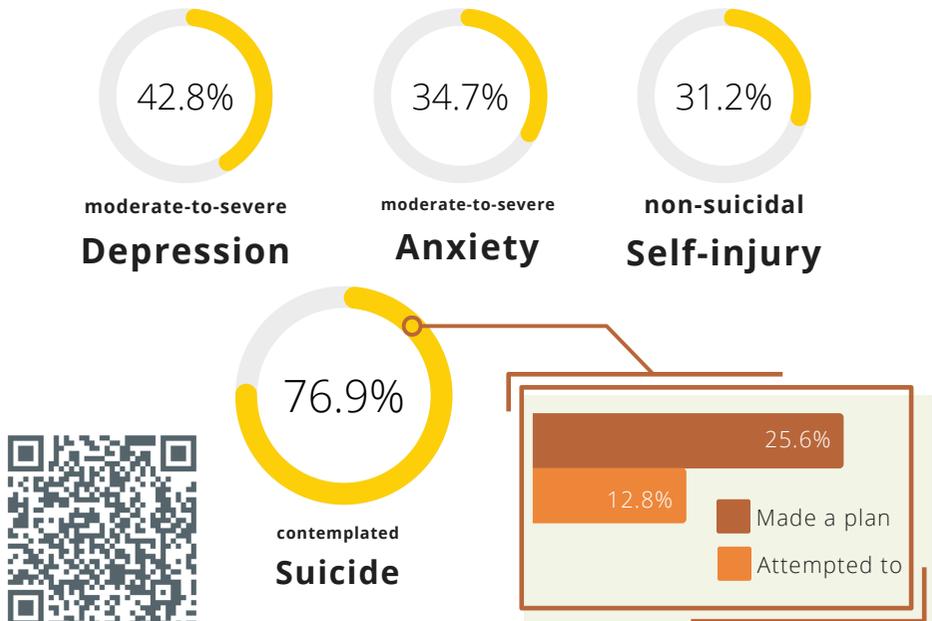
1. I know right! It's either 0 or 1, who says that 0.1234 ever existed?!
2. (Go through your pockets) Let's see, I've got my phone, keys, changes...
3. If you're referring to me, my name is XXX.
4. As long as I'm dressing respectfully and professionally, I would appreciate the space to express my authentic self.

LEARN MORE: HK'S TRANS MENTAL HEALTH

In Hong Kong, the most recent study "Excluded lives: The largest scale survey on the social and legal marginalisation of transgender people in Hong Kong so far"* on the transgender community was released in May 2021, a collaboration between the Sexualities Research Programme, Chinese University of Hong Kong and the Transgender Resource Center.

(Excerpt from said study)

42.8% of the respondents showed moderate-to-severe levels of depressive symptoms, and 34.7% showed moderate-to-severe levels of anxiety symptoms. 31.2% of the respondents reported non-suicidal self-injurious behaviour in the past 12 months (e.g. intentionally punched themselves or intentionally banged their heads or other parts of the body fiercely thereby causing a bruise). 76.9% of them contemplated suicide, 25.6% made a suicide plan and 12.8% attempted suicide in their lifetime.



[*] Excluded lives: The largest scale survey on the social and legal marginalisation of transgender people in Hong Kong so far https://www.tgr.org.hk/attachments/article/340/TransReport%2020210512_English.pdf

TIPS: WHAT IF PEOPLE ARE TRANSPHOBIC?

It can be really hurtful if the people closest to you don't understand or accept you. But remember, this is your life and you are the one to choose living it authentically. Family or friends can be controlling, but don't let their attitudes stop you from being who you want to be.

PUT YOURSELF FIRST

You need to seek the support you deserve. There are handful of organisations out there where you can talk to like-minded people and let you to have an outlet.

CREATE YOUR OWN SUPPORT NETWORK

You can surround yourself with people who understand you. Those can be people at school or work, or friends you've met online.

TRY EDUCATE THEM

Phobia and ignorance often come hand in hand. You can suggest resources which you think might help them understand.

BOOST YOUR SELF-ESTEEM

The better you feel about yourself, the less you will get hurt from negative comments. Work on yourself and figure who you are and who you want to be.

Remember:

- **You are not alone:** You are much stronger than you think you are, and we are stronger together.
- **You are not at fault:** Being trans is not a choice – just as having brown or blue eyes, or being left- or right-handed. The choice you can make, is to live your life authentically or not.
- **You are important:** Keep reminding yourself that there is a purpose in your journey. Find support in your communities and support groups.

GENDER TRANSITION

IN A NUTSHELL

We've covered a lot in regards of Gender Identity - what comes after?

Gender Transition is an important process for trans people to live their lives according to their identified gender. It implies changes and adaptation in various aspects of life. Gender Transition can be mainly divided into three aspects:

SOCIAL TRANSITION

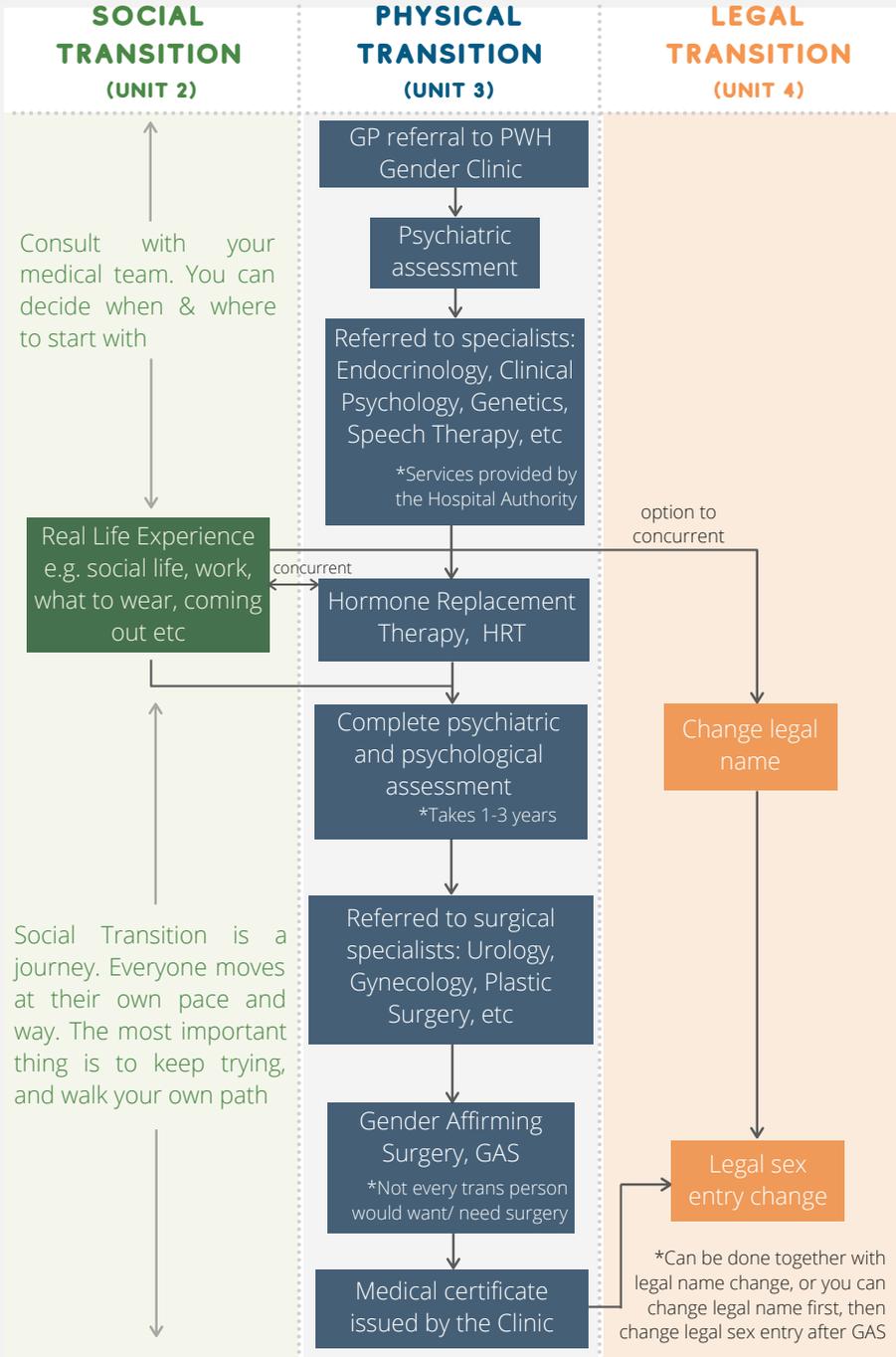
Transgender persons attempt to live as their identified gender in their daily lives and may have the following changes, including but not limited to changing their appearances, attires and names etc.

PHYSICAL TRANSITION

Transgender persons may need hormone therapy, undergo surgery and/ or bodybuilding to reduce the discomfort or disgust about their bodies.

LEGAL TRANSITION

Transgender persons' gender identity can be recognised and protected by the law, and be displayed on statutory identification documents such as ID cards and passports. According to current guidelines in Hong Kong, a transgender person must complete certain surgeries in order to change the (binary) gender on the HKID card. Yet, this does not automatically grant them a comprehensive legal affirmation and protection.



UNIT 2**SOCIAL TRANSITION**

INTRODUCTION

Social transitioning means the process to live your life as your true gender, such as changing your name or the way you look, and coming out to others. It can be different to everyone, as not every transgender person wants or chooses to undergo transition. Keep in mind that it is a process that takes time, and everyone's timeframe and approach is different.

CONTENT

Chapter	Reading time
2.1 Changing your appearances	15 mins
2.2 Transitioning at work	20 mins
2.3 Dating	15 mins

2.1 CHANGING YOUR APPEARANCES

TRYING TO FIND AN OUTFIT THAT WORKS

- Hasn't had that much experience living as a woman,
- Mia felt lost when she first started transitioning -
- shopping, make up, body care... It all sounded so
- foreign to her. Sometimes Mia also worried that she
- doesn't 'pass' as a woman, and couldn't work up the
- courage to even walk into the shops...



ACTIVITY: KNOW YOUR STYLE

It takes time to find a style that works for you! It's okay to make mistakes. Test possible solution is to try out different outfits, figure out what fits you best through trial and error. Take notes of the below options, and learn about different kinds of styling methods!

Body care:

Body, skin, hair

Style:

Minimalistic, artsy,
grungy, casual,
chic

Where to shop:

Shopping malls, local
stores, online (local,
taobao, overseas)



Hairstyle:

Long, short,
straight, curly, dyed

Voice:

Feminine voice practice,
masculine voice practice

Dress for:

Work, hanging out with
friends, partying, photo
shoots

TIPS: PASSING

When one decides to undergo gender transition, they may change the way they look and act to match their gender identity. These changes are often considered to be made so as to 'pass' as the desired gender, that other people will not know they have made a gender transition. There has always been social pressure to be a certain way when it comes to expressing one's identity, transgender or not. The idea of passing can sometimes make self-acceptance harder. It can be a binary of pass or fail, **that the concept of passing gives others the power to determine if your identities are real.** Being in an in-between place and not fitting in is always hard. Definitions can be difficult. Nevertheless, passing can sometimes make life easier, as it's likely that you will face less awkward staring, harassment, discrimination, and violence. If others do not agree with how you identify yourself, it can be hard on your self-identity and self-acceptance. Undoubtedly, it can be empowering if you choose to be 'out and proud', **reclaim your identity and take control of your life** [4]. It is also okay to not be loud and proud, or wear your trans flag everywhere you go. **If you wish to look 'passed' and live your life subtly and quietly, feel free to own your identity and do what feels right.** There is no one way to express your gender identity. We are all different and deserve to claim our space in the community.

TIPS: BIND HEALTHILY

Non-medical approaches such as binding, can potentially create a more male-looking chest. **Although binding is not an invasive procedure, it is important to do it safely so you don't end up hurting yourself.** If your binder is hurting you, cutting your skin, or preventing you from breathing - it's too tight. You need to take breaks from binding as it is unhealthy to bind all day and all night. Start with a few hours every day when you first start binding and give your body the time to adjust. There are many ways of binding, including layering of shirts, sports bra and chest binders [5]. If it is economically feasible, experiment with different binding methods and find the one that best suits you. **It should be something as comfortable and breathable as possible while still maintaining a look for your chest that you can live with.**



It is unhealthy to bind all day and all night!



Many ways of binding, try sports bra or chest binders

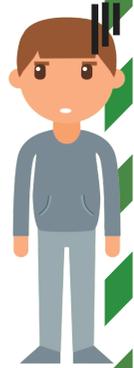


Try layering! Loose clothing can also help.

2.2 TRANSITIONING AT WORK

HOW AM I SUPPOSED TO PUT THAT ON MY RESUME?

Mo used to study in a traditional catholic all-girls school. He started on T since college, and now he's graduating and applying for jobs. But now his voice is deepened. He has a beard on his face that doesn't quite explain his highschool experience on his resume...Let alone that Mo is not able to change his gender marker on his ID. It'll be a real struggle if he's required to fill out any application forms...



TIPS: TRANSITIONING AT WORK

Job seeking can be daunting at times. It is important to be prepared and learn to protect yourself when needed. Unfortunately, **discrimination against transgender people is neither clearly defined by any Hong Kong court under the sex nor the disability discrimination ordinance***. Hong Kong's Sex Discrimination Ordinance only covers discrimination on the ground that a person's assigned sex as female or male [6]. On the other hand, while gender dysphoria is clinically recognised as a condition, many transgender people do not wish to be considered as mentally disabled, which makes it difficult to seek legal assistance. Needless to say, fighting for equality is a long and often painful process. However, it is important to remember that there are many before us who tirelessly fought for trans rights, and some are still continuously marching on.

[*] Response of the Equal Opportunities Commission: Inter-Departmental Working Group on Gender Recognition, Consultation Paper: Part 1 Gender Recognition <https://www.eoc.org.hk/eoc/upload/2018121622321114772.pdf>

TIPS: APPLYING FOR A JOB WHILE TRANSITIONING

Seek Trans-friendly companies:

Albeit the scarcity of progressive companies here in Hong Kong, you can still start with a thorough examination of a company's website, including **checking for a diversity and inclusion statement** by reading company news and researching into their corporate team. You can also **review its social media** to see whether, and how LGBTQ+ issues are discussed.

Consider whether you want to disclose your gender identity:

Whether you come out or not it is solely your choice. You may not want to be out during the job search and hiring process, and that is okay. Either way, you should have a plan. You can **add your pronouns to your resume or email signature**. You can be more prepared with referencing. If needed, contact your previous employers and inform them of your current situation, on what you choose to disclose especially if you have changed your name. You can choose to **add an asterisk before any item with your previous name if needed**.



Ace the interview:

Wear a **professional and clean outfit** to your interview – something that you feel comfortable expressing yourself in. It is possible that you will be asked awkward or inappropriate questions during your interview, such as your former name or your transition status etc. You can **respond politely** by saying, 'XX won't have a bearing in my performance in the role'. Or you can choose to **restate in a factual way** by saying, 'Yes, some of my previous employment was under a different name. I changed my name in year XX.'

Prioritise your physical and emotional safety:

Ultimately, you are the person spending most of your time in the company. **Pay attention to your instincts when you choose to accept or reject an offer.** Unemployment can be concerning, but so as being employed at a discriminatory company. Seek support when you need it, and lodge a complaint if you feel like you are wrongfully treated in a workplace.



You can also refer to "Meeting Transgender Persons at the Work Place" published by Gender Empowerment for more information!
https://genderempowerment.org/wp-content/uploads/2016/05/transgender_employment_booklet_eng.pdf



TIPS: WHAT TO DO WHEN YOU FEEL DISCRIMINATED

If you are experiencing discrimination at work, you can choose to execute the following methods:

- Report to management, or seek help from your workers' union
- Lodge a complaint to the Equal Opportunities Commission (EOC)*
- File a legal case at court

You should keep a record in any format shortly after the incident. If you wish to build a case in court in the future, these recordings or writings can help you remember details of the incident. There are mobile applications developed by non-profit organisations** specialising in assisting discrimination cases. You can seek more information through local communities and social workers.

[*] How to contact the Equal Opportunities Commission (EOC):

Address: 16/F., 41 Heung Yip Road, Wong Chuk Hang, Hong Kong

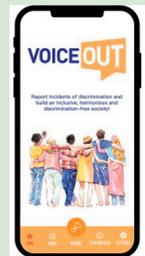
Contact number: (852) 2511 8211

Website: <http://www.eoc.org.hk>



[**] VoiceOut! Mobile App

- Introduced by HK NGO Faith in Love Foundation
- Assist in discrimination case data collection, legal actions, governing policy research and public education



[*] https://www.eoc.org.hk/EOC/GraphicsFolder/showcontent.aspx?content=sex_discrimination_ordinance_and_i

[**] <https://voiceoutapp.hk>

2.3 DATING

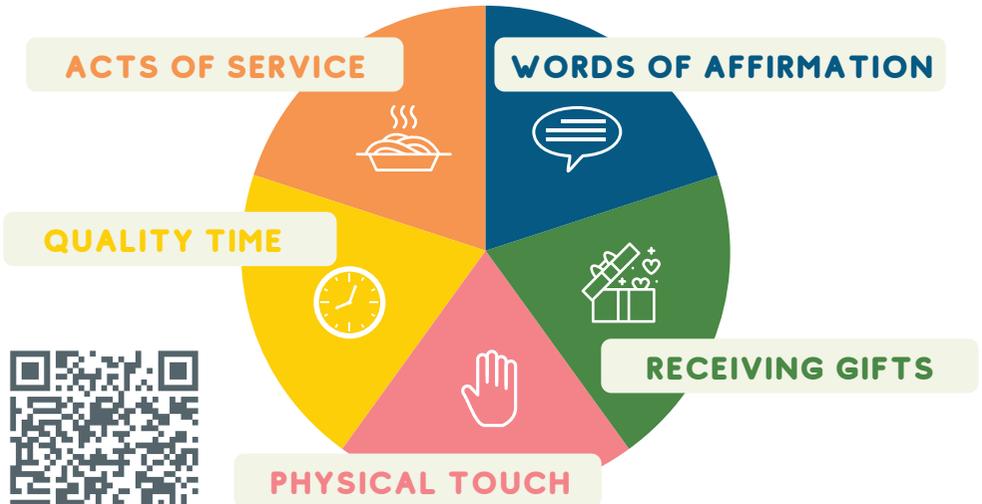
● I REALLY LIKE THEM. SHOULD I ● TELL THEM I'M TRANS?

● Mia met this guy online a while ago, and it's
● going well. They've met a couple of times, and
● she really likes him. Mia wants to take it
● further but she's not sure if she needs to, or
● how to come out to him. Mia wants to be honest
● with him but also doesn't want to scare him off
● because of her gender identity...



ACTIVITY: KNOW YOUR LOVE LANGUAGE

Before going into a relationship, learn your needs first. You can know more about your love languages through [5lovelanguages.com](https://www.5lovelanguages.com), and you can also invite your date to try out the test together!



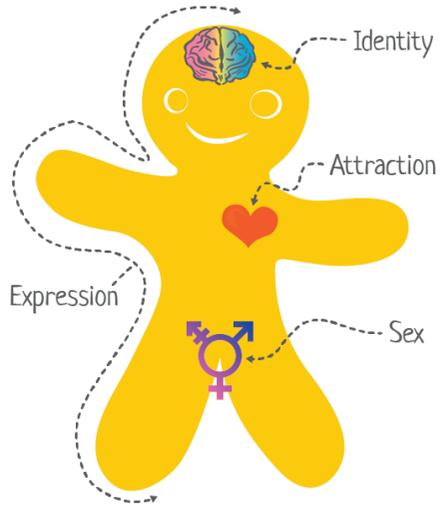
[*] <https://www.5lovelanguages.com/quizzes/love-language>

LEARN MORE: GENDERBREAD V4.0

Created by Sam Killermann, this Genderbread person explains how gender/ sexuality supersedes the concept of binary. **Be it gender identity, expression, or sexual orientation, it is as diverse as it can be.** Gender/ Sex exists on a spectrum. The most recent 4.0 version includes the newest concept - **assigned sex at birth**. What's your Genderbread looking like?

 **ASSIGNED SEX AT BIRTH**

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Male	Female	Intersex



 **GENDER EXPRESSION**

The ways you present gender, through your actions, clothing, demeanor, and more. Your outward-facing self, and how that's interpreted by others based on gender norms.

<input type="checkbox"/>	→	Femininity
<input type="checkbox"/>	→	Masculinity

How does your Genderbread look like?

Assigned sex at birth Male Female Intersex

Gender Expression	<input type="checkbox"/> → Femininity	<input type="checkbox"/> → Masculinity
Gender Identity	<input type="checkbox"/> → Woman-ness	<input type="checkbox"/> → Man-ness
Sexual Attraction	<input type="checkbox"/> → Women	<input type="checkbox"/> → Men
Romantic Attraction	<input type="checkbox"/> → Women	<input type="checkbox"/> → Men
Sex	<input type="checkbox"/> → Female-ness	<input type="checkbox"/> → Male-ness



GENDER IDENTITY

Your psychological sense of self. Who you, in your head, know yourself to be, based on how much you align (or don't align) with what you understand to be the options for gender.

-  → Woman-ness
-  → Man-ness



SEXUAL ATTRACTION

Like sex, attraction isn't really a component of gender. However, we often conflate sexual orientation with gender, or categorize the attraction we experience in gendered ways.

SEXUALLY ATTRACTED TO... or ROMANTICALLY ATTRACTED TO...

-  → Women a/o Feminine a/o Female people
-  → Men a/o Masculine a/o Male people



SEX

Sex (sometimes called biological sex, anatomical sex, or physical sex) is comprised of things like genitals, chromosomes, hormones, body hair, and more. But one thing it's not: gender.

-  → Female-ness
-  → Male-ness



[*] Genderbread v4.0



[**] Genderbread Comics
published by
Gender Empowerment

[*] <https://www.genderbread.org/>

[**] https://issuu.com/gender_empowerment/docs/genderbread_manga

UNIT 3

PHYSICAL TRANSITION

INTRODUCTION

Physical transition is a part of your gender transition where you can choose to undergo medical treatments so that your body such as your sex characteristics match better with your gender identity. It can be described as feminising, masculinising, or gender neutralizing, accordingly to various medical interventions. Physical transition should be approved by a doctor before treatment can begin, which means you have to visit the Gender Clinic and be supervised by their teams of medical professionals throughout the process. It is normal when doctors require you to undergo 'Real Life Experience' for at least a year before any irreversible intervention can take place. The Prince of Wales Hospital provides one-stop medical support for individuals experiencing gender dysphoria.

CONTENT

Chapter	Reading time
3.1 Hormone Replacement Therapy	20 mins
3.2 Gender Affirming Surgery	20 mins

3.1 HORMONE REPLACEMENT THERAPY

I'M NOT 18 YET BUT I REALLY WANT TO TAKE HORMONES...

Mia has known she's a girl since she was young, but she won't be 18 until next year to be eligible to use public medical resources. The past year Mia learnt that some friends bought hormones online. It's quite pricey, but Mia really wants to try it for herself before going to the Gender Clinic once she reaches 18...



ACTIVITY: WHAT ARE THE SIDE EFFECTS?

Do you know what side effects do female/ male hormones do to your body? Here's a list of various side effects, try to match it! (see p.21 for answers)

BLOOD CLOTS •

TEMPERAMENT •

LOSE APPETITE •

WEIGHT GAIN •

STROKE •

RASH •

ACNE •



CARDIAL

INFARCTION •

HEADACHE/

DIZZY •

FEVER •

POOR SLEEP •

COLD

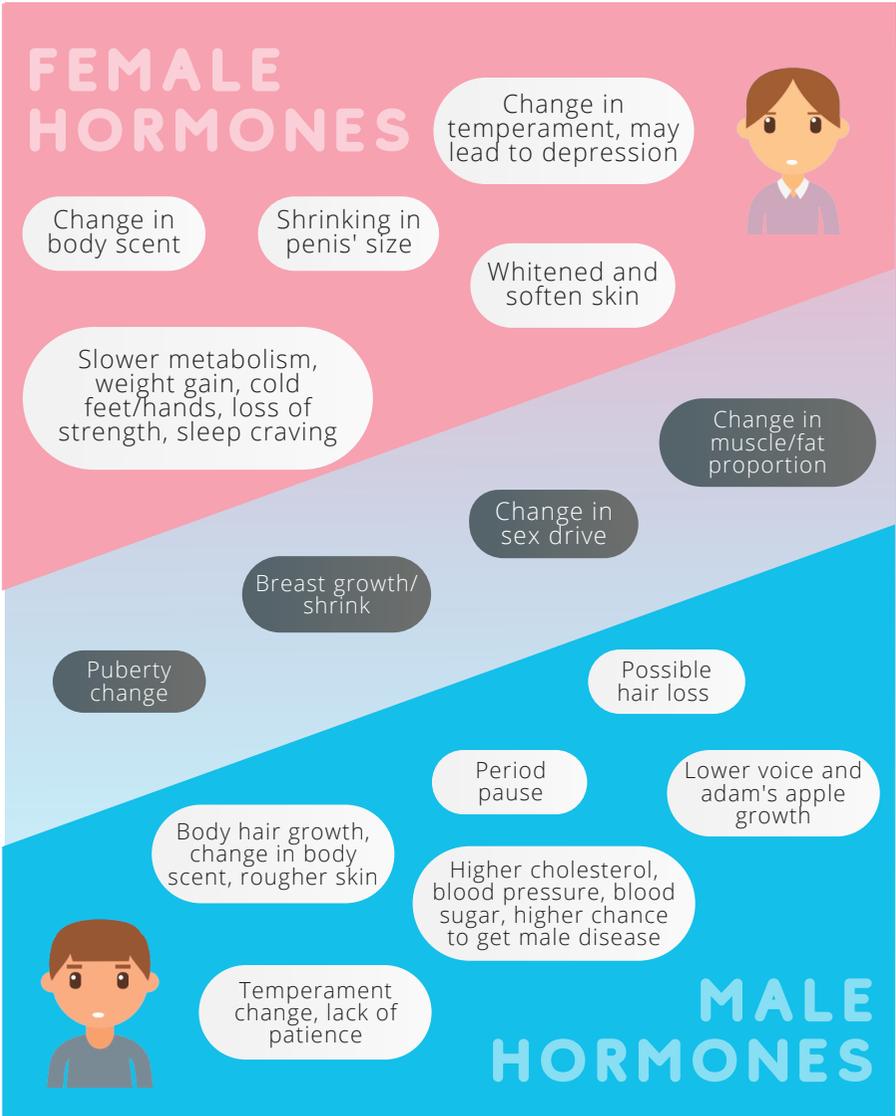
FEET/HANDS •

LOSS OF HAIR •

HIGH BLOOD

PRESSURE •

LEARN MORE: HOW HORMONES CHANGE YOUR BODY



Apart from changes in your appearances, and names etc during social transition, if you do choose to use hormones to assist your gender transition, you can refer to the previous list of possible effects you can expect. **Every body reacts differently towards hormone therapy, so consult your doctor for professional opinion.**

It can be tempting to purchase puberty blockers or hormone pills through illegal channels. But **bear in mind that some of these medications effects are only partially irreversible, and sometimes it comes with severe side effects.** Improper use of medication can potentially lead to improper injection, unbalanced dosages and questionable sources [7]. Seek professional medical advice, and stay open and honest about your feelings and progress, for **your health and safety should always come first.**

Answer to P. 27 Activity: What are the side effects?

Female hormones side effects:

Temperament, lose appetite, weight gain, stroke, cardial infarction, headache/ dizzy, cold feet/hands, blood clots

Male hormones side effects:

Rash, acne, headache/ dizzy, fever, poor sleep, loss of hair, high blood pressure, loss of appetite

LEARN MORE: REVERSIBLE VS IRREVERSIBLE MEDICAL INTERVENTION

Medical transition can be categorised into three different levels of medical interventions:

FULLY REVERSIBLE

PUBERTY BLOCKER

Puberty suppression is the practice of suppressing an adolescent's hormone production to prevent the development of certain secondary sex characteristics. This gives them time to explore their gender, and can benefit them from later gender affirming surgeries should they choose to pursue them. The purpose of puberty suppression is to alleviate the psychological suffering, and to make social passing easier for the individual to experiment with their gender [8]. Such suppression can be stopped at any time, causing puberty to begin. **There are potential side effects to this treatment, therefore it should always be carefully managed by a medical professional.**

PARTIALLY REVERSIBLE

HORMONE THERAPY

Hormone therapy should only be considered under the care of an appropriate team of medical professionals, as well as the support of family and friends. These interventions can lead to **outcomes that are only reversible by more invasive methods such as surgery** [9].

IRREVERSIBLE

SURGICAL PROCEDURES

Irreversible medical interventions are surgical procedures including genital and chest surgery. **Such medical procedures should only be considered in consultation with medical professionals.**

3.2 GENDER AFFIRMING SURGERY

WHEN CAN I HAVE MY SURGERY DONE?

- It's finally Mo's turn to join the queue for top surgery! But they'll have to wait for another 2 years... Mo wants to get their top surgery done asap, but it seems quite expensive to go overseas, and they're not sure about the recovery as well. When expectations clash reality, Mo is getting more and more frustrated..



ACTIVITY: LET'S PLAN!

Try writing down your goals, and savings target, small steps matter while waiting for public/private services.

Use the sheet on P.32 as a reference for planning, break down your financial goals, the amount you need for travelling, the surgery and hospital stay etc.

SET GOALS

PLAN

EXECUTE!

MY FINANCIAL PLAN

INCOME	
SOURCE	AMOUNT
Eg: PT job	\$7,000

GOAL			
ITEM	TIME	AMOUNT	AVG
Top surgery	1 year	\$40,000	\$3,333/month

EXPENSES		
ITEM	EXP. AMT	ACTUAL AMT
Transportation	\$950	\$800
Groceries	\$3,000	\$3,300

REMARKS

.....

.....

.....

LEARN MORE: COMMON MEDICAL PRACTICES

For **trans men and some non-binary people (AFAB)**, medical transition may include any of the following:

- **Hormone therapy** (to create masculine characteristics such as a deeper voice, facial hair growth, muscle growth, redistribution of body fat away from hips and breasts, not getting a period, etc.)
- Male chest reconstruction, or commonly known as **top surgery** (removal of breasts and breast tissue)
- **Hysterectomy** (to remove the internal female reproductive organs such as the ovaries and uterus)
- **Phalloplasty** (to construct a penis using skin from other parts of your body)
- **Metoidioplasty** (surgery that causes your clitoris to look more like a penis, along with hormone treatment to make your clitoris grow larger)

For **trans women and some non-binary people (AMAB)**, medical transition may include any of the following*:

- **Hormone therapy** (to create feminine characteristics such as less body hair, redistribution of body fat toward hips and breasts, etc.)
- **Penile inversion vaginoplasty**** (to create a vagina by inverting penile skin, current practice in Hong Kong)
- **Breast augmentation** (implants)
- **Orchiectomy** (to remove testicles)
- **Laser hair removal**
- **Chondrolaryngoplasty**, or Tracheal shave (to make your Adam's apple smaller)
- **Facial feminization surgery** (to create smaller, more feminine facial features)

You can refer to P.14 for the medical procedures adapted by the Gender Clinic in the Prince of Wales Hospital.



[*] Patients is responsible for all charges induced during facial and breast implants.

[**] <https://www.healthline.com/health/transgender/vaginoplasty#technique>

[**] Penile inversion vaginoplasty

UNIT 4

LEGAL TRANSITION

INTRODUCTION

Legal matters that concerns trans individuals are: 1) their ID gender, and 2) their name. Although some may change their legal name whilst they change their ID gender, some may choose to change their name first in order to alleviate their discomfort emotionally and in their daily lives. It also shows their determination to transition and helps others to understand their level of discomfort.

CONTENT

Chapter	Reading time
4.1 Legal name change	10 mins
4.2 Legal gender change	10 mins

4.1 LEGAL NAME CHANGE

HOW TO CHANGE YOUR NAME LEGALLY IN HK

If you wish to change your name legally, you only need to apply for a Deed Poll at any registered lawyer, and request a name change on your HKID at the Immigration Department. When you've successfully received your new HKID, remember to change your name at the bank or other institutions.



Procure a Deed Poll with a registered lawyer, which usually costs around HK\$500.



Apply for name change at the Immigration Department, which costs HK\$420 (as of Dec 2021)



Receive new HKID



Amend details on passport, bank records etc



4.2 HKID GENDER CHANGE

HOW TO CHANGE YOUR ID GENDER IN HK

You need to receive a medical certificate issued by the Gender Clinic* or other qualified overseas clinics** indicating that you have completed gender affirming surgeries in order to change the sex entry on your HKID.

Date: _____
To: Whom it may concern

Sample ◀ Medical certificate sample issued by the Gender Clinic

Medical Certificate

(to be completed by a registered doctor practising in Hong Kong)

Re: _____ (name)
Holder of Hong Kong Identity Card no. _____ /
Travel Document Type and no. _____ *

PART A

For the purpose of supporting the application for amendment of sex entry on the Hong Kong identity card of the above-named person, I [certify / am satisfied]* that the above-named person has undergone –

- a female to male sex re-assignment surgery (SRS), which includes
- (i) removal of the uterus and ovaries; and
 - (ii) construction of a penis or some form of a penis.
- a male to female SRS, which includes
- (i) removal of the penis and testes; and
 - (ii) construction of a vagina.



[*] Medical certificate sample issued by the Gender Clinic

PART B (if the SRS was not performed by the doctor completing this form)

My assessment was based on the following evidence:

clinical examination / operation record / pathology report / radiological report /
others (please specify: _____) *

Signature of doctor: _____

Name in block letters: _____

Medical registration no.: _____

¹ Please complete Part B if you are not the original doctor who performed the SRS

* Please delete where appropriate



[**] Medical certificate sample issued by overseas' Gender Clinic

In HK, trans persons can only change their HKID gender (to female or male, there's no third gender or other gender options), but not their gender on the birth certificate. HKID is only an identification document that serves its administrative purpose, the gender marker on the ID does not necessarily guarantee trans persons are recognised or protected by the law while living as their identified gender.

[*] https://www.gov.hk/en/residents/immigration/images/pdf/AnnexI_Eng.pdf

[**] https://www.gov.hk/en/residents/immigration/images/pdf/AnnexII_Eng.pdf

UNIT 5

GENDER RECOGNITION

INTRODUCTION

Apart from Gender Identity and Gender Transition, the third main aspect of trans issues is Gender Recognition. Regarding the gender marker on their identifications, or issues such as access to facilities, insurance, human rights etc, it is important to review if trans persons' rights are protected under the common law.

CONTENT

Content	Reading time
5.1 When can my gender be recognised?	20 mins
5.2 Marriage and trans	20 mins
5.3 International gender recognition	15 mins
5.4 Sexual violence against trans	15 mins

5.1 WHEN CAN MY GENDER BE RECOGNISED?

THE TELLER ALWAYS GIVES ME A LOOK

- Mason started on T when he was doing his undergraduate studies in Canada. As a Canadian citizen, Mason went through expert assessment and had his ID gender changed to male. He also enjoys his legal rights as a male. However, since being back to Hong Kong, Mason realised he couldn't change his ID gender since he didn't complete bottom surgery. Now every time when he goes to the bank, the teller always glares at him when he hands over his ID for verification.



Q, R & TSE V C. OF REGISTRATION*

In 2017, three trans men filed for appeal because they were denied to change their ID gender as male. Two of them filed for another appeal after losing their case in 2019. In a span of 5 years, the High Court once again rejected their request in 2022. The court verdict** stated that the completion of gender affirming surgery (here implies the removal of reproductive organs and reconstruction of genitals for trans men) is the requirement of ID gender change. The fact that the applicants' health condition allow them to undergo said surgery but they decide not to, does not comply with the conditions for a gender change, thus the basis of discrimination and inhumanity does not apply in this case. (See P.42 for verdict documents)

The applicants Q and TSE were assigned female at birth, realised their transgender identity since a young age, later started on T and completed top surgery. They both didn't feel the urgent need to undergo bottom surgery. They received their Gender Recognition Certificate through professional assessment under the effect of the British Gender Recognition Act 2004. Their gender on the British passport was amended as male, and they enjoy basic legal rights in the UK such as marriage and adoption. Nonetheless they were not able to change their gender on their HKID.



Q & TSE's arguments

Requesting Gender Affirming Surgery is an invasion of privacy

The surgery is high risk yet low successful rate. They have no urgent need to undergo surgery, thus using that as a condition to change their gender is inhumane and insulting.

They have lived as a male for years, and also were issued the Gender Recognition Certificate by the British Government

Medically they do not need surgery, and said surgery has no healing purpose



The court's verdict

If the applicants reserve their reproductive systems, and if they were pregnant and gave birth will lead to legal and social issues

Surgery is a reasonable balance between public interest and personal privacy, does not go against human rights

Gender Transition requires objective medical assistance to determine if the person has completed transition. Surgery is the tool to make sure they will not regret their decision

Society does not have sufficient facilities nor mentally prepared to accept trans people who haven't completed surgery to change their ID gender

QUESTION: WHAT IS 'COMPLETED' TRANSITION?

So, does that mean only trans people who have 'completed' all surgeries to be considered eligible enough to be protected by the law? How and when does that mean to 'complete' gender transition? Is there only one set of regulations to be applied to everyone? Let's dive in to the next chapters and explore more on this topic.

Verdict of Q, R & Tse v c. OF REGISTRATION*



[*] Judgment of the first judicial review



[**] Judgment dismissing the appeal

[*] https://legalref.judiciary.hk/lrs/common/search/search_result_detail_frame.jsp?DIS=119924&QS=%2B&TP=JU&ILAN=tc

[**] https://legalref.judiciary.hk/lrs/common/ju/ju_frame.jsp?DIS=142010

5.2 MARRIAGE AND TRANS

IT DOESN'T MATTER HOW MUCH I LIKE THEM, I CAN'T MARRY THEM ANYWAY

- Mia has always dreamt of her wedding day; although she
- doesn't know if it's even possible for her to be legally
- married in HK. Her birth certificate and HKID both
- indicate her sex assigned at birth as male. Even if she
- can change her gender once she's completed the surgery,
- that might not guarantee her rights to marry the man she
- loves. Does that mean that she can only marry a woman?



W V REGISTRAR OF MARRIAGES

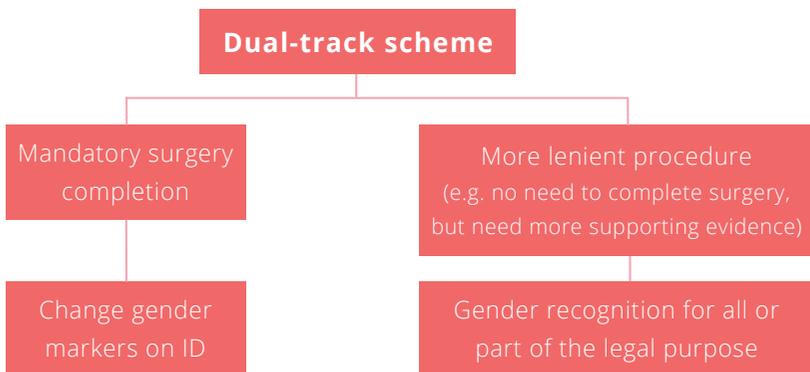
Trans woman W underwent gender affirming surgery in 2008 and changed her HKID gender to Female. Same year in November, W made an inquiry through her attorney to figure out if she can legally marry her boyfriend. The Registrar of Marriages rejected her request on the grounds that W's birth certificate assigned her as male at birth, whilst the HK government only refers to a person's birth certificate but not ID or passport for marriage purposes. At the time HK does not recognise same sex marriage.

W submitted the case to the court for judicial review, saying that her marriage and privacy rights were violated. Both the Court of First Instance and the Court of Appeal rejected W's claim. W made her case to the High Court, was ruled in favor of the case in 2013, and she could finally marry her boyfriend. The High Court issued a one-year stay of enforcement of the ruling to give the government more time to amend the law.

HK'S INTER-DEPARTMENTAL WORKING GROUP ON GENDER RECOGNITION

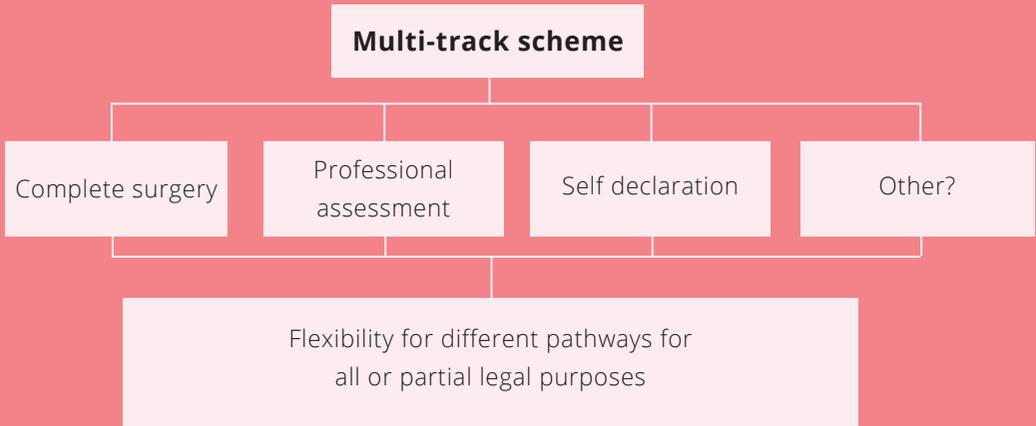
The Inter-departmental Working Group on Gender Recognition ("IWG") was established in 2014 to consider legislation and incidental administrative measures that may be required to protect the rights of transgender persons in Hong Kong in all legal contexts after W's case. The first part of its consultation paper was released in 2017.

The paper referenced international gender recognition systems, analysed the pros and cons of the medical and non-medical perspectives of implementing gender recognition law in Hong Kong. A note that's worth mentioning is the 'Dual-track gender recognition scheme' ("Dual-track scheme"). The Dual-track scheme suggests providing two different gender recognition procedures (eg: one track is mandatory to complete gender affirming surgery, the other track is relatively more relaxed but requires more supporting evidence) and/or different legal consequences (eg: one track to change gender markers on identity documents and be recognised accordingly, the other track to make gender recognition for all or part of the legal purpose)



QUESTION: ONLY DUAL-TRACK WORKS? WHAT ABOUT TRIO? OR MULTI-TRACK?

The IWG only published the first part of the consultation paper in 2017, whilst the release date of the second part is yet to be confirmed. However, is the Dual-track the only solution? Is there a possibility to implement a multi-track scheme, so that the applicant can choose what works best for them:



[*] Hong Kong's Gender Recognition Research in 2017

5.3 INTERNATIONAL GENDER RECOGNITION

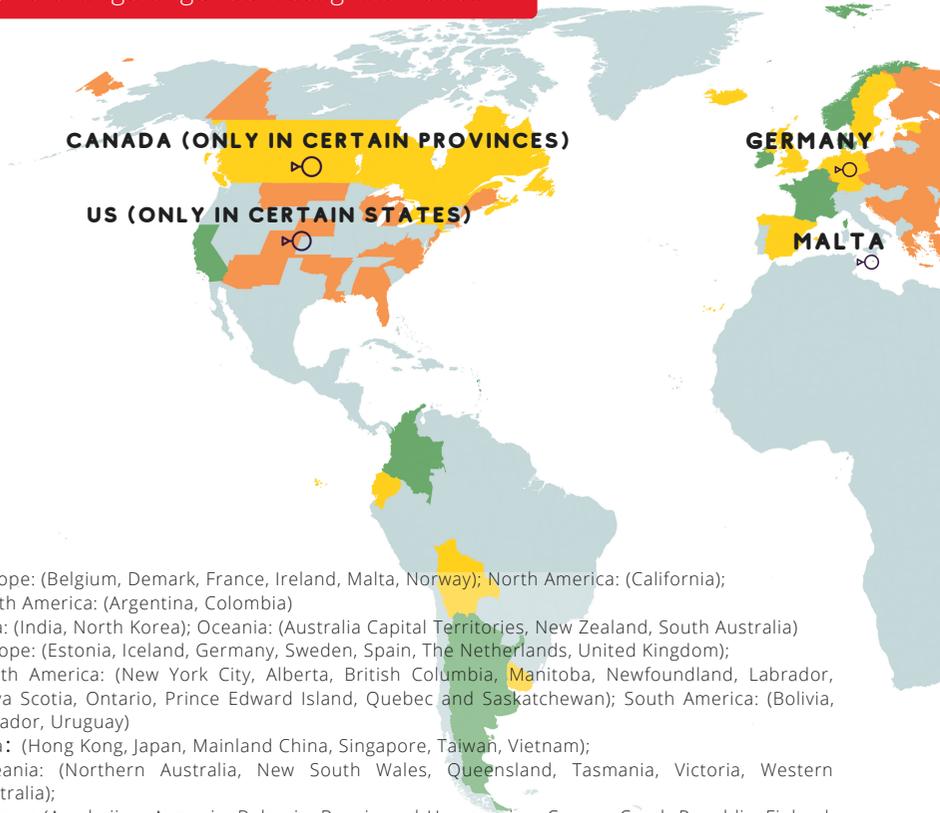
There are four kinds of proceedings in changing one's gender around the world:

(1) Self declaration;

(2) Expert assessment;

(3) Completion of gender affirming surgery;

or (4) no change of gender recognition at all.



* [1] Europe: (Belgium, Denmark, France, Ireland, Malta, Norway); North America: (California); South America: (Argentina, Colombia)

[2] Asia: (India, North Korea); Oceania: (Australia Capital Territories, New Zealand, South Australia) Europe: (Estonia, Iceland, Germany, Sweden, Spain, The Netherlands, United Kingdom); North America: (New York City, Alberta, British Columbia, Manitoba, Newfoundland, Labrador, Nova Scotia, Ontario, Prince Edward Island, Quebec and Saskatchewan); South America: (Bolivia, Ecuador, Uruguay)

[3] Asia: (Hong Kong, Japan, Mainland China, Singapore, Taiwan, Vietnam); Oceania: (Northern Australia, New South Wales, Queensland, Tasmania, Victoria, Western Australia);

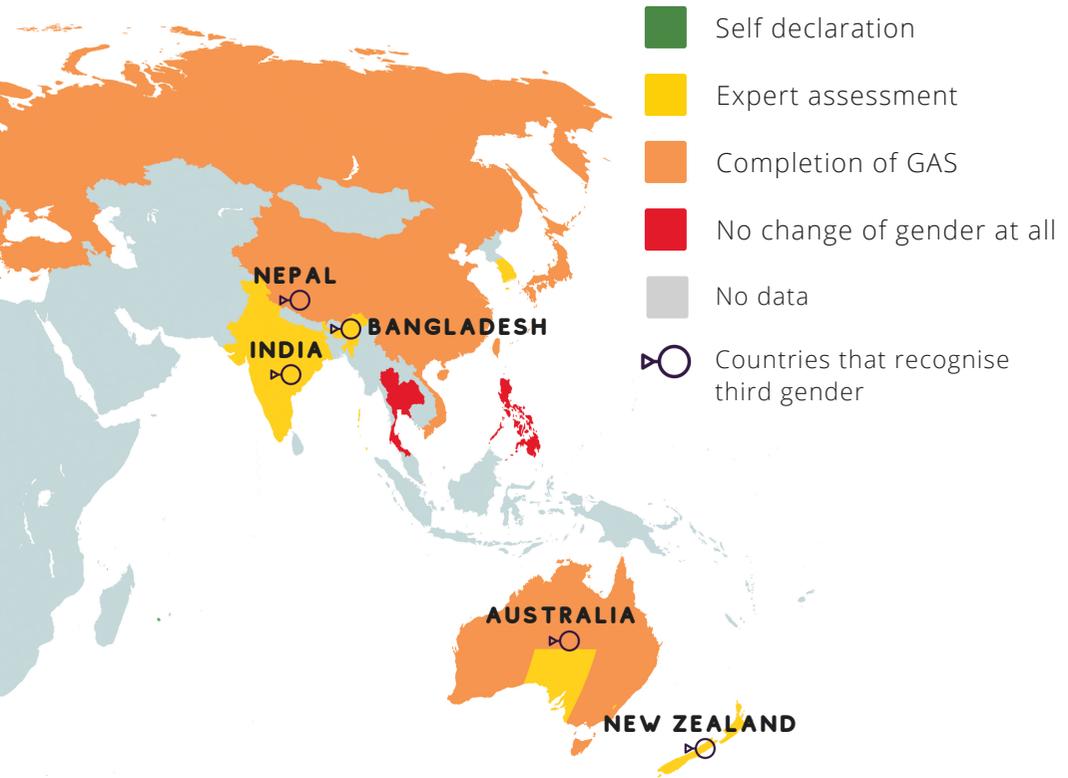
Europe: (Azerbaijan, Armenia, Bulgaria, Bosnia and Herzegovina, Cyprus, Czech Republic, Finland, Georgia, Greece, Romania, Latvia, Liechtenstein, Luxembourg, Montenegro, Poland, Russia, Serbia, Slovakia, Slovenia, Turkey, Ukraine);

North America: (Alabama, Arizona, Florida, Louisiana, Massachusetts, Michigan, Nebraska, New Jersey, North Carolina, North Dakota, Oklahoma, Virginia, West Virginia, Wisconsin, Arkansas, Colorado, Delaware, Georgia, Kentucky, Maine, Montana, New Mexico, New Brunswick, Yukon)

[4] Philippines, Thailand

Apart from the binary gender, these countries provide the option of a third gender:

- Australia, New Zealand: Gender X on passport identification, representing non-binary genders
- Bangladesh, Germany, Malta, Nepal and the United States and Canada: Third gender on identity card and birth certificate
- India: Third gender on identity card since April 2015



More on ILGA



More on TGEU



Hong Kong's Gender
Recognition Research in 2017

[*] https://ilga.org/downloads/ILGA_Trans_Legal_Mapping_Report_2017_ENG.pdf
<https://tgeu.org/wp-content/uploads/2017/02/Toolkit16LR.pdf>
<https://www.iwggf.gov.hk/eng/pdf/consultation01.pdf>

5.4 SEXUAL VIOLENCE AGAINST TRANS

NAVARRO LUIGI RECASA V C. OF CS

In 2018, the case Navarro Luigi Recasa v Commissioner of Correctional Services brutally revealed the legal loopholes in current procedural practices. Defendant Recasa claimed that she was unreasonably requested to strip naked and searched by male officers; denied access to hormones treatment for 8 months; and was held in solitary male cell during her detention. Recasa was only 19 during her arrest, but she has undergone hormone treatment for years, and has also completed breast augmentation surgery. However, since she wasn't able to change the gender marker on her legal documents, she was subjected to discrimination and transphobic actions.*

Recasa mentioned negligence of her gender identity, including being disregarded of her preference to be searched by female officers, being forced to accept intrusive search in front of a room full of male officers. Without access to female hormones, Recasa's body dysphoria was severely triggered due to hair growth, voice change and Adam's apple growth, further led to suicidal tendencies.



[*] Related coverage on Recasa's case

LEARN MORE: TRANS FOLKS UNDER HK LAW

Since 1957, the Sexual Offence Ordinance was only amended once in 2012. With the help of local activists, The Law Reform Commission of Hong Kong finally published a proposal to update the currently lacking ordinance*. **Amendments include redefining 'rape' as 'sexual penetration without consent', which includes penetration of vagina/ anus/ oral using a penis or any objects. This amendment certainly helps protect the rights of trans women** (using any objects to penetrate artificial vagina is also counted as rape). However, other situations that can be classified as sexual violence such as being searched by male/ female officers during arrest, sneak shots, and sexually subjective gaze have yet to be mentioned in the said report.

LEARN MORE: WHAT IS SEXUAL VIOLENCE

Any sexual act or attempted sexual act directed against another person without their consent is considered sexual violence. Consent should be **freely, voluntarily**, and **consciously** given by all parties involved in the activity **without threat or coercion**. Everyone involved should also be fully able to give or withdraw their consent at any time.

Sexual violence is not merely a kind of sexual behaviour, but an act of violent attack by means of sex so as to dominate others. The term does not only limit to rape and indecent assault, but also embraces any kind of sexual abuse without body contact that can still cause the victims to feel fear, being insulted and harmed (including sexual harassment).

^Excerpt from ANTI480



SO, WHAT'S NEXT?

Transgender persons often face challenges in their daily lives, be it opening a bank account, getting insurance, competing in sports, using changing rooms facilities, or in the case of marriage validity, adoption or giving birth, imprisonment etc. Is the mediation between the law and human rights really as simple as an M/F on their IDs?

Taking sports as an example, whether/how trans people can participate in sporting events is often the focus of social discussion - the most common objection is that if trans women compete, it will be unfair to other players. However, it is worth thinking about whether the criteria for participating in the competition are based on reproductive organs, or other criteria such as body weight, muscle proportions, or hormone levels?

In 2003, the International Olympics Committee ("IOC") first mentioned the conditions for transgender people to participate in the competition. In 2015, the original regulations were revised and officially entered into force in the 2016 Rio Olympics. However, the 2020/21 Tokyo Olympics is the first time where transgender athletes competed. After the Tokyo Olympics, the IOC once again proposed to revise the relevant guidelines to overturn the original restrictions on the male hormone levels of trans women, and to use the "ten principles" as the criteria for contestants to compete. Surely, this modification has again caused discussions on the fairness of the game, and the actual implementation has yet to be announced. (see explanation on P.50)



▲ 2020/21 first time trans women weight lifting athlete Laurel Hubbard from New Zealand; Nonbinary footballer Quinn; and nonbinary skateboarder Alana Smith (from left to right)

New Zealand trans woman weightlifter Hubbard did not win this Olympics, and there already are objections criticising her "failure". Imagine if Hubbard wins gold, there may be voices saying that her victory was unfair to other athletes. Seems like regardless of winning or losing, trans athletes are not able to escape the fate of being criticised. So what actually is the point of competition? Winning or losing? Participation? What about the hard work behind the athlete? Maybe the so-called "fairness" just needs to give everyone an equal opportunity to participate and express themselves.

The IOC's history of competing conditions for transgender people:

2
0
0
3

- Athletes must have completed gender-affirming surgery
- Athletes must have changed their legal gender to their identified gender
- Athletes must have undergone hormone therapy for more than two years (recommended) before the official competition

2
0
1
5

Trans women

Self-declaration, have lived as a woman for the past 4 years, and demonstrate that the level of testosterone level is lower than 10ng/dL

(Normal T range for average female is 0.5-2.4 ng/dL;
Normal T range for average male is 10-35 ng/dL)

Trans men

No requirements

Nonbinary persons

Not mentioned

2
0
2
2
(To be confirmed)

Abandon the hormonal level as the criterion, and use the "Ten Principles" to determine the eligibility:

- Inclusion
- Prevention of harm
- Non-discrimination
- Fairness
- No presumption of advantage
- Evidence-based approach
- Primacy of health and bodily autonomy
- Stakeholder-centered approach
- Right to privacy
- Periodic reviews

FINAL WORDS

People often use 'being trapped in the wrong body' to describe trans persons; however, they're trapped far beyond just their bodies...



Or to put it this way: Transgender persons are trapped in 'Gender', and 'Gender is everywhere'.

No matter how difficult life is, how uncertain the future is, remember **you're not alone**. Learn to love yourself. Just like the stories you've read of our main characters, every hurdle is all part of the process, **you're not at fault**. And remember, seek support and help when needed. **You are important.**



RESOURCES

Hotlines/ Local communities (Supporting LGB community)



Name of organisation

Hotline/ Email

TWGHs Pride Line 24/7 support hotline	-----	2217 5959
BGCA LGBT Parent Support Service *Only Chinese/ Mandarin	-----	3895 6389 diversity@bgca.org.hk
Horizons LGBT Support Hotline	-----	2815 9268 secretary@horizons.org.hk
HK Blessed Minority Christian Fellowship	-----	2834 6601/ 8136 3680 contact@bmcf.org.hk
Union Church	-----	2523 7247 info@unionchurchhk.org

Hotlines/ Local communities (Supporting T community)



Name of organisation

Hotline/ Email

Transgender Resource Center	-----	Whatsapp: 3163 7565 TG.AskME@gmail.com
Association of World Citizens (Hong Kong)	-----	awchklgbti@gmail.com
Gender Empowerment	-----	6120 9810 info@genderempowerment.org
Quarks	-----	quarkshk@gmail.com
The Gamut Project (Support the nonbinary community)	-----	https://www.thegamutproject.org/

TERMS YOU NEED TO KNOW

ASSIGNED MALE AT BIRTH (AMAB)

Those who were assigned male at birth.

ASSIGNED FEMALE AT BIRTH (AFAB)

Those who were assigned female at birth.

SEX

Sex (sometimes called biological sex, anatomical sex, or physical sex) is comprised of things like genitals, chromosomes, hormones, body hair, and more. But one thing it's not: gender.

SOCIAL GENDER

How the society perceives a particular gender to act a certain way.

GENDER IDENTITY

Your psychological sense of self. Who you, in your head, know yourself to be, based on how much you align (or don't align) with what you understand to be the options for gender.

GENDER EXPRESSION

The way you present gender through your actions, clothing, demeanor, and more, your outward-facing self, and how that's interpreted by others based on gender norms.

ATTRACTION/ SEXUALITY

Like sex, attraction isn't really a component of gender. However, we often conflate sexual orientation with gender, or categorise the attraction we experience in gendered ways.

GENDER DYSPHORIA

This is the diagnosis name used in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) to describe the various uneasiness or anxiety caused by the incongruence between an individual's experienced gender and their assigned sex. Previous diagnosis name in DSM-IV was 'Gender Identity Disorder'. DSM is a reference manual commonly used by the psychiatrists and psychologists in the United States and many other countries in clinical practice. Its fifth edition (DSM-5) was released in the United States in 2013.

GENDER INCONGRUENCE

This is the diagnosis name used in the International Classification of Diseases 11th Revision (ICD-11) to describe the various uneasiness or anxiety caused by the incongruence between an individual's experienced gender and their assigned sex. Previous diagnosis name in ICD-10 was 'Gender Identity Disorder'. The ICD (also known as The International Statistical Classification of Diseases and Related Health Problems in previous versions) is a medical classification listed by the World Health Organization (WHO).

BODY DYSPHORIA

Referring to the discomfort towards one's body or sexual characteristics.

GENDER IDENTITY CLINIC

The Hospital Authority established the 'Gender Identity Clinic' (GIC) at the Prince of Wales Hospital (previously known as 'Gender Identity Disorder Clinic', was established in October 2016. Renamed as GIC in December 2021). People experiencing gender dysphoria have the option to be referred by registered general practitioners or psychologists to receive related one-stop treatments at the GIC. Professional support services include psychiatry, endocrinology, surgical, clinical psychology, nursing, occupational therapy, and speech therapy.

TRANS WOMEN

Those who were assigned male at birth but identify themselves as female or woman.

TRANS MEN

Those who were assigned female at birth but identify themselves as male or man.

GENDERQUEER

Those who do not completely identify themselves as binary male/man or female/woman identity, regardless of their assigned sex at birth.

GENDER FLUID

A person whose gender identity (the gender they identify with most) is not fixed. It can change over time or from day-to-day.

GENDER NON-CONFORMING PERSONS

Whose gender expression may not conform to the social expectation of their assigned sex, such as cross dressers or drag kings and queens. While their gender identities are aligned with their assigned sex at birth.

GENDER TRANSITION

Gender transition is the process transgender persons go through to live a gender role that is more aligned with their identified gender, which differs from their assigned sex. It involves a lot of changes and adaptation, and can be divided into three major aspects - social transition, physical transition and legal transition.

SOCIAL TRANSITION

Transgender persons attempt to live as their identified gender in their daily lives and may have the following changes in, but not limited to their appearances, attires and names etc.

PHYSICAL TRANSITION

Transgender persons may undergo hormone therapy, surgery and/ or bodybuilding to reduce the discomfort or disgust about their bodies.

LEGAL TRANSITION

Transgender persons' gender identity can be recognised and protected by the law, and be displayed on statutory identification documents such as ID cards and passports. According to current guidelines in Hong Kong, a transgender person must complete certain surgery in order to change the legal (binary) gender on the HKID card. Yet, this does not automatically grant them a comprehensive legal affirmation and protection.

GENDER AFFIRMING SURGERY, GAS

Previously known as Sex Reassignment Surgery (SRS).

PUBERTY BLOCKER

Puberty suppression is the practice of suppressing an adolescent's hormone production to prevent the development of certain secondary sex characteristics. This gives them time to explore their gender, and can benefit them from later gender affirming surgeries should they choose to pursue them.

GENDER-NEUTRAL PRONOUN

Representing those who identify as non-binary.

SEXUAL & GENDER MINORITY

In the past, the term 'sexual minorities' is commonly used to describe people who identify as Lesbian, Gay, Bisexual, Transgender etc (LGBT). As society progresses, more people are aware of other sexualities or gender identities that fall on the spectrum and therefore the term is coined under the category of 'sexual & gender minorities'.

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