



性別空間
Gender Empowerment

2019
2020

年度報告
ANNUAL
REPORT



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本年度的發展與服務重點

Development and Service Focus

相信無論是對各商業或社福機構來說，2019-20年度都是充滿挑戰的一年。承接上一年度幸獲社署為期兩年的資助，性別空間原訂有不少計劃和活動預期能在本年度開展或舉辦，然而，因着2019年下半年的社會狀況，以及2020年初出現的新冠肺炎疫情，致令部份活動需要一再延期，甚或取消，同時亦有部份項目需要額外較長的時間去完成，或延伸至下一年度。在這段期間，性別空間除了就跨性別社群的特定需要（例如與性別過渡相關）作出支援外，也嘗試回應社群在過往難關處處的一年裡的獨特需要，因此，我們在2019年8月舉辦了一次精神健康分享會，亦於2020年初搜集並派發各種防疫物資予社群。

此外，我們在今年度亦銳意加強社群內的連結，以及組織與外界的聯繫。在加強社群凝聚力方面，我們不但開展朋輩輔導，更首次籌辦了對象為跨性別青少年的活動——棋盤遊戲日，以及舉辦了一次跨組大聯誼，讓平時各自進行開組活動的跨女、跨仔和家長，以及跨性別青少年，能聚首一堂，互相認識交流。活動後，不少家長和跨性別者均表示這些溝通機會難能可貴，希望往後能參與更多類似活動。

I believe that the year of 2019-20 has been a challenging year for all commercial or social welfare institutions. With the two-year funding we were fortunate enough to have received from the Social Welfare Department, we were able to plan ahead for this administrative year. However, due to the protests in the second half of 2019 and the emergence of the COVID-19 in early 2020, some activities were postponed or even cancelled. Various projects have taken more time than expected and their completions are extended to the next year. Over the past year, Gender Empowerment has been continually supporting the transgender community in issues such as gender transition and responded to the community's special needs under such difficult period. For example, we have held a mental health sharing session in August 2019 and sourced and distributed various anti-epidemic items to the community in early 2020.

This year, we endeavour to strengthen ties within the community and with the society. In terms of strengthening the community bonding, we not only carried out peer counselling, but also organised a boardgame day, our first activity targeting trans youths, and a cross-group gathering where trans women, trans men and parents who usually have their own group activities get to meet each other as well as the trans youths. We are happy to have received positive feedbacks after this event, with a lot of transgender persons and parents expressing their wishes to participate in more of these events in the future, where they can have the precious opportunity to communicate with each other.



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ISBN	978-988-75021-0-4	撰寫 / Writer	Kaspar Wan
印刷數量 / Quantity of Publication	100	編輯 / Editor	Rita Chan
承印 / Printed by	??	英文翻譯 / English Translator	Hallie Tam
出版日期 / Date of Publication	1 August 2020	設計 / Designer	Parnell Chan

除了上述的多元化活動及支援服務的全面嘗試外，組織亦採取不同形式，旨在加強與外界的聯繫。除了邀請社會各界不同人士作嘉賓分享外，在某些大眾平日或較少接觸的特別議題上，我們也會邀請他們來參與，以促進他們對跨性別社群文化和處境的了解。例如在「打針&4Ps」的活動中，我們邀請了數位友好機構的社工和專業人士參與其中，讓他們能對跨性別男性的需要有更深入的了解，亦能使他們在未來遇到跨性別者時，能夠提供更專業和適切的支援。

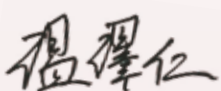
對外方面，除了製作出3期組織通訊和一批代詞襟章（pronoun badges）外，我們亦在世界跨性別人士健康專業協會（World Professional Association of Transgender Health, WPATH）的代表來港視察會議場地時，聯繫了幾位國內關注跨性別議題的人士／活躍份子和醫生，並與他們一起與WPATH的代表進行交流。及後，我們更前往北京參與國內的第三屆跨性別研討會。

總結來說，今年的年報回顧了性別空間過去5年的工作，我們在展現組織發展脈絡的同時，亦期望能找出當中仍有不足或有待加強之處，務求能更完善地規劃未來各式工作。

In addition to the diverse activities and support services mentioned above, we have also strengthened ties with the society in a few different approaches. Other than inviting guests from all walks of life to share their stories and expertise, we have asked them to participate in the activities that involves topics the general public may not be familiar with. That way, more people can understand the culture and circumstances of the transgender community. For example, we have invited social workers and professionals from other trans-friendly organisations to participate in the "Injection & 4Ps" event to learn more about the needs of trans men, so they can offer more professional and appropriate support to the transgender persons they may encounter at work in the future.

In terms of external communication, apart from having produced three issues of newsletters and a batch of pronoun badges, our organisation has liaised with the World Professional Association of Transgender Health (WPATH) and met with their representatives when they came to Hong Kong for site inspection, together with several activists and doctor from China we contacted, whom are also very concerned about transgender issues. We then travelled to Beijing and participated in the third transgender medical seminar in China.

To conclude, this annual report is a review of Gender Empowerment's work in the past five years, through which we aspire to show our organisation's development and growth, look for areas for further improvement, and make more comprehensive planning for all kinds of projects in the future.



主席
Chairman

「性別空間」成立於2015年4月，是一個支援跨性別社群的慈善自助組織。以「融入社會，共建和諧」為目的出發，透過提供適切的資訊和資源，協助跨性別者在不同的性別過渡階段（gender transition），適應其外表、身體、生活和社交上的轉變，鼓勵他們積極地以其自身的性別認同和性別表達去生活，並融入社會。除了跨性別社群間的自助互助外，我們亦為跨性別者的家人提供支援。

如欲對跨性別者的性別認同身分和性別過渡了解更多，請參看附錄。

在提供支援服務方面，除了輔導及小組形式的支援外，由於跨性別人士在性別過渡（Gender Transition）期間需要面對很多的轉變與適應，在付出努力之餘，掌握相關技巧也十分重要，故此性別空間針對性地舉辦不同的技巧班和專題活動，並邀請相關的專業人士擔任導師或分享嘉賓，務求讓參加者能夠在性別過渡期間多一點信心、少一點挫折，可以較順暢地完成過渡，或找到一個自己感到舒服或適合的位置。

"Gender Empowerment" was established in April 2015 as a charitable self-help organisation 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 transgender 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.

To know more about gender identity and gender transition of transgender persons, please read the appendix.

Transgender persons need to face many changes and adapt accordingly during gender transition. Apart from hard work, it is equally important to master relevant skills to undergo a smooth process. In terms of support services, in addition to providing counselling and group support, Gender Empowerment also organises specific skill enhancement classes and tropical activities for transgender persons. We invite relevant professionals to mentor or share with our participants, so they can gain more confidence, experience less frustration and feel more at ease during the transition period.

我們亦重視身邊人對跨性別人士的支援，及他們本身的需要。因此我們除了開立家長組之外，亦不時舉辦各種活動，歡迎跨性別人士的親友和其他友好人士來參與，以增加他們對社群的了解，並有彼此相處聯誼的機會。

對跨性別人士，我們著重提供全人全面的支援：

全人

包括跨性別者的個體安康 (well-being)，以至其融入社會和維繫家庭關係的各個層面。

全面

跨性別者的身體醫療健康關注、生活日常關注、以致法律政策關注等各方面。

我們的工作主要分為：

對內 (社群支援)

跨性別人士，和他們的家人

對外 (公眾教育)

透過在不同場合的分享和教育，讓社會大眾了解到跨性別人士的性別身分、狀況和需要。

Care and support from transgender persons' friends and family are essential for their well-being. Valuing their input as well as honouring their own needs, we organise support groups targeting their parents and activities for their friends and interested parties to participate, in hope to make our community more transparent to the outside world, and provide a platform for them to know each other.

We commit to providing "Whole Person" and "Holistic" support to transgender persons:

Whole Person

We are concerned with the individual well-being of transgender persons, their integration into the society as well as the maintenance of family relationships.

Holistic

We are concerned with all aspects of life for transgender persons, from medical support, health, everyday life to legal policies.

Our works can be categorised into:

Internal (Community Support)

Transgender persons and their families.

External (Public Education)

Through various sharing and education, we hope to help general public gain knowledge on transgender persons' gender identity, circumstances and needs.

以現時的理解，跨性別是性別小眾 (gender minorities)，而性小眾 (sexual minorities) 則是專指與性傾向相關的小眾群體，如女、男同性戀者和雙性戀者 (Lesbian, Gay, Bisexual，簡稱LGB)。

According to the current understanding, transgender belongs to the category of gender minorities, while sexual minorities refer specifically to niche groups related to sexual orientation, such as Lesbian, Gay, and Bisexuals (LGB for short).

性別空間與其他機構不同之處在於：

1. 專注支援跨性別社群及關注相關的議題，而非口號式將跨性別社群納入性小眾群體內去看待。
2. 著重聯繫專業人士去提供支援服務。
3. 本地化的支援 - 認識本地跨性別社群的獨特之處，回應相關需要，並善用本地現有資源，及建立本土網絡。
4. 連結世界，與時並進 - 了解外國 (包括歐美、東南亞及太平洋島國等不同文化背景) 對跨性別身分和議題的理解、知識、趨勢、發展與組織，並樂於互相交流。

我們的團隊包括以下專業人士：

2 名 註冊社工 / 輔導員
Registered social workers/counsellors
負責輔導服務及支援小組
responsible for counselling services and support groups

1 名 言語治療師
Speech therapist
負責女聲或男聲訓練
responsible for female or male voice training

What makes Gender Empowerment different from other institutions:

1. We focus on supporting the transgender community and paying attention to related issues, rather than simply putting the transgender community in the sexual minorities' category and using them only as a catchphrase.
2. We strive to have professionals to provide services.
3. We offer support specialised for the local transgender community – We recognise the uniqueness of the local community and respond according to their specific needs. We make good use of existing local resources and focus on establishing a local network.
4. We connect and keep up with the rest of world – We stay updated with the latest knowledge, trends and development of the global transgender identity issues and are always willing to connect with overseas organisations with different cultures (including those in Europe, America, Southeast Asia and Pacific Island countries etc.).

Our team of professionals includes:

1 名 職業治療師
Occupational therapist
負責職涯工作坊及就業輔導
responsible for career counselling and career workshops

組織架構

Structure of the Organisation

組織委員共4人：

主席	溫澤仁
副主席	郭勤
秘書	潘柏維
財政	Ng Wai Fan

The board of committee consists of four members.

Chair-person	Kaspar WAN
Vice Chair-person	KWOK Kan
Secretary	Matt POON
Treasurer	NG Wai Fan

累計接觸人數

The Cumulative Number of People Contacted

自2015年4月成立以來，本組織共接觸了超過170位跨性別人士，當中有97位跨性別女性（性別認同為女性而出生時指定性別為男性）(Trans-women)，61位跨性別男性（性別認同為男性而出生時指定性別為女性）(Trans-men)，13位非二元性別認同(non-binary)的跨性別人士（包括性別酷兒(gender queer)、性別流動者(gender-fluid)、性別探索者(gender exploring/questioning)，或其他非二元性別的性別身分認同，例如中性或第三性別)。另外有4位變裝人士(cross-dresser)。以上數字並不包括只在熱線或網上接觸的查詢或個案。

此外，我們還累計接觸了8位18歲以下的跨性別青少年、40位跨性別人士家長和家人或伴侶，以及1位雙性人(Intersex person)，和約70位其他友好人士及義工。透過社區教育和分享所接觸的累積人數則超過1900人。

Since its establishment in April 2015, our organisation has been in contact with around 170 transgender persons, including 97 trans women (whom identify themselves as female/woman while their assigned sex at birth is male), 61 trans men (whom identify themselves as male/man while their assigned sex at birth is female), 13 non-binary transgender persons (including genderqueer, gender-fluid, gender exploring/questioning, gender neutral or third gender etc.). There are also 4 cross-dressers. The above figures do not include inquiries or cases reached through hotlines or online channels.

In addition, the organisation has been in contact with 8 transgender youths under the age of 18, around 40 parents, family members or partners of transgender persons, 1 intersex person, and around 70 trans-friendly persons and volunteers. The cumulative number of people reached through community education and sharing sessions has exceeded 1,900.

過往發展里程 Establishments since set-up

性別空間在過去五年的發展中，均有着不同的重點，亦奠定了多個里程碑。

在成立之初的2015和2016兩個年度，我們將重點專注於為社群提供支援，故開展了輔導服務、支援小組、職涯工作坊、言語治療班和化妝造型班等等。

其後於2017年，除了原有的支援小組中細分另一專為跨仔而設的小組之外，對外的公眾教育亦為我們所關注，因而籌辦了一次大型的性別同樂日活動，並於「一點粉紅」(PinkDot HK)中擺設攤位，讓普羅大眾及其他性小眾有機會接觸和認識跨性別群體及我們組織更多。同時，因着政府對性別承認的議題推出公眾諮詢，故我們不僅舉辦了一個工作坊，並對相關的諮詢文件作出回應。

在緊接的2018和19年，我們對服務對象的支援延伸至跨性別者的身邊人，包括開展了家長組，又舉辦了關於家庭關係、溝通、親密關係的工作坊。另外，也舉辦了一次跨性別青少年的活動，和一次跨組大聯誼，讓不同小組中的跨女、跨仔和家長可以有互相認識和交流的機會。

There have been different focuses over the last five years during different stages of our development, and we are glad to have reached quite a number of milestones.

In 2015 and 2016, the first two years of our establishment, our focus was to provide support to the community. Therefore, we offered counselling services and set up support groups, career workshops, speech therapy classes and makeup styling classes to the masses.

Our achievement in 2017 includes subdividing the original support group and setting up a new group specifically for transmen, as well as further fostering the education for the external public. We organised a large-scale event called “Harmony for all gender” Fun Day and set up a community booth in “PinkDot HK” so that the general public and other sexual minority groups could get to know and understand more about the transgender community and our organisation. As the government launched a public consultation on the issue of gender recognition at that time, we held a workshop and submitted a document in response to that.

In 2018 and 2019, we extended our support service to transgender people's family. We set up support group for parents and held workshops on family relations, communication, and intimacy. In addition, we organised an event specifically for transgender youths as well as a Cross-group gathering, aiming to create opportunities for the transwomen, transmen and their parents from different support groups to get to know and communicate with each other.

同時，在2019和20年，我們也加強了與對外各界的聯繫，包括聯繫保險業和醫護界別專員，分別探討跨性別者在保險保障和注射荷爾蒙方面的關注議題，並承蒙香港逸東酒店提供場地，用以舉辦手術經驗分享會。此外，我們亦成功加入社聯，成為其機構會員。組織亦首次與世界跨性別人士健康專業協會的訪港代表開會，並抵達日本和北京等地，參與當地的跨性別會議，互相交流、砥礪前行。

最後在資訊製作方面，我們由2016年開始，每年都設立一個年度主題，包括：2016年的僱主職場手冊、2017年的社福醫護手冊、2018年的教育包，以及2019和20年製作動畫短片和代詞襟章等。我們期望透過不同媒體形式，將社群各方面的議題以最適切而有效的方法去表達，並能傳達至最多的受眾。

Meanwhile in 2019 and 2020, we have also strengthened our contact with external parties. We contacted some insurance and medical professionals to discuss with our transgender community about insurance protection and hormone injections respectively, and held a surgery sharing session at a venue provided by Eaton Hotel Hong Kong. Other than that, we have successfully joined the Hong Kong Council of Social Service as an agency member. We also held a meeting with visiting representatives from the World Profession Association for Transgender Health (WPATH) and participated in the local transgender conferences in Japan and Beijing to exchange knowledge and information.

Last but not least, in terms of media production, we have set up a theme each year and communicated it through different media formats since 2016. We produced the employer workplace handbook in 2016, the social welfare and medical care handbook in 2017, the education toolkit in 2018, as well as animated short films and pronoun badges in 2019 and 2020. We wish to address the different issues facing our community in the most appropriate and effective way to the largest number of audiences.

恆常支援 Regular Support

輔導 (情緒及就業/職涯)

Counselling (Emotional and Employment/Career)



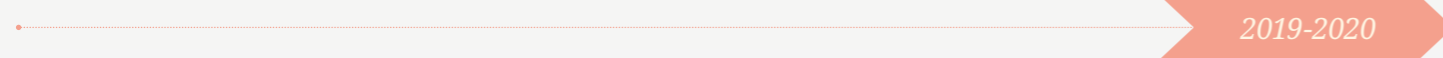
職涯工作坊

Career Workshop



斷捨離工作坊

Decluttering Workshop



支援小組

Mutual Support Group



新增男性認同者/跨仔小組 (原有小組轉為主要支援女性認同者)

A new support group for male-identified persons/trans men was created as an offshoot of the original group (The original group now mainly supports female-identified/trans women)



家長組

Parent Support Group



跨組大聯誼

Cross-group Gathering



跨性別青少年活動

Transgender Youth Activities



朋輩輔導

Peer Counselling



所有年度以每年四月至翌年三月劃分。

All Years shown are referred to every April to March (of the next year)

生活層面的支援, 例如技巧班、運動班、關係與溝通的工作坊及聯誼

Support for everyday social aspect, such as skill enhancement classes, fitness trainings, relationship and communication workshops and gatherings

言語治療班 (女聲班)

Speech Therapy Sessions (Feminine vocal class)



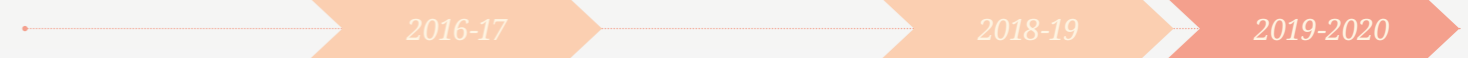
言語治療班 (男聲班)

Speech Therapy Sessions (Masculine vocal class)



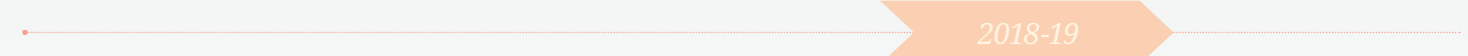
化妝造型班

Makeup and Styling Classes



儀態班

Female Etiquette Classes



戲劇訓練班

Drama training classes



瑜珈班

Yoga classes



簡易健身體驗堂

Easy Fitness Trial Sessions



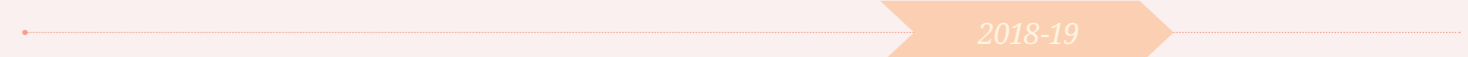
打針 & 4Ps

"Injection and 4Ps"



家庭關係及溝通工作坊

Family relationship and communication Workshop



愛與關係工作坊

Love and relationship Workshop



生活層面的支援，例如技巧班、運動班、關係與溝通的工作坊及聯誼
Support for everyday social aspect, such as skill enhancement classes, fitness trainings, relationship and communication workshops and gatherings

賣物會
Rummage Sale

2016-17 2019-2020

電影分享會
Film Screening

2018-19 2019-2020

醫療、法律及政策等專題講座或分享
Tropical sessions or sharing related to medical, legal and policy issues, etc.

荷爾蒙經驗分享會
Hormone therapy experience sharing session

2016-17

手術經驗分享會
Gender Affirming Surgery experience sharing session

2017-18 2018-19

性別承認工作坊
Gender Recognition Workshop

2017-18

精神健康
Mental Health

2019-2020

保險保障
Insurance Coverage

2019-2020

醫療、法律及政策等專題講座或分享
Tropical sessions or sharing related to medical, legal and policy issues, etc.

學生分享及媒體訪問
Student sharing sessions and Media Interviews

2015 2020

性別同樂日
“Harmony for all gender” Fun Day

2017-18

PinkDot社區攤位
PinkDot Community Booth

2017-18 2018-19

僱主/工作場所指引
Employer/Workplace Guidelines

2016-17

社福醫護手冊
Booklet for Social Workers & Medical Professionals

2017-18

教育包
Educational toolkit

2018-19

性及性別小眾服務目錄
Sexual and Gender Minorities Service Directory

2018-19

組織通訊(本年度共3期)
Newsletter (3 issues)

2019-2020

代詞襟章
Pronoun Badges

2019-2020

與海外團體交流 Communication with Overseas Organisations

日本
Japan

2018-2019

WPATH代表來港
WPATH representatives visiting Hong Kong

2019-2020

北京
Beijing

2019-2020

其他 Others

派發防疫物資
Distribution of Anti-epidemic Items

2019-2020

2019-20年度服務及活動一覽 Services and Activities 2019-2020

對內的社群支援服務和活動 Internal community support and activities

個人

- 輔導：情緒
就業／職涯
朋輩
- 熱線

Personal

- Counselling: Emotional
Employment/Career
Peer
- Hotline Services

小組／技巧班

- 互助小組：女性認同／女性化者
男性認同／男性化
家長組
- 言語治療班
- 化妝造型班
- 斷捨離工作坊

Group/Skill enhancement classes

- Mutual Support Group: Female-identified persons/trans women
Male-identified persons/trans men
Parents of transgender persons
- Speech Therapy Sessions
- Makeup and Styling Classes
- Decluttering Workshop

專題活動

- 青少年棋盤遊戲日
- 精神健康
- 保險保障
- 打針 & 4Ps
- 賣物會
- 電影分享會

Tropical Activities

- Youth Boardgame Day
- Mental Health
- Insurance Coverage
- “Injection and 4Ps”
- Rummage Sale
- Film Screening

對外的工作 External Work

公眾教育

- 為不同學校、商業及社福機構進行分享

Public Education

- sharing sessions in various schools, commercial and social institutions

資訊製作

- 組織通訊 (x3)
- 製作代詞襟章

Media and Souvenir Production

- Newsletter (x3)
- Pronoun badges production

與海外組織交流

- 與「世界跨性別人土健康專業協會」(WPATH) 的代表會面
- 參與國內第三屆跨性別研討會

Liaison with overseas organisation

- Meeting with WPATH's representatives
- Participated and presented in the Third Transgender Medical Seminar in China

服務統計數字 (2019年4月 - 2020年3月) Statistics on Services Provided (April 2019 – March 2020)

● 服務人數 Number of people served
● 服務人次 Number of services

一般輔導及就業諮詢 (包括跨性別者和他們的家人、伴侶)
General counselling and employment consultations
(including transgender persons, their family members and partners)



初次面見諮詢及朋輩輔導
Intake and peer counselling



言語治療班 (女聲初階班)
Speech therapy sessions (beginner sessions for feminine voice)



斷捨離工作坊
Decluttering workshop



支援小組 (女性認同者)
Mutual support group (female-identified persons)



支援小組 (男性認同者)
Mutual support group (male-identified persons)



支援小組 (家長)
Support group (parents)



青少年活動 - 棋盤遊戲日
Transgender youth activity - Boardgame Day



技巧支援 (化妝造型班)
Skill enhancement support (Makeup and styling classes)



專題活動
Tropical activities

- 電影放映會 Film Screening
- 雨天同行-精神健康分享會 "Rain or Shine – Mental Health Sharing Session"
- 打針 & 4Ps "Injection and 4Ps"
- 「保險保障知多點」工作坊 "Learn Your Insurance Coverage" Workshop
- 跨組大聯誼+賣物會 Cross-group gathering and Rummage sale

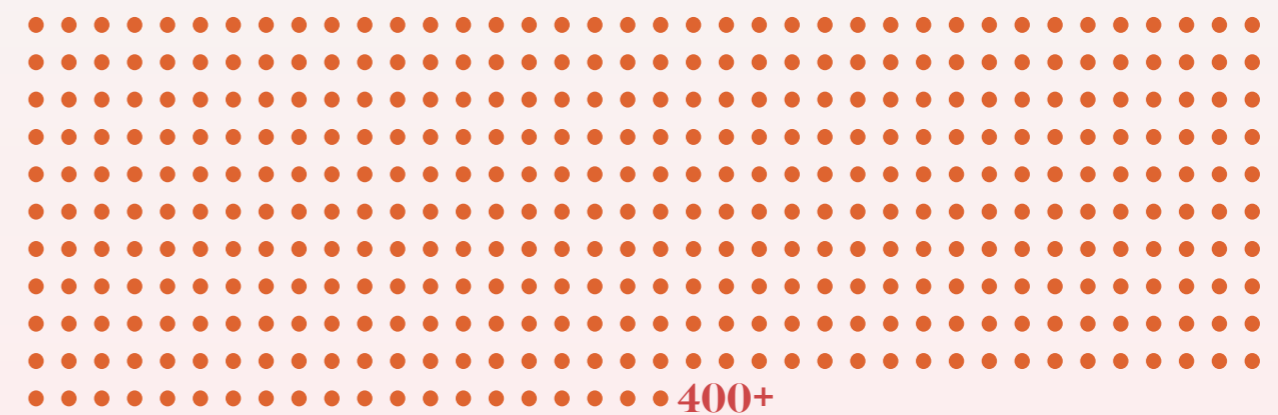


服務人數 Number of people served : 21+28+20+24+31=125



服務人次 Number of services : 21+28+20+24+30=124

社區教育活動 (包括到不同機構和學校作出分享) (> 10次)
Community education activities (over 10 times)
(Including hosting sharing sessions at schools and organisations)

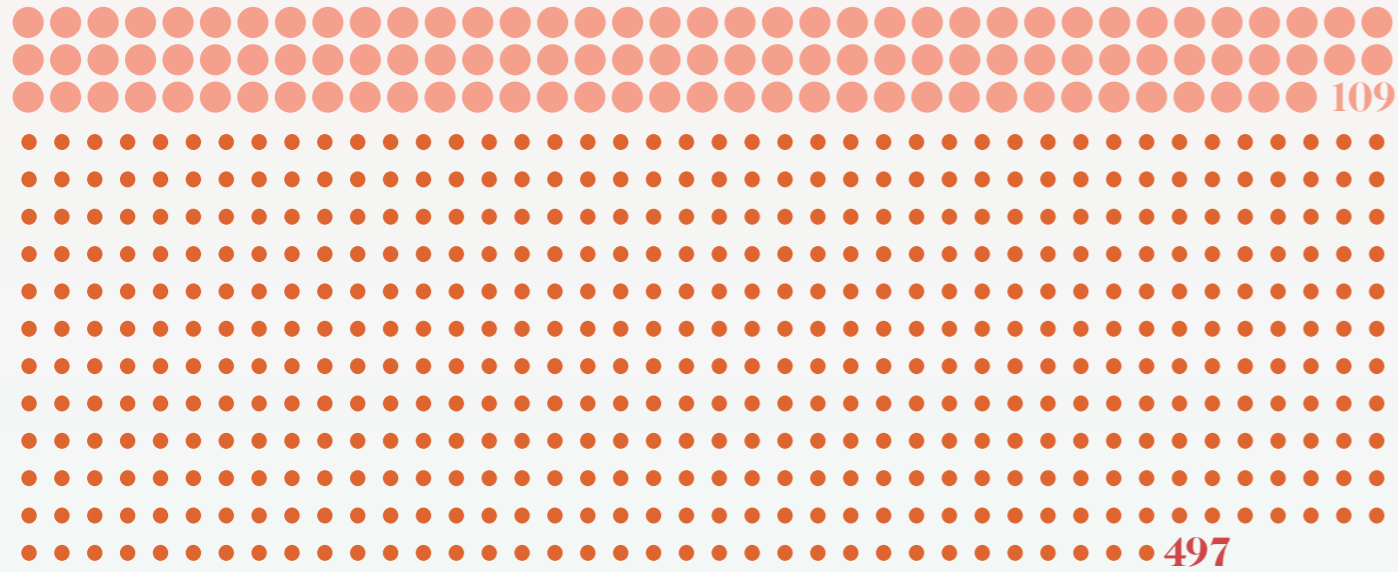


沒有計算預約了但沒有來的人次 Excluding the sessions of which the service user did not show up for the appointment.

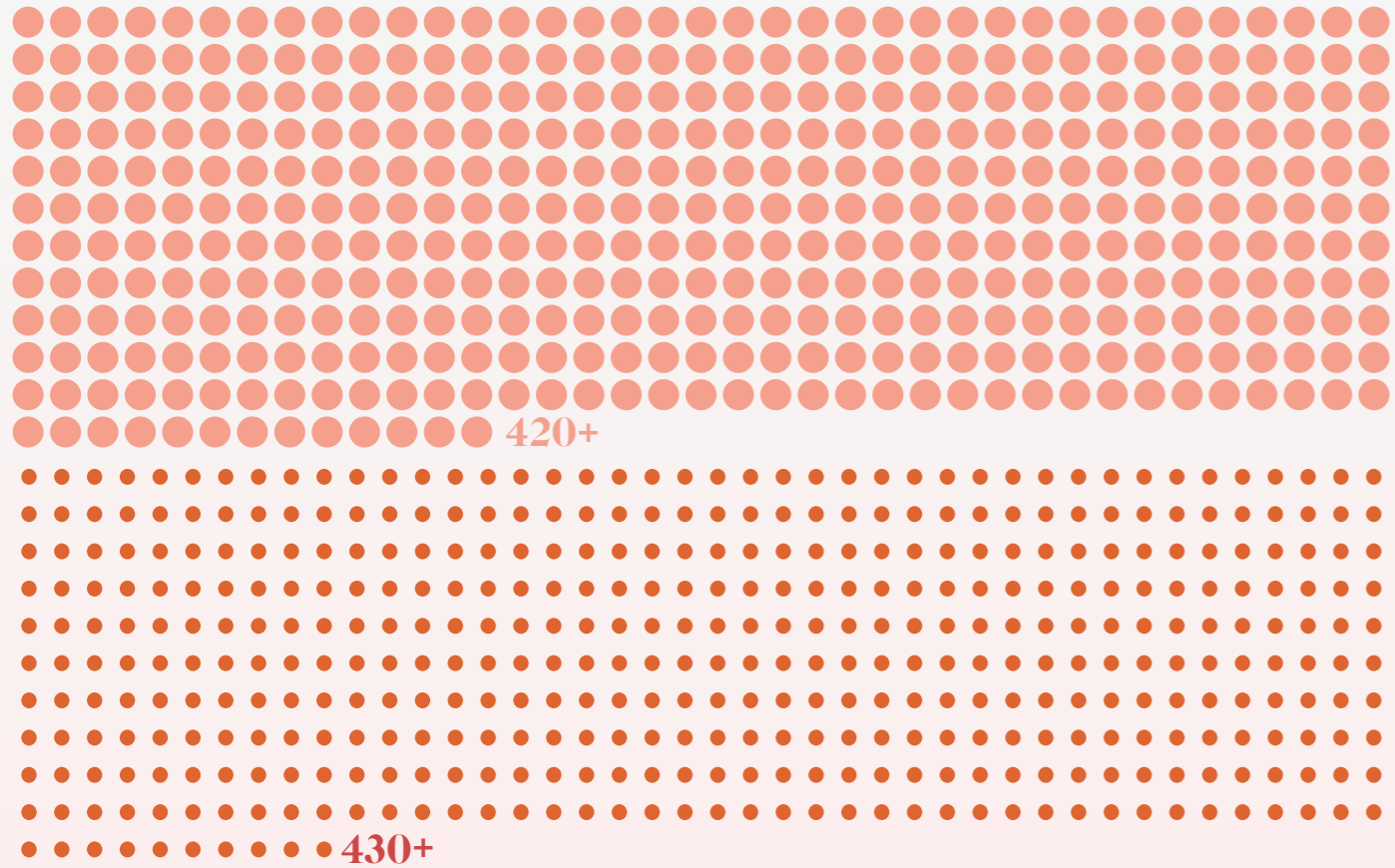
服務總人數
Total number served

● 服務人數 Number of people served
● 服務人次 Number of services

跨性別者及其親友
Transgender persons and their friends and families

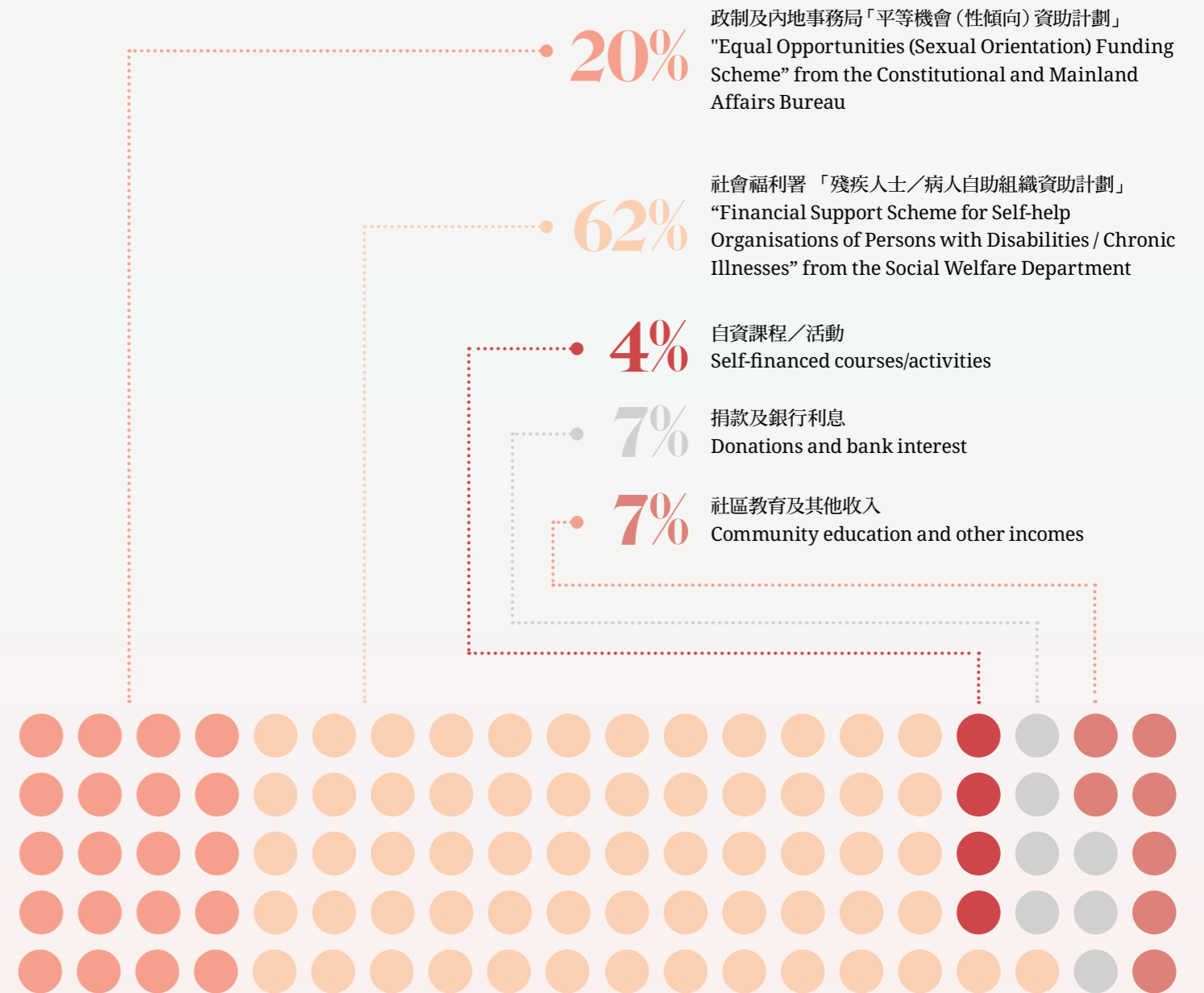


義工、專業人士及大眾
Volunteers, professionals and the general public



2019-20年度資助來源 Sources of Funding and Finances 2019-20

本年度我們獲得的資助包括：
The funding we received this year include:



2019-20年度工作重點回顧 Annual Highlights 2019-20

社群內關顧與關係方面

Community Care and Relationship support

輔導服務 - 朋輩輔導

除了支援跨性別人士的情緒及就業／職涯個人輔導，以及支援家人的個人輔導服務外，本年度我們亦開展了朋輩輔導，以期讓個別有需要人士能從過來人的經驗分享中得到鼓勵，在面對過渡期間的各種挑戰和抉擇時，不致感到太孤獨無助，而能夠懷抱較安然和開放的心態積極面對，輔導過程中亦達致社群間的自助互助理念。

青少年棋盤遊戲日 (2019年8月)

今年度我們舉辦了一次棋盤遊戲日給跨性別青少年，參加者有7位，他們的年齡介乎15-22歲，反應正面。期望將來我們能接觸更多年輕跨性別者，並從中了解他們的需要。

跨組大聯誼 (2019年12月)

一直以來各個小組聚會主要分為特定的群組成員（女性認同者／跨女、男性認同者／跨仔、家長）作聚焦分享，今年度我們特意舉辦了一次跨組大聯誼，讓不同組別的成員，以及跨性別青少年能夠互相認識和交流，擴闊他們對其他組別成員的了解和關注。

Counselling: Peer counselling

In addition to offering emotional and employment/career counselling for transgender persons, as well as personal counselling services to support their family members, this year we have also launched peer counselling, in the hope that with the sharing of peers who have similar experiences, participants can feel encouraged, supported and less lonely or helpless during the transition period, and will be able to face various challenges and choices with a more peaceful and open-minded attitude. The process of counselling thus helps equip our members with the ability to help themselves and establish mutual support in the community at the same time.

Youth Boardgame Day (August 2019)

This year we have organised a boardgame day specifically targeting transgender youths. 7 transgender youths aging between 15 to 22 years old participated and the feedbacks for the event were positive. We look forward to reaching out to more young transgender persons in the future and hope to further understand their needs.

Cross-group Gathering (December 2019)

We used to hold separate gatherings for different groups of members (female identified persons/trans women, male identified persons/trans men, parents) for a more dedicated and focused sharing. This year, we specially organised a cross-group networking to gather members of different groups and transgender youths together to meet and communicate with each other. That way they gained the chance to understand their peers from the other groups more.

醫療／健康相關方面

Medical/Health

「雨天同行－精神健康分享會」

(與「Team Error」合辦) (2019年8月)

不少跨性別者有着程度不一的精神健康困擾。研究顯示¹，跨性別者當中有44.1-61.5%的人有抑鬱情況，33.2-73.2%的人有焦慮徵狀，有46.2-67%的人曾有自殺念頭，甚至曾經嘗試自殺 (12.7-41%)。適逢今年度香港的社會運動之情況，容易使人情緒不安或誘發情緒問題，因而我們在8月時，便邀請了關注情緒議題的Team Error團隊來作嘉賓，分享關於如何覺察自己的情緒和自助求助的相關資訊。

“Rain or Shine – Mental Health Sharing Session” (Co-organised with “Team Error”) (August 2019)

Many transgender persons have varying degrees of mental health issues¹. Studies have shown that among all transgender persons interviewed, 44.1-61.5% have shown signs of depression, 33.2-73.2% have anxiety symptoms, 46.2-67% have had suicidal thoughts and some have even attempted to commit suicide (12.7-41%). In view of Hong Kong's protest situation over the past year, which may have easily induced unease or emotional issues for certain individuals, in August we have invited “Team Error”, a group that pays great attention to emotional health issues, to share with our members on how to be mindful of one's emotions and seek help when needed.



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2. 北京同志中心 (2017). 中國跨性別群體生存現狀調查報告 / Beijing LGBT Center (2017). Chinese Transgender Population General Survey Report.
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4. Grant, J. M., Mottet, L., Tanis, J. E., Harrison, J., Herman, J., & Keisling, M. (2011). *Injustice at every turn: A report of the national transgender discrimination survey*. Washington, DC: National Center for Transgender Equality.

「打針 & 4Ps」(2019年11月)

現時在香港，女性荷爾蒙的使用一般是以口服形式，而男性荷爾蒙則是透過肌肉注射。有些跨性別男性會選擇自行注射而不經診所。我們就邀請了一位護士來分享作自行肌肉注射時的各種注意事項。

另外，4Ps用品是跨性別男性在日常生活的不同場景中或會考慮使用的產品，我們也就相關的不同產品進行了介紹和比較。

「保險保障知多少？」工作坊(2020年1月)

保險保障一直都是社群中人十分關注的議題。到底開始進行性別過渡相關的醫療程序後，還能否買到保險呢？原本買了的保險又會否受到影響或因此而失效呢？相關的疑問亦會影響到部份跨性別者對於是否或何時進行性別過渡的決定。有鑑及此，是次我們就邀請了不同的保險從業和管理人員一起探討有關議題。

“Injection and 4Ps” sharing session (November 2019)

In Hong Kong, female hormones are generally taken orally while male hormones are obtained through intramuscular injection. Some trans men choose to administer the injection themselves rather than by professionals through clinics. In view of that, we have invited a nurse to share various precautionary measures and knowledge on self-injection to our concerned members.

In addition, we introduced and compared different 4Ps products that trans men may consider using for different occasions in their daily lives.

“Learn Your Insurance Coverage” Workshop (January 2020)

Insurance coverage has always been a heated topic in the community. Can one still purchase insurance after starting the medical procedures for gender transition? Will the insurance plan that one originally purchased be affected or voided as a result? Concerns as such will affect the decision of some transgender persons on whether or when to make a gender transition. Taking these worries into consideration, we have invited different practitioners and managers from the insurance industry to discuss relevant knowledge in this workshop.

其他社群支援活動 Other Community Support Activities

斷捨離工作坊(2019年4-5月)

今年度我們將原有的職涯工作坊主題改成斷捨離，讓參加者可以學習並掌握一些整理個人生活的技巧。

電影放映會(2019年5月)

是次我們放映了日本的「當他們認真編織時」。

賣物會(2019年12月)

性別過渡時，更換衣櫃裏的服裝是一個重要、漫長且帶一定挑戰性的過程。我們安排了一次賣物會，一方面讓大家可以捐出不再穿著的衣物，並且能在安心的環境內以極低價選購心頭好，另一方面也藉此為組織籌募一些經費。

抗疫物品派發(2020年3-4月)

因為肺炎疫情的爆發，令所有活動都暫停下來。我們有幸獲得社署的防疫津貼，以及社聯和另一慈善組織所捐贈的口罩和消毒搓手液，因而能夠在攜手抗疫的工作上略盡綿力，亦能藉派發防疫物資時，從中了解社群中人的狀況。

Decluttering Workshop (April – May 2019)

This year, we have changed the theme of the workshop from career-focused to decluttering to let participants learn and master the skills in organising their personal lives.

Film Screening (May 2019)

We played the Japanese film, “Close-Knit” during this screening.

Rummage Sale (December 2019)

During gender transition, one’s closet makeover will be an essential but long and challenging process. Therefore, we have arranged a rummage sale for members to donate the clothes they no longer wear and buy the ones they like at very low prices. The sale has also raised some funds for the organisation.

Distribution of Anti-epidemic Items (March – April 2020)

The outbreak of COVID-19 had suspended all our activities. We were fortunate to have received an anti-epidemic subsidy from the Social Welfare Department, as well as masks and hand sanitizers donated by the Hong Kong Council of Social Service and another charitable organisation. Thanks to their help, we were able to distribute anti-epidemic items to our members and put our best effort into fighting the epidemic. We also took this opportunity to learn about the different members’ circumstances and provide support and care to our community.





公眾教育及與其他機構的合作 Public Education and Collaboration with Other Organisations

一如既往，過去年度我們持續到不同的大專院校去作分享教育，但由於肺炎疫情爆發，故在2020年2、3月的分享，都改為網上進行，因此難免缺少了與學生面對面的寶貴互動。而鑑於香港的社會運動情況，2019年的「一點粉紅」活動最終決定停辦一年，我們也因而缺少了一個與其他性及性別小眾關注團體一年一度的交流機會。

與海外組織交流 Liaison with Overseas Organisations

與WPATH代表會面及參與北京的跨性別研討會

另一方面，國際知名的組織「世界跨性別人士健康專業協會」(World Professional Association of Transgender Health, WPATH)原有意於2020年在香港舉辦它們第26屆的兩年一度會議，並為此而在2019年5月的時候特意來港視察，且與不同的關注團體會面，我們為此次的會面聯絡了好些國內和香港的跨性別積極分子/活躍者(activist)和關注人士。雖然最後因著香港的社會狀況而未能能在港舉行，但是次不失為寶貴的聯繫經驗。

在2019年11月的時候，我們也特意到北京參加了國內的第3屆跨性別研討會，向國內的醫療專家團隊和跨性別積極分子/活躍者(activist)分享了我們在香港的社群狀況和經驗。

As usual, we have continued to hold sharing sessions in various institutions of higher education and universities in the past year. However, due to the outbreak of COVID-19, the sharing sessions in February and March 2020 were changed to be conducted online, which was a pity as we could not interact with the students in person. "Pink Dot HK" 2019 event was also cancelled because of the protests in Hong Kong. As a result, we lost the yearly opportunity to communicate with other gender and sexual minority groups.

Meeting with WPATH's representatives and participating in Beijing's Transgender Seminar

The internationally renowned organisation "World Professional Association of Transgender Health" (WPATH) originally planned to hold their 26th biennial conference in Hong Kong in 2020. In May 2019 when they came to Hong Kong for site inspection, we have arranged a meeting with them together with several transgender activists and concerned individuals we contacted from Mainland and Hong Kong. Although the conference had to be relocated due to the protests, it was still a precious experience to have liaised with them.

In November 2019, we travelled to Beijing and participated in their third transgender seminar, in which we shared the circumstances of our community and relevant experiences with the medical expert team and transgender activists in Mainland.



資訊及紀念品製作 Media and Souvenir Production

組織通訊(本年度共3期)

在社會福利署的資助下，我們終於能製作組織通訊。在約四個月一期的通訊內，不僅設有活動回顧和預告，我們也在通訊中加入一些關於跨性別社群的資訊，期望能讓讀者對跨性別社群或其他性小眾(例如同志和雙性人)的歷史及在國際間的發展有更廣闊深入的認識。

第一期

<http://online.fliphtml5.com/jqpcc/cgam/#p=1>

第二期

<http://online.fliphtml5.com/jqpcc/kbzt/#p=1>

第三期

<http://online.fliphtml5.com/rdoxd/natu/#p=1>

Newsletter (3 issues in total)

With the funding from the Social Welfare Department, we were finally able to publish three newsletters for our organisation. Our newsletter is issued once every four months, in which event reviews, event previews and relevant information about the transgender community will be provided. We hope to let readers gain a deeper understanding in the history and global development of the transgender community and other sexual minorities (such as gay and intersex persons).

The first issue- <http://online.fliphtml5.com/jqpcc/cgam/#p=1>

The second issue - <http://online.fliphtml5.com/jqpcc/kbzt/#p=1>

The Third issue- <http://online.fliphtml5.com/rdoxd/natu/#p=1>



代詞襟章

近年，英語地方會以“they/them”作為相對於“he/him”（男性代詞）和“she/her”（女性代詞）的單數中性代詞，是在一般作為眾數代詞以外的另一用法，即是廣東話的「佢」，而非「佢哋」。不少外國組織亦會製作好些精美的代詞襟章以作倡議。在2017年的性別同樂日中，我們製作出一些中文代詞的貼紙，除了常用的男女代詞 - 「他」和「她」外，我們還得到面書專頁「雙性人 The Missing Gender 0.972」的允許，使用他們設計的中性代詞「牠」去製成貼紙。而本年度我們就透過LUSH的資助去製作這些中英文代詞的一共六款襟章，分別是「他」、「她」、「牠」，以及「He」、「She」和「They」。

短片

近年來，內容論及性別、性別認同和性傾向等相關知識的短片創作漸見於各個網上媒體平台中，然而，絕大部份均以英語作主要論述語言。本年度，我們透過政制及內地事務局資助，製作了一段約3分鐘多的短片，以動畫形式配以粵語旁白，內容講述跨性別者的狀況，以及與性／別相關的一些基本知識，讓香港社會的普羅大眾較容易理解與吸收。

Pronoun Badges

In recent years, some English-speaking places prefer to use "they/them" as alternative gender-neutral singular pronouns to "he/him" (male pronouns) and "she/her" (female pronouns), in addition to their usual usage as plural pronouns. When applied to Cantonese, this means "佢" instead of "佢哋". Many overseas organisations produce exquisite pronoun badges for advocacy purpose. In the 2017 "Harmony For All Gender" event, we printed stickers with these Chinese pronouns. In addition to the commonly used male and female pronouns "he" and "she", we received permission from the Facebook page "The Missing Gender 0.972" to print some of our stickers with the neutral pronoun "牠" they designed. This year, we used the funding from LUSH to produce six types of badges with the Chinese and English pronouns namely "他", "她", "牠", as well as "He", "She" and "They".

Short Video

In recent years, short videos on gender, gender identity and sexual orientation have gradually appeared on various online media platforms. However, most of these content and narration are produced in English. This year, we have used the funding from the Constitutional and Mainland Affairs Bureau to produce a 3-minute animation narrated in Cantonese that describes the circumstances of transgender persons and some basic knowledge related to gender/sex. Through using a video for communication, we hope to make it easier for the general public in Hong Kong to understand these topics on transgender and gender/sex.

總結本年度的經驗，我們有以下四方面的觀察：

1. 人手上的限制

儘管我們在本年度獲得資助，用以聘請一位全職職員，但還是不足以應付我們預期開展的多元工作。當中或許是我們最初的目標定得過於理想化，且所獲的資助額亦未足以聘請一位技能全面的同工；同時由於我們從未有過一位全職員工，因而在制定工作內容、職責範圍及協助新員工適應組織的工作環境等各方面，對我們而言均是全新經驗，還需時間逐步探索和磨合。

2. 支援服務和活動形式的轉變

因着社會運動和疫情的緣故，實體活動大多需要一再改期甚或取消，促使我們思考在形式、方法層面上，應該適應新形勢，繼續維持對社群的支援，相信我們在未來會有更多實體以外的不同嘗試，以尋覓更好的方法。

Summarising the experience of this year, we have the following four observations:

1. Restrictions on manpower

Although we have received funding this year to hire a full-time staff, with the diversified tasks we had in plan, the workload still exceeds what a full-time staff can handle. Perhaps our initial goal was overly idealistic and the amount of funding we received did not allow us to hire a staff with a more comprehensive set of skills. Meanwhile, since it is the first time we have ever had a full-time employee, it took us a while to explore and adapt to these new experiences, such as setting the scope of job duties, responsibilities and helping the new employee to adapt to the organisation structure and culture. We will have to work at these further.

2. Changes in support services and forms of activities

Due to the protests and the epidemic, most activities were rescheduled or cancelled. This new change has prompted us to rethink the usual formats and approaches of our services and activities and how we can adapt to the everchanging circumstances while continually supporting the community. I believe we will arrive at newer and better solutions to engage with the community that is not restricted to only face-to-face interactions.

3. 社群內的多元身分和不同世代的經驗

這一年我們接觸了不少年輕一代的跨性別者，大約是14-26/27歲，看到她／他／他們不論是對自身的性別過渡計劃／想像，還是向外展示跨性別身分上，均展現出與之前世代的跨性別者截然不同的理解、想法、經驗和步伐。她／他／他們相較之前世代的跨性別者，甚至學者，更能貼近外國的最新知識和發展，且在自我身分的表達和發展意向方面，顯得更多元，也更能擁抱社群內的多元與不同，並和諧相處。她／他／他們滿有活力與想法，然而，社群中的世代不同令現時性別空間的支援模式和活動未能滿足她／他／他們的需要，但我們卻又苦無足夠資源開展適合不同年齡層的支援服務形式。因此我們在這方面的發展需多作探索。

3. Diversified identities and experiences of different generations in the community

This year we have come in contact with many young transgender persons ranging from the age of 14 to 27, most of whom hold completely different understandings of the concepts, experiences and procedures towards the planning or the imagination of their own gender transitions as well as their presentation of gender identity than the previous generations. Compared with the transgender persons and even scholars of previous generations, these young people stay even more closely updated to the latest knowledge and development of transgender issues in the global context. They are energetic, full of ideas and display more openness and diversity in expressing their identity and desires for transitions. They are also willing to embrace the uniqueness of each member in the community and get along with each other easily. This also means that the services and activities we currently provide may not be able to satisfy their needs, as we lack necessary resources to develop new support services for different age groups. We wish to explore more on the development of this aspect.

4. 傳承

隨着接觸人數和開展的工作及關注漸多，我們需要思考如何令到同路人更有歸屬感，且鼓勵她／他／他們在組織發展和改善現有活動或服務上，願意開懷坦誠地提出意見、付諸行動和承擔責任，積極參與組織中對內或對外的的工作，以實踐自助互助的精神。亦讓性別空間能在集眾人之力 and 意見下健康發展，且真實反映社群的狀況和意願。

來年希望能更完善整合現有基礎和資源，繼續在充滿挑戰的環境中穩步發展，為跨性別社群提供更適切的服務。

4. Passing on the torch

As both the number of people we contacted and our workload have increased gradually, we have to think of ways to enhance our members' sense of belongings and encourage them to openly express their opinions on the organisation's development and suggest possible ways to improve our existing activities or services. We also expect they can actively participate in both internal and external works, take up responsibilities and ultimately achieve the spirit of helping oneself and each other. Benefitting from such collaborations and the gathering of different opinions, we believe Gender Empowerment will then be able to grow and provide services that truly reflect the circumstances and wishes of the community.

In the coming year, Gender Empowerment endeavours to make the best use of our existing foundation and resources to continually develop and provide services that support and care for the transgender community, no matter how challenging the circumstances may become.

了解跨性別社群

Understanding the Transgender Community

跨性別者是指那些自身性別認同與其出生時被指定性別不同的人(世界衛生組織定義)。現時的醫學理解,會以『性別不安/性別焦慮』(Gender Dysphoria, DSM-5)或『性別不一致』(Gender Incongruence, ICD-11)(舊稱:『性別認同障礙』, Gender Identity Disorder, DSM-IV & ICD-10)這一斷症名稱,來形容當事人因為其性別上的內外不一致而導致的各式不安或焦慮狀況。

根據跨性別者的自我性別認同,目前大致可以分為三類:跨性別女性、跨性別男性和性別酷兒。

1. 跨性別女性,又稱男跨女,出生時被指定為男性,自我性別認同為女性。
2. 跨性別男性,又稱女跨男,出生時被指定為女性,自我性別認同為男性。
3. 而不論其出生時指定性別為何,那些認同自己不完全屬於單一的男性或女性身分的人,就是性別酷兒。

跨性別女性和跨性別男性屬於二元性別認同者(binary),而性別酷兒則屬於非二元性別認同者(non-binary)。

Transgender persons refer to those who identify themselves in a different gender other than that assigned to them at birth (as defined by the World Health Organization). According to current medical understanding, this condition is referred to as "Gender Dysphoria (DSM-5)" or "Gender Incongruence (ICD-11)" (formerly known as "Gender Identity Disorder", DSM-IV & ICD-10), the names of which are to describe the various uneasiness or anxiety caused by the incongruence between an individual's experienced gender and the assigned sex.

The gender identity of transgender persons can be generally divided into three categories: trans women, trans men and genderqueer.

1. Trans women: those who are assigned male at birth and identify themselves as female or woman, also known as "Male to Female";
2. Trans men: those who are assigned female at birth and identify themselves as male or man, also known as "Female to Male";
3. Genderqueer: those who do not completely identify themselves as a single male or female identity, regardless of their sex assigned at birth.

Among them, trans women and trans men are categorised as having a binary gender identity, while genderqueer is categorised as having a non-binary gender identity.

無論是二元性別認同者還是非二元性別認同者,跨性別者大多會對其自身身體有着程度不一的抗拒、厭惡感,或是缺失感。部位不一,強烈程度也不一。這種程度上的不一,加上外在環境因素的限制和考慮,造成了跨性別者之間的差異性 - 不同的跨性別者會在不同的人生階段或時間(例如:青春期、嘗試探索中或忍無可忍時),作出不同的決定(例如:健身、服用荷爾蒙、進行手術、甚至自殘)。

性別認同(Gender Identity)的身分以外,在理解跨性別者時的另一個最重要認知就是性別過渡(Gender Transition)。性別過渡可分為三個層面:社交、身體和法定性別更改。

Regardless of whether their gender identity is binary or non-binary, most transgender persons will experience resistance, disgust or incompleteness towards their own body in different degrees of intensity and for different body parts. This varying degree together with external limitations and considerations can lead to differences between transgender persons - different transgender persons at different stages or points of life, such as adolescence and exploration period, or when they feel distressed about their physical condition or cannot relieve emotions, will react differently with varying behaviours or decisions including bodybuilding, undergoing hormone therapy, surgery, and even self-harming.

When it comes to understanding transgender persons, other than gender identity, it is also crucial to know about gender transition. Gender transition involves three major aspects: social, physical and legal transition.

1. 社交過渡

跨性別者會期望並嘗試以其認同的性別身分去生活，包括但不限於改變其外表、衣著打扮、名字。

2. 身體過渡

藉着使用荷爾蒙及／或手術¹，甚至健身，來減低對自己身體的不安或厭惡感。

3. 法定性別更改

跨性別者的性別認同能得到法律的承認和相關保障，並顯示在法定的身分證明文件上，例如身分證和護照。按照現時香港的相關指引，跨性別者必須完成特定手術，才能更改身分證上的（二元）性別，但卻不代表她／他能因此而獲得法律上的全面肯定和保障。

能夠了解到性別過渡的重要性和難處，就不會輕易地將純粹屬於性別表達的變裝／易裝（表演）者（其性別認同與指定性別一致的人），與強調自身性別認同的跨性別者混為一談了。

1. Social Transition

Transgender persons attempt to live as their identified gender in daily lives and may have the following changes, including but not limited to changing their outer appearance, attire and name etc.;

2. Physical Transition

Transgender persons may use hormone therapy, undergo surgery¹ and/or even bodybuilding to reduce the feelings of discomfort or disgust about their bodies;

3. Legal Transition

Transgender persons' gender identity can be recognised and protected by 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. But still, this does not automatically grant them a comprehensive legal affirmation and protection.

If we can better understand the importance of gender transition and the associated difficulties, there will be less confusion between cross-dressers or drag performers (whose gender identity is consistent with the assigned sex, and whose actions are only meant to be part of their gender expression) with transgender persons (whose gender identity differs from their assigned sex).

”

只限18歲或以上人士。

Only for people aged 18 or above.

跨性別社群人數的估計和參考

Estimation of the Transgender Population and References

值得注意的是，性別過渡中的社交和醫療相關事宜並沒有特定的先後次序，而是因人而異，例如：正在進行或嘗試社交／日常生活性別過渡的跨性別者，不一定同時在諮詢醫生或進行醫療上的性別過渡；同樣地，正在諮詢醫生的人士並不一定正在進行醫療上的性別過渡（例如使用荷爾蒙或等候性別肯定手術的排期），也不一定正在進行社交／日常生活中的性別過渡。探索自身身分與性別過渡中各層面的可能性和可行性是極需要時間和反覆思考的。

另外，即使完成了性別肯定手術並更改了身分證明文件上的性別，跨性別者仍有機會需要若干醫療跟進，例如長期服用荷爾蒙或一些手術後遺關注。

暫時來說，醫療系統上的數字仍可以為評估跨性別者人數提供一些參考。

在2016年10月，威爾斯親王醫院正式成立了一個「性別認同障礙」診所，以期集中全港各區的有需要人士²，向他們提供一站式，包括精

It is worth noting that there is no specific sequence in carrying out social and medical procedures in gender transition, as it varies from person to person. For example, transgender persons who are undergoing or attempting a social/daily gender transition are not necessarily consulting a doctor or undergoing a medical transition simultaneously. Similarly, people who are consulting a doctor are not necessarily undergoing a medical transition (such as using hormone therapy or waiting to undergo a gender affirming surgery), nor are they necessarily undergoing a social/daily transition. It takes plenty of time for transgender persons to explore their gender identity and contemplate on the possibilities and feasibility in all aspects of a gender transition.

In addition, even if the gender affirming surgery is completed and the gender on the identity document is changed, transgender persons may still need to attend to some medical follow-ups, such as continuously receiving hormone therapy or post-operative care and observations.

For the time being, the figures in the public medical system can be used as a reference for assessing the transgender population in Hong Kong.

In October 2016, the Prince of Wales Hospital officially set up the “Gender Identity Disorder Clinic”, which aims to gather people in need in Hong Kong² and provide them with one-stop services, which include specialist consultation services in Psychiatry, Psychology, Endocrinology, Plastic Surgery, Urology and Gynaecology etc. As

參考 / References:

- (ICD-11) <https://www.usatoday.com/story/news/2018/06/20/transgender-not-mental-illness-world-health-organization/717758002/>
- <https://www.who.int/bulletin/volumes/94/11/16-021116/en/>
- (transgender children) https://www.who.int/water_sanitation_health/publications/jmp-wash-in-schools.pdf

Gender Affirming Surgery, previously known as Sex Reassignment Surgery.

「性別肯定手術」，舊稱「性別重置手術」

神科、心理科、內分泌科、整形外科、泌尿科、婦科等各式諮詢支援服務。截至2020年初，登記的應診人數為350+人。從某些私家醫生提供的數字，也有過百人曾經作出相關方面的諮詢和應診”。

未能掌握的數字大致包括以下幾類：

1. 選擇在外國進行醫療上的性別過渡的人；
2. 早年已經完成過渡，此後沒有再因此而接觸醫療系統的人；
3. 還沒有或不打算展開醫療上的性別過渡的人（包括對身體沒有強烈不適的人）；
4. 對自身的性別認同或跨性別身分還未覺醒或開始探索的人（包括跨性別兒童及青少年）；
5. 完全沒有接觸醫療系統或社群的人。

即使有好些數字未能掌握，但從可見的人數來估算，跨性別社群仍然是一個人數相對很少的群體。

of the beginning of 2020, the number of registered cases exceeded 350. According to the figures provided by some private doctors, more than one hundred people have made medical consultations and appointments for related issues”。

On the other hand, the figures of the following types of cases cannot be precisely estimated:

1. People who choose to undergo medical transition overseas;
2. People whose transition has been completed in early years, and have no contact with the medical system since then;
3. People who have not yet or do not plan to initiate a medical transition, which include those who do not experience strong physical discomfort;
4. People who have not been aware of, or started to explore their own gender or transgender identity, which include transgender children and youth;
5. People who have no contact with the medical system or the community at all.

Although the overall number of transgender persons with varying conditions or scenarios cannot be accurately grasped, based on the number of visible cases, we can tell that the transgender community is still a relatively small group in Hong Kong.

詞彙 Glossary

跨性別女性

又稱「男跨女」，出生時被指定為男性，自我性別認同為女性。

跨性別男性

又稱「女跨男」，出生時被指定為女性，自我性別認同為男性。

性別酷兒

指不論其出生時被指定性別為何，自我認同上不完全屬於單一男性或女性身份之人士。

性別認同

指一個人對其自我性別的內在理解或認同，可以是女性、男性、或男女以外的性別身份（例如性別酷兒、中性等），而這內在理解或認同未必與其出生時被指定之性別或性徵一致。

性別過渡

性別過渡是跨性別人士以其認同的性別身份去生活的一個重要過程。當中涉及很多改變和適應，並可以分為三個層面去理解：社交過渡、身體過渡和法定性別更改。

社交過渡

跨性別人士會期望並嘗試以其認同的性別身份去生活，包括但不限於改變其外表、衣著打扮、名字等。

身體過渡

藉着使用荷爾蒙及/或進行手術，甚至健身，來減低對自己身體的不安或厭惡感。

法定性別更改

跨性別人士的性別認同能得到法律的承認和相關保障，並顯示在法定的身份證明文件上，例如身份證和護照。按照現時香港的相關指引，跨性別人士必須完成特定手術，才能更改身份證上的(二元)性別，但卻不代表她/他能因此而獲得法律上的全面肯定和保障。

性別不安/性別焦慮

這是「精神疾病診斷與統計手冊 - 第五版 (DSM-5)」內的斷症名稱，來形容當事人因其性別的內外不一致所導致的各種不安或焦慮狀況。在第四版(DSM-IV)中的舊稱為「性別認同障礙」(Gender Identity Disorder)。「精神疾病診斷與統計手冊」是美國及多個國家的精神科醫生及心理學家最常用來診斷精神疾病的指導手冊，它的第五版於2013年在美國出版。

性別不一致

這是「國際疾病分類第十一版 (ICD-11)」內的斷症名稱，來形容當事人因其性別的內外不一致所導致的各種不安或焦慮狀況。在第十版(ICD-10)中的舊稱為「性別認同障礙」(Gender Identity Disorder)。此疾病分類為聯合國專門機構世界衛生組織所制定。

性別肯定手術

舊稱「性別重置手術」，Sex Reassignment Surgery，SRS。

中性代詞

代表非二元性別認同 (non-binary) 的跨性別人士。

性別非常規者

指那些性別表達不符外界對其被指定性別的印象的人士，例如變裝人士 (cross-dresser) 或變裝/反串表演者 (drag)。其性別認同與其被指定性別一致。

¹ American Psychological Association (2015). Guidelines for Psychological Practice with Transgender and Gender Nonconforming People. American Psychologist, 70(9), 832-864. doi: 10.1037/a0039906

Trans women

Those who are assigned male at birth and identify themselves as female or woman, also known as “Male to Female”.

Trans men

Those who are assigned female at birth and identify themselves as male or man, also known as “Female to Male”.

Genderqueer

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

Gender Identity

Refers to a person's internal sense of being a woman or female; a man or male; or an alternative gender (e.g., genderqueer, genderneutral) that may not necessarily correspond to a person's sex assigned at birth or sex characteristics¹.

Gender transition

Gender transition is the process transgender persons go through to live a gender role more aligned with their identified gender and 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/medical transition and legal transition.

Social Transition

Transgender persons attempt to live as their identified gender in daily lives and may have the following changes, including but not limited to changing their outer appearance, attire and name etc.

Physical Transition

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

Legal Transition

Transgender persons' gender identity can be recognized and protected by 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. But still, this does not automatically grant them a comprehensive legal affirmation and protection.

Gender Dysphoria

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

Gender Incongruence

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

Gender Affirming Surgery

Previously known as Sex Reassignment Surgery (SRS).

Gender-neutral pronoun

Representing transgender persons whose gender identity is non-binary.

Gender Non-conforming Persons

Those whose gender expression do not match with the expectation associated with their assigned sex, such as cross-dressers or drag performers. Their gender identities are aligned with their assigned sex.

