EFFECTIVE HEALTH PROMOTION STRATEGIES for working with the transgender student population

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Thanks to the LGBTQ+ Coalition and ACHA for stickers!

My pronouns: She, Her, Hers

My pronouns: He, Him, His

My pronouns: They, Them, Their

Ask Me About My Pronouns

Don’t forget to grab a button!
Learning Objectives

After this session, attendees should be able to:

- Discuss transgender and gender nonconforming student health disparities.
- Describe transgender affirming strategies for Health Promotion practitioners.
- Explain transgender-specific sexual health needs.
- Identify approaches for locating transgender health resources.
GROUND RULES
HELLO!
1

GENDER & TERMINOLOGY
Don't define a person's genitals as their gender.
The Gender Unicorn

Gender Identity
- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression/Presentation
- Feminine
- Masculine
- Other

Sex Assigned at Birth
- Female
- Male
- Other/Intersex

Sexually Attracted To
- Women
- Men
- Other Gender(s)

Romantically/Emotionally Attracted To
- Women
- Men
- Other Gender(s)

To learn more go to: www.transstudent.org/gender

Design by Landyn Pan
Sex Assigned at Birth

- An assignment of male or female that is made at birth.
- Documented on birth certificate, social security card, etc.
- Often assigned based on the appearance of a child’s genitalia at birth.
1 Gender Identity

- An internal sense of being a man, woman, both, neither, or something else entirely.
- A person’s gender identity may or may not be congruent with their assigned sex.
Gender Identity meets Sex Assigned at Birth

**Cisgender**
- Describes people whose gender identity is congruent with their sex assigned at birth.
- Cisgender women are assigned female at birth, and identify as women.
- Cisgender men are assigned male at birth, and identify as men.

**Transgender**
- Describes people whose gender identity is, in some way, not congruent with the sex they were assigned at birth.
- *Trans* and *Transgender* are umbrella terms. There are many gender identities that fall underneath these terms.
- Transgender women are assigned male at birth, and identify as women.
- Transgender men are assigned female at birth, and identify as men.
1 Non-Binary Identities

- A term to describe a gender identity that is outside of binary gender identities (man/trans man and woman/trans woman) in some way.
- People identifying as non-binary and/or genderqueer may experience a fluidity between genders, a partial connection to a gender or many genders.
Gender Expression

- How a person presents their gender through the use of cues, such as:
  - Clothing
  - Hairstyle
  - Make-up
  - Speech
  - Mannerisms
  - Movements
Don’t Know What Pronoun to Use?

Listen. Ask.

Make a Mistake?

Apologize.

Above Anything Else:

Don’t Assume.
The emotional, romantic, and/or sexual attraction that a person may or may not have to another person or other people.

Sexual identities are not dependent on our gender identity or expression, although they may be related.

Some sexual identities include: lesbian, gay, bisexual, pansexual, asexual, same-gender loving, queer, and heterosexual/straight.
WHY THIS IS SO IMPORTANT
700,000

The number of estimated people who identify as Transgender in the US (Williams Institute, 2011)

207

The number of companies with healthcare for Transgender workers (Human Rights Campaign, 2012)
2 Suicide Attempts

National Transgender Discrimination Survey (2011)

- 64% Victimization of Sexual Assault
- 61% Victimization of Physical Assault
- 55% Lost a Job due to bias
- 51% Harassed in school
- 41% Average Trans
- 1.6% Gen Pop
Grades K-12

78% Experienced Harassment
harassment was so severe that it led almost one-sixth (15%) to leave a school

35% Experienced Physical Assault

12% Experienced Sexual Violence

National Transgender Discrimination Survey (2011)
Other Health Outcomes

- High HIV rates: over four times the national average
- Postponed care: when they were sick or injured, many postponed medical care due to discrimination (28%) or inability to afford it (48%).
Tobacco use: rates 50% higher than general population
(Black trans folk have rates 150% higher)

Abuse of alcohol and drugs, including methamphetamine and heroin, is higher in the trans community.
Rehab programs are often male/female segregation based. AA does have meetings for trans and non-gender conforming folks.
Clinical Care

19% Reported being refused medical care due to their trans or gender non-conforming status (even higher among people of color in the survey)

50% Reported having to teach their medical providers about transgender care

National Transgender Discrimination Survey (2011)
Regret Myths

**Myth:** A number of transgender people are beginning to admit that choosing to transition ruined their lives.

- **94%** of trans people reported an improvement in their quality of life due to transitioning.
- **96%** answered that their sense of wellbeing improved.

**Myth:** Transitioning will make a person bitter and depressed.

- **9 out of 10** responded that their overall personality improved due to transition.
- **85%** described their emotional stability as "improved" (11% reported no change).

**Myth:** Transgender people don't really want to change their body, they just get pressured into it.

**Transition Satisfaction Rates**

- 96% overall
- 97% hormone therapy
- 96% chest surgery
- 90% genital surgery

Dear Colleague Letter

Under federal law, Title IX, schools that receive federal funding are not allowed to discriminate against students on the basis of sex (sex includes gender identity).
3
STRATEGIES YOU CAN USE
ACHA Guidelines

Trans-Inclusive College Health Programs

- Develop prevention strategies to address issues that disproportionately affect transgender individuals
- Address the intersection of race and ethnicity
- Adapt education and prevention services
- Involve the trans community as stakeholders
- Use inclusive language
Taking testosterone can cause increased appetite which can lead to weight gain. Strength training can ensure the weight gain is leading to increasing muscle strength. Estrogen can cause increased appetite as well!

Challenge cisnormative standards of beauty and attractiveness, but validate the need that some trans folks have to change their bodies.
3 Alcohol Challenge

**Low-risk drinking limits**

<table>
<thead>
<tr>
<th>On any single DAY</th>
<th>MEN <strong>AND</strong> WOMEN <strong>AND</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>No more than 4 drinks on any day</td>
<td>No more than 3 drinks on any day</td>
</tr>
<tr>
<td>No more than 14 drinks per week</td>
<td>No more than 7 drinks per week</td>
</tr>
</tbody>
</table>

*To stay low risk, keep within BOTH the single-day AND weekly limits.*
Sexual Violence
Becoming aware of privilege should not be viewed as a burden or source of guilt, but rather, an opportunity to learn and be responsible so that we may work toward a more just and inclusive world.

CHECK YOUR PRIVILEGE:

☐ WHITE
☐ MALE
☐ CLASS
☐ CHRISTIAN

☐ CISGENDER*
☐ ABLE-BODIED
☐ HETEROSEXUAL

*CISGENDER: a description for a person whose gender identity, gender expression and biological sex all align

privilege: unearned access to social power based on membership in a dominant social group

Presented by Dr. Walker (Psychology Dept.), Dr. Poole (School of Management, Marketing Dept.), Professor Murray (Design Program), and Student Life
My name is:

My pronouns are:
Create your own Google Maps for free! (google.com/maps)
3 Allyship
SEXUAL HEALTH
What are some of the main components of sexual health education?
Sex Ed Core

- Pregnancy prevention
- STI prevention & testing
- Abstinence
- Non-judgemental
- Empowering
- Medically accurate
- Healthy relationships
- Consent
- Communication
- Healthy Decision Making
- Acknowledging continuum of sexuality/gender/etc
4 Facts

- Trans people may have sexual partners who are people of all genders
- Trans people need preventive health screenings
- Trans people are at high risk for HIV and other STI infections
- Many trans men who have sex with individuals AMAB are at risk for unintended pregnancy

*HIV Infection Among Trans Population, By Race, Compared to U.S. General Population*

Marginalization and abuse increase health risks for trans people

- Trans people are often reluctant to seek sexual and reproductive health care
- Trans people lack access to relevant health information
- Providers often lack appropriate clinical knowledge
- Many providers still turn trans patients away
Increasing Inclusivity

- Front Desk
- Don’t gender genitalia
- Including & discussing terminology
- Going beyond the binary
- Going to their spaces
- Collaboration to create queer
  Safe spaces
- Encouraging trainings of
  Staff (student and professional)
How do I know if I have chlamydia?

Most people who have chlamydia have no symptoms. If you do have symptoms, they may not appear until several weeks after you have sex with an infected partner. Even when chlamydia causes no symptoms, it can damage your reproductive system.

Women with symptoms may notice

- An abnormal vaginal discharge;
- A burning sensation when urinating.

Symptoms in men can include

- A discharge from their penis;
- A burning sensation when urinating;
- Pain and swelling in one or both testicles (although this is less common).
Male Condom Fact Sheet

How effective are male condoms?

Of 100 couples each year whose partners use male condoms, about 18 women may get pregnant. Condoms are more effective at preventing pregnancy when they are used correctly and when you use them every time you have sex.

Advantages of the male condom

- You don’t need a prescription.
- Anyone can buy them.
- Male condoms are safe and easy to use.
- They can be used for vaginal, anal, and oral sex. Ask for flavored condoms to improve the experience when using them for protection against STIs with oral sex.
- Latex and polyurethane condoms offer protection against STIs, including HIV, as well as pregnancy.

How do I get male condoms?

You can buy condoms at many stores including pharmacies and grocery and discount stores. Health departments, clinics, and student health centers may offer free or low-cost condoms. You do not need a prescription or an ID to buy them.

To search for a family planning center near you, go to www.hhs.gov/ope.

Quick Facts

Effectiveness in Preventing Pregnancy

- Of 100 women whose partners use male condoms, about 18 may get pregnant. These numbers can be lower if male condoms are used correctly every time you have sex.

What is the male condom?

A male condom is a thin film sheath that’s placed over the penis. Condoms prevent pregnancy by keeping sperm from entering a woman’s body.

Condoms—sometimes called “rubbers”—made from latex rubber are the most common type. For people who get skin irritation
External Condoms

This condom (sometimes called “male” condoms) is often used for penetrative sex. Trans women should use it on their non-op genitalia. They are available at most pharmacies, supermarkets, and sex stores. They are also usually found for free at local universities, health departments, and many local HIV/AIDS local non-profits.

Note: Change condoms between holes. For example, no anal to oral.

1. Get consent and talk about testing or pregnancy prevention if applicable (use latex-free condoms if anyone is allergic).
2. Check the expiration date on the package - do not use past this date.
3. Inspect the packaging for damage, holes, etc. (Tip: Fold the package in half and gently squeeze to feel for air).
4. Open the package with your hands (no ripping open with your teeth, this could potentially rip the condom).
5. Make sure the condom is tip up, like a witch’s hat or sombrero.
6. Pinch the tip and roll down the shaft to the base of the erect penis or dildo.
7. Add a bit of lube to the outside of the condom and to the external and interior of the hole.
8. Insert into the hole. Go slow at first, and communicate with your partner to negotiate speed and intensity.
9. Once you are finished, if there is ejaculate inside the condom, remove from the penis and hole before it softens and throw it away. (No flushing!) Tip: tie a knot in the condom before throwing it away to prevent leakage.

Note: Use water or silicone-based lubricants (using a silicone dildo/vibrator - water based only). Do NOT use: Coconut, Olive or any oil-based product as they can cause the condom to tear or break.

Internal Condoms

(Often called the “female” condom) this condom can be used for vaginal or anal sex. This is great for people who feel an external condom isn’t a good fit for them. They are made of nitrite so are latex-free, they can be used with Water or Oil-Based lubricants but don’t use them at the same time as an external condom.

1. Get consent and talk about testing or pregnancy prevention if applicable.
2. For sex with someone who has a cervix, it needs to be inserted with the firm ring inward, which will catch on the pubic bone. The person should be in a comfortable position for insertion (ex. squatting, laying down, or standing).
3. Pinch the internal ring in the middle and then slide into the vagina, allowing it to tuck behind the pubic bone (green star on the next image).

You or your partner should see the opening of the condom hanging out of the opening. Liberally use lubricant during insertion.

4. Once done, slightly twist the external portion and slowly pull out then discard. Note: do not flush as it may clog the toilet.

For Anal Use:
Remove the ring, throw it away, and put the rest of the condom on the penetrating partner. Lube the outside of the condom and the anus (there is no such thing as too much lube!), and slide it in.

Still lost? Visit fc2femalecondom.com for interactive videos and modules.
@abenbreezy thanks for the feedback! We make every effort to be inclusive. "Female Condom" must appear on package due to FDA requirements.
**Dental Dams**

Dental dams are thin sheets of latex (they can also be found in latex free versions.) They can be placed over the vaginal opening and clitoris or anus before you or your partner use your mouth. STIs can be transmitted through oral sex so use protection.

You can use a premade dental dam (they come in flavors such as grape, strawberry, vanilla, mint and banana) or make your own. We recommend using flavored lubricant to keep things slick and tasty.

**DIY Dental Dam:**

1. Grab an external condom that isn’t expired and make sure the package has no damage (holes, etc.). Open it and cut off the tip of the condom.

2. Cut down the condom lengthwise

3. Unroll the condom and you have a perfect dental dam! You can also use a latex free condom if you or your partner(s) have latex allergies or a flavored condom for taste

Tip: Don’t have a dental dam or a condom to make one? You can use plastic wrap, but make sure it is not the microwavable kind as it has microscopic pores that are big enough for viruses and bacteria to permeate.

**Capes**

These are great for trans men who have a t-penis, which is the result of using testosterone, which engorges the clitoris to be longer but without surgery, the t-penis won’t get longer than 2-3 inches generally. Most condoms will not fit this, and a dental dam, which would cover the other bits might squish the t-penis, so you can use a glove to make a cape.

**DIY Cape:**

1. Find a glove (don’t forget to be aware of any latex allergies), medium probably works best but larger or smaller may also work, depending on you or your partner

2. Cut off fingers

3. Cut down the side opposite of the thumb

4. Fit t-penis into thumb
YOUR
TURN
LOCATING RESOURCES
5 Resources

- *Trans Bodies, Trans Selves: A Resource for the Trans Community* (Erickson-Schroth, Laura)
- Centers for Disease Control and Prevention LGBT Health: [www.cdc.gov/lgbthealth](http://www.cdc.gov/lgbthealth)
- The Center of Excellence for Transgender Health: [transhealth.ucsf.edu](http://transhealth.ucsf.edu)
- Forge: [forge-forward.org](http://forge-forward.org)
- Healthy Bodies Safer Sex [https://annabenbrook.com/myportfolio/booklet/](https://annabenbrook.com/myportfolio/booklet/)
- National Center for Transgender Equality: [www.transequality.org](http://www.transequality.org)
- National LGBT Health Education Center: [www.lgbthealtheducation.org](http://www.lgbthealtheducation.org)
- The National Transgender Discrimination Survey: [endtransdiscrimination.org/report.html](http://endtransdiscrimination.org/report.html)
Trans Health Initiative: www.transhealthinitiative.org
Trans Lifeline: www.translifeline.org
Transgender Law Center: transgenderlawcenter.org
The Trevor Project: www.thetrevorproject.org
*Welcoming Patients at the Front Desk, Association of American Medical Colleges Video:* vimeo.com/151948888
World Professional Association for Transgender Health (WPATH): www.wpath.org
Acknowledgements

- Laura Kissock, National LGBT Health Education Center, The Fenway Institute
- Aby Parsons, LGBTQIA Resource Center, Georgia Institute of Technology
- Quinn Mabry, LGBTQIA Resource Center, Georgia Institute of Technology
- Health Promotion Team, Georgia Institute of Technology
- Beth Thompson, Graduate Assistant, Florida State University
- Josh Kinchen, Agencies & Safe Zone, Florida State University
References


QUICK

Tomorrow at 8am
Yerba Buena 3-4
THANKS!

Questions?

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