

transmission

Exhibition about trans people

in relation to

Media

History

Law

Medicine

Discrimination

Interviews

Friday 24th
of June

Parnassos
CultUurcentrum

18:00 - 22:00

A celebration
of trans
identity,
made &
presented by
students of
the HHP
programme of
Utrecht
University

Terminology

Terminology

Regarding terminology, we want to make clear that there is not one single term that every person relates to regarding trans* experiences. Transgender is an umbrella term. It is always important to check what terms a trans person - or anyone for that matter! - wants you to use and respect that.

Underneath you can read about a couple of important terms (derived from Planned Parenthood) in the context of trans experiences that you might come across in this exhibition.

Transgender (sometimes shortened to Trans or Trans*)

A general term used to describe someone whose gender identity is different than the sex assigned at birth. Some people put an asterisk on the end of trans* to expand the word to include all people with nonconforming gender identities and expressions.

Transgender Man (Trans Man)

A person whose sex assigned at birth was female but whose gender identity is male. These identities can also refer to someone who was surgically assigned female at birth, in the case of intersex people, but whose gender identity is male. Many trans men identify simply as men.

Transgender Woman (Trans Woman)

A person whose sex assigned at birth was male but whose gender identity is female. These identities can also refer to someone who was surgically assigned male at birth, in the case of intersex people, but whose gender identity is female. Many trans women identify simply as women.

Cisgender

People who identify as the sex they were assigned at birth. For example, a baby born with a vulva is categorized a girl. If she identifies with this categorization as a girl, she is considered cisgender

Gender Fluidity

A sense that one's gender identity or expression is not set in stone, it can change over time or even from day to day. For some people, gender fluid is a gender identity. A gender fluid person may feel female some days, male on others, both male and female, or neither. A gender fluid person might also identify as genderqueer.

Genderqueer

A term for people who don't identify as a man or a woman or whose identity lies outside the traditional gender binary of male and female. Some people use genderqueer, gender nonconforming, and non-binary interchangeably, but others don't. Genderqueer has a political history, so many use the term to identify their gender as non-normative in some way. For example, someone could identify as both cisgender female and genderqueer.

Gender nonconforming

When a person's gender expression doesn't fit inside the gender binary (traditional male or female categories)

Gender non-binary

When a person's gender identity doesn't fit inside the gender binary (traditional male or female categories)



Is there a term in this list that you did not know before?
Have you thought about your own gender identity?



What do you think you need to do to change your gender registration according to the transgender law in the Netherlands? Put a tick in the boxes you think of.

What do you think you need to do to change your gender registration according to the transgender law in the Netherlands? Put a tick in the boxes you think of.

Education	Educated about the judicial effects
10 years and older	Not medically transitioned to the other gender
Official name	None of these

Answer: 7x more True or false?

Mark:

78% of those surveyed are said to have been harassed at school from toddlers to secondary school.

Unemployment is twice as high among trans people.

90% of those surveyed have had experience of harassment, abuse or discrimination in the workplace.

Only 1/5 have the gender on their ID and on all other documents changed to their new gender.

Nearly half felt uncomfortable seeking help from the police.

19% of those surveyed have been refused medical assistance.

57% experienced significant family refusal.

(THEY ARE ALL TRUE)

Which country was the first country in the world who made it possible to change gender registration by only giving a personal declaration? Circle the country you think was the first in the world.

Argentina Denmark
Norway Malta Ireland

What do these countries have in common? They all have absolute self-determination; you can change your gender registration by yourself.

ECHR:
Not only in the Netherlands and in these six countries happened but also internationally. The European Court of Human Rights declared in 2015 that the permanent sterilization in conflict with Article 8 of the European Court of Human Rights. This is the right to respect for private and family life. Also, the prerequisite in some countries that you cannot change your first name before you are medically transitioned was declared as unlawful, because this is also in conflict with Article 8 ECHR.

Council of Europe:
The Council of Europe approved a resolution in 2015 calling upon states to end the discrimination of transgender people and to abolish any legislation which hinders transgender people.

M x V

LEGISLATION M x V

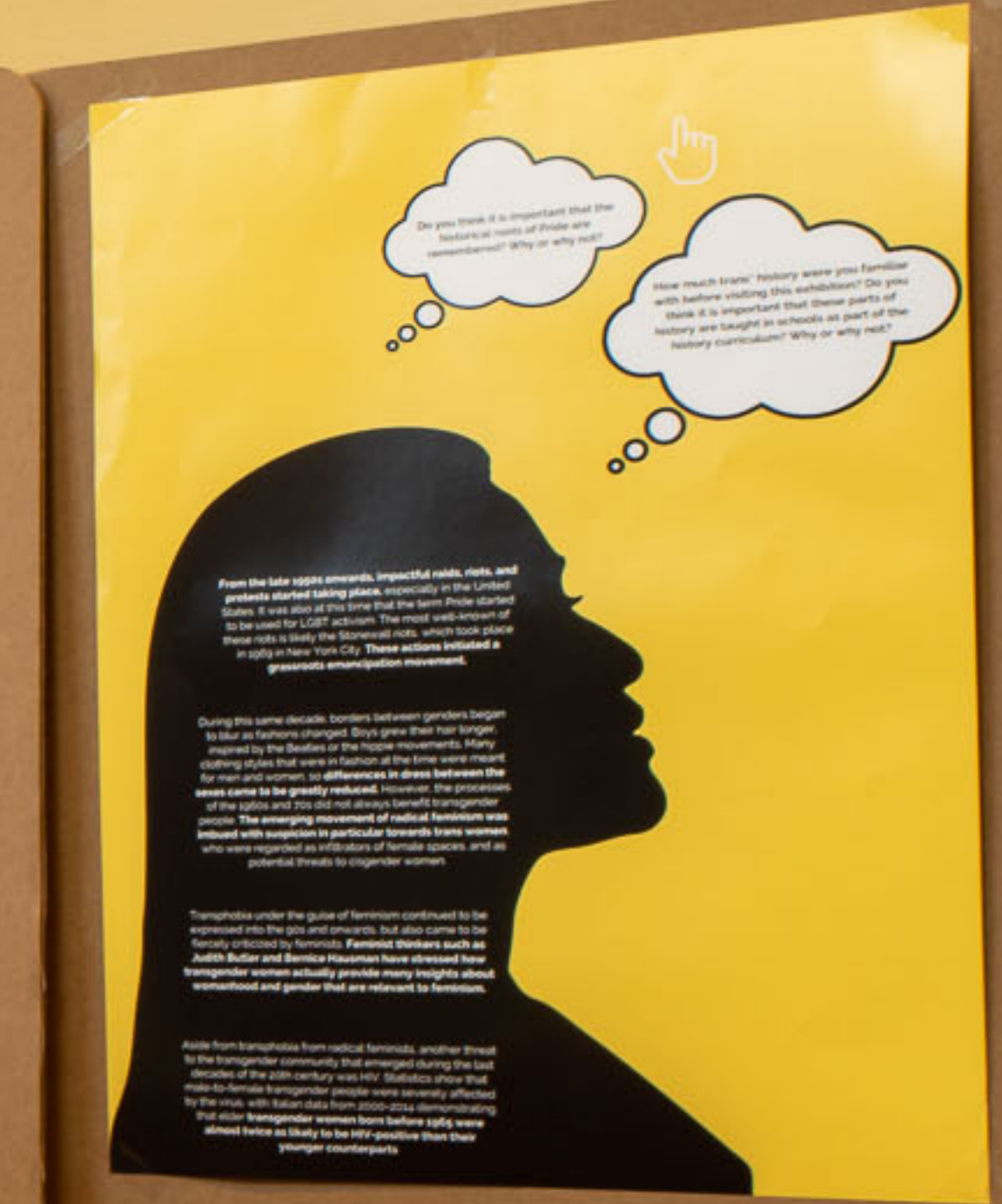
CONCERNING

TRANSGENDER

PEOPLE

NETHERLANDS/
INTERNATIONAL



Movies:	Series:	Songs:
The Danish girl Tangerine Girl Tomboy Predestination Todo sobre mi madre The adventures of Priscilla Dallas Buyers Club Alice Junior	Euphoria Pose Tales of the City We Are Who We Are Sense 8 I Am Jazz The Umbrella Academy Feel Good La Casa de las Flores	She - Green Day Both Sides Now - Joni Mitchell A Thousand Kisses Deep - Leonard Cohen Androgynous - The Replacements True Trans Soul Rebel - Against Me! Arnold Layne - Pink Floyd
Places in Utrecht	Places in Amsterdam	Places in Rotterdam
Bodytalk - café Ensuite - event Pann - party Rubber - party Café Kalf - café Utrecht Canal Pride - pride Paradise - festival BOLD - party Queer Film Festival - filmfestival	Nyx - club Vrankrijk - political café Nieuwezijds Gay Sauna - sauna LGBTour - tour Gay pride - event Milkshake - event Pink film days - filmevent ASVGAY - student association	Café Bonaparte - café Ketelbinkie - sportclub Bar Loge 90 - bar De Regenboog - party Nostra - winebar FERRY - cocktailbar Keerweer - event Gay Sauna Finland - sauna

Write in one of the boxes if and how your perspective changed about a trans experience...

<i>What is the most important thing you learned from the exhibition?</i>	<i>What is the most important thing you learned from the exhibition?</i>	<i>What is the most important thing you learned from the exhibition?</i>
<i>What is the most important thing you learned from the exhibition?</i>	<i>What is the most important thing you learned from the exhibition?</i>	<i>Complex of law & recognition of trans rights</i>
		<i>Everything but especially the work</i>

What part of the exhibition inspired you the most? Put something in the colored circles.

The actual change between the old and new high-sounding

What is the most important thing you learned from the exhibition?



Write in one of the boxes if and how your perspective changed about a trans experience...

<i>I DIDN'T KNOW IT WAS POSSIBLE TO CHANGE GENDER THROUGH THE LAW. I HAD A PERSONAL RELATION</i>	<i>What is the most important thing you learned from the exhibition?</i>

What part of the exhibition inspired you the most? Put something in the colored circles.

What is the most important thing you learned from the exhibition?



The development of the transgender law:

1985 Transgender law:
In 1985 to change your gender registration, you had to be sterilized, you cannot be fertile anymore. Also, you had to be physically altered by your desired gender. The last prerequisite is that there should be a judicial view on your gender registration which brings high costs with it.

2014 Transgender law:
In 2014 to change your gender registration, you should be at least 16 years old. You must have an approved statement from an expert, either a doctor or a psychologist. Also, you should be educated about the judicial effects of your gender registration.

2021: new bill
In 2021 there is a new bill about the prerequisites to change your gender registration. It says that you must notify in writing the officer of the Civil Registry to change your gender registration. You will get a confirmation and receive government information about the procedure. Between four and twelve weeks you must personally confirm to the officer of Civil Registry to change your gender registration. The officer will carry out a regular identity check and he checks the competence. You had to be at least 16 years old to change your gender registration, however in the bill it gives minors under 16 the opportunity to change their gender registration through a juvenile court, while represented by your legal representative. At last, if you want to change your gender registration for the third time then this must be done via a judge.

**In 2022 this bill will be treated... To be continued...
The rights of transgender people internationally**

Discrimination of transgender people today:

Article 1 of the Dutch constitution:
All persons in the Netherlands shall be treated equally in equal circumstances. Discrimination on the grounds of religion, belief, political opinion, race or sex or on any other grounds whatsoever shall not be permitted.

Article 1 of the Constitution (article 1 of the Dutch constitution) describes the principle of equality in the Netherlands. Everyone should be treated equally, and no one is allowed to discriminate.

In the Netherlands, 1% of the population does not identify itself with the gender that is registered at birth.

Although there is more and more attention for the issues around transgender people, still transgender people are dealing with discrimination on an everyday basis. Discrimination happens at every turn unfortunately, in the workplace, the supermarket and at school.

How many times more do you think transgender people are likely to experience violence? For a mark in one of the boxes.

What do you think you need to do to change your gender registration according to the transgender law in the Netherlands today? For a mark in the boxes you think it.

Definition	Decision about the judicial effects
16 years and older	judicial view on your gender registration

What is the most important thing you learned from the exhibition?

What part of the exhibition inspired you the most? Put something in the colored circles.

Procedures
No golden standard

INTERACTIVE
 Do you think HRT should be necessary before someone can undergo surgery?

These surgeries, including vaginoplasty, phalloplasty, and penile prostheses, are complex and may require multiple procedures. You must fully understand the risks, benefits, and long-term outcomes of these procedures. Research is ongoing, and outcomes can vary. It's important to have a thorough consultation with a healthcare provider and a mental health professional before making a decision.

Medical transition can be lifesaving
 It decreases rates of suicide, depression, anxiety related symptoms, chance of self-harm, and increases overall life expectancy. Nonetheless many people don't have access to medical transition and are forced to focus on other options for expressing their gender identity. (Hardacker 2019)

Do you think HRT should be necessary before someone can undergo surgery?

Social Transition
Not an easy process

Social transition is often required to access necessary medical procedures. It involves changing your name and gender marker on legal documents, and may include hormone therapy and surgery. It's a complex process that requires support and understanding from others.

Minority Stress Theory
Explaining a lower life expectancy

Minority stress theory explains the health disparities experienced by transgender and gender-diverse people. It identifies the unique stressors they face, such as discrimination, harassment, and social rejection, which contribute to higher rates of mental and physical health issues.

Trans History of the 20th Century

Trans history in the 20th century is a complex and multifaceted story. It involves the struggle for visibility, the fight for legal recognition, and the development of a community. Key figures and events have shaped the landscape of trans rights and identity.

South-East Asia
Undetermined-now

South-East Asia has a rich history of gender diversity. In some cultures, there are traditional roles for people who do not fit into the binary male-female model. These roles have often been misunderstood or stigmatized, but they represent a long-standing diversity of gender expression.

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Have you ever considered that trans people face different kinds of discrimination besides transphobia? Do you think that there is enough attention for this in the current day and age?

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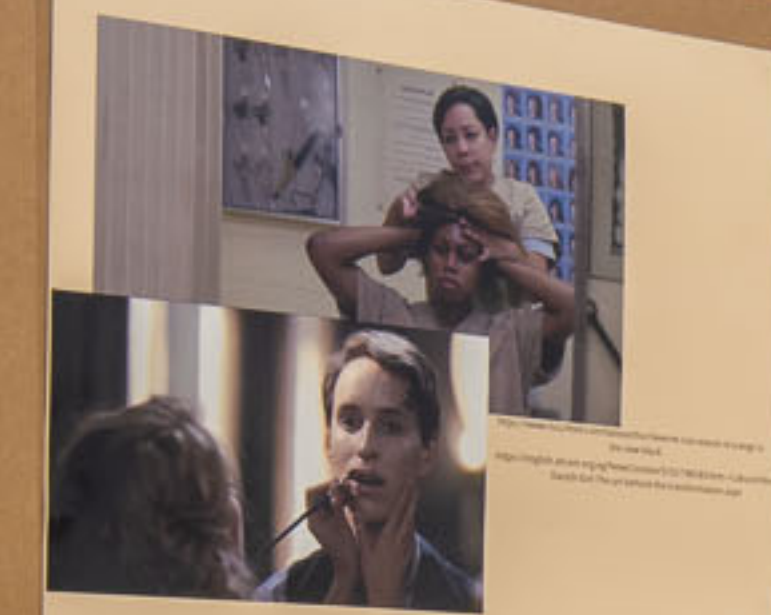
Status Quo of This Landscape

In this era of Web 2.0, user-generated content (UGC) enables transgender people to provide an explicit counter-narrative to those in newspapers and films. On the other hand, they are underrepresented in mainstream media and representations of them are by means flawed, such as the long-standing discursive tropes and stereotypes regarding transgender in mainstream media.

Era of Web 2.0 -> UGC
people's explicit counter-narrative **VS** discursive tropes and stereotypes

Trans People in Film and Television

The representation of transgender identity continues to adhere to heteronormative and cis-normative ideologies and lacks non-binary representations of them. Cis-normativity insists on the gender binary and indicates the expectation that the gender of everyone will match their birth



One of the most common forms to depict trans people is the so-called "big reveal." It refers to the visualization of transgender characters revealing their cis-normative identities. The most common form to show the big reveal is **male-to-female cross-dressers' removal/wearing of a wig or makeup**, highlighting facial expression and hair as a more significant indication of femininity than other physical elements.

Trans People in News Outlet

According to Jamie Colette Capuzza's observations, two tendencies of reporting trans stand out.

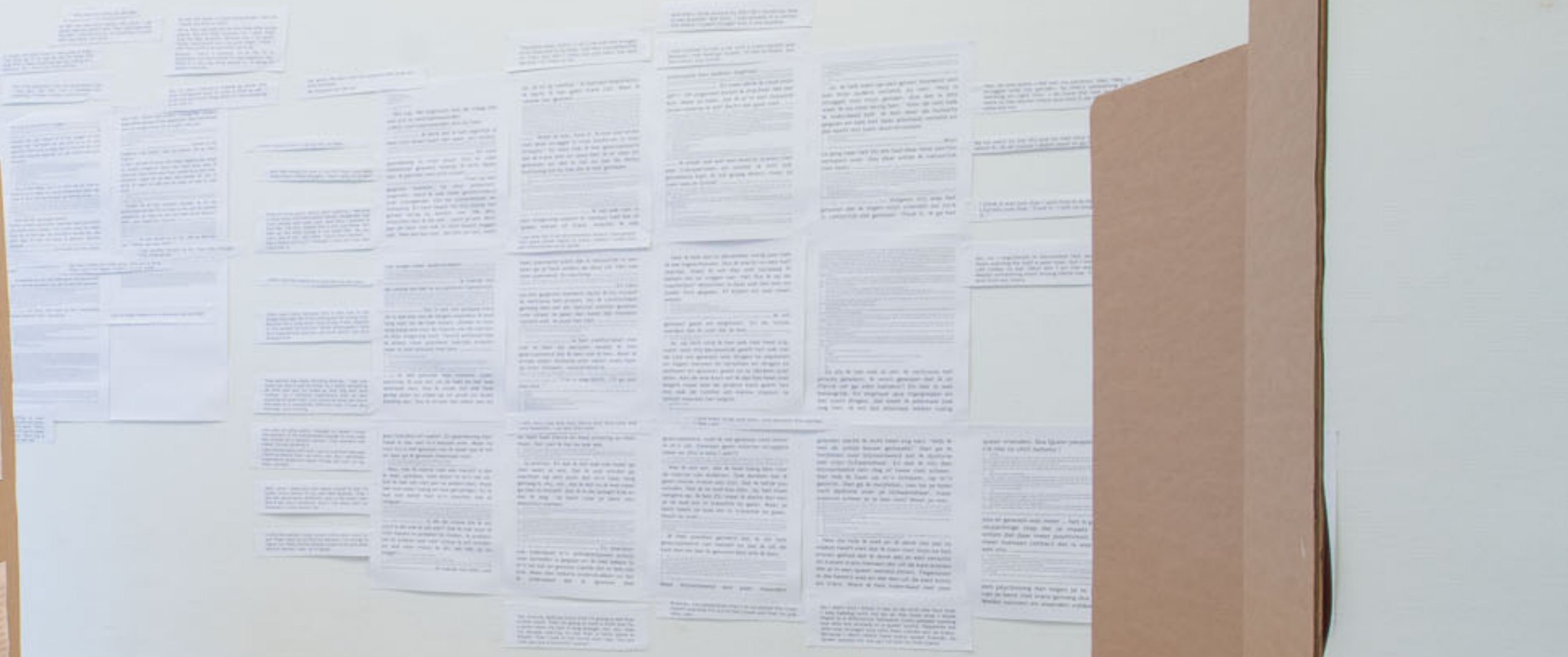
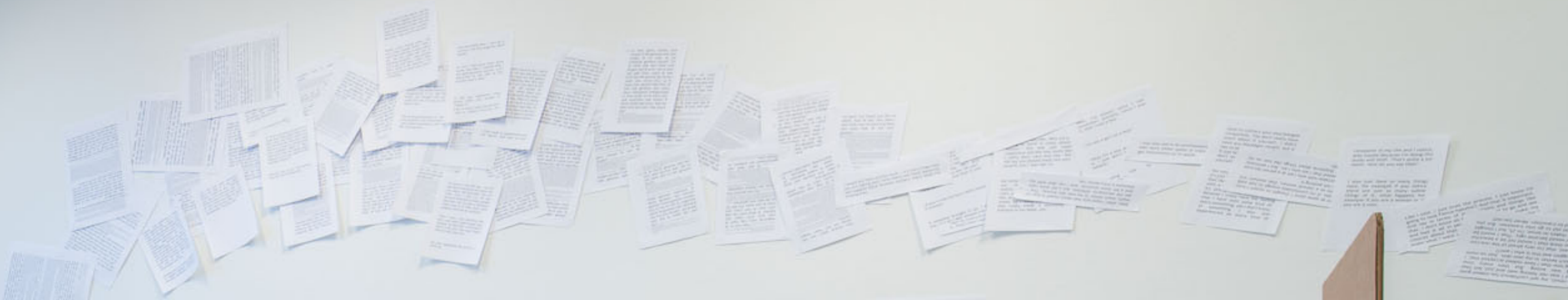
1. The focus on the male-to-female transgender individuals who strive to assimilate into society without threatening dominant gender norms.



2. The story topics are related to arts, lifestyle, entertainment, personal hardships, and sports - generally soft news rather than shedding light on this community.

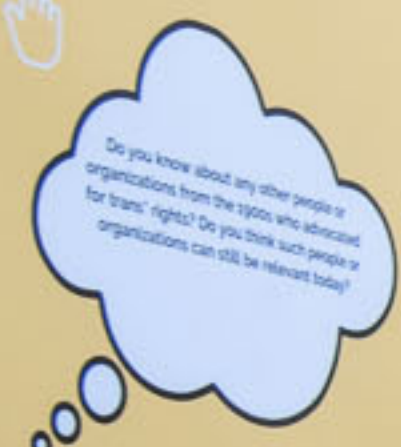
Trans People in Other Genres

Video: Trans people in other genres



Trans* History of the 20th Century

INSTITUT FÜR SEXUALWISSENSCHAFT
FÜR GENDERSTUDIEN UND QUEERLEBENSWEISEN
VERGLEICHENDE SEXUALWISSENSCHAFT UND GENDERSTUDIEN
VERGLEICHENDE SEXUALWISSENSCHAFT UND GENDERSTUDIEN
VERGLEICHENDE SEXUALWISSENSCHAFT UND GENDERSTUDIEN



Over the course of the 20th century transgender and gender nonconforming people in general gradually gained a more prominent place in the public eye. In the early 20th century, most early developments took place in Germany. After the Second World War, this shifted to the United States.

In the 20th century, many Western countries did not strictly outlaw being gender nonconforming. In some ways, this made it more difficult for gender nonconforming people to advocate for themselves. Other members of the LGBT community who faced more explicit legal challenges, such as gay men, have historically been motivated to pursue equal rights because they were under clear legal threat. For trans* people this was more challenging because they faced more abstract threats, which can be more difficult to fight against.

Gender nonconforming people at the time did face social stigma and they could be arrested for other crimes. Gender nonconforming people were more likely to be suspected of theft, swindling, human trafficking, and even espionage. In Weimar Germany, some gender nonconforming individuals received "transvestite passes" (Transvestitenbefreiung) from the Weimar police, which could protect them from harassment to a certain degree. Sexologist Magnus Hirschfeld, who campaigned for tolerance and rights for the LGBT community, worked with the Berlin police to introduce the use of such passes. "The pass streamlines the mental well-being and her ability to work, she therefore needs the possibility to wear the clothing of the male sex that corresponds to her nature."

In Germany, gender nonconforming members of the middle class were among the earliest to take steps towards recognition as they strove to achieve "respectability." These individuals strove to distinguish themselves from "disrespectable" or "deviant" individuals whose behavior was considered lewd and "degraded." By behaving like proper members of the higher social classes, they provided establishments like bars, saloons, and "travelling" agencies with a more respectable clientele. In public, dressing to "pass" as respectable individuals took care to dress demurely in public, striving to "pass" as respectable individuals. To achieve this "respectable" status, they distanced themselves from other members of the LGBT community, particularly gay men and trans* people of the lower classes. They also developed of gender-affirming surgeries.

South-East Asia Undetermined-not

The trans* history of South-East Asia is a complex and often overlooked one. In many of these regions, gender nonconforming people have existed for centuries, often in roles that were highly respected and integral to their societies. However, with the arrival of Western colonial powers and the imposition of binary gender norms, these individuals and their communities were often marginalized and their traditional roles and identities were suppressed or even outlawed. The legacy of colonialism continues to impact trans* people in the region today, as they navigate the intersection of traditional cultural values and modern, often Western-influenced, gender expectations.

Gender nonconforming people in the past

Gender nonconforming people have existed in various forms and roles throughout human history. In many cultures, there were individuals who embodied both male and female characteristics, often in ways that were highly valued and respected. These individuals could be seen as spiritual leaders, healers, or community members who provided a unique perspective on the world. However, as binary gender norms became more rigid and dominant, these individuals often found themselves marginalized and their identities suppressed or even outlawed. The history of gender nonconformity is a rich and diverse one, reflecting the complex and varied ways in which people have expressed their gender throughout time.

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Scientific Basis

Gender nonconformity is a complex phenomenon that has been the subject of scientific research for many years. This research has explored the biological, psychological, and social factors that contribute to gender nonconformity. While there is still much to be learned, current research suggests that gender nonconformity is a natural variation of human diversity, rather than a pathology or a disorder. Understanding the scientific basis of gender nonconformity is crucial for developing effective and respectful ways to support and affirm the identities of trans* people.

Disphoria

Disphoria is a term used to describe the distress or discomfort that can result from a discrepancy between one's assigned sex at birth and one's gender identity. This distress can be caused by various factors, including the inability to express one's gender identity in a way that feels authentic and comfortable. Disphoria can have a significant impact on mental health and overall well-being, and it is important for individuals experiencing disphoria to seek support and explore options for gender affirmation.

HRT

Hormone Replacement Therapy (HRT) is a medical treatment that can help trans* people align their physical characteristics with their gender identity. HRT typically involves the use of hormones such as testosterone or estrogen, which can affect secondary sex characteristics like hair growth, skin texture, and body shape. HRT is a safe and effective way to achieve gender affirmation, but it is important to consult with a healthcare provider to determine the best approach and to monitor for any potential side effects.

Surgical Procedures

No golden standard

Do you think HRT should be necessary before someone can undergo surgery?

Medical transition can be lifesaving

It decreases rates of suicide, depression, anxiety-related symptoms, chance of attempting self-harm, and increases overall life expectancy. Nonetheless, many people don't have access to medical transition and are forced to focus on other options for expressing their gender identity. (Hanssacker 2019)



Various small pieces of paper and notes pinned to the wall on the left side of the exhibit.



Trans: History of the 20th Century

Text describing the history of trans in the 20th century.

South-East Asia
Undetermined Now

Text discussing gender and identity in South-East Asia.

Text discussing gender and identity.

Greece
Antiquity

Text discussing gender in ancient Greece.

Gender nonconforming presentation in the 20th century: a few examples

Text describing various examples of gender nonconforming presentation.

France
Middle ages

Text discussing gender in medieval France.

Thought bubbles:

- "Do you think it is important that the historical roots of trans are remembered? Why or why not?"
- "How much trans history were you familiar with before visiting this exhibition? Do you think it is important that these parts of history are taught in schools as part of the history curriculum? Why or why not?"

Text discussing the importance of trans history.

Egypt
Antiquity

Text discussing gender in ancient Egypt.



Scientific Basis
The Brain

Transgender and gender nonconforming individuals have a brain structure that is more similar to the brain structure of the gender they identify with than the gender they were assigned at birth.

Research shows that transgender individuals have a brain structure that is more similar to the brain structure of the gender they identify with than the gender they were assigned at birth.

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Dysphoria
And the DSM

Dysphoria is a state of discomfort or distress that is caused by either a discrepancy between one's gender identity and that one's gender role and/or primary or secondary sex characteristics.

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HRT
Hormone Replacement Therapy

HRT is a medical treatment that uses hormones to change the body's sex characteristics.

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Surgical Procedures
No golden standard

INTERACTIVE

Do you think HRT should be necessary before someone can undergo surgery?

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Social Transition
Not an easy process

Social Transition Explained

Transitioning or presenting as your gender identity is not an easy process. The process of social transitioning is the portion of a transition where an individual makes others aware of their transition. While social transition is not necessary for identifying as transgender or being gender nonconforming, it can be extremely helpful and a very important part of living one's life authentically.

"It can include but is not limited to telling people about your gender identity. Whether or not the person you're telling is aware of your assigned sex/transgender status, changing what name you prefer to go by in social interactions and making others aware of that name, asking people to use different pronouns, titles, and other gendered language to refer to you, using different gendered spaces such as public toilets, and changing the way you present your gender expression through for example clothing, hairstyle, or demeanor."

Social transitioning can be one of the most daunting aspects of a transition, as you don't have control over people's reactions. Family or friends could react as a transphobic way, ranging from intentionally misusing of pronouns to serious physical or emotional abuse.

"Children and teens are sometimes kicked out of their homes, sent to harmful conversion therapy, or seriously abused because of coming out to their families."

Because of this, many people choose to wait with social transitioning until it is clear their friends and family will accept their transition, or until they have experience. Many people choose to transition in different social groups at different points in time, like coming out to your family but not your co-workers.

Social transition can form a barrier

Social transition is often required for access to many medical procedures and treatments, so it can also form a barrier for those not able to or willing to transition socially. But this can cause an irreversible disruption in one's life. Not to mention, some individuals may require medical transitioning to pass as their gender identity. Not to mention the folks who do not want to transition socially, but nonetheless desire to transition medically.

Minority Stress Theory
Explaining a lower life expectancy

Transgender and gender nonconforming individuals were found to have a **lower life expectancy** on average.

Minority Stress Theory and other statistics

According to the minority stress theory, minorities such as the LGBTQ+ community, communities of colour, or disabled communities are constantly under increased stressors such as 'stress' due to widespread homophobia, racism, and ableism. The theory proposes that health disparities between minority communities and the public can be explained by stressors induced by a hostile culture, often resulting in a lifetime of harassment, maltreatment, discrimination, and victimization.

It has been found that stressors such as homophobia or transphobia are associated with greater physical and mental health problems

Transgender and gender nonconforming individuals were found to have a greater likelihood for risk taking behaviours like substance abuse. They were also found to have a lower life expectancy (average TGNC individuals do not live past 40), higher rates of depression, higher rates of anxiety, higher rates of self-harm attempts, worse physical health, and chronic health conditions.

The default assumption is often to blame the minorities' worse physical and mental health on their behaviour or aspects of the identity itself, instead of the way society treats them.

There are many barriers for TGNC individuals to access the care and help that they need to live healthy and fulfilling lives. They face constant, mental and society challenges, causing a great deal of stress. To make transgender and gender diverse gender expression more accessible, it would require large-scale changes to laws, medical institutions, and society at large.

INTERACTIVE

Have you ever had doubts about your gender identity?

Find the cited sources here →

