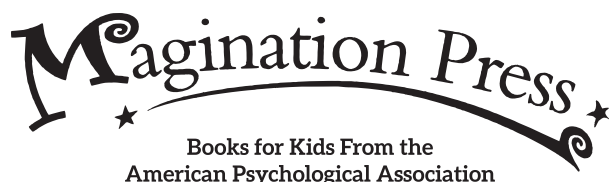


TRANS+

LOVE, SEX, ROMANCE,
AND BEING YOU
BY
KATHRYN GONZALES, MBA
AND
KAREN RAYNE, PHD



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Dear Reader,

No matter where you live, it is important to know this: Transgender and gender-nonbinary people have often held a revered place in their societies. We have been healers, shamans, revered rulers. We are no less than the stars and we are expressions of all that is beautiful in this universe that knows no other constant but change.

So go forward in this book, in your life, in your world, knowing that you are perfect, whole, and complete. Operate from a place where you know your own power, your own marvelousness.

Know that your ancestors were no less than gods.



Kathryn Gonzales, MBA



Karen Rayne, PhD

Welcome to **TRANS+**

The content in this book is honest, all-inclusive, uncensored, real-world information for teens who are transgender, nonbinary, gender-nonconforming, gender-fluid, or questioning their gender identity. *TRANS+* answers real questions about gender for real teens and covers mental health, physical health and reproduction, transitioning, relationships, sex, and life as a transgender or nonbinary individual. It's full of essential information you'll need to know and includes real-life stories from transgender and nonbinary teens.

Words

The language around gender is so important. There are a lot of words, from anatomy to psychology to culturally evolving words. If you don't know the definition of a word, don't let this intimidate you. Many of the chapters start with defining words that are important to that particular topic; and if you come across a word you don't know that isn't defined in the book, just do a quick internet search for it.

The language around gender, particularly as it applies to identity, is changing quickly. If there are words about identity that feel outdated, replace them with words that resonate for you.

Parents

When we talk about parents, we are referring to the people who raised you, whoever that means to you. Sometimes parents are biological and sometimes they're not. The parent-teen relationship is much more important than any kind of biological connection. So, if you have a different word or name that you use for your parents, we hope you'll think about them whenever we say parents. You can even take a pen and write in the person who is meaningful to you.

Authors' Notes

We included brief notes with our thoughts and feelings and personal connections to the chapter. We intend to use this opportunity to connect with you on another level and share our experiences as they relate to the chapter. We hope you enjoy our thoughts, musings, and occasional rants!

Additional Resources

At the end of each chapter are additional resources. These point to books, websites, blog posts, and more. Because the range of topics in this book is so large, some of the topics had so many additional resources that it was hard to narrow them down to just a few, while for other topics it was hard to find even one or two resources to recommend. But know that what we did include in these sections are some of the best resources available as of the writing of this book.

The Diary Entries

Each chapter includes diary entries written by trans and nonbinary youth and young adults. These diary entries are to show you how different youth relate to and live with the different topics every day. These are real people writing about their real experiences. Some of them are writing under their own name, some under a pen name.

These diary entries are one of the most profound and important parts of the book. We hope they move you as they moved us. There is something magical and transformative that happens in that first deep understanding that you are not alone in the world—that there are other people out there like you who are real.

To give you a sense of their personalities, the drawings of the authors show how they really look. Here are introductions to each of the authors in their own words:



• Tai—I'm a transmasculine nonbinary person who has recently begun the process of social transition, publicly transitioning to male, and the time I spent questioning is crucial to my identity. In the past year, I've gone from identifying as a straight girl to an androsexual nonbinary individual to a pansexual demiboy. Currently, I identify as on the aromantic and asexual spectrums. As a person of color, intersectionality is dear to me and I consider it my mission make it more visible, accepted, and included.

• Luka—I am a gay transgender man and I have been a part of the LGBT community for a very long time. My journey has been a long and tiring one, and it will continue to be so for a long time, but it has shaped me into the person I am



today. My own identification journey as well as my interactions with other LGBT and non-LGBT people have shaped my perspective in a way that I do not often see presented among the community. I have identified on all sides of the gender and sexuality spectrum before understanding myself to be a gay man, and that, too, has shaped how I see things.

- Johnny—I am a 16-year-old guy who really enjoys art and science. I have been undergoing medical transition for two years. I would, one day, like to be a medical examiner and I have a passion for English, music, visual art, and written art. I can usually be found going for runs or swinging on swing sets at my local neighborhood playground.



- E.—I am a black, queer, nonbinary person, but those are not the only qualities that define me. I am intelligent, ambitious, creative, and strong. I like to think I'm funny, but those who know me might say otherwise. I am enormously flawed: simultaneously irrational and painfully rational. I love to learn, write, create, and dream. I start projects I know I will never finish in the hope I can make something of myself. I am a



guitarist, a dancer, an artist, a designer, a student, a theatre technician, a debater, a club president, and the founder of the Central Texas GSA Coalition. Like everyone else on this Earth, I contain multitudes.

- Drace—I am a 21-year-old computer engineering student currently living in Dallas, Texas. While I am an engineer by trade, I am a musician at heart who dreams of using my engineering skills to create all kinds of synthesizers and electronic instruments. As a transgender woman, I also want to help find opportunities for women and members of the LGBTQIA+ community in STEM-related fields. In my free time, I love listening to music, hanging out with friends, and DJing for anyone who will listen.



- Danny—I am a transgender female-to-male (ftm); I come from a Catholic family, who are illegal immigrants. I didn't have the experience of saying I was a boy at the age of 2 because I didn't know what an LGBT person was in the first place. It was something I struggled with because I didn't know the label for it. I eventually learned what a transgender person is and it clicked. I want people to know that it isn't just about my family accepting me, but me learning and accepting myself.



End Matter

At the end of the book is a section with additional information, including a dictionary, chapter bibliography, and an index of the content in the entire book. These are great resources to refer to as you're reading the book or any time you hear something you'd like more information about.

TRANS+

TRANS+: Love, Sex, Romance, and Being You is a groundbreaking, all-inclusive, uncensored, must-have guide for teens who are transgender, nonbinary, gender-nonconforming, gender-fluid, or questioning their gender identity, and for cis-allies. **TRANS+** answers all the hard questions about gender expression and identity, covers mental health, physical health and reproduction, transitioning, relationships, sex, and life as a trans or nonbinary individual. It's full of essential information teens need—and want—and includes real-life stories from trans youth who evocatively relate their experiences.

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