



UQ PRIDE ALLIANCE PRESENTS

Trans UQ

THE
GUIDE



**Questioning?
It can be a
tough time.
You don't
have to do
it alone.
See SHOC
for free,
specialised
counselling**

Whether you are trans is not a question anyone can answer for you. The gatekeepers who guard access to medical transition have tried various ways of knowing over the years, varying from things as ridiculous as how you arrange cups and saucers, to the year long test of “living as” their gender to prove they can really do it. But seeing as the only real criteria for being trans is that you know you are, most psychs will just ask you. But how do you know yourself?

Whether you're trans or not is actually the culmination of a large number of tiny questions. How do I like dressing? What words do I want people to call me? How do I feel about my body? Does my name fit me? Which bathroom do I want to use? The answers to these questions can be found by trying things out, privately, secretly, with a few friends you trust, or in front of the world. You can try out different words and styles and see what makes you feel best. Sometimes the answer means that socially constructed gender roles are dumb and restrictive. Sometimes it might be an indication that you're trans. There's a lot written on gender theory and how gender and sex can be understood in a number of different ways. But ultimately, the answers to those questions don't have to mean anything unless you decide they do.

Asking yourself if you prefer being called he, she or they is not as easy as picking what topping to put on your ice cream, even if the feelings are just as strong. Because society has told you for your entire life how to be your assigned gender, deciding that you want to do things differently is hard and scary. The stakes can be pretty high. But being trans can also be really great. Brisbane is full of great community organisations, and being trans opens you up to wonderful experiences. Whatever you decide, remember that you are strong, you can build the kind of life you want, and there are people out there who love you.

THE

BIG QUESTIONS



**Don't worry, this
isn't going to be on
the final.**

What even is gender?

EVERYBODY HAS AN OPINION, BUT DOES ANYONE KNOW?

When we are born, a doctor takes a look at us and makes a proclamation that follows us throughout the rest of our lives. “It’s a boy!”, or “It’s a girl!”. Before we receive our gender we are not a full person, we are an “it”. These very first words said about us determine how society expects us to dress, eat, choose our friends, the way we dance, our favourite colour, what jobs we have, and how much we’ll get paid for them. Even more

important than which Hogwarts house we’re in, or who we voted for in Australian Idol Season 1, but pretty much just as pointless. Everyone has a different relationship with their assigned gender. For some people it fits so snugly they don’t even realise that it’s there. For other people, the relationship is much more complicated.

Some people decide they want to do away with the gender they were given. Some may take up a new gender, or live without a gender all together. Some of these people may call themselves transgender.

Trans people don’t have to look or act a certain way. Anybody who does not identify with the gender they were assigned at birth may choose to identify as transgender.



ALL THE Bureaucracy

Who would have thought coming out as trans could be so boring?

STUDENT
CENTER

HEALTH
SERVICE

SI-NET

You do not need to have a legal name change to update your university records

The name you're enrolled under goes on your student ID card, email and class lists. It is possible to enter a preferred name over the internet, under personal details on sinet. A preferred name does not appear on your student ID card, email or class lists.

The procedure to update these fields does not require a legal name change, but must be done in person. Bring a filled out Change of Personal Details Form (<http://www.uq.edu.au/myadvisor/forms/admin/ChangeNameForm.pdf>) to the student center (right near the Chancellors Place bus stop). If you don't have a change of name certificate you can provide a letter from a GP or psychologist. You should also bring in a form for a new student ID so they can sign the part that waives the card replacement fee (<https://www.uq.edu.au/myadvisor/forms/admin/replacementidcard.pdf>). Sometimes there can be a long line at the student center, but otherwise this is often fairly straightforward. Some of the staff have received training as part of the ally program, and if you're nervous you can look for the ally sticker or badge.

Most of the doctors at UQ Health will be happy to write this letter, regardless of where you are in your transition, or how to identify. Dr Anita Green is recommended.

UQ Health Service

Ph: +61 7 3365 6210

Email: healthservice@uq.edu.au

Level 1, Gordon Greenwood Building (Blg 32)

If you choose not to, or are not able to change your name officially you can still request that all staff and students refer to you by your preferred name.

Changing your recorded gender

THE UNIVERSITY KEEPS A RECORD OF YOUR DETAILS, INCLUDING YOUR GENDER.

The University keeps a record of student genders, mostly for statistical purposes. In some rare cases students can be allocated into classes based on gender. Staff will have access to your gender and it will appear on class lists. There are three options for gender on sinet- M, F and X.

It is possible to change from M to X and from F to X without any documentation. After changing to

X you require documentation to change back to M or F.

To change from M to F, or from F to M documentation is required. This could be a letter from a GP or psychologist, similar to that required for a name change, or a birth certificate. There is no form to fill out, but this must be done in person at the Student Center (near the Chancellors Place bus stop).

If you are receiving a Centrelink payment on the condition of study, Centrelink will also have access to the gender you are enrolled under, and if it is different to the one they have recorded this will present a red flag in their system. They may call you up and ask you about the inconsistency, and ask you to update your details with Centrelink. They will not stop your payment.

Out on Campus

Bathrooms

EVERYBODY NEEDS TO PEE

Most buildings on the St Lucia campus will have gendered bathroom and non-gendered single stall access or disabled bathrooms. There are only 8 buildings at St Lucia with bathrooms that are gender neutral and are not disability access. Included in the zine is a map locating all of these buildings. Buildings under construction are much more likely to include gender neutral bathrooms.

Students or staff who interfere with your access to facilities may find themselves in trouble under the General Misconduct sections of the UQ Code of Conduct. See the section dealing with discrimination.

You don't have to let your worries about being trans interfere with getting a quality education

Safety

WHO TO CALL

Security on campus is responsible for dealing with all emergencies. The best way to contact security is through their smartphone app Safezone. Alternatively they can be called on

Emergency Number - 3365 3333

At night there is a safety bus that can transport you to around campus to the car park, bus stop or areas in St Lucia.

One member of security is a member of the Ally program. This person works shift work and is not on duty at all times.

COMING OUT?

Most courses at university have tutorials, classes where you are in a smaller group and will be asked to discuss course content with your peers. These classes can be made difficult if you're worried about passing, coming out, or if trans issues come up in class. Some classes may require you to participate in activities that could be awkward, such as anatomy classes where students use their own bodies to demonstrate, or science classes that use gender as variable in experiments there the class are subjects. Some classes may be allocated according to gender as found on sinet. Sometimes to help with these issues it may be necessary to come out to a staff member. You can do this via an email to the most relevant staff member.



EXAMPLE LETTERS TO STAFF

"I am a student in your tutorial TUTE for SUBJECT. I have an issue where the name and gender I am enrolled under are not congruous with the ones that I identify with and intend to use. I am transgender, in that though legally I was assigned female at birth I do not identify this way. Though my name is recorded as NAME, I currently live and identify as male and I use the name NAME as well as male pronouns. I would appreciate your understanding in using my preferred name NAME and pronouns (he, him, his) when interacting within your tutorial. I intend to introduce myself to you before the tute and am willing to answer any questions you may have."

"Dear (School Admin Person/Head of Year/Whoever Seems appropriate), I am a student who will be starting [degree] this year/who is studying [degree] at present. IThe name and gender I am enrolled under are not congruous with those I live as. I currently go by [name] and identify as [gender]. It is my understanding that some tutorials and activities in [degree] are allocated by gender. For these purposes, I would appreciate you allocating me as [gender] and using my preferred name on tutorial rolls, and advising tutors of my situation confidentially. I'd appreciate it if you'd contact me about any questions regarding this before the start of semester."

DISCRIMINATION

Sometimes people are butts

Lodging a formal grievance with UQ staff can be difficult. Help with this matter is available from trained Discrimination and Harassment Contact Officers (DHCOs). DHCOs dealing with student affairs are:

Kwan Borden*- 334 60783
Hayley Wood* - 336 56610
Marian Butler* - 336 56602
Gabrielle Kane* - 334 68478
Ingrid Riener - 336 51237

Those with an * by their name are members of the Ally network and have received training specific to transgender and gender diverse concerns.

Formal meetings with staff about grievance concerns can be intimidating. They are formal, serious and recorded. You are allowed and encouraged to bring along a support person to these meetings.

Before lodging a complaint you can book an appointment with an adviser at SHOC for tips

If you choose to pursue the matter through legal systems the university will no longer pursue it through the internal grievance system

**Lecturers,
tutors,
classmates
and staff are
all required to
follow a code
of conduct
that includes
treating gender
and sex diverse
students
with respect.**

**IF UQ ARE SLOW TO
RESPOND YOU CAN ALSO
CONTACT SHOC AT UQ
UNION FOR A MEETING
WITH AN ADVOCATE. THEY
CAN HELP YOU LODGE
A GRIEVANCE AGAINST
STUDENT OR STAFF
MEMBER, HELP YOU WRITE
A LETTER TO RELEVANT UQ
BODIES OUTLINING THE
ISSUE, OR EVEN HELP YOU
PURSUE A LEGAL REMEDY
TO DISCRIMINATION.**

making a complaint

UQ CODE OF CONDUCT AND PROCEDURE

UQ Code of Conduct

Students or staff who interfere with your education experience may find themselves in trouble under the General Misconduct sections of the UQ Code of Conduct.

The university's discrimination and harassment policy specifically protects gender identity. The policy indicates that discrimination is defined as "Less favourable treatment, or proposed less favourable treatment of a person on the basis of an Attribute."

Harassment and bullying include:

- Deliberate exclusion, isolation or alienation of a staff member or student
- Sarcasm or ridicule.
- Inappropriate comments about personal appearance.

Vilification is communicating to the public in a way that incites hatred, or severe ridicule on a person based on an attribute including gender identity. This is dealt with by the grievance procedure, but is also a criminal matter. A lecturer or tutor speaking in a way that is extremely disparaging about transgender and gender diverse people could fall into this category and is taken very seriously.

The university recommends dealing with complaints informally in the first instance. This could include:

- Writing a letter to the individual detailing concerns and requesting the alleged behavior to stop.
- Requesting a relevant staff member to raise the matter with the individual
- Requesting a conciliation or mediation be arranged

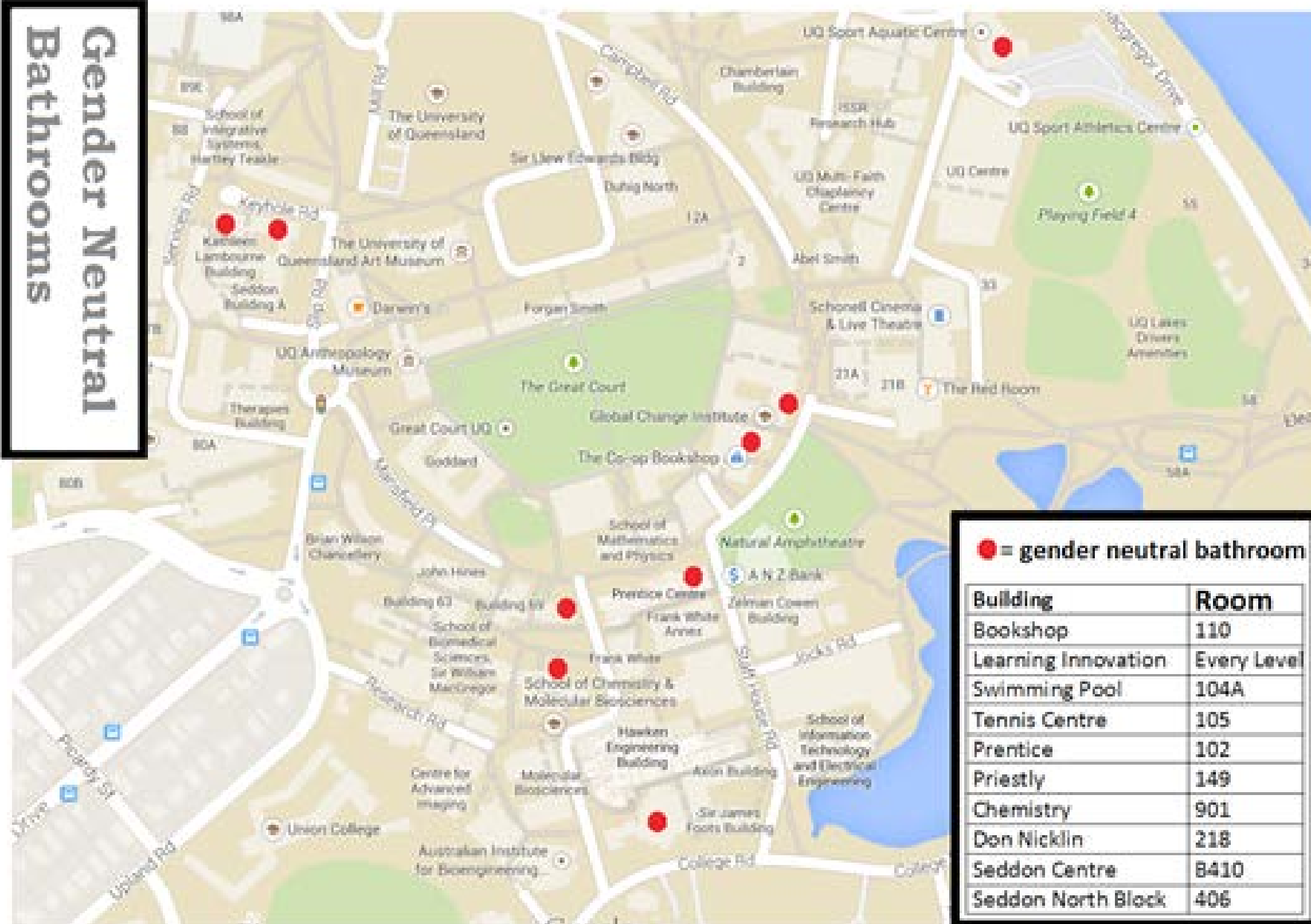
INFORMAL

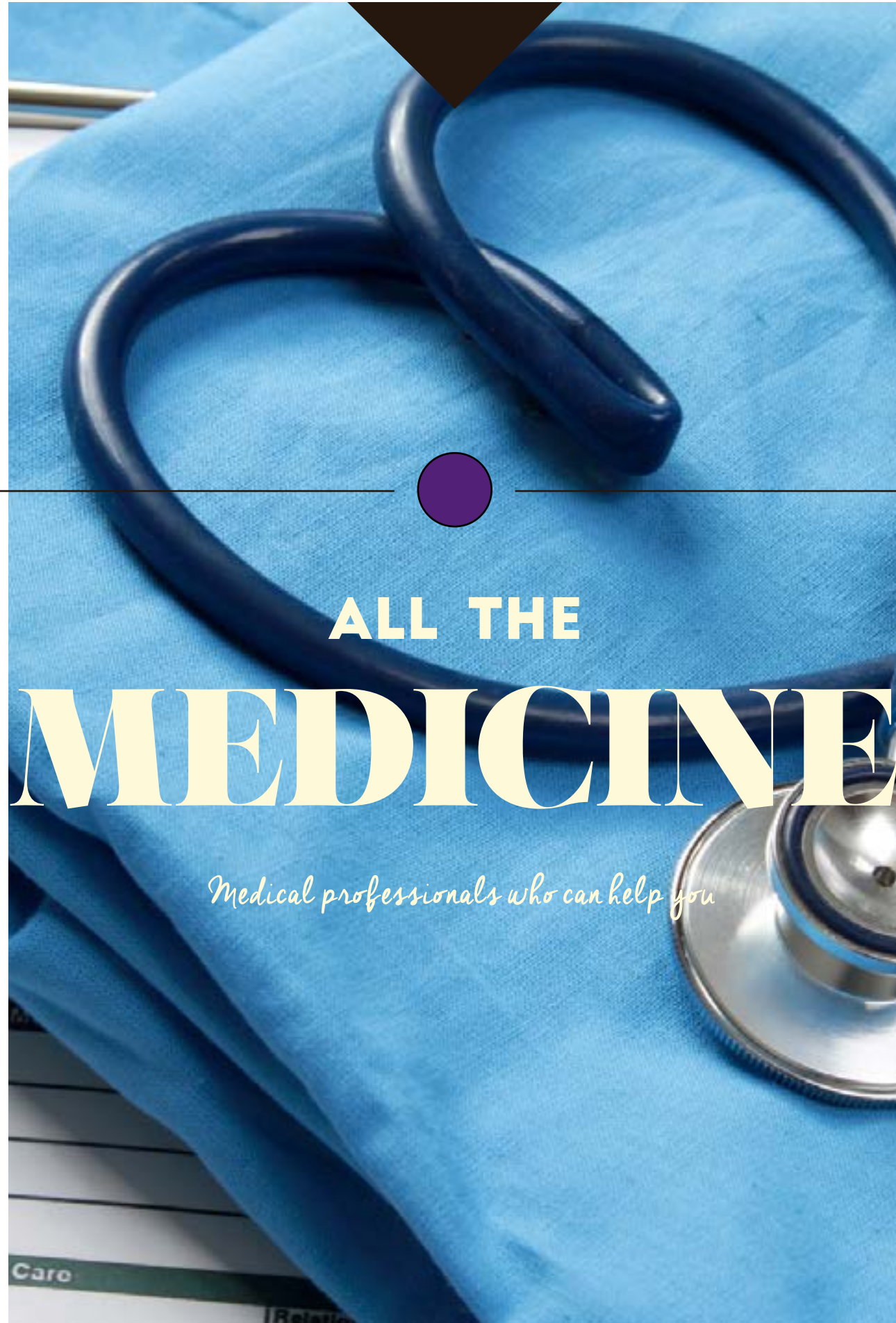
Contacting the person responsible
and trying to resolve

FORMAL

Making a formal complaint that
will be dealt with under misconduct

Gender Neutral Bathrooms





ALL THE MEDICINE

Medical professionals who can help you

The UQ Health Service bulk bills all UQ students who hold a medicare card

An important step to any medical transition is having a friendly GP. The UQ Health Service has on campus practices at St Lucia and Gatton. They provide general medicine for all UQ students, with no upfront costs for UQ students holding a medicare card. Appointments can be made online, in person or over the phone. They have access to your enrolment data, so make your appointment using the name you are enrolled under. There can be up to a two week wait to see a doctor, especially during peak assessment periods. The doctors here all have experience treating trans patients, particularly Dr Anita Green who has received some special training from Dr Bearman- Brisbane's most respected gender specialist. Bring your medicare card and student card to all appointments.

Location: Level 1, Gordon Greenwood Building (Blg 32)

Ph: +61 7 3365 6210

Hours: Monday to Friday 8.30am – 5.00pm

*Referrals from your GP
to specialists*

SPECIALISTS

PSYCHOLOGY

Headspace is a youth mental health organisation that provides bulk billed psychological support for young people. The headspace in Taringa services people around the St Lucia area, and is very trans friendly. The psychologists here may be able to write a letter approving you for hormone treatment. Headspace can provide treatment for those on a mental health care plan, covering 10 sessions per year. Make sure to book a long appointment with your GP for this special referral.

HORMONES

The Gender Clinic is a bulk billing service providing transition related care to trans patients in Brisbane. It runs on Wednesday morning. It is operated out of QuAC in New Farm. There can be a very long waiting list, and at times they may not be able to accept any new patients. The Gender Clinic is staffed by a transgender receptionist and run by Dr Gale Bearman. Dr Bearman has more experience with trans patients than any other doctor in Brisbane. She comes highly recommended by anyone who has seen her. She is able to provide hormone treatment. She is also able

SPEECH PATHOLOGY

to sensitively provide more general services that trans patients may require special consideration with, such as pap smears.

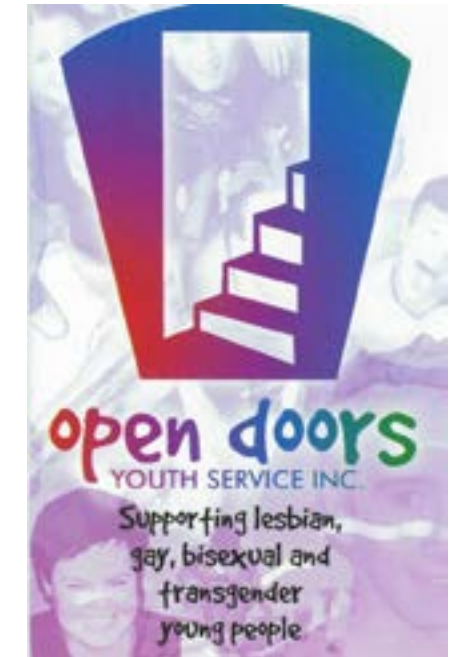
Some trans people may seek help in changing their speaking voice. Professional speech pathology is available. In Brisbane Karrie-Ann Thornber is recommended. 30 minute sessions are \$70. Medicare can cover 85% of the fee for up to 5 sessions with a Chronic Disease Management (CDM) referral, which you can get from your GP. This leaves you with a \$10 gap to pay. She can be found at Brisbane Speech and Hearing Clinic (07) 3252 2383.



The Queensland Police Service (QPS) is committed to ensuring policing services are accessible to all members of the community. Police work closely with the Lesbian, Gay, Bisexual, Transgender and Intersex (LGBTI) communities to develop partnerships, awareness and understanding of impacting issues. The QPS LGBTI Liaison Program provides a professional, non-discriminatory, accessible policing service to members of the LGBTI communities.

Open Doors Youth Service Inc. supports, values and celebrates young people who have diverse genders and/or sexualities.

These young people, like all young people, deserve families, communities, supports and services that positively affirm who they are. These young people, like all young people, have strengths that enrich our world. Open Doors Youth Service Inc. exists in order to build resilience in young people with diverse genders and/or sexualities through facilitating opportunities to receive support that meets their identified needs, to connect to community in a safe, social space, and to have positive relationships in their lives.



The Rainbow Program is a collection of RAQ service provisions, striving to support the mental health and wellbeing of people of diverse bodies, genders and sexualities, including lesbian, gay, bisexual, transgender & intersex (LGBTI) people, as well as those questioning their gender identity or sexual orientation. We also support the families, allies and practitioners who, in turn, support those identifying as LGBTI or questioning.

ALL THE
HELP



For free legal advice on any of these issues call ADCQ or the LGBTI Legal Service. The LGBTI Legal Service can provide you with an appointment for in depth one on one advice.



As parents with sons and daughters who identify as LGBTIQ, we believe – to enable them to have truly fulfilling lives – it is important that they are able to live their lives with honesty and integrity without fear that if they disclose their sexual orientation, they will suffer discrimination, ostracism or abuse. PFLAG, even though primarily a support group for parents, strives to support LGBTIQ people who are, or fear they may be, abandoned by their families. We do this by providing information to them while they are going through the process of “coming out” and later offer support and information

ATSAQ is a confidential, non-profit, un-government funded organization, relying on donations and membership for financial support. We provide support and information on all aspects of gender reassignment, for the general community and people who are experiencing difficulty with their gender identity.





THE EXPERIENCE



*Hear what other
trans students at
UQ have to say*

*I see you
being brave
and I feel
like maybe
I could be
brave too.*

To the person who sat across from me on the train,

Thank you.

Thank you for smiling at me. I can't be sure that you were smiling the kind of smile reserved for people who you know need it. The kind of smile that says "I know what it's like to be attack by a lady with a handbag in a public restroom and I can tell that you do too." The kind of smile that's shoots across the chasms that separate bodies and hit you in the chest screaming "I know you". The kind of smile reserved for the family we create because we have to, and it's sad because we need it but beautiful that we have it, and scary because it still might not be enough.

But thank you being visible. When you brought your girlfriend along and introduced her like of course a primary school principal can be a lesbian. When I saw you across the room showing off your legs in a daring dress and I realised I wasn't the only one who was suffocating. When you waltzed in with a shaved head and eyes that dared anyone to comment. Or the time I saw you working at the bakery, and I thought "wait, trans people are allowed to have jobs?". I realised that I could be that person. Draped in a cape of courage that you don't even notice you're wearing. I want you to know that I think you're a superhero, and that's what I want to be when I grow up.

You did all that for me. Was it the kind of smile that hands over the baton and tells me it's my turn to be a gender warrior? And when the time comes I'll be the one that explains and speaks up, that so that somebody else won't have to. I see you being brave and I feel like maybe I could be brave too.

MY EXPERIENCE WITH SURGERY

"NOW I CAN WEAR WHATEVER I WANT"

Getting surgery is expensive and logistically difficult. It is painful and scary. It is impossible to do all on your own. For me, it was necessary.

I got a double mastectomy with free nipple grafts last December. It cost me around \$14000, not including the travel and accommodation, as my surgery was interstate. I began planning for my surgery 5 years before I eventually got it. I worked on saving the money, maintaining a relationship with a psychiatrist who would approve me, building up my pecs, finding the right surgeon for me, deciding if I should get health insurance, finding people to help me as I recover, trying to figure out what Medicare rebates I would be eligible for, making sure to ask myself if this is really what I wanted and fantasizing

about taking my shirt off at the beach.

Surgery is a waiting game. There are months to wait to have an initial consult. Then there are months to wait until the surgery. There is a year to wait before insurance will cover parts of any surgery cost. There can be years to wait before approval from a psychologist, who may want you to be on hormone treatment for at least a year before approval.

For me I had that moment, when I looked in the mirror and saw my flat chest. The weight that I had carried on my chest lifted. I've taken my shirt off at the beach and felt the ocean water against my skin. It was worth it. I walk differently now. I'm taller. I can breathe.





*Wearing a
binder that
fits means
you can
breathe*

How to get a binder

Binding refers to using garments to reduce the appearance of a visible chest. The best way to do this is using a compression vest that compresses evenly from all sides, commonly referred to as a binder. Binding without a proper binder, eg by using an ace bandage, can be painful and unsafe. It can restrict breathing and even fracture ribs. In the long term it could make top surgery more complicated. Good quality binders are expensive, and need to be ordered from overseas requiring long waits, and often a credit card. If you can't get your own binder, it is better to ask for someone to help you rather than to bind unsafely. Open Doors has a binder library, where you can get a binder donated by someone who doesn't need it anymore. There may also be some binders in the Queer room on campus. Often groups will do large binder orders to save on shipping costs, and if you can't get a binder delivered to your home, or are unable to purchase things online you can ask people in PAL, or QTboys, or another group if they are willing to help in this way.

I shave my face in the shower without a mirror, because the sight of the hair on my chin seems to scream at me that I'm not valid. I refuse to talk when wearing feminine clothes as my voice grates against my ears, telling the rest of the world that I'm not valid. My shoulders are too broad, feet too long, my jawbone too defined and my toes and fingers (according to someone I love) are too thin.

Dysphoria for me isn't just some strange obsessive hatred of my genitals, but seems to be comprised of a thousand grievances against my body, of which my primary sex characteristics is just one. I'm scared of trying to pass only to have someone call me out with hatred or disgust, or being told that I simply can't.

But that's not all being a trans girl is to me; it's the idea that one day you might prove /everybody/ from your childhood and some people of your present wrong. That you might emerge from this awkward caterpillar stage of your life and show everyone what you were hiding underneath for all this time. That you might one day simultaneously change everything about yourself and yet somehow become more you than you ever have been. And every day is achieving that, every time your partner calls you their girlfriend instead of boyfriend, you're called sister instead of brother, or smiled at by a stranger instead of getting the "manly bro nod".

So here's to the caterpillars and the butterflies, the ones trying to morph, and the ones who are (for now at the least) happy to stay as they are. You're all beautiful and I hope that one day you feel happy with your face, body, awkward feet and little fluffy bits of body fur

CONTENT WARNING : RAPE REFERENCES AND TRANS VIOLENCE

Misgendering is an act of violence
The word girl rips at my skin, tears my identity
from my body
She calls me sister
With her big eyes and her bigger smile
And i feel the bullets it pushes through my
skin
Its no wonder trans people keep dying with all
the wounds we carry with us
When he introduces me as his girlfriend
I suffocate on the air of all the indignant
words I do not say
Our hands are entwined and I squeeze SOS
right into his palm
He tells me it tickles
Later, when he holds my wrist too tight and
tells me he's gonna fuck me so hard I'll wanna
be a girl again
I do not tell him it tickles
When your third grade teacher asks if you're a
boy or a girl I dont know is not an acceptable
answer

Are you a boy or a girl?
I'm a linguist
Are you a boy or a girl?
I'm a Beyoncé enthusiast
Are you a boy or a girl?
I let him introduce me as his girlfriend
Somewhere, another trans person gets killed
Later, when he leaves me,
He tells me dressing so masc while dating a
straight boy is basically the same as raping
him
I wonder what holding me down and forcing
me to have sex with him was
When the next one introduces me differently
I feel temporary ceasefire fall over the war-
zone my body has become
Now, when they ask me if I'm boy or a girl, I
have my answer
No

Gemma

PEOPLE

On campus and here for you



MITCH from SHOC

My name is Mitch and I am the Gender & Sexuality Counsellor at SHOC. I have over 4 years experience working at UQ and almost 3 years experience working with UQU. I have a bachelor degree in psychology and am currently completing my master in counselling. I am a big believer of working alongside students, listening to their needs, and identifying ways to support them as best as I can. This will mean that I constantly attend events, listen in on discussions and attend meetings to be as well informed of their needs as possible.

I am a strong supporter of the trans and gender diverse community, believing that they deserve the respect and support to complete their studies and live fulfilling lives. I believe that one of the best ways to support students is by reducing some of the stressors that they face. Because of this, I have been involved in delivering the training for the UQ Ally network for the past 2 years and have been pushing for more student involvement in the type and quality of the training delivered.

Ola! I am Emil Cañita, your Queer Officer or Gender Sexuality VP for 2016. I am on my third year of Bachelor of Social Science, doing a double major in Health & Policy.

EMIL from UQU

A bit about me

During my 2nd year here at UQ, I founded Queensland's and UQ's first youth-led sexual health organisation, UQ SHAG (Sexual Health Action Group), and have also been a committee member for UQ Union's Queer Collective since 2014!

I, along with my #sexexecutive also coordinated the first Safer Sex Week event in a university campus in QLD and have provided various condom bowls around St. Lucia. I'm passionate and quite fascinated with sex in general because it's one of those things most people do.



Dr Willox from UQ Advantage

UQ Advantage office is dedicated to helping UQ students achieve in areas outside of academia. The Advantage office offers students opportunities in leadership, career advancement, exchange and travel abroad and research.

Dr Willox also works with the pinnacle foundation, an organisation that provides scholarships for LGBTI university students, and is an Ally network member.



The UQ Pride Alliance, affectionately known as PALs, is a new club at UQ for queer students. The club has three main aims and throughout the year we'll be holding events- from parties to awareness stalls- to help queer students on campus.

1. To provide a social group for LGBTIQA+ students and allies
2. To promote inclusive attitudes and to educate the wider community on queer issues
3. To engage in and improve support for queer students through advocacy, community liaison, and activism.