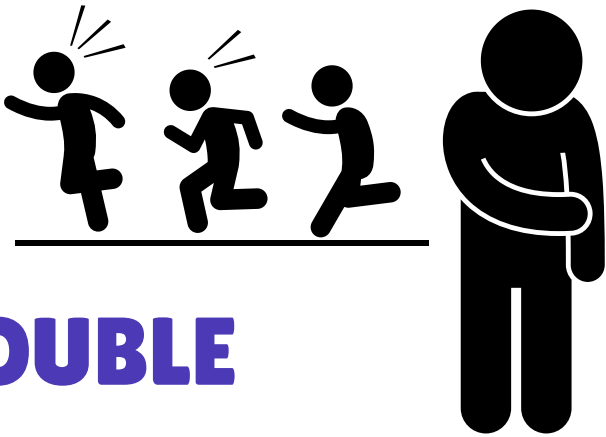


TRANSGENDER COMMUNICATION

Why many trans individuals have negative experiences with interpersonal communication, and what you can do to help

THE BREAKDOWN



TROUBLE COMMUNICATING

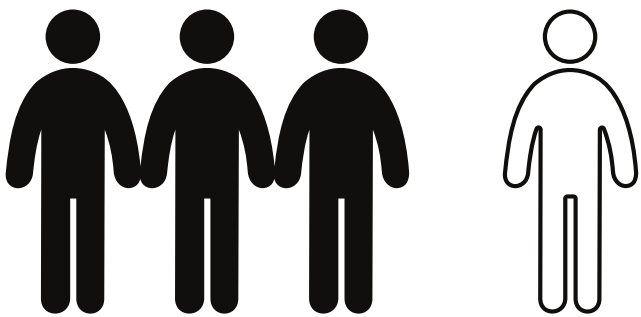
Trans folk are more likely to experience loneliness, communication apprehension, and a lower willingness to communicate. This makes it much harder for them to connect with others and have their voices heard (heinz, 2018).

Violence, both verbal and physical, is a ubiquitous part of being transgender. Roughly 1/3 of trans women have been verbally assaulted by strangers and 1/2 have experienced sexual assault. Trans individuals carry the trauma of these past experiences and become fearful to engage with others (Sherman et al., 2021).

EXPERIENCES WITH ABUSE



EXACERBATING FACTORS



These already prevalent experiences are felt near-universally by transgender people of color (Sherman et al., 2021). Additionally, trans folk living in low-density populations often struggle to find others with similar lived-experiences, which can further exacerbate feelings of isolation (Spencer & Capuzza, 2015).

Trans individuals have described having a supportive community as a positive resiliency method, and it doesn't necessarily have to be with other individuals who identify as transgender (Singh, Hays, & Watson, 2011).

If you have little experience interacting with trans individuals, here are some tips: use gender neutral language until you know their preferred pronouns, don't ask prying questions unless given an ok, and try to be non-judgmental, even if you don't understand. And, above all else, please be warm and inviting, because many trans folk seldom experience these feelings when communicating (heinz, 2018).

WHAT CAN YOU DO?



BE A TRANS ALLY TODAY!