Transgender Resource Center of New Mexico

Founded in 2007 to provide **advocacy, education, and direct services** in support of transgender, gender nonconforming, nonbinary, and gender variant people and their families.

Transgender Resource Center of New Mexico
Direct Services

- Legal Name Change
- Identity Documents
- Emergency Financial Assistance
- Counseling
- Information and Referrals
- Trans-Specific Items
- Case Management
- Jail & Prison Support
Peer Support Groups

- Transmasculine / Transgender Men
- Transfeminine / Transgender Women
- Non-Binary
- Partners
- Parents
- Youth (25 And Under)
- Playgroup and Family Support
- DD Waiver / Mi Via
- Black and Brown
Drop-in Center

- Legal Name Change
- Identity Documents
- Emergency Financial Assistance
- Medical Care
- Counseling
- Open donation closet
- Information and Referrals
- Trans-Specific Items

- Food
- Bathrooms
- Case Management
- Long-Term Storage
- Bus Passes
- Needle Exchange
- HIV Testing
- Computer Lab

5600 Domingo Rd NE, Albuquerque, NM 87108
Food Access Project

Addresses issues of **food insecurity and chronic hunger** in the trans community within a social justice framework.

TGRCNM is often the **sole place** through which our clients can access food assistance of any kind.
Advocacy

- Individual and community
- Policy – APS, Bernalillo County Youth Services Center
- Legislative – SB 20 Vital Records Modernization Act; 2023 Name Change Bill!
Education & Training

We offers exceptional training on transgender lives and issues for any class, workplace, or group that invites us.

- Trangender 101 and 201

More than 3,500 trainings since 2008!
Basic Terms
Four Aspects

- **Sex** is a label that you’re designated at birth based on the appearance of your external genitalia.
- **Gender** is about your internal concept of self as a man, woman, or non-binary person.
- **Gender expression** is how you express your gender through clothing, behavior, and personal appearance.
- **Sexual orientation** refers to who you are sexually, emotionally, and/or romantically attracted to.
Trangender

Describes people whose gender differs from the sex they were designated at birth.

- “Transgender” is appropriate for non-transgender people to use.
- “Trans” is shorthand for “transgender.”
Many ways to be trans

Being transgender does not mean a person wants or has to change into the opposite gender.

Many trans people do not feel they are exclusively masculine or feminine.
Non Binary Gender

Any gender which **does not fit** the male and female binary.

- NB / Enby
- Genderqueer
- Genderfluid
- Gender-expansive
- Gender-nonconforming
- Two-Spirit
- Pangender
- Demigender
- Bigender
- Agender
Cisgender

Describes people whose gender matches the sex they were designated at birth.

- “Cisgender” can also be shortened to “cis,” e.g. cis man, cis woman
- If we have a word for transgender, we need a word for not being transgender
Gender Expression

How a person presents their gender on the outside.

- Behavior
- Clothing
- Hairstyle
- Voice
- Makeup

People express their gender in many ways. Gender expression does not always match with the internal gender. Don’t make assumptions!
Intersex

Describes a variety of situations in which a person is born with reproductive or sexual anatomy that doesn’t fit the boxes of “female” or “male.”

- Intersex people may or may not be transgender
- About 1–2 out of 100 people are intersex
- There are many ways to be intersex, some of them are invisable
What challenges do transgender individuals and communities face?
Life is not easy

Transgender people experience shocking amounts of violence and discrimination.

- Social and family rejection
- Lack of access to health care, education, employment, housing, and social services
- Trauma, discrimination, and stigma are risk factors for mental health problems
How can you help?
Be more than an ally

- Familiarize yourself with the terminology and make an effort to use gender-neutral language.
- Push for support, inclusivity, and belonging, not simply tolerance.
- Take action in support of transgender people and transgender rights.
- Be a visible advocate – stickers, posters, pronouns in tags.
- Continue to educate yourself.
Give a little. Help a lot.

Text TRANS101 to 44321 and make a difference today!
Thanks!

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