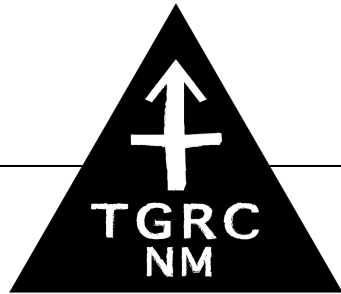




Transgender Resource Center of New Mexico

Support. Community. Connection.

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.

- Transgender 101 and 201



More than 3,500 trainings
since 2008!

Basic Terms

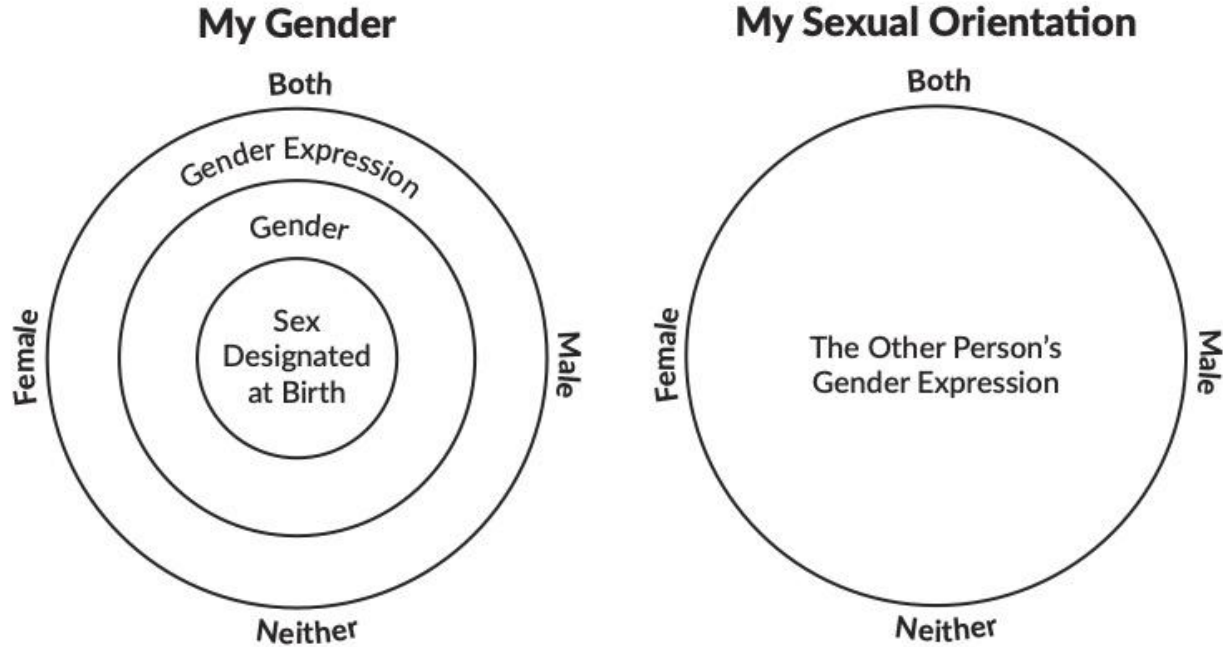




Four Aspects

- ◉ **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**.

Where do I fit?



● Transgender

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 invisible



*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!

www.tgrcnm.org
tgrcnm@tgrcnm.org