

## Chapter 2: Learning the Truth

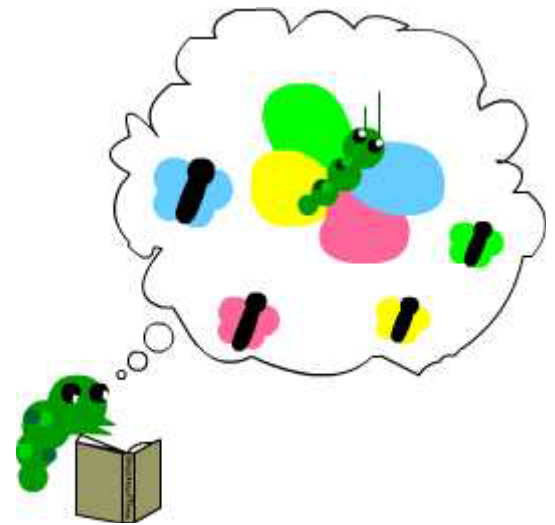
The Basic knowledge of being transgender is a gut feeling at start but like a crime scene investigation one needs hard proof of the issue to actually exists in them before they can hop on the meds or surgical path. For this there are some signs all be it small ones to lean towards being and places that can give advice but its advice that must be taken with a grain of salt (including this collection of chapters). The fact is that this science while being around for the past century is still a relative unknown as case studies would have to be done from cases at contraception of birth to the subjects death, and well since the subjects at hand tend to be shut in and silent about the issue till it comes bubbling out, its hard to lock in on causes and pure medical signs to the issue. In this chapter I will cover the basic signs of childhood, also covered is top places to get answers and their warnings and some medical research references. If that makes you feel bored then keep in mind that this is by the common Layman so I wont go too in depth on the medical jingo cause even I don't quite understand what it all means. Of course as in all the chapters their will be a exercise to help test yourself.

### **The Early Years 2 - 6**

Okay lets being. Science has noted as did we in the last chapter that there are a few given signs to a person being transgender. The most notable ones being Depression and thoughts of suicide, these of course are final signs of transgender people as stated before as those that ignore these two signs will often just end up as a suicide statistic then another transgender.

There are a couple of other signs but often they are dismissed as the subject acting odd or even placed into other types of mental disorders that the person may or may not have. I good example of which I can place myself in was the boom in ADHD cases in the 80's, Throughout the 1980's parents where told by doctors that their kids who wouldn't stay still or acted hyper about doing things or in some cases got angry and frustrated a lot where in fact suffering from ADHD, only to have it be found that many cases actually where kids just being well kids. The doctors where found to place blame on the disease with little study of the kids and would prescribe meds that would be incredibly expensive on the parents pocket as well as many unnecessary appointments to see the doctor. Often the main jump to this diagnosis was dyslexia, The doctors felt if the child had one mental disorder then more then likely they had more. Thus the diagnosis of ADHD in children of the Regan Years. Soddily in treating this issue signs of transgender children would ether be suppressed or merely looked at as the child outing out. Like most issues the first signs of Transgender behavior can be seen on the playground.

In my own life I was often found ether playing house or other girly games with a few girls that would let me join in each day or I would go off on my own and play by myself often with toys in the dirt never really running about playing sports or trying to be a ruff kid. However this attracted the attention of the bullies like sharks to blood. Often I ended up in fights through school and often it came from bullies insulting me calling me names and pointing out how girly I acted around them. As a child of a teacher I know that the teachers around this time of the day are just hoping not to drag one of their students to the office, but often I was. So much so that the principle whom to my misfortune was an old friend of my fathers came to know me by name and issue almost weekly. Sometimes I didn't fight back, instead I would break out in crying fits.



It takes years of study of the subject with both yourself and with a professional just to come to the conclusion of being transgender. And quite often for many Transgender individuals it ends up being nothing more then a mere dream that may Never be achieved.

The reason I bring this part of my past up is it's a few of the first signs all be it small and virtually unnoticeable. These early signs are:

- 01 Displacement from conformity in play with others of the same sex
- 02 Displacement of self from social activity
- 03 Anger issues
- 04 Tendency to start fights
- 05 A low tolerance to name calling
- 06 Emotionally Unbalanced behavior

In these signs the child is identifying those that they more come to socially fit in with. If they are rejected they tend to go on their own and slip into a early stage of regression of themselves. The regression since the child hasn't fully developed its abilities to fully adapt turn to be let turned into acts or rage or sadness. Often these acts are brought out when confronted by the issue by peers.



### Those Awkward Years 7 - 15

As we further develop into adults the child begins to display other signs some more visible maybe even verbal, but its also when if the early signs are missed and it truly is a case of the child being transgender it will lead on to even further regression of ones self image.

By the time I hit 7 I knew I wasn't meant to be a boy. I would sneak in and try on my mothers cloths, I even tried some makeup at a day care I stayed after school (all be I did get in trouble when the caretakers found I got in her purse and smeared lipstick on me). But worse yet I started to seriously get bullied, my parents took it as the bullies picked on me to get me to react (something my therapist at the time also held to his heart)

Ridicule and shame bring many a cases to go into hiding. Although it can be sensed by some unknowing power by others on the playground what may seem as a mere act of bullying by classmates at a young age can turn to darker and even more hurtful emotions later on. It can also led to attempted suicide later in life.

when in actually I knew exactly what it was that had me as their target. It was the fact that even though I looked like a boy I sure as hell didn't act like one so they where determined by the course of nature to prove that I was no threat to them by picking on me. I had let the issue dig deep inside me so much that it let me have moments of black outs in a fight where I would fight back wildly, this worked a few times (all the way up till I was 14) but twice I learned it just had me fight wreck less and ignore what pain I myself took. The first time was when I was 7 and a bully I fought with hit me with a sanded down 2x4 to the head causing me to go in for stitches in my ear. The second time was my last real fight where a game of street baseball with all the neighborhood had turned into a fist fight with me and a teenager that was almost 17, I lost a tooth in that fight but it took me a good 20 minutes to even realize it was knocked out. Meanwhile my family trips to head shrinks where a common thing. Each time they tried to find me out. They conducted tests and would try to place me in places telling me how I should be. But I wouldn't listen.

The next set of signs as I stated before my life view point are a fork in the road. Either the child comes out and admits it or like my own life regresses it further. Thus this time we have two sections.

Those that come clean at childhood

- 01 Dress up in other genders cloths - in secret or in the open
- 02 admitting the issue to themselves and others
- 03 Still bullied, yet with outlets the issue can be dealt with in therapy or worked out with family
- 04 Depression can still begin yet can be channeled
- 05 Self Inflicted Body Abuse may begin

Those that regress further

- 01 Dress up in other genders cloths - In secret
- 02 admitting the issue to themselves then hiding it from others
- 03 Still bullied, Fights and emotional fits can become greater
- 04 Depression begins and may go unnoticed
- 05 Drug problems can begin
- 06 Suicidal thoughts can emerge
- 07 Body abuse may begin
- 08 Becomes a Shut in

In both cases depression can still come out as well as body abuse such as “Cutting” or even violent acts at one self. Bullies will remain pretty much till high school as nature tries to stamp out the oddity in the room. The more noted difference is the open person will talk about the issue bothering them and may even try to fit in the role they wish to play by getting or asking for cloths that match who they feel they are. Where the regressed person will get or try on the cloths completely in secret, bringing the concept of shame and anger towards oneself for who they are which in turn leads to greater issues.

## **Teenage Wasteland**

By the time the child hit's the teenage / high school years they have either been working to deal with the issue or they haven't and its been eating away at them. By this point the last of the signs take route as Puberty starts to take over. In this phase there are both small and very large signs to the issue it just matters on which side of the coin they are on. The side that's open about the issue or the side that's regressing it.

By the time I hit high school I had begun to fully regress myself from the world. I did take part in helping out in the high school plays doing stage craft mostly, a job where I couldn't be seen and thus no one would notice me. Suicide had become a weekly thought in my head and even though I was not skilled with a razor I used it to shave off any body hair I could with my unskilled hand. My parents kept talking me out of letting me even grow out my own hair, but then they couldn't understand why a boy would want long hair (odd from people that saw the 1960's but hey) I had no interest in girls or even sex at this stage of my life, the only sex I cared about was my own. But I will admit I was curious and since I was a tall and older looking then I was I got my hands on some porno magazines to get a better look at what I couldn't see even in my sex ED class. I only went out to my prom on a whim and hastily went with a close high school friend. My prom did show a bit of my girly style as I was the only boy at the prom to be a decent dancer and to have a tux that while it looked good on me also had me stick out like a sore thumb. But it didn't matter. These years most of my fights and anger issues were not at school any more, they where in the home. All I wanted was a way out. Out my home, out of my school, out of my sex or even out of my own life. I began to over eat when I got upset, I also would get health problems caused by the mental stress I was going through. I began to not care what happened to me. I began to fade away from my own life.

The final stages that show in a transgender child are once again split in the two earlier forks only this time they are far more different then before.

Those that come clean

- 01 A feeling of not being able to fit in
- 02 Open display of wearing other sexes cloths
- 03 Personal name change
- 04 Stress of typical teenager, I.e. romance, school work, Work
- 05 Seeking of medical help
- 06 Regressing Puberty (by medical blockers)
- 07 Engaging opposing Puberty (by means of Hormones)
- 08 Greater Social activity then in earlier childhood
- 09 Self Mutilation
- 10 Depression (still possible but less sever)

Those that regress

- 01 Fighting Puberty
- 02 Still hiding wearing opposite sexes clothing
- 03 Depression
- 04 Thoughts and acts of suicide
- 05 Drug Abuse
- 06 Self Mutilation
- 07 Lack of interest Social events
- 08 Lack of interest in a partner
- 09 Greater aggression in the Home
- 10 Lack of focus on school or work
- 11 Lack of goals for future
- 12 Possible Reverse change (M-F transgender may try to be the role model of a male, vice versa for F-M)
- 13 Criminal Activity



Most of the issues for the child that becomes open are more positive routes to help them deal with the issue, even though some things can still linger that might cause some depression its less likely to be as sever as it is for the one regressing the issue. Issues the regressed child has that may be key signs are such as fighting puberty. In my own way I fought my voice change which in a way did make my adult voice a bit pitchy. Depression is now a pretty much solid case now for the regressed child and along with it suicide thoughts and actions. The less noticed signs for regressed is the total lack of interest in most social events and people they can become part of. They may be able to scrape together a few friends and hide away in a social activity that takes a lot of people. Also they might try to be the role model of their birth sex, this means a male to female might grow facial hair and act super macho, or a Female to male might grow her hair long and wear dresses to try and hide who they are for their own safety, keep in mind its done purely as a defensive action cause by now they have had years of bullying to cause them to go into hiding in plain sight.

Those cover the possible signs there are as I can call it. So now that we better understand some signs of being transgender lets look at resources that are a good place to go to. In most books you would have to go looking into

suggested sites in the bibliography but since this isn't your average book we will be placing this in here. I will try and keep them separate as to help make things clear to all . I will cover some good and some bad. Giving you the reasons to check out each but also warning you on each.

## Websites

<http://www.tsroadmap.com/index.html> - TS Roadmap - a source of information gathered to help a transgender person figure out the path that they need to take towards getting the help and going through their transition. (Ignores dealing with personal issues I.e. the therapy aspects of transitioning)

<http://www.transgendercare.com/default.asp> - Transgender Care - The source of transgender resources, it offers a lot of info on both medical and day to day things to help trans M-F even helps show you to get your measurements and has a great transitioning chart for download to your pc/mac (Like most TG/TS support sites little to no F-M info is available)

<http://www.transformation.co.uk/en/shopping> - Transformation - A U.K. Online store for transgender M-F. They also cover some of the issues in articles among the sites listings. (this is one of the huge warning sites out there. Most their products are either massively overpriced or don't actually work. Add to that some transgender groups don't like the June Cleaver treatment of Trans people, Meaning if you don't want to be the home maker and dutiful wife then its not a good idea to follow the advice they give.)

<http://www.mermaidsuk.org.uk/> - Mermaids - Another U.K. site this one works on the issues with families and transgender children. (This site is mainly help for the U.K. and only deals with children)

<http://www.genderpsychology.org/> - Gender Psychology - Another Transgender designed on helping people understand. a great source of info as from the point of view from its creator, Madeline H. Wyndzen, who is a Psychology Professor. (While this link is quite helpful as a point of view and even offers help along the way, I have yet to see much be a big issue as a negative to the site other then since it's a M-F point of view, if your F-M once again there is little info for you)

<http://ai.eecs.umich.edu/people/conway/TS/Evelyn/Evelyn.html> - Mommy I need to be a Girl - A great book of which you can read the first 4 chapters online for help. (Its quite dated as far as issues and finding the actual book or the rest of chapters are a task in itself, strictly covers M-F issues)

<http://ai.eecs.umich.edu/people/conway/TS/TSWomensResources.html> - TS Women's Resources - A great resource of links available on the site to point of view sites to some advice sites. (it's a link page nothing more so the site itself doesn't offer advice and some of the links are dead)

[http://www.transsexual.org/cogiati\\_english.html](http://www.transsexual.org/cogiati_english.html) - The Cogiati - The Infamous Cogiati test, It claims to be a test that will help prove / disprove if your transgender or not (I too have taken this and must warn people the test is vastly skewed and the idea that a few questions can answer on if you should transition is a very bad idea, Like I said I did this test, In terms I did it often to test the results and each time I've have it skew towards transgender to androgynous, doubting the results I've asked other friends not of doubts that I know of to take the test and they got similar results. Thus other then a good laugh or a dare to your friends I wouldn't suggest this site as a trust worthy site of info. Sad but true fact is that I constantly find this site as a top resource for transgender info in the public decision making including the concepts made by the Obama Administrations studies on Transgender and Gender Identity Disorder)

<http://www.lauras-playground.com> - Laura's Playground - Another site that has a good amount of info (All be it I along with many question what that info is helpful or not, Laura's Playground is pretty much M-F and as one person on a forum put it "its where a man goes to become June Cleaver. Because they are focused in that you must be the dutiful home maker/ wife." Personally I find issue as I do with much of their info being skewed not only in medical and social views but also political ones. Often they shout the Gender card [the trans version of Race Card] on issues that often really don't help or hurt the Trans community.)

<http://www.wpath.org/> - WPATH - A major Tran health site, this is in my and many other peoples idea the best site for medical questions on transgender issues. (You can and will get lost in the Medical speak through out so even getting the info you want may take time, They also hide a good amount of info from

non-members to their site)

<http://www.susans.org/> - Susan's Place - Another link site (This one has each site in category listings but many a dead links still will pop up along the way)

Medical Studies Sites and articles

<http://www.pfc.org.uk/node/614> - Medical Study Jan. 1996 U.K. - Based on the basic general study of transgender in medical terms

<http://www.scientificamerican.com/article.cfm?id=how-boys-become-boys-and> - How Boys become Boys and sometimes Girls (Scientific American May 2008)

<http://www.scientificamerican.com/article.cfm?id=going-beyond-x-and-y> - Going Beyond X and Y (Scientific American June 2007)

I have a few other sites but they are more sites for issues we will cover outside the general such as Buying cloths, Makeup (for F-M), Medical Help (I.e. Hormones and other items used to transition) and even dating advice.

## **Books**

She's Not There: A Life in two Genders

By Jennifer Finney Boylan

From Inside Out: Radical Gender Transformation, FTM and Beyond

By Morty Diamond

Transgender Care: Recommended Guidelines, Practical Information, and Personal Accounts

By Gianna E. Israel, Donald E. Tarver and Diane Schaffer

Transparent: Love, Family and Living the T with Transgender Teenagers

By Cris Beam

Transitions - A Guide to Transitioning for Transgenders and their Families

By Mara Christine Drummond

Transgender Explained For those Who are Not

By Joanne Herman

True Selves: Understanding Transsexualism -- For Families, Friends, Coworkers, and Helping Professionals

By Mildred L. Brown and Chloe Ann Rounsley

The Transgender Companion (Male to Female): The Complete Guide to Becoming the Woman You Want to Be

By Jennifer Seeley

Gender Outlaw

By Kate Bornstein

My Gender Workbook

By Kate Bornstein



Okay time for this chapters exercise.

In this chapter we covered the identifications of the Gender Identity Disorder, and helped provide as few links and resources to help you gain info on what G.I.D. is all about. So in the spirit of things I offer a way to test each website listed here and any you may find on your own on if you can trust the info

WEBSITE NAME:

WEBSITE ADDRESS:

01. Does it have its own .com (.org, .net, .gov or any other type address)?

Yes

No

02. Does it have a secondary contact info other then one email address?

Yes

No

03. How often do they sight their info with other resources (Links to other sites, Books, TV shows)?

Very Often

They Have a few

They don't offer resources

04. Is the site designed in a usable format? Can you find the info without having to go around 3 or more pages?

Yes

No

05. Are their Paid ads, pop up ads, or cookies notices on the site?

Yes

No

06. Do you feel comfortable being on this site?

Yes

No

07. Does the site offer your own opinions in some way? I.E. a Forum or chat room

Yes

No

The results

Question 01.

Yes - SAFE - then, you should know the people with these sites have control over its content provided and not a provider.

No - RISK - then the site is monitored by other people and can be a mixed collection of info that may or may not be back checked.

Question 02.

Yes - SAFE - Then you have a better chance of getting a human being that will answer any questions you have

No - RISK - You most likely either be ignored or be put in a line of questions for the person to eventually get to answer

Question 03.

Very Often - SAFE - They are willing to share info they found and let you see it as well to form your own opinion

Some - RISK - They may be skewing info but at least provided info to fact check them as a resource

None - RISK - they may be making up the info or just don't want to debate the subject or issue they represent

Question 04.

Yes - SAFE - The sites users are keeping you in mind trying to make it easier to find and give you the info you need in one place

No - RISK - The site is a maze and even if they provide the info it most likely will get lost in the vague locations they place them.

Question 05.

Yes - RISK - WARNING these sites have a higher risk of viruses and mal-ware that might effect your computer

No - SAFE - The fewer ads pop ups and such the safer the site for your computer

Question 06.

Yes - SAFE - A major call here, If you feel safe then the only real danger is most likely in your own judgment

No - RISK- Then leave the site. Don't be where you don't feel safe. Online or in the real world.

Question 07.

Yes - SAFE - This lets you not only share your opinions of the views and info but to read others as well.

No - RISK - Simply the sites telling you your opinion doesn't matter to them.

By now you should see there is no right or wrong answers here. This test is simply designed to have you set up a sense of limits to how helpful a site could be within a few minutes of looking at it. The Idea is that the more risk you put on yourself the less safe you are with that site.