

FAQ: Transgender, Gender Expansive, and Intersex (TGI)

Cultural Competence in Behavioral Health Service Provision

Question	Response
What is the difference between “transgender” and “transsexual”? Is “transsexual” considered an outdated term?	<p>Transsexual is generally considered an outdated term. However, in some communities, it is still used and not viewed as outdated. For example, in the Latino community, many transwomen use transexual instead of transgender. If a person refers to themselves as transexual, it is okay to use that term with them.</p> <p>Some people use transexual to describe having undergone medical or surgical care to transition their sex characteristics. Not all trans people have had medical or surgical transitions, so transgender is a term that may feel more appropriate for them. The key is to use terms respectfully and to follow the terms a person uses for themselves and has indicated are okay to use.</p>
Is it more proper to use TGI rather than LGBTQIA+?	LGBTQIA+ includes lesbian, gay, bisexual, transgender, queer, intersex, asexual, and more. Within LGBTQIA+, transgender and intersex identities are not often addressed, visible, or talked about. TGI is more specific. TGI = transgender, gender expansive, and intersex. TGI is only about gender identity and sex, not sexual orientation. LGBTQIA+ includes both sexual orientation and gender identity. Both terms are proper but describe different things.
Does the term intersex replace the term hermaphrodite?	Yes. Hermaphrodite is now considered to be a derogatory term. Individuals who were born with sex characteristics that do not fit

	neatly into the categories "male" or "female" prefer the term Intersex.
Should we ask every client about their pronouns? What if we're concerned that asking could unintentionally isolate certain people?	Asking everyone uniformly about their pronouns ensures that you are not isolating individuals who may "look" trans or be perceived as transgender. When asking clients about their pronouns, remember to lead with consent and allow clients the option to opt out. No one should feel pressured to share their pronouns, regardless of whether they are cisgender or transgender.
When considering ways to protect TGI clients by decreasing the use of identifying information in documentation (such as legal name or sex assigned at birth), would it be appropriate to use gender-neutral language instead of a client's identified pronouns?	<p>When it comes to increasing client protection, concealing a person's transgender identity without their consent is not considered best practice. Some individuals may express a strong desire or need to keep their transgender status concealed in documentation. In those cases, it is important to clarify what that means, such as whether only a legal name and gender marker or pronouns should be reflected.</p> <p>In some situations, individuals may have legally changed their name and gender marker and may be living "stealth," meaning they do not identify or describe themselves as transgender. If this is not the case, best practice is to lead with consent. If a client wants their chosen name and pronouns reflected in electronic records, it is important to honor that choice.</p>
How can we explain the difference between bisexuality and pansexuality when a client asks?	Bisexuality and pansexuality are similar terms that have slightly different meanings. Pansexuality is an attraction regardless of gender / to all genders, and bisexuality is an attraction to two or more genders.
What unique considerations should be taken into account when caring for individuals at the intersection of TGI identity and polyamorous or polyromantic relationships?	As with cisgender people, it's important to ensure that clients in poly relationships are practicing safe sex, feel empowered and safe, and are able to provide consent in all relationship decisions. Additional considerations include affirming a client's

	gender identity and checking in about experiences of dysphoria.
Is a Gender Dysphoria diagnosis required for approval for transition services from insurance?	The World Professional Association for Transgender Health (WPATH) has developed Standards of Care, evidence-based clinical guidelines to help healthcare professionals provide affirming care for transgender and gender-diverse individuals. According to WPATH, informed consent alone is sufficient to initiate services. However, some clinicians have individual requirements that do not fully align with the WPATH Standards of Care and may request additional prerequisites. Although informed consent is considered sufficient, many medical providers still ask for a diagnosis letter. For this reason, it is important to be able to advocate for TGI patients and help connect them with a licensed clinician when needed. Many clinicians will provide the assessment and letters at no cost.
What percentage of the US population identifies as TGI?	0.8% identify as trans people, and 1.7% identify as intersex people.
Is minority stress more prevalent with TGI individuals versus other groups that experience minority stress (for example, race or disability)?	Yes. Research shows that TGI people who are also disabled have a higher risk of minority stress than non-TGI disabled people. TGI people of color also have a higher risk of discrimination and violence compared to non-TGI people of color.
Can you provide example questions that can be referenced when asking about a participant's sexual orientation?	<p>First you can ask:</p> <ol style="list-style-type: none"> 1. What's your sexual orientation? They might answer with a label (gay, lesbian, straight, etc.) <p>Then you can try to get more specific by asking:</p> <ol style="list-style-type: none"> 2. What is the anatomy of the people you are having sex with? 3. What sex acts are you participating in? <p>And maybe:</p> <ol style="list-style-type: none"> 4. What is the motivation for your sexual activity?

<p>Our current practice for monitored urinalysis is to have a staff member of the same gender observe the test to confirm that the test is not being tampered with. How should this process be approached for transgender or nonbinary clients?</p>	<p>Staff should ask transgender or nonbinary clients about their preference. This can be approached similarly to how TSA agents ask individuals whether they have a preference for the gender of the agent conducting a pat-down. If the client indicates that they do not have a preference, staff can then determine the appropriate next steps.</p>
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