



Honky the Goose says
Trans Rights

DAILY TRANS STRUGGLES

FOUR FRUSTRATIONS AND TIRING ASPECTS OF BEING TRANS



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1. EXPECTATION FOR CONSTANT ACTIVISM

Trans people are expected to have seemingly endless patience when it comes to educating cisgender people and “debating” transphobes. These “debates” often center around defending our own existence and humanity — these types of debates are degrading, exhausting, and unwinnable. We often just want to be able to live our lives like everyone else.

2. MISGENDERING

Misgendering, even if unintentional, is an undermining of a transgender person’s gender. It can lead to an intrusive thought spiral about your gender.

We are casting votes on what the concept of gender gets enforced as every time we gender someone. It is important to do it correctly.

3. GENDER DYSPHORIA

Many, but not all, trans people deal with gender dysphoria on a regular basis. Gender dysphoria is the anxiety and/or discomfort regarding one’s sex assigned at birth or one’s body/how it is perceived.

It can be made significantly worse by misgendering, microaggressions, triggering events, or just a bad dysphoria day. A bad dysphoria day can make getting through a day incredibly hard.

4. LANGUAGE MICROAGGRESSIONS

Throughout the day, trans people often encounter a seemingly endless stream of transphobic language microaggressions. This includes but is not limited to:

- Bio-essentialist discussions
- Transphobic sexuality label discussion
- Gender binary enforcement
- Backhanded, transphobic, compliments
- Fetishization, especially for trans people of color

The best way to help your transgender loved ones in their daily struggles is to use your cis privilege to be an active and aggressive ally. Stand up for them when they are misgendered (assuming this is what they want). Speak up against transphobic, whether intentional or not, language. Work to create trans friendly spaces.