



Sexual health is part of being human.

Like anyone else, as a transgender woman you want to feel great about your body. You want to have sex that is safe, feels good, and is rewarding.

Each transwoman is unique.

- You may or may not have had surgery.
- You may or may not take hormones.
- What you like to do when you have sex is unique to you.

Take care of your body. It's important to being a healthy woman.



Have more questions?

Every transwoman has her own set of concerns and questions. Here are a few resources that can help:

Center of Excellence for Transgender Health
transhealth.ucsf.edu

National Center for Transgender Equality
www.transequality.org

Transgender Law Center
www.transgenderlawcenter.org

National Center for Lesbian Rights
www.nclrights.org

To find a family planning clinic near you, go to:
www.hhs.gov/opa



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All photos courtesy of Center of Excellence for Transgender Health except baby photo by Andrew Vargas.



TRANS HEALTH



sexual health FOR transwomen



What if I haven't had surgery?

It's healthy and normal to use your penis for sex. You should know that to keep an erection, you need some testosterone (T) in your body. If you are taking female hormones, it may be harder to keep an

erection. Ask your health care provider what hormone doses are right for you.

Keep in mind when you take a lower dose of female hormones, the changes you may want to see may take longer.



What about STDs?

Like anyone else who has sex, transwomen are at risk of getting a sexually transmitted disease (STD).

People get STDs from having oral, anal, and vaginal sex. But you can protect yourself:

- **Use a condom or a dental dam every time you have sex.**
- **Get tested for STDs and HIV. Ask your provider how often to get tested.**
- **If you have an STD, get treated right way.**

What about my fertility?

Transwomen who take hormones may still have enough sperm to cause pregnancy. Use a birth control method if you don't want to have a baby.

If you want to have your own child in the future, it's good to plan ahead. You may have to go off hormones to make enough sperm. You could also put your sperm in a sperm bank before you start taking hormones. That way you may be able to use them with your partner when you want to have children.

What about my breast health?

If you take hormones, your breasts will start to grow. Talk to your provider about what to expect.

Anyone can get breast cancer. Tell your provider about any family history of breast cancer. Let your provider know if you have breast pain, lumps, or any other changes that worry you.



What about pumping?

Some transwomen have silicone injected, or “pumped”, to get the “curvy” body they want—large round breasts, hips, and thighs.

Pumping can cause serious health problems. The injected products may harden, cause pain, and travel to other parts of the body. This can lead to infection and make permanent and unwanted body changes. Many women have died from pumping.

Talk to a trained health care provider about safe ways to get the body you want. Do not do it on your own. Do not go to a non-medical person.

What about tucking?

Tucking is a way some transwomen use to hide their genitals beneath their clothing.

The idea is to gently push the testicles up inside the body and then to pull the penis back between the legs. It is all held in place with tight-fitting underwear or surgical tape.

Here are some things you can do:

- **Only use surgical tape. Other types of tape could peel off skin when removed.**
- **Cut the hair very short in the groin area.**
- **This makes it easier to remove the tape.**
- **Spend some time daily without tucking.**

Tucking for too long can cause health problems. It can cause chafing and sores. It can also lower sperm count. Keep this in mind if you are trying to have a child.



Sexual health is part of being human.

Like anyone else, as a transgender man you want to feel positive about your body. You want to have sex that is safe, feels good, and is rewarding.

Each transman is unique.

- You may or may not have had surgery.
- You may or may not take hormones.
- What you like to do when you have sex is unique to you.

Take care of your body. It's important to being a healthy man.



Have more questions?

Every transman has his own set of concerns and questions. Here are a few resources that can help:

Center of Excellence for Transgender Health
transhealth.ucsf.edu

National Center for Transgender Equality
www.transequality.org

Transgender Law Center
www.transgenderlawcenter.org

National Center for Lesbian Rights
www.nclrights.org

To find a family planning clinic near you, go to:
www.hhs.gov/opa



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All photos courtesy of Center of Excellence for Transgender Health except baby photo by Andrew Vargas.



03.02.09.HG Sexual Health for Transmen (11/19)

TRANS HEALTH



sexual health FOR transmen



What about my chest health?

Even if you've had your chest redone, you may still be at risk of cancer. Talk with your provider about getting chest health screenings and mammograms.

Tell your provider about any family history of breast cancer.

What about STDs?

Like anyone else who has sex, transmen are at risk of getting a sexually transmitted disease (STD).

People get STDs from having oral, anal, and vaginal sex. But you can protect yourself:

- **Use a condom or a dental dam every time you have sex.**
- **Get tested for STDs and HIV. Ask your provider how often to get tested.**
- **If you have an STD, get treated right away.**

What if I take hormones?

Taking testosterone (T) will often cause your periods to stop in 1 to 6 months. You may get cramps during or after orgasm. If you have this pain often, talk to your provider.

T can also thin the walls of the vagina. You could use a low dose estrogen cream inside the vagina to keep it from thinning too much. This will help the vagina from bleeding if you have vaginal sex, which lowers the chances of getting an STD, especially HIV.

What about the health of the cervix?

Transmen are at risk for cancer of the cervix, uterus and ovaries if they still have these parts.

The cervix is the opening part of the uterus that connects to the vagina. Cancer of the cervix is caused by certain types of a virus called HPV. It can be passed by skin to skin contact during sex. Ask your provider about getting the HPV vaccine to help protect you from HPV.

Transmen with a cervix may also need a Pap test. The Pap test looks at cells from the cervix to see if there are any signs of cancer. Talk to your provider about when and how often you should get a Pap test done.

Do I still need a pelvic exam?

If you haven't had surgery, yes. Your provider will check your organs with a pelvic exam. Your provider will check the uterus and ovaries for anything unusual. You may also need further tests.

Tell your provider what would make you feel most comfortable during the exam.

Can I still get pregnant?

Some transmen have had surgery to remove the uterus and ovaries. These transmen cannot get pregnant.

But, if you still have a uterus and ovaries, you can still get pregnant even if you take testosterone (T). If you don't want to get pregnant, be sure to use condoms or another birth control method.

There are a few birth control methods that do not have hormones. Talk to your provider about which methods are right for you.

What if I want to get pregnant?

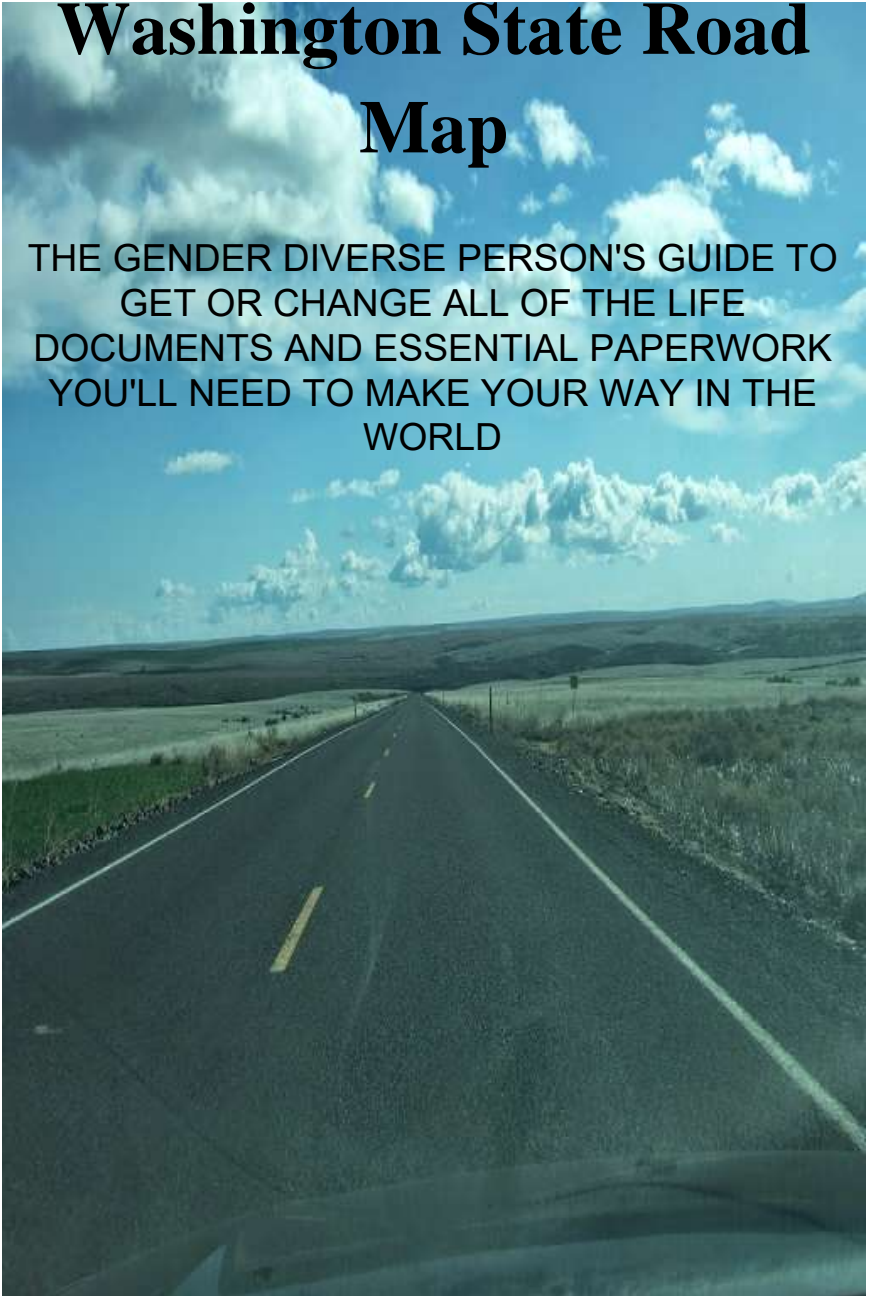
If you still have a uterus and ovaries and want to get pregnant, you will need to stop taking T. High levels of T in your body during pregnancy can cause birth defects in the baby.

Talk to your provider before you try to get pregnant.



Washington State Road Map

THE GENDER DIVERSE PERSON'S GUIDE TO
GET OR CHANGE ALL OF THE LIFE
DOCUMENTS AND ESSENTIAL PAPERWORK
YOU'LL NEED TO MAKE YOUR WAY IN THE
WORLD



Planned Parenthood is dedicated to providing exceptional care to our patients. We are committed to improving the way transgender people receive healthcare in our region and proudly work with our gender diverse community to lead the way in eliminating barriers to care.

The Gender Diverse Health Program at Planned Parenthood of Greater Washington and North Idaho provides:

- A safe, affirming, affordable, and respectful experience for TG/GNC individuals to access medical care in our communities,
- Gender Affirming Hormone Treatment (GAHT) utilizing an Informed Consent Model for individuals 18 +,
- A collaborative provider/patient relationship using a person-centered, holistic approach specific to that individual's specific goals, concerns, and hormone maintenance/monitoring,
- All aspects of sexual and reproductive health including well-checks, STI testing and treatment, HIV testing, clinical breast exams, cervical cancer screenings, pregnancy testing, abortion care, and contraception while remaining mindful of the difficulty some individuals may experience with such subjects,
- Resource referrals for gender-specific social, legal and medical services.

Yup, this is the disclaimer, you have to say this stuff, man. So yeah, just so you know, the following information is meant as a guide regarding some common questions that gender diverse people may have about paperwork and documents in Washington State.

You're smart, you know this, but please note this information does not serve as legal advice. If you have more questions or a complicated situation or a more nuanced "whaaaaaat, how do I do this?" please seek personal legal advice. And please note, the information here may change; please check in with specific departments and offices listed with questions and the most up-to-date information.

So. You're gender diverse.

That's a huge thing to realize about yourself. It can signal the coming of a lot of possible changes for you: maybe hormones, or surgery, maybe a new shade of lipstick or a fabulous new pair of proper shoes? And maybe changes in your thoughts and emotions and family and relationships and social life. It's, well, a transition, and we're here to help.

Help with what? Things like a name change, an updated driver's license, passport, and other things you may not have even thought of yet, like registering with the Selective Service or requesting that your school diploma or transcript be updated. Changing your name and gender marker to match your authentic self on your documents may seem like a trivial thing in the face of what else is happening in your life, but having your identifying documents in order is crucial. Some of these changes can be your ticket to being able to do a lot of important and fun things in life that may depend on having basic identity documents that are congruent with you, your name, and your gender.

Things like applying for a job, opening a bank account, getting a drink at a bar, traveling by airplane, visiting another country (for work, study, or play), marriage, adoption and child custody issues, renting an apartment, seeking a loan, applying to college, voting, obtaining a library card, etc. all require state or federally issued identification.

And come on - how awesome is it going to be to look at those documents and, for the first time, see them accurately reflect and identify you? Having documents that validate your most authentic self can be a cause for celebration.

The process of securing identity documents with your name and gender marker can be time consuming and expensive. It can all feel overwhelming. So, where do you start? How? What will you need?

This handy booklet is chock-full of specific steps and how-to's to help people manage the process of changing names, gender markers, and identity

Documents from driver's licenses to passports. You may want to make some of these changes, all of them, or none. This is one path to take. You will have to think about how or which parts work best for you, and also think through the possible benefits and complications each step might create for you.

If you decide, yeah, I totally want to do this! I want to change my name or gender marker on some official documents! Then here ya go, this booklet charts out a suggested route. You determine which is best for you.

*Please note, the information in this handy booklet is for people in Washington State; we include some federal information as well but you should always verify online or by phone that you have the most up-to-date information depending on the county you reside in.

Good Luck!



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Name Change

If you are hoping to change your name, it would be best to do this step first before attempting to change or obtain any other important documents. Your new name will then go on the rest of your amended documents!

To CHANGE YOUR NAME IN WASHINGTON STATE you'll have to follow a specific procedure in a specific order. It involves filling out some forms and taking these forms, in person, to the County Clerk's office in the county where you live (I know, right? Face to face contact? Is it still the 1800s?), and paying a fee.

You also need to be 18 years old. If you are under 18, your parent or guardian will need to take all these steps and fill out the forms on your behalf. Under 18 requests are filed in Superior Court.

Before you do anything, look up your County Clerk's office online. Some offices have a lot of information online about the name change process in their county, which can be helpful if you want an overview of exactly what to expect.

In order to change your name in SPOKANE COUNTY, you will need to file a petition and order at the District Court of Spokane, in the clerk's office.

The clerk's office is located at 721 North Jefferson in the Broadway Centre Building. It is open between 8:30AM – 5:00Pm Monday through Friday (closed from 12:00PM – 1:00PM).

You can obtain the name change instructions, petition, and order at the clerk's office or online at <https://www.spokanecounty.org/3074/Name-Change-Forms>. Although the forms are available online, unfortunately you cannot submit them electronically. You must go into the clerk's office.

When it's your turn, tell the staff person that you would like to file for a name change.

They will:

- Look over your paperwork
- Ask for your proof of birth and return it to you
- Probably ask to see a form of photo ID like your driver's license
- Ask you to pay the fee

Different offices accept different forms of payment and not all offices will accept debit or credit cards. You'll want to check online (if your clerk's office website has a name change section that offers more details) or call ahead of time to ask.

Some offices only accept checks, money orders, or sometimes cash, so it is important to be prepared ahead of time with a method of payments that will work. Otherwise, you'll have to do this whole process over again, when you could be spending that time doing literally anything else. Check ahead.

There is a \$182 filing fee associated with changing your name. This fee includes one certified copy. Additional certified copies will cost \$5 each. (It's a good idea to get a few certified copies and have them on hand to provide to any organization that requires a certified copy)

When the fee is paid, and the other documents are filled out, the clerk will then assign you a date to see the judge. All court dates are set for Friday at 9am. The judge may ask to see your birth certificate, divorcee decree, picture documentation, or other information. Once in the court room, when your name is called, the judge will ask you a few questions regarding the motivation for changing your name (verifying that you are not changing your name to avoid a debt for example, and why you are requesting the name change), then will grant the approval for the name change! Go back to the clerk and they will provide the documentation of your new legal name.

Woo-Hoo! You just leveled up!

MAKE COPIES OF EVERYTHING, AND HAVE A DESIGNATED, SECURE PLACE TO KEEP ALL OF YOUR DOCUMENTS AND PAPERWORK OVER THE COURSE OF YOUR TRANSITION. YOU NEVER KNOW WHEN YOU MIGHT MISPLACE SOMETHING, SO MAKE COPIES IF POSSIBLE.

REMEMBER TO ASK AHEAD OF TIME IF ORIGINALS ARE NECESSARY FOR ANY OF THE PROCESSES YOU ARE GOING THROUGH. SOMETIMES ORIGINALS ARE REQUIRED, OTHER TIMES COPIES WILL BE OK.

FOR SOME BANKS, FOR THE SELECTIVE SERVICE, AND SOME OTHER PLACES, COPIES ARE TOTALLY FINE, SO DON'T MAIL OFF YOUR ONLY CERTIFIED COPY WITHOUT CHECKING FIRST! (THESE THINGS COST MONEY)

Required notification to other agencies include:

- Birth Certificate
- Social Security
- Department of Licensing
- Military
- Sex Offender Registration if applicable

***If you reside outside of Spokane County, it is best to check with your specific county clerk on exact instructions!**

Possible Privacy Concerns:

If your safety is in danger, you can have your name change request “sealed” so it cannot be found in public records. If you are a domestic violence survivor and would like the record sealed due to a “reasonable fear” for safety, you should petition the Superior Court. If the court believes that your safety is at risk, they can seal your name change permanently.

Be sure to talk to a lawyer or victim’s services advocacy agency if your safety is at risk because of Domestic Violence! Call the 24-hour Domestic Violence Helpline at 509-326-CALL(2255), or YWCA at 509-789-9297 for help.

**HOORAY!
You changed your name! Now what?
You must update your name with Social Security!**



So how are you doing after step one? Throughout this process, you may want a buddy, or several, to help you through it. Whether it’s bringing a friend with you to back you up, or having someone to help you organize and keep track of various paperwork, or if you’re the kind of person who could use a friend to remind you to breathe while waiting in line because you get anxious talking to strangers, it’s helpful to have a support network. Even (and especially) through the boring, standing-in-line parts.

Social Security Name Change

After legally changing your name, it's time to change your name on your social security card. To apply for a new Social Security card with your shiny, newly corrected name, you will need to go in person to the nearest Social Security office. You cannot apply online. To find your nearest office go online to ssa.gov.

You will need to print and fill out a SS-5 form for a social security card; this can be found online at <https://www.ssa.gov/forms/ss-5.pdf>.

Take this application as well as:

- a certified copy of your name change order,
- your birth certificate or certificate of naturalization or citizenship,
- and a document showing your identifying information and photo, such as a passport, driver's license, US military ID card, etc.

In Spokane, the Social Security office is located at 714 N Iron Bridge Way, Ste 100, Spokane WA 99202. Office hours are M-F 9-4, except Wed 9-12.

There is no fee associated with changing your name on your social security card, but yes, it does involve standing in another line.

Hooray no fee!

When it is your turn, tell the staff person you've changed your name and need to update your Social Security records and obtain a new card. The staff person will look over your documents, return them to you, submit your request, and tell you approximately how long it will take you to receive your new card. Typically, a new card will be mailed out to you within 10-14 business days after your application is processed.

Social Security Gender Marker Change



In order to complete a gender marker change you will need to provide one of the following:

- a US passport showing the correct gender,
- a birth certificate with correct gender, a court order recognizing the gender, or a signed letter from your doctor confirming you have had treatment for gender transitioning.

ON A SIDE NOTE

You may decide to change your name and your gender marker with Social Security at the same time, or you may decide to do them at different visits depending on your circumstances

If you decide to use a letter from you physician (most common), a sample template can be found online at https://www.plannedparenthood.org/files/4814/5563/8432/social_security_letter_template.pdf.

It is best to use this template, and talk to your provider about what information is required in order to avoid giving out any unnecessary personal information.

Please go to ssa.gov and search “change gender on my social security card” for detailed and up-to-date information.

Whether you choose to complete the name change and gender marker change on your social security at the time or separate times is completely up to you!

Driver License Name Change

In order to change your name on your driver's license, you will need to (you guessed it!) go, in person to a DOL office. (All this in-person stuff!) Before you change your name on your driver's license, you must complete your name change with the Social Security office.

Change your name: EDL/EID

If you've officially changed your name and would like to update your enhanced driver license (EDL) or enhanced ID card (EID):

1. Update your name with the [Social Security Administration \(SSA\)](#).
2. Bring in your new Social Security card with your updated name into the office.
3. Visit an [EDL/EID office](#).
4. Show them your current EDL/EID.
5. Show them the Court order showing your change of name.
6. Pay the \$10 fee.

Tips for visiting an EDL/EID office

The DOL accepts applications up to 90 minutes before closing.

If you're applying for an enhanced driver license (EDL) or enhanced ID card (EID), be sure to:

- Allow enough time to get your permanent EDL/EID before you need to travel. You'll get a temporary EDL/EID before you leave the office, and you should get your permanent card in the mail in 2-3 weeks. You can use the temporary card for identification, but not for border crossing.
- Allow enough time to complete both the formal documents review and the in-person interview. If you're applying with multiple family members, allow for more time.



REAL ID Act

Starting July 1, 2018, all standard cards will be marked with language to indicate they're not valid for federal identification purposes. You may continue to use your marked or unmarked standard card for boarding airplanes and accessing secure federal facilities until October 1, 2020. Enhanced driver licenses and ID cards meet federal Real ID requirements and won't be marked

Change your name: Driver licenses and ID cards

If you've officially changed your name and want it on your driver license, visit a [driver licensing office](#) and bring:

- Payment for the [fee](#).
- Proof of identity:
- The Court order showing your name change (filed and certified by the court)

The fee for this service is \$10. Once you pay the fee, a new driver's license will be issued to you with your name change. (If this is your first EDL, Driver's License, or ID card the fees are considerably more, not including any endorsements)

As excited as you might be to update your ID, waiting in line at the DOL can drain your battery fast. So here is an idea of what this might look like so you can be prepared (remember the buddy system!):

Wait in line (some days and times are busier than others so avoid the lunch hour, the 1st day the office is open after a holiday, and weekdays

after 3pm) to receive a number and when it is your turn, tell the staff person that you've changed your name and want to update your license or ID card. They will give you a number, then wait for your number to be called, once your number is called, present all your information. The staff person will look over your documents, take your fee, take a new photo of you, and issue a temporary paper license or ID card to you. You may have to surrender your old license to the staff, so plan ahead. Your new license or ID card will be mailed to you.

Please visit <http://washingtondriverslicense.org/licenses/change-of-name.html> for more information regarding changing your name on your driver's license and fees.



SIDE NOTE - Surrendering your license can make it difficult to do things that require photo ID, like being carded to buy alcohol or traveling on a plane. Keep this in mind and plan accordingly!

And, Yup. You have to have your picture taken for your new license. So, haul out your cutest ensemble so you look appropriately smashing for the occasion.

Driver's License Gender Marker Change

The first step for changing your gender marker is to complete the Change of Gender Designation Request Form, which can be found on the DOL website at

<https://www.dol.wa.gov/forms/520043.pdf>. There is a section on this form that will need to be completed by your medical provider. You will need to mail this completed form AND a photocopy of your license, permit, or ID card to:

**Programs and Services, Record Response
Department of Licensing
PO Box 9030
Olympia WA 98507-9030**

***Please note that it possible to complete your driver's license name change and gender marker change at the same time! You will need to bring all necessary documents for a name change and gender marker change to the DOL at once.**

Once everything is processed, the DOL will notify you if your documents have been approved and will send you a letter by mail. Once the letter approving the gender marker has been received, you are free to get your new ID with an updated gender marker. This can be done at a driver's license office.

When you visit an office, you will need to bring your current Washington drivers license/ID card, enhanced drivers license/enhanced ID card, or your instruction permit. You will also need the approval letter you received from the Department of Licensing regarding your Change of Gender Designation Request form. Next, you will need to pay the fee, which is \$10.

You will be issued a temporary paper license once your paperwork has been reviewed and your new license will be mailed in 7-10 days.



*Some states are allowing a non-binary gender marker on state driver's licenses. Unfortunately, Washington State has not offered this option yet, but maybe in the future?

How to Get a Copy of Your Existing Birth Certificate – IF born in Washington State

In order to change the legal documents which you might be interested in changing (so many documents!), many of the organizations you need to interact with will require you to have an “official” copy of your birth certificate (not a photocopy, but the one with the raised seal or official mark). If you do not have one, or don’t know where it is, here’s how to request one before you begin the process of changing your name or gender marker on it.

In Washington, you do not need to have identification in order to obtain a copy of your Washington State birth certificate. There are currently three ways to obtain a new copy of your birth certificate in Washington State. Online, by phone, or in person.

If you plan to order your birth certificate online it will cost \$31.50, when sent with regular mail (If you need faster delivery, you can pay extra for expedited shipping). You should receive your order within 12 business days.

Please visit:

<https://www.doh.wa.gov/LicensesPermitsandCertificates/BirthDeathMarriageandDivorce/OrderCertificates> for more information regarding the online process.

If you would like to order your birth certificate over the phone, you will need to call the Washington State Department of Health at 360-236-4313. They are open Monday through Friday, 8:30am – 4:00pm. The cost is also \$31.50 with standard shipping, and most orders are sent within three business days but there may be long wait times on the phone to place your order (so get comfortable and make sure you have plenty of time available).

The last option to order a copy of your birth certificate is in person. The Spokane Regional Health District will print your birth certificate for \$20 cash, debit or credit cards, or money order. Their walk-in hours are 7:30a – 4:30p Monday through Friday.

You will want to download the request form from <https://srhd.org>, and fill it out prior to going to the health district building at 1101 W College Ave, Spokane WA 99201.

*If you are not in Spokane, you can go to your County Public Health website, click on Vital Records or Birth Certificates and find details about cost, request options, and delivery times.



*If you were born in a state other than Washington, you will need to contact that state's Department of Health, Office of Vital Statistics, or the County Clerk's office in the city where you were born to find out how to request your birth certificate (Some offices have clear instructions on their website, some will require a phone call). The amazing people at Lambda Legal (lambdalegal.org) have an overview of what is required in each state, as well which might be worth checking out.

How to Change Your Name and Gender Marker on Your Birth Certificate

This information is specific to people born in Washington state. If you were born somewhere else, please check with that state's Department of Health or Office of Vital Statistics for more information.

It is possible to change your name and gender marker at the same time! You will need to send in all the information listed below at once, and if you want a certified copy of your new birth certificate, pay the \$20 fee!

To change your name on your birth certificate you will need:

- A photocopy or certified copy of your original Birth Certificate (They will not return your certified copy if that is what you provide, but if the certified copy of the original birth certificate was issued within one year, they will replace it at no charge)
- Certified Name Change Order signed by a judge
- Name Change Request Form:
<https://www.doh.wa.gov/Portals/1/Documents/Pubs/422-126-LegalNameChangeRequest.pdf>
- A letter with:
 1. Your name on your birth certificate now (first, middle, last)
 2. Your date of birth (month, day, year)
 3. Your place of birth (city or county)
 4. Mother/Parent's full name listed on certificate (first, middle, last)
 5. Father/Parent's full name listed on certificate (first, middle, last)
 6. Your contact information (return mailing address and phone number)
 7. number
 8. The change being requested and new information (old and new name).
- \$20 per each new copy of the birth certificate you are requesting.

Mail all of the documents listed above to:

**Legal Name Change
DOH - Center for Health Statistics
PO Box 9709
Olympia, WA 98507-9709**

Please visit

<http://www.doh.wa.gov/LicensesPermitsandCertificates/BirthDeathMarriageandDivorce/CourtOrderedNameChange> for complete instructions

On January 27, 2018 the new rule, WAC 246-490-075, went into effect, which allows people who were born in Washington State and want to change their sex designation on their birth certificate to reflect their gender identity to do so by completing the appropriate request form! AND the new rule added “X” as a third designation option! (Finally, a document which doesn’t limit everyone to a binary!!)

To **change your gender marker on your birth certificate** you will need to:

Go online to <https://www.doh.wa.gov>, click on Licenses, Permits, and Certificates, then click Birth, Death, Marriage, and Divorce Certificates. Scroll down to Updating sex designation on a birth certificate and follow the instructions.



For adults over 18 years of age or emancipated minors, download and complete (Don’t sign it yet!) the [422-143-Request to Change Sex Designation on a Birth Certificate for an Adult form \(PDF\)](#), then take this form to a Notary Public and sign it in their presence.

If your full legal name is different than the full name listed on your birth certificate, you must provide a certified legal name change court order. If you want your full current legal name amended on your birth certificate, indicate by checking the appropriate box on the form.

There is no fee to amend the record!!

If you want a certified copy of your new birth certificate, complete a [422-044-Birth Certificate Order Form \(PDF\)](#) (links on the website) and include \$20 for each certified copy requested. Make check or money order payable to DOH and mail all of this to:

**Center for Health Statistics
Department of Health
PO Box 47814
Olympia, WA 98504**

Please visit

<http://www.doh.wa.gov/LicensesPermitsandCertificates/BirthDeathMarriageandDivorce/SexDesignationChangeonaBirthCertificate> for complete instructions.

***Your new, shiny, certified birth certificate will not indicate there was a change in the original sex designation or name, and while this is really awesome, it can make it more difficult to connect the current record with the previous name on other documentation.**

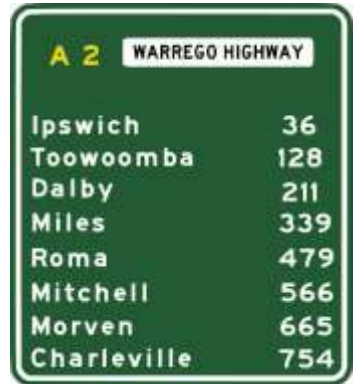
So if you are changing any other documents which require your birth certificate as proof of identity or citizenship (such as your passport), make sure you have a certified copy of your court ordered name change and any other paperwork with you to show as well!



Name Change on Passports

Speaking of Passports...

The process and cost to change your name on your passport will depend on if you have ever had a passport before, and if so, how long it has been since your passport was issued. If you have never had a passport before, it will be a separate process.



If you are requesting a name change and it has been **less than one year** since your passport was issued, then you will need to submit the following by mail:

- Form DS-5504 (You can use the online guide to fill out and print the form, or download it and fill it out by hand)
- Your most recent U.S. passport
- Your original or certified, court-ordered, name change document
- One color passport photo
-

There is no fee for this service. All documents must be sent through USPS.

Depending on your situation, you may be eligible to use Form DS-82. If **more than one year** has passed since your passport was issued, then you will need to submit the following by mail.

- Form DS-82
- Current passport
- Your court-ordered, name change document (original or certified)
- One color passport photo
- Fee for passport (\$110)

You are eligible to use Form DS-82 if you meet **ALL** of these requirements:

- You can submit your most recent passport with your application
- Your most recent passport has not been lost, stolen, or damaged (other than normal "wear and tear")
- Your most recent passport was issued when you were age 16 or older

- Your most recent passport was issued within the last 15 years
- Your most recent passport was issued in your current name (or you can document your name change with an original or certified copy of your court order)

For more information, and to locate all forms please visit <https://travel.state.gov/content/travel/en/passports/apply-renew-passport/change-correct.html>

If you are requesting a name change and it has been **more than one year** was issued, and you are NOT eligible to use Form DS-82, OR if you have never had a passport before, you must apply in person at an Acceptance Facility or Passport Agency. (Many post offices are listed as passport acceptance agencies, so check online if your local post office does passport processing)

You will need to have the following documents ready:

- Form DS-11
- Your evidence of U.S. citizenship and photocopy of that evidence (Certified Birth Certificate, Certificate of Citizenship, or Certificate of Naturalization)
- Your original or certified name change court order (no photocopies or notarized copies)
- Valid ID and photocopy of that ID (check online for the list of things considered acceptable documents before you go)
- One color passport photo
- Adult First-Time Applicant fees (\$110 application fee + \$35 execution fee for the passport only, or \$30 + \$35 for the passport card only, or \$140 + \$35 for the passport and the card)

*Side Note – The passport application fee and execution fee are non-refundable. They are collected and retained by law even if a passport is not issued

In the event that you have to apply for your passport in person, please visit <https://iafdb.travel.state.gov/> .to find the facility closest to you. There are seven different facilities in Spokane County.

Visit <https://travel.state.gov/content/travel/en/passports/apply-renew-passport/how-to-apply.html> for more information regarding applying for a passport for the first time.

Gender Marker Change on Passport

In order to change the gender marker on your passport, you will need to apply in person. You can find the list of authorized Passport Application Acceptance Facilities and Passport Agencies at <https://www.us-passport-service-guide.com/washington-passport-acceptance-facility-list.html>

To complete a gender marker change on your passport, you will need to submit a letter from your physician stating what stage you are at in your transition process. The two stages are “in process” or “complete”.

To view a template of a physician’s letter, you can visit PPASFL.ORG/transgender or find the link for a template medical certification in the “Change of Sex Marker” section of <https://travel.state.gov>.

It is recommended you ask your physician to use this letter and not give additional personal health information that is not included on the template.

If your transition is said to be “In progress” by your physician, you can obtain a limited two-year passport. If your doctor signs off on a “Completed” transition, you can obtain a full ten-year passport. Obtaining a full ten-year passport is ideal in this case, and will prevent you from having to go through this process again in two years!



The requirements to apply for a passport (besides changing your gender marker) still apply, including evidence of name change.

Please visit: <https://travel.state.gov/content/travel/en/passports/apply-renew-passport/change-of-sex-marker.html> for more information regarding changing your gender marker on your passport.

Selective Service

American citizens and noncitizen immigrants age 18-25 who were assigned male at birth are required to register with the Selective Service System. All citizens whose birth-assigned sex was male need to register within thirty days of their eighteenth birthday. It is important to take the time to register because a lot of things require you to be registered like, federal financial aid for college, jobs with the federal government, citizenship, or government benefits. For more information visit www.sss.gov

People who were assigned male at birth and are registered for the Selective Service also need to update the Selective Service of any legal name change (within ten days!) or significant changes in their records like their address, until their twenty-sixth birthday. Interesting note, you do not need to notify Selective Services of gender changes, as their policy is based on birth-assigned sex.

One way to update your information with the Selective Service is to fill out a Change of Information Form, or the SSS Form 2. These are available at any Post Office, US Embassy, or Consulate abroad. Another option for updating your information with the Selective Service is sending a letter. The letter will need to include your full name, Social Security number, Selective Service number, date of birth, current mailing address, and new name. No matter which option you choose, you will need to include official documentation of your name change.

It is important to note that people who were assigned female at birth do not have to register with the Selective Service. If you are a Transgender man planning to apply for federal financial aid, grants, and loans, be prepared to show a Status Information Letter (SIL) stating that you're are exempt from registering with the Selective Service.

To request a Status Information Letter showing that you are exempt, you can download a request form from the Selective Service website (www.sss.gov/Portals/0/PDFs/Status.pdf), fill it out and mail it along with the required documentation. If you need assistance filling out the form or have questions, you can actually call them and talk to a real person at 1-888-655-1825.

Two cool things: getting a SIL is free, and the letter won't say why you're exempt and out you as a transgender person. Small success, yeah?

But, there's a catch. The Selective Service does require a copy of your birth certificate showing your birth-assigned sex. If the sex on your birth certificate has been changed, attach documentation that shows you have done that. Once you get your SIL, keep it in your file of very important things, which you have been keeping in a specified, secure place like we suggested because you are clever like that.

If you are FTM, transitioned before your eighteenth birthday, and changed your birth certificate, you can register for the service. However, no one can register after their 26th birthday. Also, an important note, even though the Selective Service materials refer to transgender people as "people who have had a sex change", their policies apply to people who have transitioned (name change and/or gender marker) no matter what their surgical history is.

**Please see the following PDF for more information:
transequality.org/Resources/Selective_Service_only.pdf**

Voting Information

Voting is an important right that you are entitled to and should exercise! If you are concerned about your gender identity not matching your ID, there is no need to worry. There are no laws preventing you from voting if your gender identity doesn't match with your ID.

You can register to vote online Washington at:

<https://weiapplets.sos.wa.gov/MyVoteOLVR/MyVoteOLVR>. All you will need for this process is a valid ID.

For more information about voting while gender diverse please visit

<https://www.transequality.org/sites/default/files/docs/resources/voting%20while%20trans.pdf>

How to get Something Notarized

Some of the documents mentioned in this booklet talked about being “notarized”.

The process of getting documents notarized includes signing the document in front of a person who is officially designated as a “notary public”, giving that person proof of your identity, and showing that you are signing voluntarily.

You can locate a notary public at a variety of places including banks, credit unions, colleges and universities, post offices, and much more. A quick online search will give you the closest notary public to your location. The fee for getting something notarized can vary from free to just a couple dollars.

Make sure you bring the document needing to be notarized and proof of your identity when visiting the notary public, and wait to sign your documents until the Notary tells you too so they can verify your signature.

Planned Parenthood has notaries on staff at select locations! This service is free of cost. Be sure to check with your local Planned Parenthood to see if this service is available.

Where Else to Change your Name / Gender Marker

If you changed your name or your gender marker on other documents, you will also want to update this with your:

- Bank accounts
- Credit cards
- Workplace or school
- Student loans
- Leases or mortgages
- Car loan or other loans
- Medical offices
- Post office boxes
- Library card
- Other companies, organizations, and offices with which you interact.

Each of these will have separate processes, so you will have to contact each to ask what they require in order to update your records.

It will take time until all of your records and all of your accounts reflect your name and gender. Some people find it useful to keep track using a spreadsheet or elaborate color-coded bulletin board to help chart your progress and keep track of what each company or organization has requested, when you provided it to them, and when you hear back from them that they have updated your information in their systems.



Resources

Here are some helpful resources, should you or anyone in your life need assistance!

Crisis Line 509.925.4168

Text Line 509.741.741

Trans Lifeline 1.877.565.8860

The Trevor Project (Trans Youth) 1.866.488.7386

The Facebook Transgender Alliance
<http://facebook.com/groups/transalliance1/>

Spokane Trans Map <http://spokanetransmap.org/>

In addition, here are some excellent places online to gather more information and resources about gender diverse rights:

Lambda Legal, lambdalegal.org

The National Center for Transgender Equality, transequality.org

The Sylvia Rivers Law Project, srlp.org

So hey.

We really hope some of this information was useful to you.

If you have questions or suggestions about what we could add or how we can make the information easier to understand, please let us know!

Thanks!

EFFECTS AND EXPECTED TIME COURSE OF A REGIMEN CONSISTING OF TESTOSTERONE

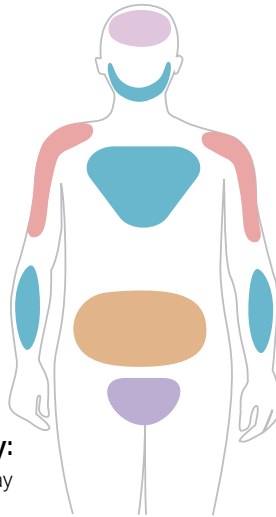
IRREVERSIBLE

Scalp hair loss

Deepened voice

Facial and body hair growth

Clitoral enlargement



REVERSIBLE

Skin oiliness/acne

Increased muscle mass/strength

Vaginal atrophy

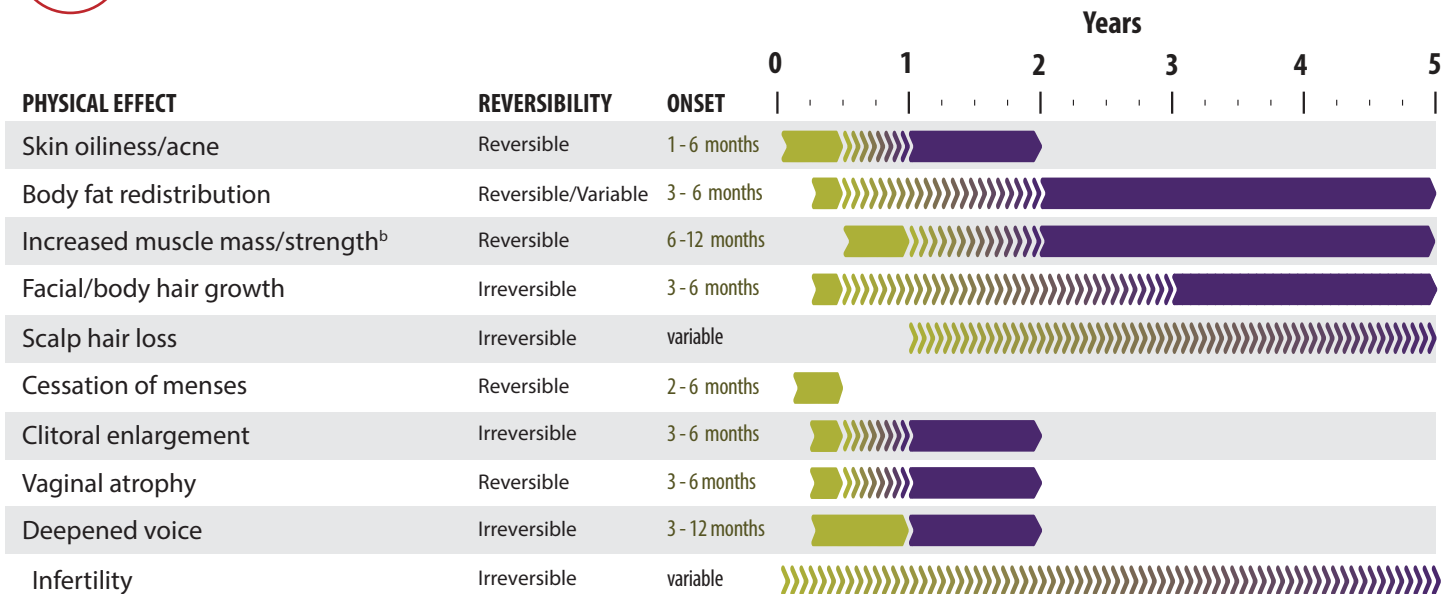
VARIABLE

Fat redistribution



Use client's preferred terminology:

Terminology such as "clitoral" and "vaginal" may be triggering to some but not all clients.

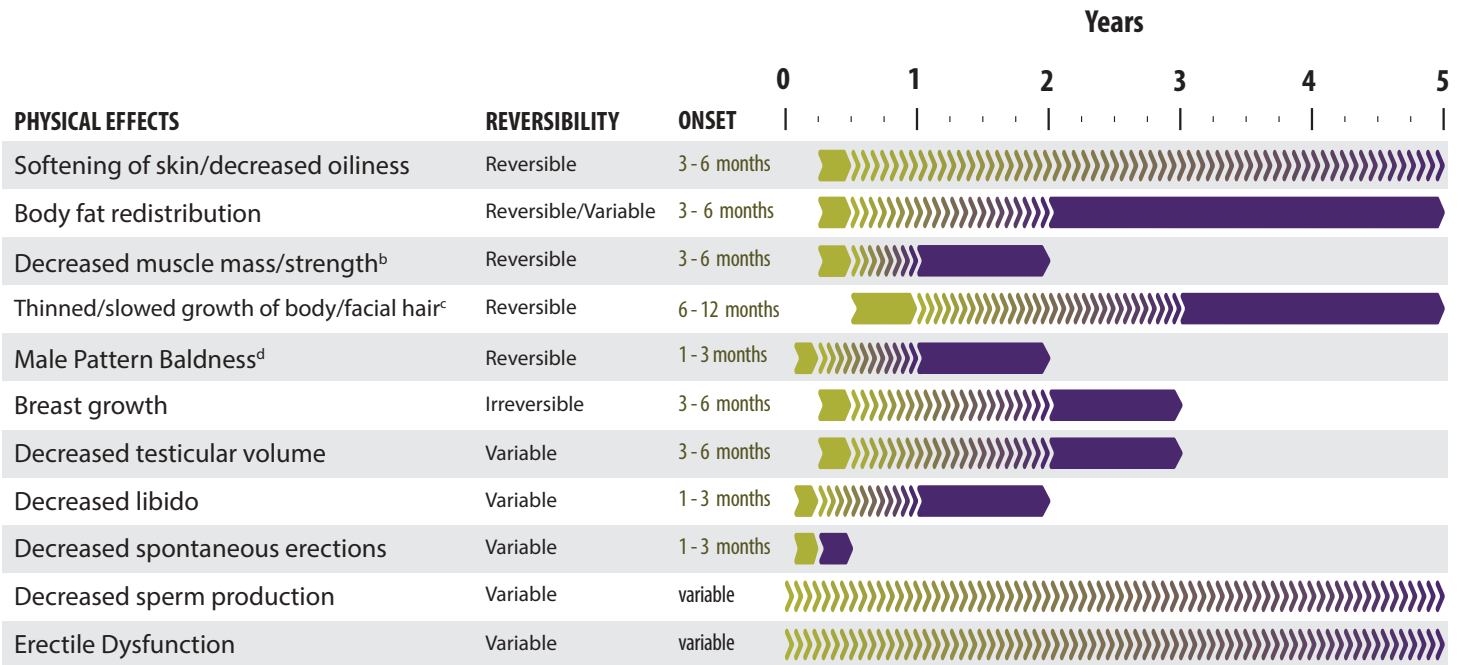
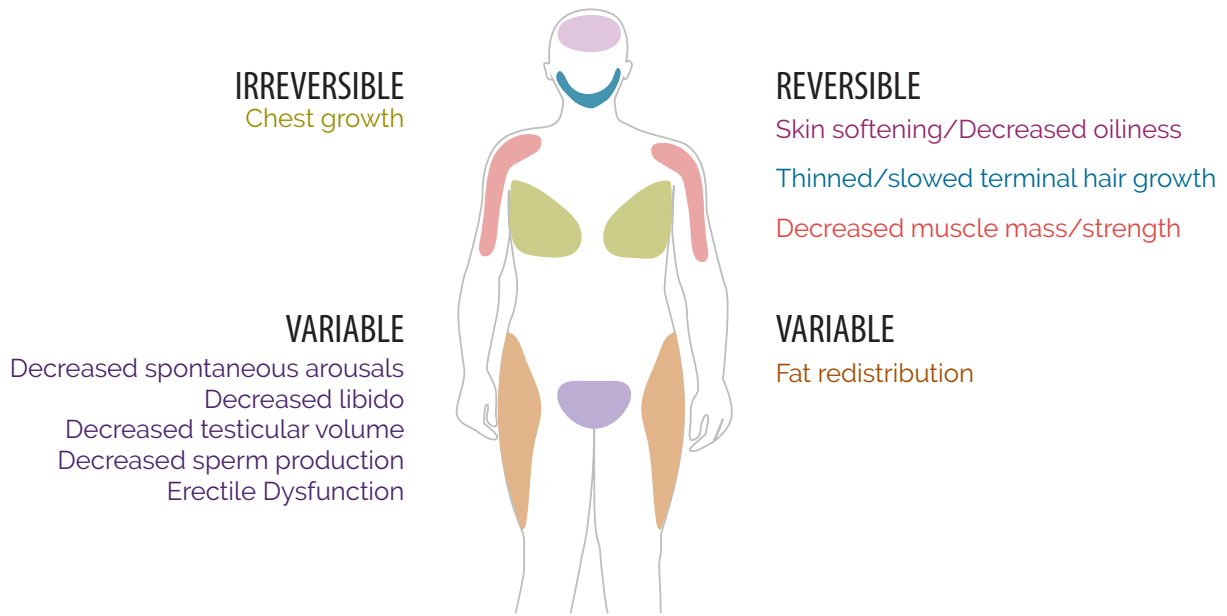


a) Estimates represent published and unpublished clinical observations

b) Significantly dependent on amount of exercise

Expected Onset^a Expected Maximum Effect^a

EFFECTS AND EXPECTED TIME COURSE OF A REGIMEN CONSISTING OF AN ANTI-ANDROGEN AND ESTROGEN



a) Estimates represent published and unpublished clinical observations
 b) Significantly dependent on amount of exercise

c) Complete removal of male facial and body hair requires electrolysis, laser treatment, or both
 d) No regrowth, loss stops

Expected Onset Expected Maximum Effect^a



<https://www.aclu.org/issues/lgbt-rights>

The ACLU has a long history of defending the LGBT community. We brought our first LGBT rights case in 1936 and founded the LGBT Project in 1986. Today, the ACLU brings more LGBT cases and advocacy initiatives than any other national organization does. With our reach into the courts and legislatures of every state, there is no other organization that can match our record of making progress both in the courts of law and in the court of public opinion.



<http://www.transequality.org/issues>

From schools and healthcare to immigration and identification, policies affecting trans people are advancing every day. Find the latest information about existing laws and policies, and how you can improve the laws and policies in your area.



<https://community.pflag.org/transgender>

Support and Resources for People Who Are Transgender or Gender Expansive, and Their Loved Ones



<http://www.lambdalegal.org/>

Lambda Legal is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV through impact litigation, education and public policy work



<http://www.thetaskforce.org/category/take-action/current-task-force-actions/>

The National LGBTQ Task Force advances full freedom, justice and equality for LGBTQ people.



<http://www.illgowithyou.org/>

#IllGoWithYou allies go into bathrooms and other spaces with transgender people who may be afraid or concerned about their safety. An #IllGoWithYou ally offers support, buffering, and nonviolent assistance when asked.



US: (877) 565-8860

Canada: (877) 330-6366

This line is primarily for transgender people experiencing a crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. While our goal is to prevent self harm, we welcome the call of any transgender person in need.



<http://www.pridefoundation.org/>

Pride Foundation is a regional community foundation that inspires giving to expand opportunities and advance full equality for lesbian, gay, bisexual, transgender, and queer (LGBTQ) people across the Northwest.



<http://www.genderjusticeleague.org/>

Gender Justice League's Mission is: To empower Trans* activists and our allies to fight oppression based on gender & sexuality in Washington State and to create a community where Trans* people can live their lives safely, true to themselves, and free from discrimination.



<https://www.glaad.org/transgender/resources>

GLAAD rewrites the script for LGBTQ acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change.



<https://www.hrc.org/resources/transgender-visibility-guide>

<https://www.hrc.org/explore/topic/transgender>

HRC works to educate the public and provide a range of resources on issues that transgender and gender nonconforming people face—from workplace discrimination, to securing identity documents, to finding culturally competent health care, to family and parenting issues, to combating violence—and to advocate for full inclusion and equality.



www.plannedparenthood.org

We serve transgender people and people at various places on the spectrum of gender identity and expression who are 18 and older. We are committed to improving the way transgender people receive health care in our region and proudly work with our transgender community to lead the way in eliminating barriers to care.



<http://transformwashington.com>

TRANSform Washington is a public education campaign celebrating the dignity, diversity and humanity of transgender and gender non-conforming people.

Planned Parenthood of Greater Washington and North Idaho Clinics		
Ellensburg Washington	613 N Pines St, Ellensburg, WA 98926	509.207.3017
Kennewick Washington	7426 W. Bonnie Place Kennewick, WA 99336	509.207.3017
Moses Lake Washington	607 E. Riviera Avenue Moses Lake, WA 98837	509.207.3017
Pasco Washington	3901 W. Court Street Pasco, WA 99301	509.207.3017
Spokane Washington	123 E. Indiana Avenue Spokane, WA 99207	509.207.3017
Spokane Valley Washington	12104 E. Main Avenue Spokane Valley, WA 99206	509.207.3017
Walla Walla Washington	828 S. 1 st Avenue Walla Walla, WA 99362	509.207.3017
Wenatchee Washington	900 Ferry Street Wenatchee, WA 98801	509.207.3017
Yakima Washington	1117 Tieton Drive Yakima, WA 98902	509.207.3017
Sunnyside Washington	2934 Covey Lane Sunnyside, WA 98944	509.207.3017
Pullman Washington	1525 SE King Drive Pullman, WA 99163	509.207.3017
Spokane Resources		
Gender Affirming Hormone Therapy		
Debra Gore, Family Medicine MD,	Riverfront Medical Center/Kaiser Permanente 322 W North River Dr. Spokane, WA 99201 gore.d@ghc.org	509.324.6464
Harold Kennedy Cathcart	6120 Mayfair Spokane, WA 99208	509.489.7483
Sasha Carey Adolescent Medicine	509.838.2531	
Kaushik Chatterjee Providence Endocrinology	509.353.0901	
Rachael Witham Providence Family Medicine	509.559.6003	
Jamie Bowman Providence Family Medicine Residency Clinic	509.626.9900	
James Pittman Country Homes Medical Center	https://www.countryhomesnursepractitioner.com/The-Nurse-Practitioners.html	509.467.6060
Michaela Cosma	Rockwood Main Clinic 400 East Fifth Avenue Spokane, WA 99202	509.838.2531 (Main) 509.755.6580 (Fax)

Sasha Carey	Rockwood Main Clinic 400 East Fifth Avenue Spokane, WA 99202	509.838.2531 (Main) 509.755.6580 (Fax)
William Roth	Roth Medical Center 220 E Rowan, Suite 200 Spokane, 99207	509.483.4403 (Office) 509.489.7556 (Fax)
Reproductive Health Care		
Planned Parenthood	Spokane Clinic: 123 E. Indiana Ave., Spokane, WA 99207	509.207.3017
	Spokane Valley Clinic: 12104 E. Main Ave., Spokane Valley, WA 99206	509.207.3017
Surgical Services and Surgical Referrals		
Geoffrey Stiller Linea Cosmetic Surgery <i>*As of July 1st 2019</i>	TBD	TBD
Alaina Taylor	Mann-Grandstaff VA Medical Center 4815 N. Assembly St., Spokane, WA 99205	509.434.7710
Mental Health Providers		
Marybeth Markham	108 N Washington, Suite 405 Spokane, WA 99201	509.795.6437
Zita Nickeson	1212 N. Washington, Suite 104 Rock Pointe Bldg. 1 Spokane, WA 99201 http://www.nwsexualcounseling.com/	509.868.3387
Wendy Biondi	Wendy Biondi Counseling 508 W. 6 th Ave. #202, Spokane, WA 99204 http://www.wendybiondi.com/	509.590.6339
Casidhe Agrella	Imagine Counseling Spokane 901 E 2 nd Ave, Spokane, WA 99202 https://www.imaginecounselingspokane.com/clinicians.html	509.778.4135 x 116
Kimberly Kelly	Family Essentials Counseling 721 N Pines Rd. Spokane Valley, WA 99206 http://www.familyessentialscounseling.com/	509.309.8070
Audrey Ann Sines	http://www.audreysines.com/	509.774.3492
Jaeden Roberts	707 W 7 th Ave, #292 Spokane, WA 99204 http://www.edenspire.com/	504-383-7984
Rita Zorrozuza	1124 W Riverside Ave Spokane, WA 99201	509.455.8819 (Office) 509.455.8903 (Fax)
Allison Morgan	316 W Boone Ave Suite# 577 Spokane, WA 99201 https://www.allisonmorgancounseling.com	509.774.2838 (Office) 509.279.2506 (Fax)

Lori Eastep	Grassroots Therapy Group 1212 N. Washington St. Suite 204 Spokane, WA 99201 Lori@grassrootstherapy.com	509.279.8838
Sandra Gorman Brown	1212 N. Washington Street, Suite 204	509.990.6419
Denise Zahller	1212 N Washington Suite 104 Rock Pointe Bldg 1 Spokane WA 99201	509.230.7823
Megan Carter	1212 N Washington St, Ste 104, Spokane, WA 99201 Centerforchildren@live.com	509.638.2958
Raelean Hendrickson	703 W 7th Ave Ste 220 Spokane, WA 99204	509.714.0115
Jeffrey Wirth	1212 N Washington Suite 206 Spokane, Washington 99201	509.774.5415
Laura Asbell	140 S Arthur St Ste 690 Spokane, WA 99202 www.asbellhealth.com	509. 534.1731 (Office) 509.535.7073 (Fax)
Kenneth L. DeSeve	104 S. Freya Suite 214A Orange Flag Bldg. Spokane, WA 99202 http://www.sexualhealthcare.com/	509.534.9558 (Main) 509.534.8735 (Direct) 509.534.3193 (Fax)
Local Support		
Spokane Trans People Support	https://www.facebook.com/SpokaneTransPeople/ https://www.facebook.com/groups/spokanetranspeoplesupport/	
Odyssey Youth Movement	1121 S Perry St, Spokane, WA 99202 https://www.facebook.com/odysseyyouth http://www.odysseyyouth.org/	509.325.3637
Spokane TALL	https://www.facebook.com/spokanetall/	
Spokane PFLAG	http://spokanepflag.org/ https://www.facebook.com/SpokanePFLAG/	509-593-0191
Wenatchee Resources		
Gender Affirming Hormone Therapy		
Cedar River Clinic http://www.cedarriverclinics.org/lgbtqwelness/	106 East E Street Yakima, WA 98901	509.575.6422
Simon Mendoza	600 Orondo Ave #1 Wenatchee, WA 98801	50.662.6000
Reproductive Healthcare		
Planned Parenthood	Wenatchee Clinic: 900 Ferry Street Wenatchee, WA 98801	509.207.3017
Primary Care		
Columbia Valley Community Health Family Practice	Columbia Valley Community Health 600 Orondo Ave,	509.662.6000

Simon Mendoza	Wenatchee, WA 98801 https://cvch.org/	
Mental Health Providers		
Manoah Winter JM Winter Counseling	25 N. Wenatchee Ave., Suite 207A Wenatchee, WA 98801	509.412.3891
Pathways to Parenting Mrs. Dee Cummings	205 First Street, Wenatchee WA 98801	509.6319591
Wolf Counseling	113 Second St., Suite 7 Wenatchee, WA 98801	509.774.2388
Professional Consultation Services LLC. Dr. Terri Greer	539 S. Chelan Wenatchee, WA 98801	509.774.5949
Micah Vacatio	Columbia Valley Community Health 600 Orondo Ave, Wenatchee, WA 98801 https://cvch.org/	509.662.6000
Pullman Resources		
Gender Affirming Hormone Therapy		
Kristine Brenc Pullman Family Medicine	915 NE Valley Rd Pullman, WA 99163	509.332.3548
Stephanie Fosback Palouse Medical (Manages Hormone Therapy and Surgery Referrals)	825 SE Bishop Blvd, Ste #200 Pullman, WA 99163	
Reproductive Healthcare		
Planned Parenthood: Pullman Clinic	1525 SE King Drive Pullman, WA 99163	509.207.3017
Surgical Services and Surgical Referrals		
Geoffrey Stiller Linea Cosmetic Surgery <i>*Until June 2019</i>	2301 W. A St Suite A Moscow, ID 83843	208.882.1700
Palouse Surgeons	825 Bishop Blvd St. 130 Pullman, WA 99163	509.338.0632
Mental Health Providers		
Marybeth Markham	108 North Washington Street Suite 405 Spokane, Washington 99201 http://www.marybethmarkham.com	509.795.6437
Document Changes		
Whitman County District Court	325 SE Paradise St., Pullman, WA 99163	509.332.2065
Sunnyside and Yakima Resources		
Mental Health Providers		
Wendy Baker	402 S 4 th Ave Yakima, Washington 98902	509.575.4084
Wendy Biondi	Wendy Biondi Counseling 402 E Yakima Ave Suite 800 Yakima, WA 98901	509.494.8802

	http://www.wendybiondi.com/	
Reproductive Healthcare		
Planned Parenthood	Sunnyside Clinic: 2934 Covey Lane Sunnyside, WA 98944	509.207.3017
	Yakima Clinic: 1117 Tieton Drive Yakima, WA 98902	
Tri-Cities Resources		
Mental Health Providers		
Erin Leigh Sharma	750 George Washington Way Suite 8 Richland, Washington 99352	509.774.3310
Amanda Sylvester Life Solutions Counseling and Consulting	8927 W Tucannon Ave. Building A – Suite 104 Kennewick, Washington 99336	509.774.3310
Bonnie Kendall http://bonniekendall.com	705 Gage Boulevard Suite 102 Richland, Washington 99352	509.627.0504
Support Group		
Diversity Pride Center- Trans Support Group Tuesdays 6-8 pm	2625 W. Bruneau Place #106, Gettmann Hall Kennewick, WA 99336	
Gender Affirming Hormone Therapy		
Robert L Whitson	846 Stevens Dr Richland, Washington 99352	509.946.5233
Wilson Bruce	915 Goethals Dr. Richland, Washington 99352	509.943.4500
Reproductive Healthcare		
Planned Parenthood	Pasco Clinic: 3901 W. Court Street Pasco, WA 99301	509.207.3017
	Kennewick Clinic: 7426 W. Bonnie Place Kennewick, WA 99336	
Hair Removal		
The Payne Center (Electrolysis)	404 Bradley Blvd Suite 204 Richland, Washington 99352	509.947.9442
Lasting Image Face & Body (Hair Removal and Electrolysis)	Columbia Physical Therapy Buidling Martin Medical 35 South Louisiana St. A120 Kennewick, WA 99336	
Synergy MedAesthetics	3600 S Zintel Way Suite B Kennewick, Washington 99337 http://synergymedaesthetics.com	509.222.8022
Walla Wall Resources		
Mental Health Providers		
Leesa Phaneuf-Reynolds	Mindful Life Counseling Services 30 W. Main St., Suite 305	509.774.5110

	Walla Walla, WA 99362	
Kim Funderburk	LMNtal Counseling 401 W Main St., Suite B Walla Walla, WA 99362	509.284.4231
Support Group		
Washington Gender Alliance Meets Thursday @ 7:30-9:00 PM	Glover Alston Center 26 Boyer Ave., Walla Walla 99362	
Ellensburg Resources		
Primary Care		
Community Health of Central Washington Ellensburg	521 . Mountain View Ave., Ellensburg, WA 98926	509.962.1414
Kittitas Valley Healthcare	603 S. Chestnut St. Ellensburg, WA 98926	509.962.9841
Hair Removal		
Ellensburg Electrolysis	171 Brown Rd., Ellensburg, WA 98926	509.899.116
Mental Health Providers		
Comprehensive Healthcare	707 N Pearl St., Ellensburg, WA 98926 http://www.comphc.org	509.925.7507
Additional Resources		
ACLU of Washington: Rights of Transgender People	http://www.aclu-wa.org/docs/rights-transgender-people-washington-state	
ASHA Sexual Health	http://www.ashasexualhealth.org/	
Legal Help: Employment Discrimination Law Office of Jillian T. Weiss	527 Hudson St., PO Box 20169 New York, NY 10014 http://jtweisslaw.com	846.706.3237
Mazzoni Center Trans Clinical Services	https://www.mazzonicenter.org/health-care/gender-affirming-services	
Name and Gender Change Information	https://Transequality.org	
Refuge Restroom App	https://www.refugerestrooms.org/	
Self-Injection Resources	Fenway Health Injection Guide	http://fenwayhealth.org/care/medical/transgender-health/
	YouTube Video(s)	"Kevin Hartfield Injection"
Trans Active	https://www.transactivegendercenter.org/	
Transline	http://project-health.org/transline/	
Voice Register App	http://www.wbur.org/hereandnow/2014/08/29/transgender-voice-app	

Washington State Change of Gender Request	https://www.dol.wa.gov/driverslicense/genderchange.html	
Domestic Violence/Sexual Assault		
Futures Without Violence	https://www.futureswithoutviolence.org/	
Lutheran Community Services NW	210 W Sprague Ave Spokane, WA 99201	509.747.8224
National Domestic Violence Hotline	1.800.799.SAFE to find the domestic violence programs nearest you	
National Sexual Assault Hotline	1.800.656.HOPE	www.rainn.org
National Teen Dating Abuse Hotline	1.866.331.9474 1.866.331.8453	http://loveisrespect.org
SAR: 24 HRS /DAY Support, Advocacy and Resource Center	1458 Fowler St. Richland, WA 99352	509.374.5391
Washington State Domestic Violence Hotline (24 hours, 7 days/week)	1.800.562.6025	
Crisis Resources		
Crisis Line	509.925.4168 Text Line: 741741	
Suicide Prevention Lifeline	1.800.237.8255	
Trans Lifeline	1.877.565.8860	
The Trevor Project	1.866.488.7386	
For information on preventing and ending domestic and dating violence	1.888.988.TEEN	www.breakthecycle.org
Opportunities to get Involved		
Out Spokane	http://outspokane.org/	509.720.7609
Spokane PFLAG	http://spokanepflag.org	509.593.0191
Major Annual Opportunities		
Gender Camp	https://facebook.com/gendercamp	
Gender Odyssey	http://www.genderodyssey.org/	
Spokane Pride	http://outspokane.org/	
Helpful Websites		
Gender Justice League	http://www.genderjusticeleague.org/.../transform-health-proj.../	
Hudson's FTM Resource Guide	http://www.ftmguide.org/	
Point 5cc – Apparel Company	http://point5cc.com//annual-transgender-surgery-fund/	

The Facebook Transgender Alliance	http://www.facebook.com/groups/transalliance1/
Spokane Trans Map	http://spokanetransmap.org/
Washington State Trans Network	http://www.facebook.groups/watransnetwork/
WPATH (World Professional Association for Transgender Health)	http://www.wpath.org/

Planned Parenthood of Greater Washington and North Idaho provides this list as a public service to our patients. PPGWNI cannot assume responsibility for services not provided by its personnel on its premises. Therefore, PPGWNI makes no representations or warranties regarding the quality of services at any facility on this list and does not guarantee successful treatment. The fact that any provider or facility is not mentioned should not be regarded as an indication of disapproval. Since the clinics, physicians, or hospitals may change their fees and other terms of service from time to time, patients should confirm fees and the terms directly with the providers prior to accepting services.

The WHY, WHEN, and HOW of Coming Out

Adapted from <https://www.genderspectrum.org/resources>

Why Disclose?

Why does a person “come out?” There actually isn’t any one answer. People may choose to disclose things all the time about themselves, whether it is about something that happened in their past, their sexuality, or in some instances, that they are transgender. A person has a right to privacy, and no one should take that right away from a person. However, you might find yourself in a position of wanting to share something about yourself to a family member, a co-worker, a new friend, a long time close friend, or even to someone you are interested in. We just want it to be your choice.

When to tell?

The timing of when to come out or disclose something like your trans status will vary from person to person. Some people want to tell everyone, some may never disclose that they are transgender because they do not feel the need to, and sometimes, certain situations can make you feel pressured to come out. If protecting the story behind your gender identity is important to you, there are some steps you can take to avoid uncomfortable situations that may force you to come out sooner than when you are ready to.

(a) Choose your circle wisely. It is okay if you need to keep your transgender status hidden. Just be careful if/when you choose to disclose something to someone. If the person ends up betraying your trust, you may find yourself having to deal with potentially losing that friend while also coping with your gender status being revealed to those whom you may not be ready to share with.

(b) You know your family/friend situation best. If coming out might mean that you may not have a place to sleep or might otherwise put you in harm’s way, you may consider waiting to share your gender identity with those around you. Sometimes, waiting until you have some established independence is a better time to come out.

How do I tell someone?

There are many tips and resources online about how to tell someone you are transgender or gender-diverse. Many people have found it useful to write a letter. Writing a letter gives you time to sort out your thoughts, find the right words, and most importantly, to make edits if you don't like the first few drafts.

If you're telling someone you've only recently met (whether that's someone you have romantic feelings for or it's the start of a new friendship), we recommend meeting in a public place where there's enough people in case something goes wrong, but loud enough so that you can have a private conversation and not have to worry about unwanted listeners.

If you find yourself going to someone's house, especially if you are not out or you do not know them well, it is good to let a friend know where you are going. You can arrange to have a friend call you at a certain time as a safety measure (and if you don't pick up the phone, this sends a signal to your friend that you need help).

Coming out and sharing your gender identity with others can be a very liberating and powerful feeling, and can deepen bonds with the people in your life you care about. Understanding that the information may be received by others in a variety of ways and with a variety of emotions, and taking your time to plan for all possible reactions and discussions will help. Being prepared ahead of time, making sure that you are safe, and having the time set aside for a thoughtful conversation if requested or allowing the person time to think about or process the information if needed, will make it easier for you and for them.

WHAT IT'S ALL ABOUT

When we think of the word gender a whole bunch of images rush to mind.

Most of us are taught the idea that everyone's either born a boy or a girl, and expected to identify a certain way based on what's between your legs. But that actually isn't true for everyone, and totally ignores the huge and amazing world of people who are trans and gender diverse.

That's what we're going to dive into during this series, being trans, gender identity, and what its all about. Welcome to Trans 101.

GENDER

Gender is part of a person's internal sense of self. It can be female, male, neither, a combination of the two, or exist completely outside of that!

A person's relationship with their gender can also change over time as well.

BODIES

Bodies and gender are totally different things, but people sometimes conflate the two, or think that having a certain body type means you must be a certain gender.

In reality, anyone of any gender can have any body parts!

ASSIGNED GENDER

Most of us are assigned a gender when we're born.

This happens when someone, usually a doctor, nurse, or parent, says "it's a girl!" or "it's a boy!".

This is then reinforced by the people around us as we grow up.

TRANSGENDER/GENDER DIVERSE

Transgender/gender diverse, or trans for short, is when you don't exclusively identify as the gender you were assigned at birth.

NON-BINARY

Non-binary is an umbrella term people use to describe gender that doesn't fit squarely into male or female.

This can include people who feel their gender is a mix of both, changes often, is something totally separate, or have no strong sense of a gender at all.

CISGENDER

Cisgender, or cis for short, is when you do exclusively identify as the gender you were assigned at birth.

SEXUALITY AND GENDER

Gender and sexuality are two different things.

Trans people can be bisexual, asexual, straight, gay, or any other sexuality, but we're all those things in addition to being trans, they're not the reason we're trans.

TRANSITIONING

Transitioning is when someone takes steps to socially or physically feel more aligned with their gender identity.

It's not about appealing to other people, or trying to look like a cisgender person, but rather doing what feels right for yourself, and what that means for each person is different. It's also a gradual thing, and people might change their mind about what works best for them!

SOCIAL TRANSITIONING

Socially transitioning involves the way we interact with other people.

For example, coming out as transgender, asking people to use different pronouns to describe us, or changing the way we interact with gendered spaces, like the bathroom we use.

PHYSICAL TRANSITIONING

Physical transitioning usually involves a person altering their appearance to what feels right for them, like clothes, makeup and hair, or seeking medical treatment like hormones or surgery.

GENDER DYSPHORIA

Gender dysphoria is an intense discomfort a trans person may feel about physical attributes, or the way they're gendered by others. Gender dysphoria can be on a social level, a physical level or even a purely emotional level.

Dysphoria can be really overwhelming sometimes, and having live with a body or expression that you're not comfortable with can really impact your wellbeing, and interfere with day to day life.

Not all trans people experience dysphoria, and it doesn't make anyone more or less trans.

LANGUAGE

All language evolves at a community level, so when trans people coin new terms for our experiences, that's totally fine!

We're developing language that describes who we are, because in past a lot of the words either haven't existed, or those that have have been created by people outside the trans community, and don't always reflect our experiences.

WHAT IS AN ALLY?

An ally is more than just someone who treats trans people with respect. An ally goes the extra mile to stand with the trans community and fight against transphobia, and they can make a huge difference!

That might involve going to protests, setting up a Queer-Straight Alliance at your school, speaking up when you hear someone say something transphobic, or lots of other things!

UNDERSTANDING TRANSPHOBIA

Transphobia refers to anything that insults, discriminates or oppresses transgender and gender diverse people.

It comes in all shapes and forms, and familiarising yourself with the different types will help you combat against them.

INTENTIONAL TRANSPHOBIA

Intentional transphobia is when someone actively go out of their way to insult or belittle a person because they're trans.

Things like name calling, excluding someone from social events, being cruel, and deliberately misgendering someone all fall under this category.

UNINTENTIONAL TRANSPHOBIA

Unintentional transphobia tends to be more subtle, and can even include slip ups or mistakes.

Subconsciously making assumptions about a person's gender, believing someone should look a certain way, and automatically assuming someone's pronouns based on their appearance can all be examples of unintentional transphobia.

SYSTEMIC TRANSPHOBIA

This refers to large-scale society-wide issues, like employment discrimination, gendered toilets, or lack of representation. What all of these issues have in common is that they impact trans people's rights and inclusion at a system-wide level, and affect how people think about trans people, even if they aren't aware of it.

These aren't set in stone, and they do overlap. Systemic problems can cause unintentional transphobia by affecting the default assumptions we have about trans people, and intentional transphobia can reinforce systemic issues.

LISTENING TO TRANS PEOPLE

The best source of info on trans people is, well, trans people! We're living these experiences every day, and we are the experts in ourselves.

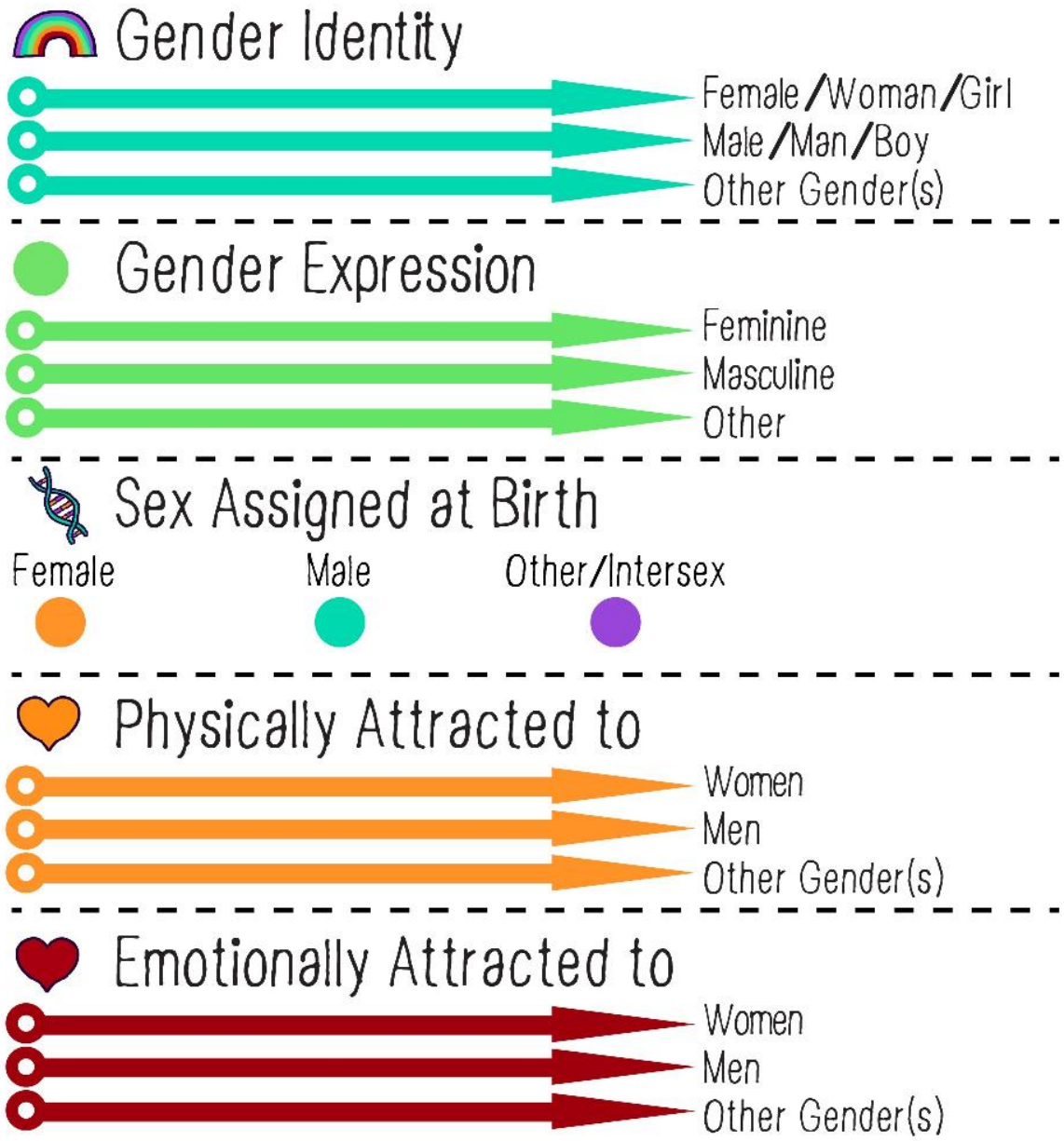
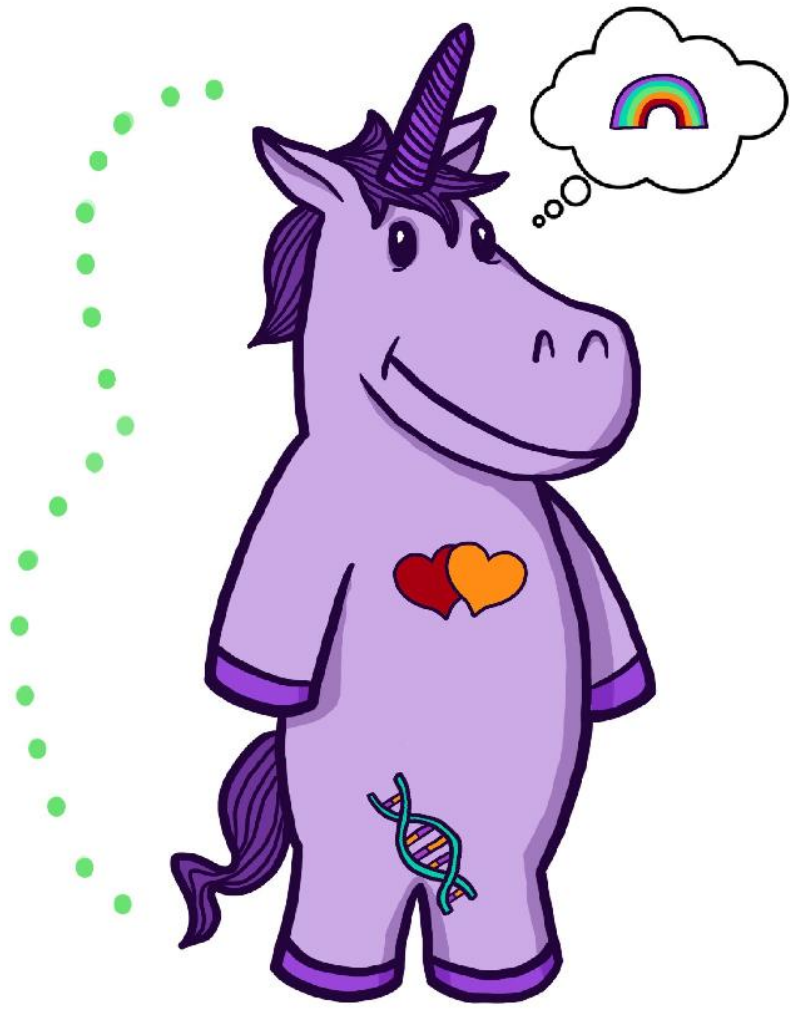
It's also really important to listen to a diverse range of trans people, especially those who are often spoken over, including trans women, non-binary people, trans disabled people, and trans people of colour. Being an ally to trans people means all trans people, not just the ones who are heard most often.

The best allies are ones who recognise that they're here to help, not to speak over, or take charge of a movement. Step back and make space for people who are often ignored. Celebrating our differences, and providing a platform for trans voices is an incredibly powerful form of support.

WAYS TO BE AN ALLY

- Introduce yourself with your name and pronouns. This can let trans people know that it's safe to tell you our pronouns too.
- Fight transphobia when you see it. Let people know that their behaviour or language could be harmful towards someone who's trans.
- Don't assume someone's gender identity, and use gender neutral language until they let you know what they use.
- Put up posters and resources that include or focus on gender identity in common spaces in your school, uni or workplace, and make sure they were created by trans people
- Raise money for an organisation that's by and for trans people, and support community-led change
- Elevate the voices of trans people whenever possible. Host an event that includes a trans guest speaker, and consult trans people on how to make your spaces trans inclusive.
- Trans representation is important even when your group or project isn't specifically about gender. Trans people are part of every community, so we should have the chance to be part of the leadership in every community too! Whatever you're part of, ask yourself who is and isn't being represented, and why.

The Gender Unicorn



To learn more, go to:
www.transstudent.org/gender

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