

TRANSGENDERS

**“I WAS NOT BORN IN A WRONG BODY,
I WAS BORN IN A WRONG SOCIETY”**

“Ignore me and be doomed”



“It isn’t about “becoming” another person – I already am who I am – I just want my body to reflect that. It’s not like I’m suddenly changing from the person you’ve always known- this is more about your willingness to see who I’ve always been”

Cooper Lee Bombardier

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1. INTRODUCTION

Developing a research work needs plenty of time to organize, read and understand all the essential information required in order to achieve a satisfactory result. It is therefore necessary to write up the work in a coherent and cohesive way. Moreover, motivation and improving are key words for facing well a topic you did not know at all.

To start with, the main reasons why I have chosen the topic is to raise awareness of the struggles transgender people have to face not only in medical aspects, but in society as well. I strongly believe that is important to know about it because at one point of our lives, we may stumble upon with one of these people and we must be conscious that they are human beings and just for that reason they deserve to be treated with respect.

Apart from this, I have been studying English for a long time now so I thought it was the perfect opportunity to put into practice all what I've learned so far. In a near future, I would like to study journalism and to do a Master's degree in something in relation to languages and this type of work is something that I will be doing, for sure, in some years at University.

For me, doing this work in a different language is a new challenge although there are lots of advantages. Developing this work in English will help me to improve my reading, writing and speaking skills as well as my knowledge of grammar and vocabulary. Actually, I will also improve my listening skills by paying attention to the interviewees.

My first hypothesis is that *the perfect age to start a gender change is eighteen*. However, since I have chosen this topic a lot of news have come out in all media. This situation became tougher from what I had thought because the overwhelming number of news, therefore it led me to my second hypothesis: *Why transgenderism has been*

always a taboo topic and now is constantly in the news? Afterwards, I started watching documentaries and videos about transgender people and most of the cases were about children with not older than 6. I was very shocked so, I came up with my third hypothesis: *Can a 5-year-old be sure about their transsexuality?*

While I was watching all the media, I realized how important legislation is to start the transition. Right after, another question came to my mind: *What is first: the change in society or passing a new rule?*

In the last place, my methodology will consist in two interviews and one survey. The main idea is to get information about the past and present with the survey and the interviews I've done are more focused on the present and future issues. I must add that I have had the great fortune to contact Ángela Ponce thanks to social media and also, with Paul which is a transsexual little girl's father. Because of the child protection law, I could not interview the girl but the father. I was very grateful because it is not an easy subject to talk about and both still collaborative.

2. HISTORY

What we currently understand as transgender, has been understood differently throughout history. Nowadays, we have lots of references thanks to documents, mythical accounts and writings to be sure about the existence of transgender people and how the various perspectives of this term have evolved.

2.1 THROUGHOUT ANCIENT HISTORY

Firstly, the preceding appearance of transgender people was the Eunuchs. They were those men who were being castrated roughly before puberty with the aim of developing certain functions. Moreover, the first mention of these was in the ancient city called Lagash in the 21st century B.C.¹ The eunuchs had been doing plenty of functions such as courtiers, soldiers, royal guards and government officials, depending on civilization's culture, even the royal court was taking advantage of them to achieve the fact of being a trustworthy member of royalty. Nevertheless, the major goal of eunuchs was to take care of the women dwelling in a harem.

Due to the meaningful role they had had in that society, they became a new social and cultural status thereby, they were treated completely differently. The reasons why adolescents chose being castrated were either for displeasing the emperor or being encouraged by their parents and in an odd case, by voluntary choice.

The practice was extended in the Ancient Egypt, the Roman Empire, the Byzantines and the Ottoman Empire and Ming dynasty in China.

In the Middle Ages, a very popular Roman Emperor called Elagabalus was the center of attention. He was assassinated in 222. B.C. The only reasons for killing him were his sexual orientation controversy and because he was caught up wearing women's

¹ "Eunuchs", Wikipedia the free encyclopedia, 2010, <https://en.wikipedia.org/wiki/Eunuch>

clothes and makeup too. That event arrived at the leader who commanded to the Praetorian Guard² to mutilate and throw him away into the Tiber River. ³

In 342 B.C, at Constantine predominated a mix between the Christianity, Mithraism and worshipping the Sun god. When the Crusaders arrived along with the Inquisition the society was totally broken up and intimidated by the traditional views -witch hunts-. Their mission was to stamp out any possible matriarchal sign and transgender evidence. Due to this, many legal systems were based on it; such as the English and American ones.

Up to now, the term 'Trans' has not appeared in the legal sphere at all. However, many anecdotes happened between the 1700s and 1933. One of the most shocking events was related to Magnus Hirschfeld. He was the first sexologist to offer regularity transgender people and also, the first person to introduce the term *transsexual*. Since then, everything involving this term has radically changed.

2.2 SOCIAL RIGHTS MOVEMENT

Currently, social rights are seen as a crucial role in society, but it has not ever been like this. In this section I will explain two of most famous movements which were the boost of LGBT demonstrations.

2.2.1 AFRO-AMERICAN MOVEMENT FOR SOCIAL RIGHTS

Everything began in 1954 in the United States. It was an unfair period of time for the Americans, but more focused on the southern because of the existence of the *Jim Crow laws*. Basically, in these amounts of laws predominated 2 aspects that were

² PRAETORIAN GUARD was one of the most important military force used by Roman Emperors.

³ "Elagabalus", Wikipedia the free encyclopedia, 2016 <https://en.wikipedia.org/wiki/Elagabalus>

reflected in that society; firstly, a racial segregation in vital places like restaurants, washrooms, schools, and means transport among others. Secondly, a rights privatization with a severe right to vote and an extreme racial violence.

Fortunately, all these restrictions were abolished with the 'Black Power' arrival from 1963 to 1975. In these decade, we must underline the outstanding presence of Martin Luther King. He was a leader in the Afro-American Rights Movement who did not use violence at all to achieve freedom, racial equality and black people's rights.



1. By Hulton-Deutsch Collection / CORBIS

In one of the first marches that he led as an activist, he explained all his goals. On the one hand, ending racial segregation especially in schools. On the other hand, the existence of a legislation based on civil rights. Moreover, he wanted to settle down a minimum salary of two dollars for everyone.

After that march, which had a worldwide impact, gave the mythical speech in Washington D.C in 1963. From that speech, we may emphasize the quote: "*I have a dream*" referring to how Martin would like to live in a near future. From that moment on, the United States lived a great social change.

2.2.2 GAY RIGHTS MOVEMENT

The Afro-American Rights Movement was an inspiration for gay people. They started fighting for one aim: being recognized and having the same rights as any other person.

Nevertheless, Karl Heinrich⁴, was not intimidated by punishments and he started to write about same-sex relationships. Due to his courage, he is considered as one of the pioneers of the LGBT movement.

In the 1860s appeared what was called “free love”. It was a movement which consisted of a social criticism to the mentality of that era especially in sexual matters. After the end of the Second World War, many people started to join into homosexual groups to gain strength in order to raise visibility.

2.2.3 LGBT

Currently, the most famous collective is called LGBT, *formerly known as The Lesbian & Gay Foundation, is a national charity delivering a wide range of services to lesbian, gay and bisexual and Trans (LGBT) communities.*⁵ This initiative was created thanks to the popular Stonewall riots. It was a spontaneous and violent demonstration from the police against the gay community, located in a neighborhood of Manhattan, New York City, in June 28.

Stonewall riots were the boost to develop this association. However, all started when at the very end of the 1970s and the beginning of the 1980s, gays and lesbians became less accepted and understood than bisexuals or transgender people because they started to getting out of the closet. Despite the society accepted the LGBT as a symbol, it created controversy.

The most well-known symbol is the *Rainbow flag*. It was designed by Gilbert Baker in San Francisco ten years before the use of LGBT term, in order to sell it to an activist who wanted a symbol for his community.

The design may have been influenced by colors which have different meanings. The first version of that was the *eight striped flag*. It is pretty self-explanatory, that flag was

⁴ “Karl Heinrich Ulrichs”, Stonewall Society, 2000 <http://www.stonewallsociety.com/famouspeople/karl.htm>

⁵ “LGBT About us”, LGBT Foundation, 2016 <http://lgbt.foundation/about/>

formed with 8 different colors with these meanings: sexuality, life, healing, sun, nature, art, harmony and spirit.

Anyways, that flag changed to a seven-striped one, but finally, is a six-striped flag by avoiding the pink and indigo stripes. Nowadays, a lot of people are wondering about the symbolism of a rainbow flag. In fact, the rainbow symbolizes, on the one hand, *hope*, in relation with the progress to achieve the equality. On the other hand, it represents *diversity*, which the purpose of reaching to reach an inclusive society which is above races and culture.



3. António Martins, 20 April 1999



2. António Martins, 20 April 1999



4. António Martins, 20 April 1999

2.3 SPANISH HISTORY

It is convenient to start with the day of coup d'état (18 July 1936). This involved the civil war in which one of the factors for being imprisoned or executed was being homosexual or transsexual. A meaningful case was Federico Garcia Lorca's, who was executed for defending the Popular Front and therefore was labeled as 'red and fagot'.

During Franco's dictatorship a law called "*Ley de Vagos y Maleantes*" was passed on August 4, 1933. It consisted in control measures and restraining orders to all the wanderers, nomads, pimps and homosexuals.⁶ This is a clear example of how anything related to LGBT community was taboo and punished.

⁶ "Ley de Vagos y Maleantes", Wikipedia the free encyclopedia, 2015.
https://es.wikipedia.org/wiki/Ley_de_vagos_y_maleantes

3. WHAT DOES TRANSGENDER MEAN?

Before heading into the topic, we must understand the basic vocabulary since some words are very specific.

3.1 FOREWORD⁷

When we talk about the *biological sex*, we are referring to our anatomy; being male, intersex or female. It also includes chromosomes and hormones. (Being male means to have XY chromosomes configuration and predominant testosterone and being female means to have two X chromosomes and predominant estrogens).

Gender identity is the psychological sense of the self. This identity is what makes us feel like a man, a genderqueer (also known as an orchid) or a woman. This concept is just internally because it can or cannot be expressed externally.

Gender expression is how the person chooses to communicate their gender to the society. It goes from masculine to feminine and other kinds like androgynous or cross-gender.

And last, *Sexual orientation*. It is the most romantic way a person feels towards another. It can be a person attracted to a woman or man or can be bisexual or asexual. In fact, there are amounts of paraphilics.

In addition, it is important to understand the complex human sexuality because it is not just based either on your hormones or sexual orientation. Society must go even further away and understand that sexual orientation, though interconnected with the larger concepts of sex and gender, can also be different. To comprehend it easily, let's use an example: Someone who was born female, although identifies herself as a man and apparently, looks feminine and is attracted to men. Nevertheless, society has a very

⁷ In all the research work you will find the use of pronouns depending on the individuals' gender identity not in their biological assigned-sex.

crucial role too because all the gender identity features rely on what society has exemplify as being female or male.

3.2 BASIC CONCEPTS

The definition of transgender is *a person whose sense of personal identity and gender does not correspond with their birth sex.*⁸ It can be also described as an *umbrella term that includes people who feel one disconnect between their own internal concept of their gender and the gender roles made by their society.*⁹ Furthermore, the term transsexual has been replaced thanks to the Psychiatrist John F. Oliven, who in 1965, came up with the term transgender. Nowadays, it can be called *Gender dysphoria* too.

Transgenderism can be either male or female. On the one hand, a transgender man is the one who was born in a woman's body, although, she feels like a man therefore he uses a masculine pronoun. On the other hand, being a female transgender refers to someone born in a man's body but feels like a woman, therefore, uses the female pronoun. Thereby, it is important to distinguish the following terms: being transgender and the sexual orientation.

Currently, there is no evidence whatsoever that allows us to understand the causes of transgenderism. However, many scientists relate it to the hormonal development during the fetal period, genetic and environmental.

The transgender pride flag was designed by Monica Helms in 1999 and the paraded for the first time in Phoenix, Arizona, United States in 2000. Monica describes the flag as: "The stripes at the top and bottom are light blue, the



4 . Transgender Pride Flag

⁸ "Transgender", Oxford Dictionaries, 2014, <http://www.oxforddictionaries.com/definition/english/transgender>

⁹ "Transgender vs Transsexual." *Diffen.com*, 2016, http://www.diffen.com/difference/Transgender_vs_Transsexual

traditional color for baby boys. The stripes next to them are pink, the traditional color for baby girls. The stripe in the middle is white, for those who are intersex, transitioning or consider themselves having a neutral or undefined gender. The pattern is such that no matter which way you fly it, it is always correct, signifying us finding correctness in our lives."

3.3 LIFE STAGES

Every human being undergoes some life stages. In each one, you have different types of changes. For trans people, the first two stages of life (childhood and puberty) are really important to understand who they are –biologically- and who they want to be.

Firstly, it is important to emphasize what the AAC (*American Academy of Pediatrics*) states about gender identity on early ages to comprehend the process. To start with, in each child, the consciousness of being male or female starts during the first year of life. Secondly, from the 8 to 10 months, they discover their genitalia and then, when they are 1 year old o they distinguish the physical appearance between females and males. With 3 years, they develop the capacity of label them as a girl or as a boy and finally, with 4 years, the gender identity is totally defined.

Because of the age, they depend on hundred percent on their parents for every single need and also, they have to face plenty of challenges owing to the doctors' unwillingness when it comes to supplying medication. Actually, there are other issues they have to deal with, such as harassment and bullying.

Likewise, it is also important to clear up what APS (*the American Psychological Association*) notifies: "There is no point forcing children to act according to their biological gender".

3.3.1 CHILDREN PHENOMENOLOGY

There are differences depending on the biological sex.

When talking about boys, they simulate female characters and everything that takes part of it, as the society has stipulated, such as makeup or hair. They also express their wonder about being a girl with the aid of changing their personality into a sensitive one to assert they are a female.

By contrast, girls simulate masculine characters and everything related to being a boy. For instance, cutting their hair short and avoiding typical girls' clothes such as skirts. Even though, as it happens with boys, girls want to speak out to their families and make aware that they want to be the opposite gender.

To sum up, children will act completely different from their assigned birth sex in order to express themselves. For achieving it, they must use the previously mentioned acts and gestures. Providing the subject fulfills the priors' statements, he/she may have *gender dysphoria*.

Sometimes, while they are growing up transgender people want to be unnoticed in school because of all their insecurities. Therefore, they do not establish relationships with classmates and they just feel comfortable in their familiar environment. These behaviors are explained as a result of live experiences and also, the biological origin which plays an important role. In addition, they are biologically predisposed to act as the opposite gender. On top of that, it is very meaningful to clarify that they are normal kids which deserve the same rights and chances in every field of life.

These days, there are lots of associations which are trying to discover the origin of being transgender. In Spain, we can find the Hospital Clínic and IDIBAPS (*Biomedical Research Institute August Pi i Sunyer*). Worldwide, the most well-known institutes are the *Boston Children's Hospital* and the *University of Melbourne* too.

3.3.2 TEENAGERS' PHENOMENOLOGY

The gender dysphoria will start at a young age, before puberty. In that moment of their lives, which is completely characterized by body changes, the kid will start noticing a strong feeling of incongruity because their physical appearance does not corresponding to with their gender identity.

Moreover, they usually have to face anxiety and depression too. Due to the mismatch feelings experienced in a short period of time and the difficulties to put into words how what they are feeling.

A positive aspect of this stage is that the person is aware of the measures that can be taken to make their goal possible. At this point, pediatricians and endocrinologists become very important because they are the ones who are able to prescribe the first gender change treatment: puberty inhibitors.

4. MEDICAL ASPECTS

Now, you are going to see the different medical aspects they go through while transitioning. They are organized in the usual order individuals follow to their gender change. In addition, I will also talk about mental health and an effective way to treat it.

4.1 PHYSICAL PROCEDURES

It exists there is a path transgender people follow. The information below is sorted according to the process that transgender teen would follow. Nevertheless, not all the people follow the same steps.

4.1.1 PUBERTY INHIBITORS

Before getting puberty inhibitors, transgender youth have to know in which the stage of puberty they are. To know it, the doctors use the Tanner calculator. The Tanner scale was created by a British pediatric endocrinologist called James Mourilyan Tanner. With the help of this criteria which tanner calculator provides, the pre-teen can detect at what stage of puberty is at. Before the taking of puberty inhibitors, the individual has to reach the Tanner 2.

Below, there is a table where you can find all the different tanner stages for boys and girls and the corresponding symptoms. All the information has been taken from the Chrysallis¹⁰ web page.

¹⁰ "Chrysallis is a Spanish association of transgender minors.

	Boys	Girls
Tanner 1	<p>Height increases 5 to 6 cm each year.</p> <p>Not trail of pubic hair.</p>	<p>Height increases 5 to 6 cm each year.</p> <p>Chest begins to lift.</p>
Tanner 2	<p>Height increases 5 to 6 cm each year.</p> <p>First sign of pubic hair.</p>	<p>Height increases up to 7cm to 8 cm each year.</p>
Tanner 3	<p>Height increases 7 to 8 cm each year.</p> <p>Testicles' become bigger.</p> <p>Pubic hair gets thicker.</p> <p>Voice becomes deeper and cracky.</p>	<p>Height increases up to 8 cm each year.</p> <p>The areola gets bigger.</p> <p>Pubic hair appears.</p> <p>Acne starts to come out.</p>
Tanner 4	<p>Acne appears</p>	<p>Height increases 7 cm each year.</p>
Tanner 5	<p>Facial hair appears</p>	<p>Height finally stops increasing.</p>

*Puberty Inhibitors are a group of medications that are prescribed by an endocrinologist to suppress or inhibit puberty.*¹¹ They suppress sex hormones like testosterone and estrogens and the medications go directly to the LH (Luteinizing hormone) and the FSH (Follicle-stimulating hormone).

The medication comes in two different ways:

- On the one hand, it could be an *implant*. It consists of a tube with histrelin, which is an analog of gonadotropin-releasing hormone, it is placed subcutaneously on the upper arm and it has to be changed every 12 months.



5. RxList Inc.



7. RxList Inc.



6. RxList Inc.

- The price is around 13.400 €. ¹²
- On the other hand, the *injection*. These ones are leuprorelin which is a GnRH analog that must be applied by a doctor even if the injection is saleable under the name of Lupron Depot. The person will need the medication either monthly or each 3-6 months. The prices can be approach 600-1300 € a month.

As we all know, puberty is a process of physical changes that make the child's body mature and become an adult. It is kicked off by hormonal signals as well as a transformation of hair, blood, weight, height, bones and many more aspects.

¹¹ "Puberty Inhibitors", TYFA, 2012, http://www.imatyfa.org/permanent_files/pubertyblockers101.html

¹² Price stipulate by the TransYouth Family Allies.

Girls' puberty starts approximately at the age of 10 to 12 years. However, boys usually start later.

With the use of puberty blockers, "we're really starting to some extent from a little bit more of a blank slate," Finlayson explained. "We don't have to be erasing or trying to get rid of all these other changes that occurred that they don't want." With this quote, we can see that puberty blockers have plenty of advantages to face the process of gender change. If they suppress the puberty, all the physical changes will not appear at all so, the young transgender will feel more comfortable at the same time more confident because they did not the characteristics of the gender they do not feel related to.

Regardless, we can find some disadvantages. Firstly, the ideal age to start suggested is 16 because you are mental, physically and emotionally prepared. However, the hormones give the patient irreversible physical changes such as acne as well as heart diseases or even diabetes. There is also a possibility of reducing their fertility.

A very prominent piece of news of the Spanish press was about an 11-year-old boy named Leo. He was born in Irun, a province of Gipuzkoa. He lived his first 11 years of life being Ane, a girl. His life changed when, after watching a documentary '*El Sexo Sentido*' she felt totally identified. Since then, his family was getting information and 29th October of 2016, Leo put his first blocking puberty injection. Thus, Leo became the first minor transsexual to receive puberty inhibitors.

4.1.2 HORMONE REPLACEMENT TREATMENT (HRT)

Hormone Replacement Therapy is undergone by transgender people who want to change their body's hormones.

There are 3 different types of doses and they serve different purposes for different stages.

- The initial doses. They either feminize or masculinize and they determinate the secondary effects of hormones.
- Transformation doses. The dose is increased and it includes origin hormone blockers.
- Maintenance doses. The dose includes long lasting hormones.

There are also different ways of hormone administration to choose.

- Orally. It causes liver stress, but it is an easy way of administration.
- Sublingual.
- Injections. An unstable hormone levels may occur.
- Skin patches. It may cause skin irritation, but it is an easy way of administration.

4.1.2.1 REQUIREMENTS

To have this therapy (HRT) the individual has to fulfil the following requirements:

- Readiness. The person has to be ready to undergo the process; their willingness is so important because they have to be capable of taking hormones with responsibility. Moreover, a solid mental health is prominent too.

- Real-life experience (RLE). It is the process whereby a transgender person lives in their preferred gender role for a period of time to show they can live and be happy within that role.¹³ For instance, they have to be employed for a part or full time job and acquire a legal name according to their gender identity, among others.

In spite of the above mention requirements, individuals tend to self-medicate owing to the high-prized therapy or because their doctors will not prescribe hormones without a report from the psychotherapist saying the individual conscious decision and the mental health is balance.

4.1.2.2 HRT EFFECTS male-to-female

Overall, there are a few changes which are the breast growth, body fat distribution changes and the skin gets thinner. However, there are other meaningful changes to talk about.

Firstly, the cardiovascular effects are the most risky for females because the coagulation of estrogens sometimes causes DVT (deep vein thrombosis) or (PE) pulmonary embolism (PE). Secondly, the body hair gets lighter and the body odor and sweat changes. Moreover, some bone and urogynecological changes take place. It is important to highlight the high level of risk of developing type II diabetes owing to the estrogens and, talking about sexual activity, the individual's sexual desire decreases, if it is the case, trans women (MTF) take doses of testosterone to improve the sexual drive.

¹³ RLE, Queers United, 2008 , <http://queersunited.blogspot.com.es/2008/07/word-of-gay-rle-real-life-experience.html>

4.1.2.3 HRT EFFECTS female-to-male

The irreversible changes HRT cause are, on one hand, the appearance of body hair and the voice turns deeper one and on the other hand, the breast atrophy occurs at the same time alopecia appears.

Talking about reversible changes, it should highlight to talk about the acne, a muscle development, especially on the upper body, and alterations in blood causing cholesterol. Besides, it is important to emphasize the suspension of menstruation.

Thus the HRT, the psychological changes are difficult to mention because is the first process a transgender people has to face. It is well-known that they feel more confident entailing happiness and the sexual desire increases because the energy levels raised. However, they may feel more aggressive due to the medications.

4.1.3 SEX REASSIGNMENT SURGERY (SRS)

Sex Reassignment Surgery (SRS) is a sum of surgical methods which resemble the assigned genitals when born into the genitals of their gender identity. The purpose of this procedure has relation with, on the one hand, intersexual people who have a genitalia ambiguity and, on the other hand, with transgender people. The well-known surgery is the *Genital Reconstructive Surgery* (GRS). Nevertheless, the WPATH (World Professional Association for Transgender Health) cleared up that the SRS involves all the surgical procedures that have relation with gender dysphoria.

The SRS and the GRS procedures include:

Orchiectomy (testicles are removed), **Metoidioplasty** (enlargement the clitoris), **bilateral Salpingo-Oophorectomy** (removal of ovaries), **Penectomy** (penis removal) and **Vaginoplasty** (tighten the vagina's tissue). However, not only surgeries of this

kind can be consider as sex reassignment, we can also think of either **Electrology** (removal of hair with laser) or **plastic surgery**.

Besides that, it is very hard to achieve these procedures. The reasons are basically two, the first one must be money limitation because of the pricey technology surgeons. The second reason is the lack of specialists in this field. Although it is true that, little by little, more people are getting specialized on it. Currently, these surgeries are just available in special private hospitals.

4.1.3.1 SRS HISTORY

The first patient of SRS was Dora Richter. She changed from male to female in 1921. He was born as an ordinary boy in Berlin. Everything was fine since his parents obliged her to wear trousers instead of a dress because she was a boy. At the age of six, she tried to castrate herself with a piece of string, but the possibility of necrosis was high so she stopped. After she finished school and she has the one hundred percent of liberty, she managed to live the life of a woman's point of view. With 26 years, she has begun the process of getting rid of the male aspects in 1930.

Straightaway, the history of Lili Elbe became famous. To start with, Gerda Wegener and Einar Mogens were a pretty common marriage since Gerda asked for her husband to pose for feminine portraits without being conscious that, in less than a month, Einar started to feel very comfortable being dressed up as a girl. In 1912, they moved away from Berlin to Paris because Gerda job and, one year later, Einar was officially named Lili Elbe and with it, the first Trans woman. Later, in 1933, Dr. Magnus Hirschfeld tried to transplant a uterus to Lili causing her death. A movie was inspired by this story, it is called *The Danish Girl*, directed by Tom Hooper.



8. Lili Elbe, London: Jarrolds, 1933.
Photograph: Lili, Paris, 1926

4.2 MENTAL HEALTH

Our psychological, emotional and social well-being constitutes our mental health.

Nowadays, a high rate of transgender people have a great deal of mental health issues such as bipolarity, schizophrenia, and personality disorder.

In response to all those questions that discuss whether transsexuality is a mental disorder or not, it is important to clarify that a psychological state can be considered disorder when produces a disability. The major problem transgender people have is to find the way to receive physical procedures, economic aid and to feel self-confident. On the contrary, all the impediments trigger the emerged of emotions and moods which are not pleasant at all.

One of the biggest problems is depression. It causes severe symptoms that affect how you feel, think, and handle daily activities, such as sleeping, eating, or working.¹⁴ Actually, according to *The Lancet*, which is a medical magazine, 60% of transgender people tend to undergo depression. Together with depression, anxiety can be the second biggest problem transgender face. All this can be treated with psychotherapeutic treatments.

4.2.1 PSYCHOTHERAPY

To solve or just to look after their mental health, experts recommend the psychotherapy although, it is not a must. It is a type of therapy used to treat emotional problems and mental health conditions.¹⁵ Having a mental health evaluation is highly required to start to surgical and hormonal treatments.

¹⁴ "Depression", NIMH, 2016, https://www.nimh.nih.gov/health/topics/depression/index.shtml#part_145398

¹⁵ "Psychotherapy", NHS.UK, 2015, <http://www.nhs.uk/conditions/Psychotherapy/Pages/Introduction.aspx>

The major goals psychotherapy has are finding ways to maximize the well-being and self-fulfillment, make the process of speaking out and coming out easier. and manage relationships.

There are two types of transgender people that attend psychotherapy. The first type can be described as a person with information and, the second one is the confused ones. The first ones are those who are sure about being transgender but they have problems to come out. The last type is those who feel like they are not sure at all about their condition and they start the therapy with fear to show their real identity. There is a moment when confused-individuals decide to start psychotherapy so as to feel more comfortable.

Psychotherapists' follow Harry Benjamin commandments which are now gathered in Harry Benjamin International Gender Dysphoria Association. The first step is a determination of the profile of transgender orientation depending on in what stage the person is. Afterwards, they may begin a *hormone replacement therapy* and lastly, they have to pass the so called reality test. It consists in living for one entire year as the desired gender. The experience which has been lived is highly important if is the kind of live they dreamed of.

All the matters that come out in the process of psychotherapy with transgender people are completely the same as anyone in the world. For instance, autonomy, identity and the most important one, self-in-relation which is an aspect of this therapy just focused on the relationship we must have with our own self.¹⁶ Thus, the issues can be discerned in two categories. On the one hand, the psychological ones and on the other hand, the ones which have to do with physical aspects. However, transgender people have a complexity related to the conflict between the biological sex and gender. Throughout all the psychotherapy, the greatest challenge transgender people have to face is that, to be the person that they want to be, they must deal with 'social rules' and family-friends expectations. Therefore, they automatically decide to hide their coming out

¹⁶ "Self-relations", Wikipedia, 2016, <http://www.un.org/en/universal-declaration-human-rights/>

TRANSGENDERS. I WAS NOT BORN IN A WRONG BODY, I WAS BORN IN A WRONG SOCIETY

process. This is caused by the stigma of the binary system based on the fault statement that the biological sex is the same as gender.

5. LEGAL AND SOCIAL ASPECTS

Nowadays, society is not aware of all the disadvantages transgender people and LGBT members have not just in social aspects but legal aspects as well. An overall vision about the LGBT rights worldwide will help us understand the status-quo.

5.1 LEGISLATION

Besides, I analyzed 6 countries' legislations which are well-known because the rights and the activities and communities has achieve.

5.1.1 LEGISLATION AROUND THE WORLD

Thanks to the Universal Declaration of Human Rights, 30 articles have been proclaimed related to gender identity and the rights.

Below there is a summary of these entries to demonstrate which ones transgender people have around the world are.¹⁷

- **Article 1:** All human beings are born free and equal in dignity and rights, and gifted as they are of reason and conscience, must behave fraternally with the other.

- **Article 2:** All people have all the rights and freedoms proclaimed in this Declaration, without distinction any of race, color, sex, language, religion, political opinion or of any other nature, origin national or social, position economic, birth or any other condition.

¹⁷ All the articles have been extracted from the web page: <http://www.un.org/en/universal-declaration-human-rights/>

- **Article 7:** All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination.

- **Article 23:** (1) Everyone has the right to work, to free choice of employment, to just and favorable conditions of work and to protection against unemployment. (2) Everyone, without any discrimination, has the right to equal pay for equal work. (3) Everyone who works has the right to just and favorable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection. (4) Everyone has the right to form and to join trade unions for the protection of his interests.

5.1.2 THAILAND

In Thailand, is usually used the term “*kathoey*” to describe either trans woman or effeminate gays. In addition, this term can be included in what is called as “*phet thi sam*” or third gender. In English, it can be translated as *lady boy*.

Nowadays, “*kathoeyes*” have plenty of advantages in the Thai society. Besides, they are likely to work in beauty salons and shops. Unluckily, they are also well-known for their sex work because they tend to work in prostitution.

What is more, same-sex sexual activity is legal since 1956 and the age of consent have been equalized to 15 years old in 1997. Moreover, trans people are able to change their legal gender and they can also have a reassignment surgery. There are also anti-discrimination laws in employment and in the provision of goods and services. Nevertheless, neither same-sex marriages nor recognition of same-sex couples is legalized.

5.1.3 BRAZIL

In Brazil, transgender people are considered just as the ones born as male but they identify as women. For understanding the situation of transgender people in Brazil it is important to know the following information: this country is well-known as one of the most homophobic countries in the entire world. From 1980 to 2006, approximately 2680 gays and transsexual were killed.¹⁸

Having said that, Brazilian Trans people are very discriminated talking about employment. In fact, the majority of trans people have not studied at all and some of them are currently working in domestic services, hairdressing and mostly in prostitution.

5.1.4 INDIA

LGBT Indian people have to face lots of difficulties. For instance: a same-sex couple cannot get married and same-sex sexual activity is illegal under the *Section 377 of the Indian Penal Code* that says:

“377. Unnatural offences. —Whoever voluntarily has carnal intercourse against the order of nature with any man, woman or animal, shall be punished with imprisonment for life, or with imprisonment of either description for a term which may extend to ten years, and shall also be liable to fine. Explanation. —Penetration is sufficient to constitute the carnal intercourse necessary to the offence described in this section.”

¹⁸ Data from: < <http://news.bbc.co.uk/2/hi/americas/6738905.stm>>

It is also important to emphasize the case of the India Trans Community. A non-governmental organization in Mumbai called “*Humsafar Trust*” estimates the presence of 5-6 million *hijras* in India. Owing to this data, in April 2014 the Supreme Court of India passed a law for transgender persons or *hijras* as the third gender. One of the former judges, Justice KS Radhakrishnan defended the following idea:

“ Seldom, our society realizes or cares to realize the trauma, agony and pain which the members of Transgender community undergo, nor appreciates the innate feelings of the members of the Transgender

Page 2 2 community, especially of those whose mind and body disown their biological sex. Our society often ridicules and abuses the Transgender

community and in public places like railway stations, bus stands, schools, workplaces, malls, theatres, hospitals, they are sidelined and treated as untouchables, forgetting the fact that the moral failure lies in the society’s unwillingness to contain or embrace different gender identities and expressions, a mindset which we have to change.”

Justice KS Radhakrishnan, 2014.

Besides this, there are just two LGBT rights in India: the possibility of adoption by trans people and the right to change the legal gender.

5.1.5 USA

LGBT rights in the United States are considered the most advanced ones. On the one hand, in 2003 same sexual activity became legal nationwide as well as the same-sex couples’ marriage and the pertinent recognition of those. In addition, same-sex married couples are able to adopt.



9. BOMBAY, INDIA: An Indian Hijra, or transsexual, leads a protest march of sexual workers at the 2004 World Social Forum (WSF), in Bombay, 18 January 2004. ROB ELLIOT

On the other hand, the fact that the United States is a federal republic divided into 50 states, some of the rights vary depending on what state you are. A clear example is the equal age of consents which is accepted in some states. The same happens with the gender sex change right. Moreover, a gender confirmation surgery covered by health insurance is not nationwide like the LGBT anti-bullying, employment, housing, public accommodation and facilities laws.

Besides this, there are *All Gender Restrooms* in Austin, TX; New York City; Cathedral city, CA; West Hollywood, CA; Philadelphia, PA; Seattle; Santa Fe; and Washington DC.

5.1.6 GERMANY

After the disappearance of the *Paragraph 175*¹⁹ according to it homosexual male relationships were punished. The EU obliges Germany to protect its citizens from discrimination for being a lesbian, gay, bisexual or transsexual. Owing to this obligation, Germans enacted the anti-discrimination law in 2006. Based on Article 3 of the German Basic Law, which states that "no one can be discriminated against or favored because of their sex, origin, race, language, country, or political or religious opinions", Germany was the first country that recognizes 'gender X' on birth certificates. However, these law are just based in employment and in the provision of good services.

Furthermore, it is significant to explain all the LGBT rights in Germany. In the first place, same-sex sexual activity or recognition of same-sex couples' life are allowed. Actually, adoption by transsexuals and same-sex couples is also accepted. Not only, was the right to change legal gender allowed in 2011 (without sterilization) but also, the equal

¹⁹ "Paragraph 175" was a provision of the German Criminal Code from 15 May 1871 to 10 March 1994.

age of consent. Secondly, anti-discrimination laws in employment and in the provision of goods and services are enforced.

5.1.7 SPAIN

In 1983, the Sex Reassignment surgery was legalized. In 1999, political parties allowed transgender people to be part of them. For instance: in 1999, *Izquierda Unida*²⁰ presented a draft asking the transsexual treatment to be economically covered by the Seguridad Social (Spanish National Health).

In 1987, the Spanish Association of Transsexuals (Transexualia) was created. They also wanted prostitution was considered a job.

The Organic Law 5/2002 of 19 June, on Qualifications and Vocational Training (Ley Organica de las Cualificaciones y Formación Profesional) was applied. One year after, the Employment Law 56/2003 of 16 December was reinforced.

In 2005, the Gay Pride demonstration was led by this phrase: "*Avanzamos, y ahora I@s transexuales*" trying to claim a Law on the Right to Gender Identity. One year later, one of the most radical organizations called "Guerrilla Travolaka" stated that transsexuals are not ill or victims of mental illness. On its official blog, we can find a description of this group:

"Neither men, neither women. Neither dysphoric, neither deranged, neither transsexuals. We are only guerrillas at the moment. Pirates of the gender, treasure hunters. We are Trans-resistant, Trans-guerrillas, Trans-citizen, Travolakes, Drag-Kings and Drag Queens. Mavericks of the heteropatriarchal."

²⁰ "Izquierda Unida" was a spanish politic movement whose goal was to settle down a democratic system.

Later on, the Law 13/2005 amends the Civil Code right to enter into same-sex marriage. To that, they added a second paragraph, the Article 44 of the Civil Code: *“Marriage shall have the same requisites and effects regardless of whether the people involved are of the same or different sex”*.

A while later, *Law on Gender Identity* ("Law 3/2007 of 15 March, regulating the rectification registration of the entry regarding the sex of the people") was been redressed on March, 16 of 2007 in order to benefit transgender people to change their ID name and sex without either getting surgery or other procedures. To end the transition process, it is essential to count on the presence of a forensic surgeon and a magistrate to renew their ID card with the new information. As we all know, ID card is a basic item to live with because it is compulsory through a vital process such as paying with credit card, to open up a bank account, traveling, to vote, etc. Before these changes, transgender people have to deal with so many ID card troubles because the information which is in their ID is not corresponded to their gender role. People who have an access to this law must have Spanish nationality and be over eighteen. Moreover, they have to be diagnosed with gender dysphoria and having had a hormonal treatment for at least 2 years to demonstrate a conformity with their gender identity. The novelty is the no need have undergone a Sex Reassignment Surgery.

In 28/11/2012, was passed a Constitutional guarantee protection of marriage and family: the constitutionality of the legal regulation of same-sex marriage. Furthermore, there are many other autonomic laws like:

- Law 12/2007 of 26 November, for the promotion of gender equality. (Andalucia)

- Regional Law 12/2009 of November 19, non-discrimination based on gender identity and recognition of the rights of transsexuals. (Navarra).

- Law 14/2012, of June 28, non-discrimination on grounds of gender identity and recognition of the rights of transsexuals. (The Basque Country).
- Law 2/2014 of 14 April, equal treatment and non-discrimination of lesbian, gay, transgender, bisexual and intersex. (Galicia)
- Law 8/2014, of October 28, non-discrimination based on gender identity and recognition of the rights of transsexuals. (Canary Islands).
- Law 11/2014, of October 10, to guarantee the rights of lesbian, gay, bisexual, transgender and intersex people and to eradicate homophobia, biphobia, and transphobia. (Catalonia).

5.2 SOCIAL CHANGES

In the last few years, transgenderism has been more normalized if we compared it to the lack of visibility during the past decades. Nowadays, transsexuality is beginning to be standardized in different spheres such as family and work. A large number of facilities have appeared such as accessibility to quick information through the Internet and the information given by associations and campaigns. It is also important to highlight the professionalization of health attention involving endocrinologists, surgeons, nurses, etc. and social care with psychologists and counselors.

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5.2.1 CELEBRITIES

- *Shiloh Jolie-Pitt*

Angelina Jolie and Brad Pitt had their first daughter called Shiloh Jolie-Pitt. Since she was 3 years old many rumors were circulating in the media in relation with her sexuality but they were just a show business entertainment.

After a while, all those rumors were not misguided. When Shiloh was 10 his physical appearance changed; she was wearing over-sized sweatshirts and two-pieces suit. Angelina was interviewed in the famous magazine “Vanity Fair” where she explained all that and the thoughts they had. At first, they reckoned it was just inspired by her brothers so she was a tomboy. Afterwards, his dad spoke out about this event and reported that Shiloh wanted to be called as John and he got bothered if you did not called him like that. Nowadays, we cannot consider Shiloh as a transgender because some psychologists think that Angelina’s bisexuality is mistaking Shiloh’s mind.



8. Shiloh Nouvel Jolie-Pitt by Jason Laveris

- *Chaz Salvatore Bono*

Chaz Salvatore Bono is son of Cher and Salvatore Philip. She was born female the 4th March in 1969. In 1995, she announced her homosexuality in a famous LGBT magazine called “*The Advocate*”. That announcement entailed Chaz to write a book called *Family Outing*. It is a book about her own experience of coming out as well as other young people experiences. The main purpose of that book was explained by Bono like this:

“Wouldn't it be great if there was a book that gay and lesbian people could read and gain the tools and strength they need to come out and then be able to hand that same book to whoever they've just come out to and it would have the same information for those people as well (...)?”

Her female to male gender transition began in 2008 and finished in 2010. In 2008, she went through a physical transition and, in May of 2010, he changed his legal name and gender. When everything finally ended up, Chaz made a documentary film (*Becoming Chaz*) showing all the process he had followed with the desire to help others.



9. Picture from Chaz's Facebook page.

- *Bibiana Fernandez*

Bibiana Fernández was born in Tangier, but her parents were from Malaga. She was born as a boy but, later on, she decided to become female.

Her childhood was complicated because her parents get divorced when he was just 6 years old. Moreover, she moved with her dad however, they were homeless. Her dad worked at night as a taxi driver regardless, he did not take care at all about his son. Therefore, Bibiana with 13 years old, decided to move away to Malaga to study a degree and mainly for became the girl she wanted to be. She broke free and went to Barcelona to attempt to be an actress but it did not work out well for the moment.



10. Photo from Bibiana Fernández Instagram

Step by step, she earned a living and her first appearance was in the movie “*Cambio*

de Sexo” directed by Vicente Aranda. Currently, we identify her as the first transsexual woman in Spain although, at first, nobody was aware about of her transsexuality.

It is important to underline that she does not like the term “trans” because if you ask to one of these people will say they are either a boy or a girl but not a transgender person.

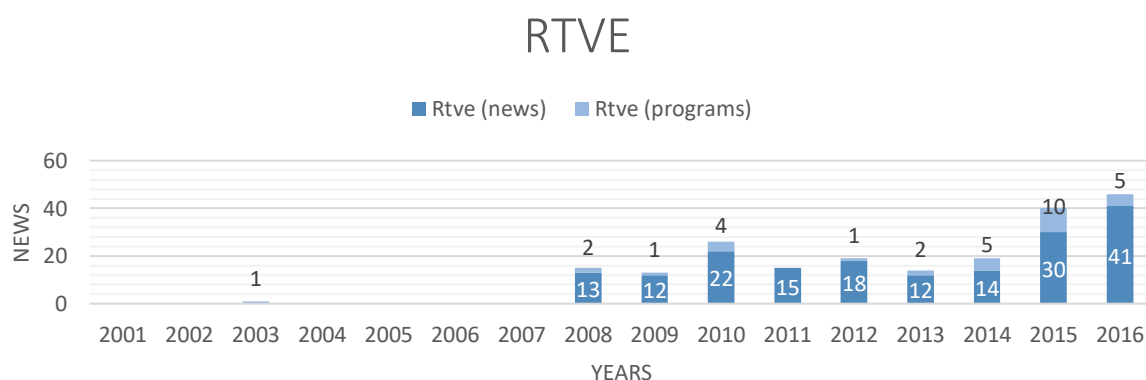
5.2.2 MEDIA

Media is a fundamental piece to disseminate information. The representation of groups of people are influenced by the stigma stipulated by society and in the case of the transgender community, it has been explained in a distorted way.

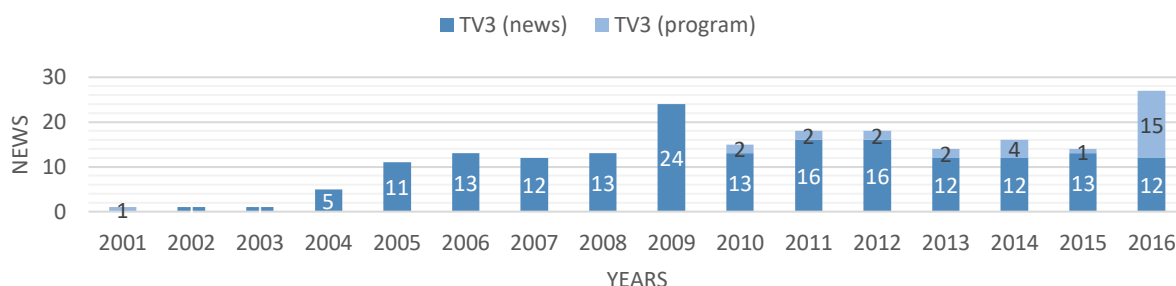
5.2.2.1 TV AND RADIO

Firstly, if we talk about television, it is one of the first media that have normalized transsexuality. It has been possible thanks to TV programs, series and celebrities appearing on it.

I did a research of how many times the word ‘transsexual’ was mentioned in either Spanish TV news or programs. From that research, I managed to make the following graphics:



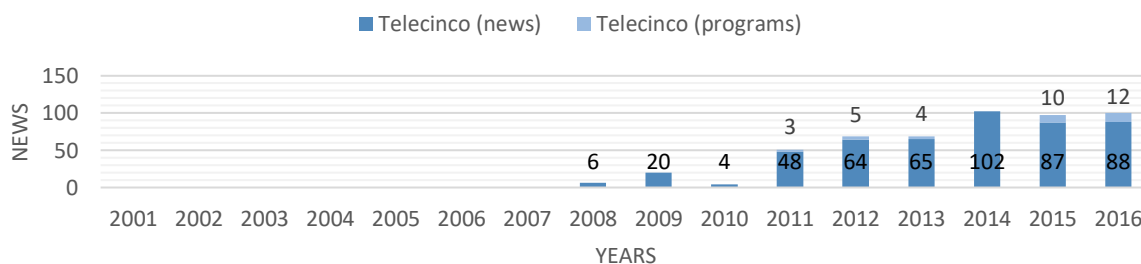
TV3



La Sexta



TV5

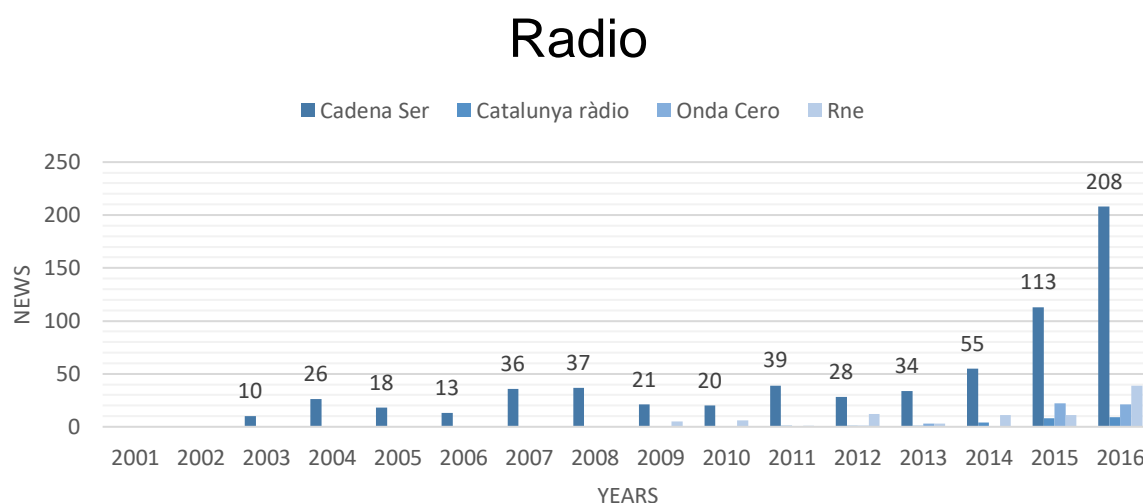


Thanks to these graphics, we can draw several conclusions. The first is that the term transsexual was firstly used in television around the year 2008. Although in previous years had appeared several times by same-sex couples to get married.

Around the year 2010, the Spanish television channels began to broach this subject in relevant programs and, some channels such as RTVE and TV3 have dedicated documentaries about the LGBT collective focusing on transgender people.

Documentaries like “*El Sexo Sentido*”²¹ and “*Trànsit, menors transsexuals*”²² have helped, thanks to testimonies, on the one hand, providing extra information and, on the other hand, helping transgender people who do not have sufficient strength to endure the situation to try to speak out. Briefly, television has aim that transgender people do not feel alone. Since I started this project the rate has increased and is non-stoppable every now and then, the transgender community is mentioned. Very recently, a trans character appeared in a popular TV3 series called “*Merlí*”; this character who was a teacher called “*Quima*” has been received very positively for the audience.

Secondly, the radio is another powerful media but it does not talk about Trans people that much in comparison to television. As well as with TV, I made a research in the main Spanish radios and the result are the following ones:



With that graphic we can draw a conclusion. Nowadays, either in radio and television the frequency is highest in the last years.

²¹ “*El Sexo Sentido*” is a RTVE documentary that analyzes the transgender youth.

²² “*Trànsit, menors transsexuals*” is a TV3 documentary that analyzes the transgender youth.

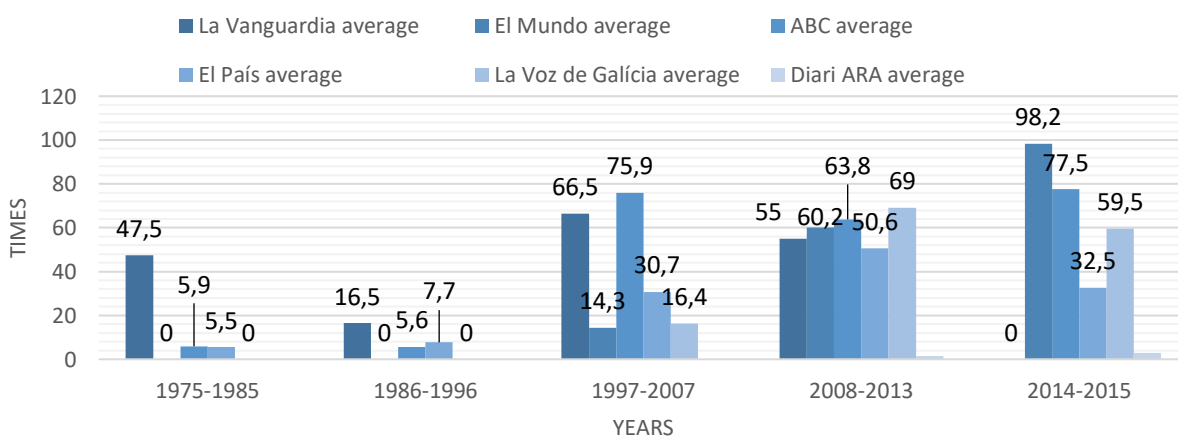
5.2.2.2 INTERNET AND NEWSPAPERS

To start with, as we all know, Internet is the fastest way to receive and give information. This characteristic has been taken by trans people to find answers to their questions.

Currently, there is a lot of information in relation with being transsexual. People can also watch transgender people’s videos and know about the different surgeries and treatment. In addition, Internet gives them the opportunity to contact people who have the same problems and they can help each other.

Eventually, newspapers are also a media to keep in mind because of the high number of readers. As I previously did, I searched for the newspaper and periodicals library in order to see how often transsexuals news appeared.

How many times the term "transexual" has been in the news?



As we can see, in all the media has raised during the last years.

5.2.3 LGBT ASSOCIATIONS

LGBT associations provide all around the world social support and information to the members of the collective. Because of their importance, it exists more than one association in each country.

Internationally speaking, one of the most popular associations is the *International Lesbian, Gay, Bisexual, Trans and Intersex Association (ILGA)*.

In **Africa** we can find: *Intersex South Africa* and *Sexual minorities Uganda (SMUG)*.

In **Asia** we can find: *Oii-Chinese, China; Humsafar Trust, India; Blue Diamond Society, Nepal; People Like Us (PLU), Singapore; Solidarity for LGBT Human Rights of Korea, South Korea; etc.*

In **Oceania** we can find: *Zoe Belle Gender Center (ZBGC), Australia; Kaleidoscope Australia Human Rights Foundation (KAHRF), Australia; Intersex Trust Aotearoa New Zealand, New Zealand; etc.*

In **Europe** we can find: *GayLibe, France; Lesbian and Gay Federation in Germany (LSVD), Lambda Warszawa, Poland; Children-404; Russia; Chrysalis, Spain; etc.*

In **North America** and **Canada** we can find: *Rainbow Alliance of the Bahamas, Egale Canada, International Foundation for Gender Education (IFGE), United States; etc.*

In **South America** we can find: *Grupo Gay da Bahia (GGB), Brazil; etc.*

5.3 SOCIAL ISSUES

Even being transgender has become easier, there are still some social issues that need to be solved.

5.3.1 BULLYING

The school is often a hard part for all teenagers and children owing to the presence of bullying. However, if you are transgender you are likely to be bullied at school by your peers. There are different types of bullying, from verbal and physical to sexual and emotional. Transgender youth will feel excluded and obviously, they have fear to go to school although it is an obligatory.

If we pay attention to a study *Conducted by the National Center for Transgender Equality* (2011), we can see that 82% of transgender youth feel uncomfortable and unsafe at school. At the same time, 44% have been physically assaulted.

One of the most powerful and influential cases was that of Alan (born a girl). He was a transgender boy who at the age of 17 had managed to change the name of his ID with the support he had from his family and loved ones. Unfortunately, when he was at school he suffered bullying and, because of this, he had to be hospitalized for depression. After leaving the hospital, he changed his school but still continued to suffer bullying situations. That complicated situation took Alan to kill himself. So far, some countries have laws in order to protect transgender people life and they try to create an environment in which there is no bullying thanks to talks about how to get rid of it and also demonstrations. However, there is such an amount of work to be done.

5.3.2 TRANSPHOBIA

Transphobia is an intense dislike of or prejudice against transsexual or transgender

people.²³ Transgender people have to face an important decision that corresponds to live in the gender they identify with but they realize that they are losing the understanding and support of friends, family, etc. In addition, the fact of going out just to walk means to see certain attitudes from strangers that try to humiliate them. Not to mention other facts such as discrimination when they go to a restroom.

After dealing with external transphobia, this person also has to treat its internal transphobia. This happens when stigma appears. Therefore, trans people experience feelings they had never been aware of. This causes, for granted, a feeling of shame for being the person they want to be.

After all this, some transgender people may also face a low-self-esteem and all that it produces. Their first reaction is to try to hide from people and therefore not going out and not having social relations. All this pressure can be overcome thanks to psychotherapy but some cases do not end as expected.

Prejudices adversely affect the transgender life in all aspects. Still, some individuals had not had the chance to be born in a supportive environment have reached, the idea of killing themselves has crossed their minds. According to the *American Foundation for Suicide Prevention (AFSP)* and their survey, a 41% of transgender people have attempted _____ to _____ suicide.

5.3.3 EMPLOYMENT

During all the process, transgender people suffer social and labor discrimination since they display their transsexuality. They tend to receive disdain consequently, social exclusion and finally, things become complicated in relation to their social circle because they often experience family rejection and friends loss. This situation gets worse when it is time to get a job.

²³ Transphobia, Oxford Dictionaries <<http://www.oxforddictionaries.com/definition/english/transphobia>>

Now, you will find two examples of discrimination in Spain due to be transgender from the past years:

- 20/12/2007. The victim of this discrimination is called Sarah Schulze, she was fired from the enterprise named "*Tüv Rheinland Group*" where she worked as a manager. She has been indemnified with 20.000 euros by the multinational located in El Prat de Llobregat after she communicated that she was getting an SRS. The enterprise said that they had fired her due to the impossibility to deal with clients. She explained that her intention was just to be known as Sarah, not Matthias which was her birth name. Sarah went to UGT (Unión General de Trabajadores), who advised her to present a discrimination complaint against the enterprise. Finally, they reached to an agreement before the trial.
- 20/11/2008. The victim was *Carmen Martínez*, she experienced degrading behaviors and attempts to humiliate her by the co-workers, subordinates, and superiors. This was considered, obviously, as mobbing case. What is more, she had to do tasks without any relation with her job; for instance, cleaning washrooms. She notified that everything had changed when she had a sex reassignment surgery in August of 2007. After being fired, she presented pieces of documentation which proved she had been bearing workplace discrimination. Carmen became the first person who reported against workplace discrimination/ mobbing in Barcelona's employment inspection.

6. PRACTICAL PART

After all the theoretical framework I decided to do some fieldwork, the practical part. After a long reflection, I came up with the idea of some ways of doing it. Firstly, I had the incredible chance to come across an association called Chrysallis and we agreed that it could be a good idea for them and for me to prepare a survey to have information from their members, that is why I wrote the questioner carefully and after, they share it in their social media. I was really lucky because 123 transsexual people from all Spain answered it. From this survey, I wanted to get from the past and the present.

Secondly, I was looking for information about trans celebrities in Spain, I met Ángela Ponce (the first trans woman to win the beauty contest Miss Spain 2015), we start chatting in Instagram and she immediately showed interest in my research project and eagerly offered me help. We decided that an interview will be the best way to know more about her case. That is to say I already had covered the information about the past thanks to the survey and I linked it to the present, thanks to Angela's interview.

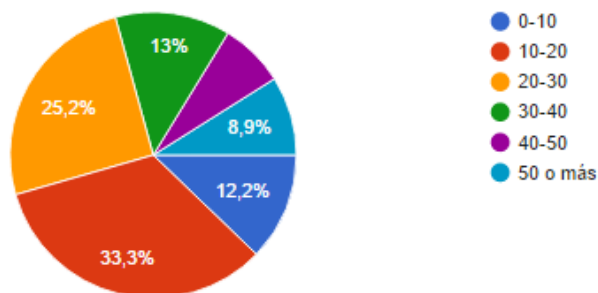
Finally and unexpectedly, I had the chance to meet the parents of very young transsexual, Ada. Who (born a male) came out when she was 6 years old. I was very lucky to find them because trans children tend to be overprotective and difficult to find information about them. Ada's parents were really generous and to me this was precious because with their help I could finish my work field due to Ada means the future.

6.1 SURVEY

First, I carried out a survey an anonymously survey which was only directed to transgender people. I decided to leave the questions in the original language, Spanish.

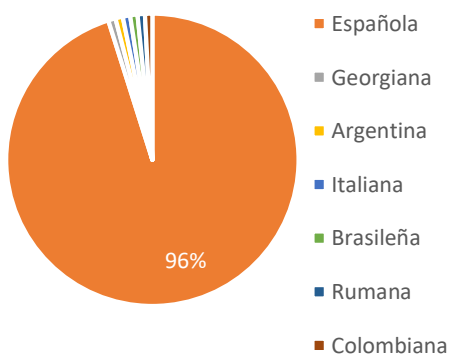
Question 1: Age

123 people participated in my survey with 6 different ranges of ages. The first range goes from 0 to 10 years old and has answered a 12.2%; this is possible thanks to the Association that works with families of transgender children and did the survey on behalf of their children. The second and most extensive (33.3%) goes from 10 to 20 years. Then and with a 25.2% comes the range of 20 to 30. With a 13% aged 30 to 40, with a 7.3% of 40 to 50 years. And finally, 50 years or more occupies an 8.9%.

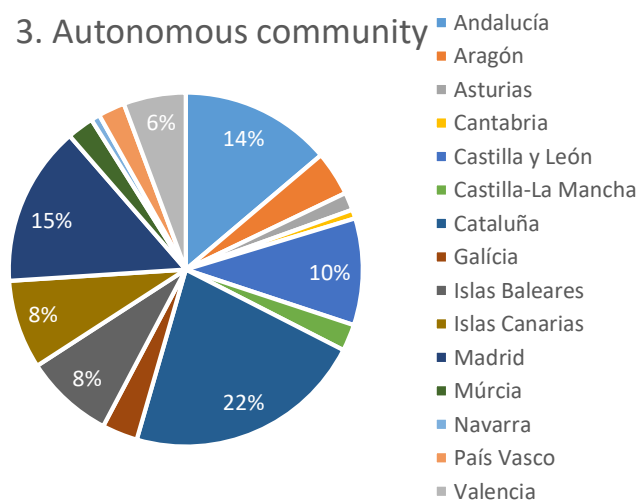


Question 2: Nationality and Question 3: Autonomous community

2. Nationality



3. Autonomous community

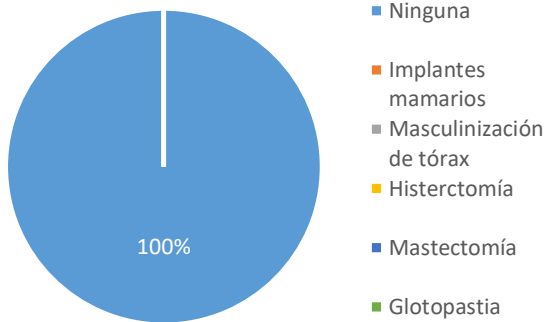


Since the survey was conducted by a Spanish association many of the answers are from Spanish people. Even so, 6% are people with Argentina, Italian, Colombian, Brazilian, Georgian and Romanian nationality. The autonomous community more

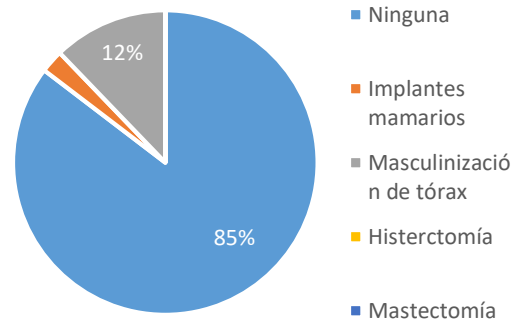
involved has been Catalonia with 22%. Then in the capital with a 14.6%. Then find Andalusia a 13.8% and Castilla y León with a 9.8%.

Question 4: Have you ever had any operations?

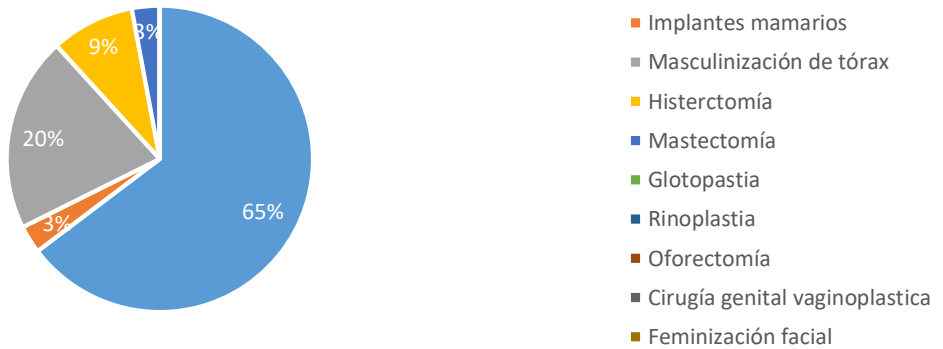
0 to 10 years



10 to 20 years



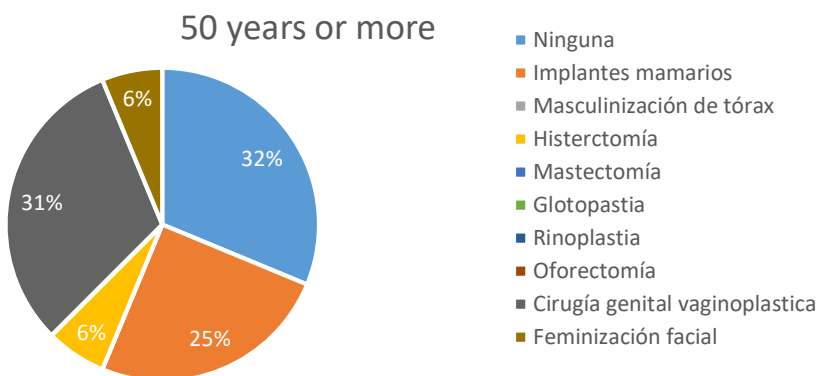
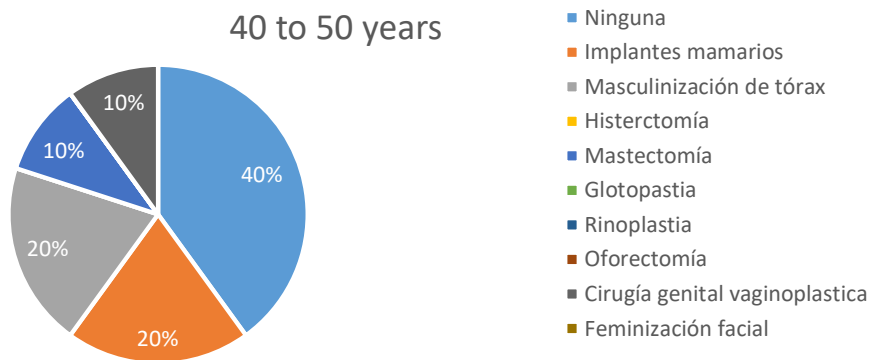
20 to 30 years



30 to 40 years



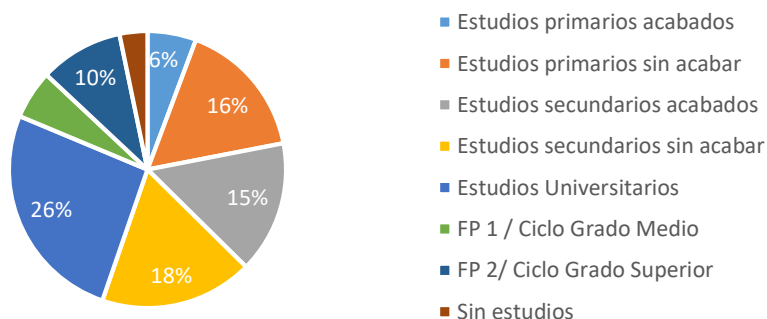
TRANSGENDERS. I WAS NOT BORN IN A WRONG BODY, I WAS BORN IN A WRONG SOCIETY



From 0 to 10 years no one has not had any surgery. From 10 to 20 years, an 85% have not had any surgery yet but 15% have had breast implants or a thorax masculinization. From of 20 to 30 years, a 65% still has not had any surgery yet but the rest have had breast implants (3%), thorax masculinization (20%) hysterectomy (9%) and rhinoplasty (3%). From 30 to 40 years, a 61% has not had yet surgery but the rest have had breast implant (5%), a thorax masculinization (17%), a glottopasty (5%), a vaginoplasty surgery (6%) and an oforectomy (6%). From the range that goes from 40 to 50 years, a 40% has not had any surgery yet. However, a 20% has had breast implants, a 20% also has had glottopasty, a 10 % rhinoplasty and a 10% also a vaginoplasty. Lastly, from 50 years or more just a 32% has not had a surgery yet, although, a 25% has had breast implants, a 6% has had hysterectomy, a 31% has had vaginoplasty and a 6% has had a facial feminization.

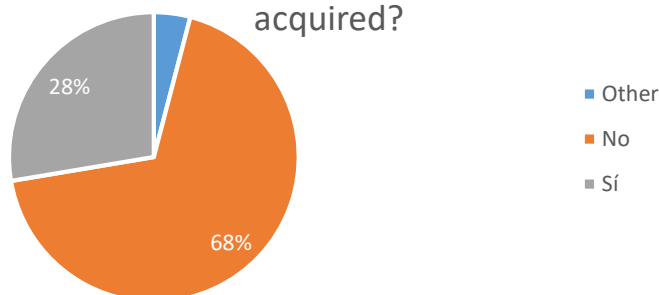
Question 5: *Level of studies* and **Question 6:** *Do you think that being a transsexual person has influenced the level education you acquired?*

5. Level of studies



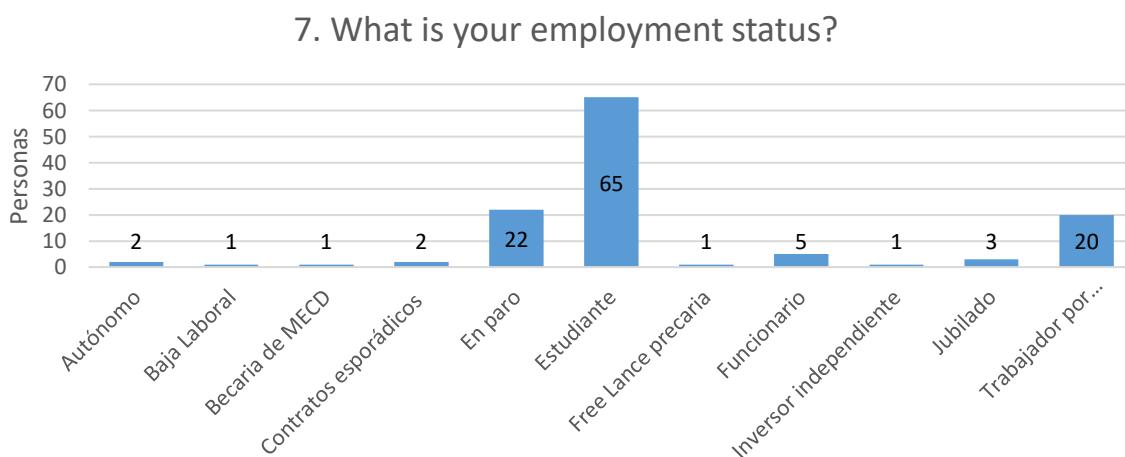
Thanks to this graphic we can see that just a 3% of the people who answered the survey did not go to school at all. A 16% did not finished their primary studies but a 6% yes. Talking about secondary school, only a 15% has already finished them but an 18% not. A 26% have university studies and a 19% have further education (FP1 or FP2).

6. Do you think that being a transsexual person has influenced the educational level you have acquired?



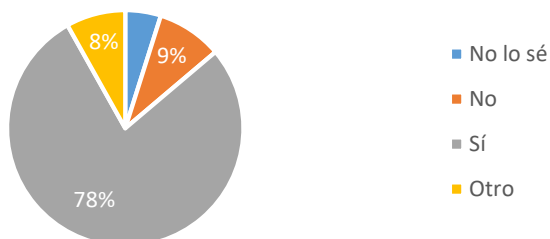
A 68% answered yes but a 28% answered no. A 4% of the people chose the “Other” option and they explained they have not been influenced yet.

Question 7: *What is your employment status?* **Question 8:** *Do you think that transgender people have more difficulty getting jobs?*



On the one hand, the majority of people who answered are currently studying (65 out of 123 people). On the other hand, 22 out of 123 people are the ones who are unemployed. From that second data, I can fathom that is due to the economic crisis Spain is undergoing.

8. Do you think that transgender people have more difficulties getting jobs?

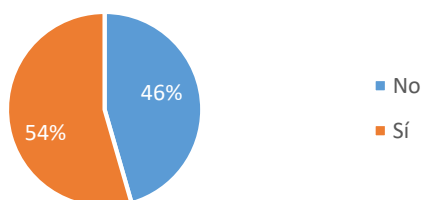


Most of the people answer “yes” (78%) but it is also important to highlight the answers on the “others” category. One of them reckons that it depends on your studies, the others think that if the person has got legal documents they will be likely to be

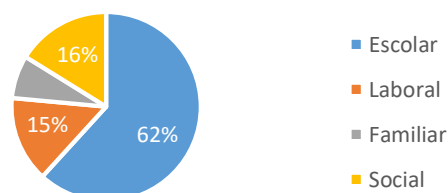
employed. The people who answer “I do not know” is because they answering to on behalf of their children.

Question 9: *Have you ever suffered harassment?* **Question 10:** *If you answered yes, what type?*

9. Have you ever suffered harassment?



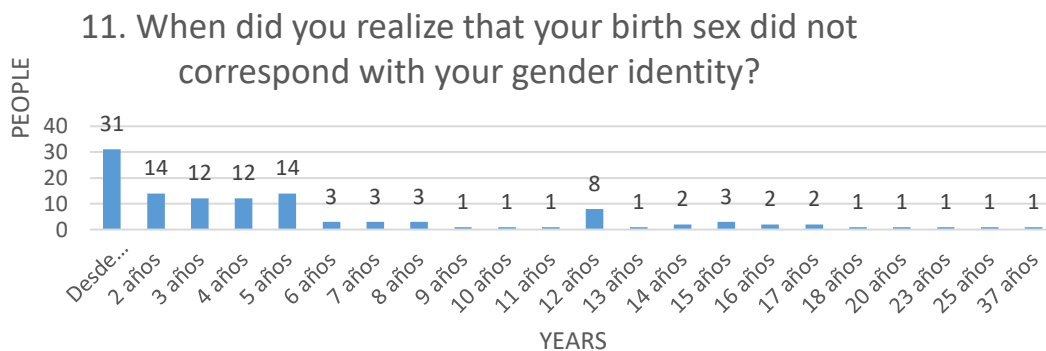
10. If you answered yes what type?



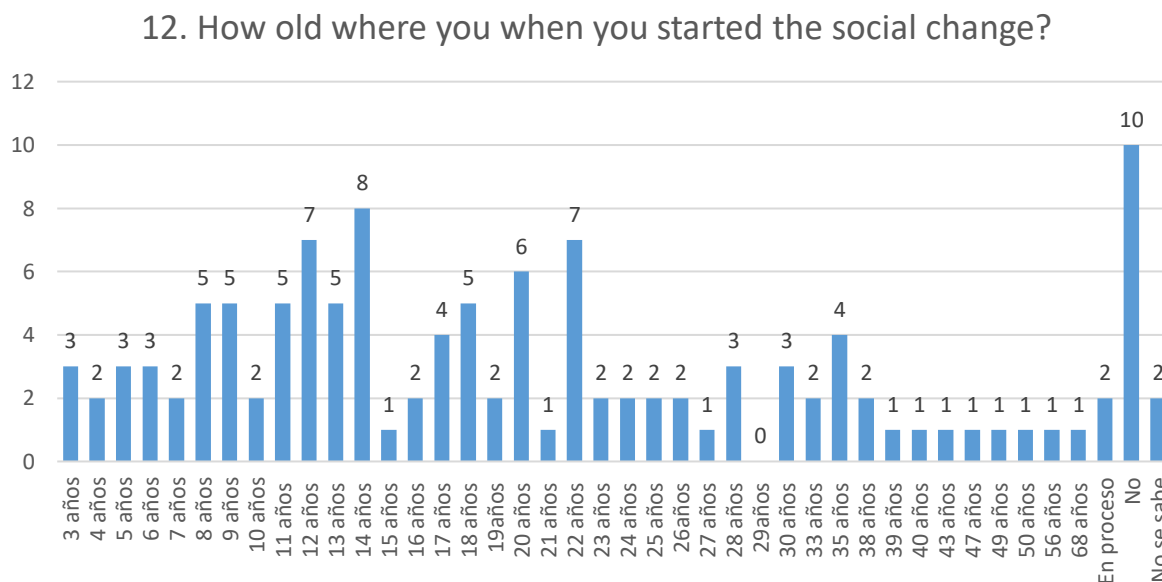
In question 9, a 54% answered that they have suffered harassment. The rest, (46%) answered that they never have suffered harassment yet.

In question 10, the ones that answered affirmatively, they had to specify what type of harassment; a 61% answered bullying, a 15% mobbing, a 7% family harassment and lastly, a 16% social.

Question 11: *When did you realize that your birth sex did not correspond with your gender identity?* **Question 12:** *How old were you when you started the social change?* **Question 13:** *Did you suffer any consequences?* **Question 14:** *If you answered yes, what consequence?*



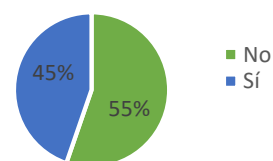
31 people out of 123 answered that they realized it since they could remember, 63 people out of 123 answered that they realized it when they were 2 to 10 years. Then, 8 people answered that they realized it at the age of 12 (when puberty starts); and it is important to highlight the case of a person who realized it with 37 years old.



It is important to highlight that 10 people out of 123 have not done their social change. Moreover, a total of 19 people have did their social change with more than 30 years. From 18 to 29 years a total of 33 people have done their social change between these ages. Lastly, from 3 to 17 years a total of 57 people did their social change. I can draw the following conclusion: the range between 3 and 17 years have already started the social change (46.3%). It is clear society, somehow, is ready to accept this new reality.

Then I asked them (**Question 13**); a 55% answered yes and a 45% answered no. Afterwards, I asked them (**Question 14**): In what way their relation to their loved ones had changed. A 46.30% answered that everything became easier although, a 33.30%, I would like to said that everything went worse (it involves neglects, insults, family and friend rift, etc.). From that question I would like to exemplify all the answers just in one:

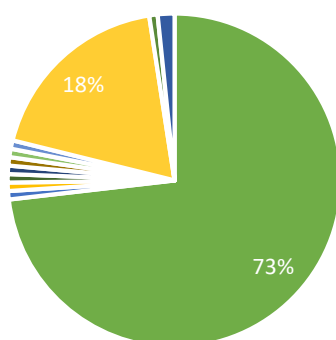
13. Did you suffered any consequences?



"I have suffered much to hide everything for so long. Emotionally, it was a very heavy blow. At the household level, I feel that the relationship will never be the same because they feel that I've never trusted them. Socially, I have always had trouble talking, and being trans has conditioned me, I rely less on people." Anonymous answer.

Question 15: Do you know or belong to some group or organization?

15. Do you know or belong to some group or organization?

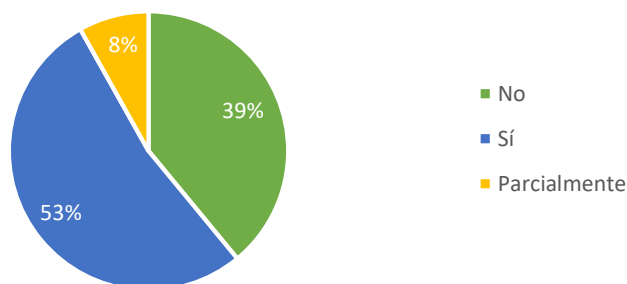


- Asociación
- Chysallis
- Colectivo No Te Prives
- Algunos
- Crysalis canarias
- Fd
- Fundacion daniela
- Ninguno
- Plataforma transforma la salud
- Sindicato

A 73% of the people who answered the survey belong to an association. An 18% does not belong to any group or organization and just a 1% belongs to "Chrysalis", "Colectivo No Te Prives", "Fundación Daniela", "Plataforma transforma la salud", to a syndicate or to some different organizations.

Question 16: *Do you feel recognized and protected by the current Spanish laws?*

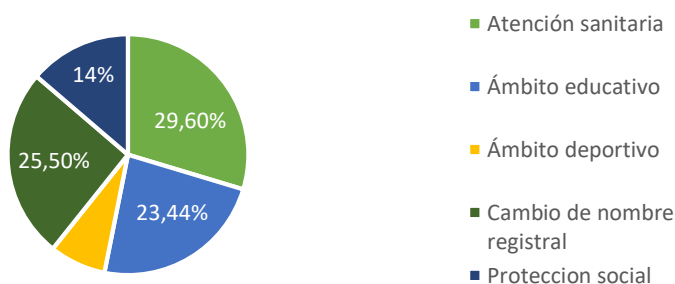
16. Do you feel recognized and protected by the current Spanish laws?



A 53% answered that they feel recognized and protect although, a 39% does not feel protected. An 8% feels partially recognized and protect.

Question 17: *If your answer was affirmative or partially, in what aspects?*

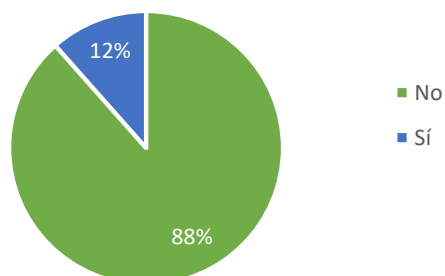
17. If your answer was affirmative or partially, in what aspects?



A 29.60% feels recognized and protected in the health care system. A 23.44% feels recognized and protected in the school fields, a 25.50% in the ID name change, a 14% in social protection and, finally, 7.46% in the sports area.

Question 19: *If you are an immigrant, being a transsexual person forced you to immigrate to Spain in order to find advantages?*

19. If you are an immigrant, being a transsexual person forced you to immigrate to Spain in order to find advantages?



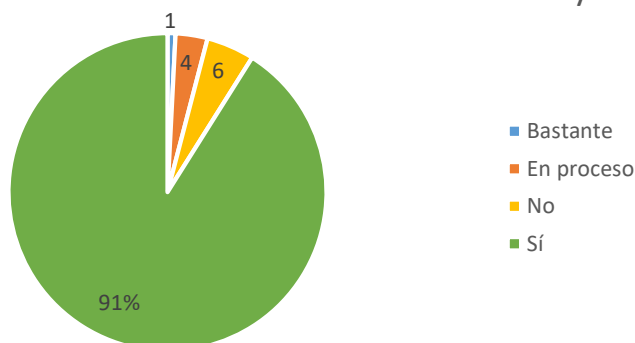
26 people out of 123 were immigrant (6 of them still do not have the Spanish nationality). 23 of those immigrated to Spain because of being transsexual. Their major aim was to find advantages either in social or medical aspects.

Question 20: *Is transsexuality recognized in your country?*

All the polled-people answered affirmatively, but one person, said that in their country, which is Rumania, is illegal. For the last years, LBGT people from Rumania has been under attack.

Question 21: *Do you reckon that we are far away from the equality between citizens no matter what their sexual identity is?*

21. Do you reckon that we are far away from the equality between citizens no matter what their sexual identity is?



A 91% answered that there is has a long way to go until we achieve equality. This may be caused by the little interest governments show, the slow change in the society mentality and the oppression teams (ultra-conservative political parties). In addition, this graphic shows at first sight that transgender people have a gloomy experience and they think that every human being has to be under the same rights.

6.1.1 SURVEY CONCLUSIONS

As I have said in the Introduction, I wanted to focus the survey so as to get information about the present and the past. One conclusion I can draw is that the people who answered the survey, who are more than 30 years, are the ones who took longer to make their visible transsexuality. In fact, if we analyze their subsequent answers we can see that when they took a step forward so as to explaining it to their families and friends almost none was accepted if compared to the ones polled between 0 and 20 years; this data shows that currently, society is starting to accept this reality. This situation may be caused by the loved-ones mindset; actually, I would add that their families seen them “old” for wanting to change suddenly their lives and, therefore, in a younger person will be considered accepted since they have a long life to live.

Secondly, it is important to underline that most of the people have been suffering due to coming out but not in a physical way but mentally and emotionally. Afterwards, a 61% admit that they do not feel protected by the Spanish laws in fields like healthcare, the educational system and the social protection. This is caused due to the government not doing anything to stop this situation and, they should be the ones who act first but there are not showing interest at all. Moreover, I had the opportunity to send the survey to 26 immigrant people and most of them (88%) were not obliged to move away to Spain because of their condition. However, 3 people must had to move to Spain because they were transsexuals.

From this survey, the thing that caught my attention was how the oldest people are the ones who did their social change later in life. Last but not least, a question clearly shows that most of the polled-people (92%) believe that equality is still far from reality.

6.2 INTERVIEW TO ÁNGELA PONCE

Ángela Ponce is the first transsexual model who won Miss World Spain contest in 2015. This interview will be, quite the opposite of the survey, focused on the present and the future.



11. Photo by Ángela Ponce's Instagram

INTERVIEW:

- 1. ¿Cuál ha sido el motivo de hacer público en medios de comunicación tu transexualidad? ¿Te lo impidió algo?**

El motivo de hacerlo público fue porque cuando gané el certamen Miss World Cádiz participé en el nacional dónde tenemos que llevar un proyecto social, entonces yo busqué y di con Fundación Daniela que ayuda a las menores y adolescentes transexuales y a sus familias. Por el hecho de ser la primera Miss

Trans española, quise que lo que yo había logrado no fuese solamente positivo para mí, sino para todos estos niños y niñas y darles visibilidad. Luchábamos por conseguir firmas para que (...) los niños/as pudieran escoger al baño que ellos quisieran en el colegio y también luchar por poder cambiar el nombre en sus DNI. A causa de todo esto, los medios hicieron pública mi transexualidad.

No me lo impidió nada, aunque el hecho de exponerlo públicamente me daba un poco de miedo al principio, pero después de pensarlo mucho, me armé de valor y lo hice ya que creo que es muy importante ponerles voz a estos niños y niñas.

- **¿Desde qué edad comenzaste a sentir que realmente te sentías como una mujer? ¿Cómo empezó? ¿Cómo lo afrontaron tu familia y amigos?**

Es una pregunta que me hacen muy a menudo (...). No te das cuenta, siempre lo sabes. Pero sí que es verdad que mediante pasa el tiempo, te vas dando cuenta de lo que pasa a tu alrededor y eres consciente que te estás formando como algo que no eres. Aun así, siempre lo sabes.

Empecé vistiendo cada vez más femenina, hice amistades femeninas y me gustaban las actividades de niña. Empecé a comportarme como una chica. Mi familia lo afrontó muy bien por que supieron entenderme desde el primer momento; si yo quería muñecas ellos me compraban muñecas. Tengo que decir que tuve mucha suerte.

- **En los últimos años podemos ver como niños/as de tan solo 5 años o menos tienen clara su transexualidad. ¿Crees que los familiares deberían aceptarlo o dejar que pase el tiempo para ver si simplemente es un 'juego'?**

Yo creo que la sociedad debería darse cuenta que hay niñas con pene y niños con vagina. Las personas trans no son transexuales a partir de los 18 sino que

estos adultos han sido niños, por tanto, cuando eran pequeños, también eran personas transexuales. Por lo tanto, esto no es un juego y entonces hay que dejar que nuestro hijos se desarrollen tal y como quieran y sean felices. Si dicen ser niños, serán niños y viceversa. (...) Yo creo que hay que quitar el canon de aquello que es de chico o de chica y dejar que nuestros hijos sean felices,

criándolos como ellos son. Evidentemente no es un capricho que ser te va a pasar, porque al fin y al cabo, no estamos hablando de nuestra sexualidad, sino de quien tú eres, de tu género y tú eres la misma persona desde el momento en el que naces.

- **¿Has sufrido alguna vez algún tipo de acoso?**

Tu vida desde el momento en el que naces es diferente. En mi caso, yo vivía en un pueblo y se veía como algo raro, no se conocían casos como el mío. Nunca he recibido acoso físico y a extremos pero evidentemente tu infancia se desarrolla de manera distinta. Aun así, yo he sido una niña muy fuerte que ha contado con el apoyo de mi familia (que ha sido lo principal). De alguna forma, yo sabía que algún día a todas a aquellas personas que se reían de mí, acabarían entendiéndome. Y a día de hoy, me llena de orgullo ser una Miss trans porque todas aquellas personas que no me entendían antes, ahora sí.

- **¿Qué opinas de la sociedad respecto a las personas transexuales?**

Opino que hablamos de un país muy liberal y abierto pero es totalmente falso. Todavía hay muchas barreras y mucho por lo que luchar y que nos llenamos la boca cuando hablamos de igualdad pero igualdad sería si no nos pusiéramos etiquetas (homos, cis, trans, bis, etc.). Mientras haya etiquetas, la sociedad no va avanzar. También digo que la sociedad no está preparada todavía y la culpa de esto está que desde pequeños no nos dan la información quizás suficiente, por ejemplo en los colegios: Adán y Eva que lo muestran como un hombre y una mujer pero no nos dan una educación de que un negro es igual a un blanco,

que una persona trans es igual a un cis, etc. Desde pequeños nos inculcan unas religiones pero no nos enseñan la educación para ser ciudadanos el día de mañana.

- **Todos te conocemos por el certamen de Miss World España. Aparte de ser un gran acontecimiento para tu carrera profesional, ¿Sientes que pusiste un granito de arena en este colectivo?**

Por supuesto que sí, yo trabajo y soy madrina de Fundación Daniela y veo las caras de felicidad, la fuerza que les he dado y el apoyo; para mí ha sido un gran acontecimiento, siento que puse mi granito de arena porque el hecho de conocerme, mucha gente ha cambiado su manera de ver la transexualidad y mi imagen en televisión ha llegado a muchas personas. Éstas han visto que la transexualidad no solo es un mundo oscuro de prostitución, sino que también hay referentes positivos.

- **Espacio para comentar lo que tú quieras.**

Se ha de acabar de dejar de tratar a las personas trans como algo extraño. Los transexuales formamos parte de la diversidad humana y la diversidad suma, lo diferentes suma, es enriquecedor. No entiendo como las personas lo pueden ver algo extraño. Somos naturales, la naturaleza nos ha hecho así, igual que hay personas altas, bajas (...), forman parte de la diversidad.

Algo que veo mucho es que la gente cree que ser trans es tener una sexualidad diferente, no es así. La sexualidad es diferente al género. El género es quien tú eres y la sexualidad es lo que te a ti te gusta. Se puede ser chica trans, y ser lesbiana al igual que un chico trans puede ser gay., no tiene nada que ver con la sexualidad. No entiendo por qué tenemos que luchar por ser nosotros mismos, y para que en un DNI aparezca el nombre que nosotros decidamos y el sexo que queramos tener, ¿Porque hay que luchar tanto para ser quiénes

somos? ¿No sería más fácil respetar y dejar de poner etiquetas y poner piedras en el camino?

6.2.1 SUMMARY OF THE MAIN IDEAS OF THE INTERVIEW

After interviewing Ángela Ponce, I can draw several conclusions. First, she always has in mind that being a transsexual person is something positive because we are all part from the human diversity and this difference always adds up. She also put emphasis on education; she believes that our society does not have the tools to know understand diversity.

Secondly, bearing in mind that she is known for being Miss Spain 2015, I asked her about this issue. Ángela went to the contest as a girl and won it, even so, she never hid her past since is something that is part of her life and it is not a reason to be ashamed of. What is more, she gets the most out of it. Through the competition, she was able to give visibility to all those who have no voice. Ángela took benefit of the media uproar that she caused to do her bit to help and make people understand that there may be boys with vagina and girls with penis. And also to remove the stereotype of transgender people working only in prostitution.

Last but not least, Ángela Ponce asks for a respectful society where transsexual people among others do not have the necessity of fighting for themselves and having repressive laws that are like a bump in the road of transitioning.

6.3 INTERVIEW TO PAUL MCINTRYE

Pol is a British man who is currently living in Barcelona. He has a transsexual daughter (born a boy) who is 6 years old. I decided to interview him because I reckon it was a good opportunity to listen to someone who is living with someone transsexual. Moreover, this person is pretty young so I was able to ask questions related to my third hypothesis and trying to focus on the future.

INTERVIEW: Written by Paul in English

- 1. How and when did you know that Ada's gender identity did not correspond with her biological sex? Did she tell you? At first, did you consider that it was just a game or you thought that a young person like your child was totally aware of his/her transsexuality?**

The exact moment that we had confirmation that Ada was trans was shortly after her sixth birthday when we asked her if she wanted to live socially as a girl and she said yes. At nursery school she had always liked to play games associated with girls and identified with girls' toys and dolls. The games at nursery school when the children are three years old are mixed anyway so at this stage we did not think too much about it. At five-years-old she was always asking to dress in fancy dress and wanted to go to carnival as a girl. She also liked to dress up after school. At this stage we began suspecting that she might be trans or gender fluid.

In answer to the part of the question of if a child is aware of their transsexuality the answer is yes and no. The answer is that yes, in the sense that they know they do not feel comfortable in the gender role that they have been assigned

and my daughter showed that she felt more comfortable as a girl. However, it is more complex in the sense that children do not perceive gender as something permanent as the adult world does. My daughter when she transitioned only played games and roles that were strongly associated with girls perhaps because she was scared that we might change her gender again. As she has become more confident the games she plays are more open. It is also more complex in the sense that our children's world is very binary. The world for children is strongly divided into girls and boys from even before they are born. The first question about a baby is if it is a boy or a girl, not if it is healthy. Boy presents are blue and girl presents are pink. Children realize that they are expected to choose one or the other. We don't present them with something more complex. Masculine girls and feminine boys are threatening to society and are discouraged. Children realize they are expected to fit into one category or the other and their world is very concrete until approximately twelve years-of-age. My child is definitely trans but we do not know what this might mean for her later. She might be trans and consider herself female and may wish to adapt her body to appear feminine. She may consider herself female and consider that she does not want to adapt her body to social expectations, thinking that society needs to change. She may consider herself to be both male and female or neither. There are also other possibilities and we will have to wait for her to make those decisions as she begins to realize what her gender might mean in a social context. So my answer is that yes, children from a young age are sometimes trans but there are a lot of questions about how they are going to feel in the future.

2. How did you face it? Did you go to a specialist or organization so you and your daughter could be guided?

We did a couple of things. Friends recommended a documentary "*El Sexo sentido*" and we also went to a chat about a book that promotes gender fluid parenting where we met some very influential people in the trans world in Spain.

Before we came to the conclusion that she might be trans people we went through a short but intense period of fear and uncertainty about the possibilities for the future. We started reading and investigating intensely and joined a parents' association for trans children: Chrysallis.

- 3. Talking about school. Did Ada have a great acceptance by her classmates? What about the school in general (headmaster)? Has Ada ever had trouble to decide in which toilette should she go?**

The school was and is fantastic. The headmaster asked us to bring a specialist, first to talk to the staff (teachers, monitors and cooks) and then again for another meeting with the parents in her class. They also let us organize a workshop on being trans and gender identity. Both the parents and the children have always been very supportive. She was a little nervous when she first saw her classmates again but the period of adaptation was very good for her. The school were also vigilant to see that there was no bullying. With the support that the school has given from the very beginning, the toilet was a non-issue. The school has always insisted that Ada should not be treated differently to other children, either negatively or positively.

- 4. What do you reckon about that the Catalan legislation? Do you think that Spanish legislation helps your daughter or on the contrary? In what aspects? And also, do you think that there should be first a social change or a legislative one? Why?**

A lot of the Catalan legislation is very positive in the sense that acts of trans and homo phobia are illegal and you can protect yourself if necessary. The problem with the legislation is that it is not enforced and even people and institutions that supposedly should be enforcing it are not even aware of it. More steps have to be taken and more resources given to ensure that the law is effective. Socially,

we have a long way to go and the law without social change is quite ineffective. For instance, there is no training given to educators regarding not only trans, but gender diversity and sexual orientation. Children in minorities still suffer tremendous bullying and a lot of work needs to be done.

5. Do you think that there has been a positive change for transgender people in the last years? Give an example.

Things are changing a lot for transgender people and many of the changes are very positive. Catalonia for example is closing the UIG at Hospital Clinic (unidad de identidad de género) because of the way it has pathologised and treated trans people and the new health model is going to be much less discriminatory and this is very positive for trans people. Also trans issues are much more in the media now and people are becoming much more aware and sympathetic even if there is still a tremendous amount of violence directed at trans people and they still suffer terrible discrimination.

6. Lastly, do you want to add something?

I just wanted to add that whilst there is a lot of media attention about trans people a lot of it reinforces social stereotypes such as trans people being born in the wrong body instead of accepting that women might be masculine and men feminine. Films such as the Danish Girl is a good example of this. If we really want to change society we must question the gender roles for men and women and perhaps we should start by asking why is society so threatened by males in feminine roles, for example why was there a lot of criticism when Charlize Theron dressed her son up as a princess?

6.3.1 SUMMARY OF MAIN IDEAS OF THE INTERVIEW (PAUL MCINTRYE)

Thanks to his answers I can draw some conclusions. To start with, what first caught my attention was how such a young girl can be sure about being transsexual (in their own sense). What I mean with their own sense is, as Paul explained, the children do not think about the future they just thing about the, they just thing about discrepancies.

Secondly, I can notice how schools are trying to decrease the binary sense of world in children so as to normalize the presence of diversity. Nevertheless, the governments who should be the ones supporting these people are beginning to do something about it. Even we have started taking measures, it is not enough so a lot of work has to be done in order to help minorities find equality.

7. CONCLUSIONS

Before I start to find out if my hypothesis are right or wrong, I would like to add a few things. Firstly, thanks to doing this research work I had the awesome chance to walk in transgender people shoes and to envisage the way they feel. It has been an amazing experience that has made me mature.

With that been said, I'm going to state the conclusions about the hypothesis:

The **first hypothesis** (*The perfect age to start a gender change is 18*) was correct and incorrect at the same time because we have to take in a count different aspects. From a legislative point of view, I agree to some extent with the statement because it is an irreversible change. In fact, being eighteen in Europe means that you are an adult so you can make legal decisions by yourself. If you are a transgender person you have the opportunity to change your ID name which is the beginning of your new life. Nevertheless, if we talk about medical aspects being eighteen is not the appropriate age to start the change. This is due to our body, it will be most accurate to start the change either before or during puberty because our body starts to have lots of changes that highlight your assigned sex features. So, if the person starts with puberty inhibitors he/she will block the appearance of these features and will be more confident as well as they will have fewer complications with future procedures.

The **second hypothesis** (*Why transgenderism has always been a taboo topic and now it is constantly in the news?*) has turned out to be right thanks to the analysis I came up with that consisted on counting all the times the word "transsexual" was mentioned in the Spanish newspapers, radio, and television and relating the results to the periods of the history of Spain. At first, being homosexual or transsexual was something illegal (Ley de Vagos y Maleantes), that is why during all the Franco's dictatorship you could not find track of transgender people. Just after Franco's death, *La Vanguardia*, which is one of the oldest Spanish newspapers, published the first

piece of news about this topic²⁴. Since then, amounts of LGBT demonstrations were took place in Spain and some people started to come out freely. That situation attracted the attention of journalists who gave visibility to these collective.

The **third hypothesis** (*Can a 5-year-old be sure about their transsexuality?*) can be explained in two different ways. The first one could be what the American Academy of Pediatrics states; a person who is 4 years old has already developed their gender identity. Thereby, a 5-year-old is aware of the gender role they want to live in.

The second way is what Paul said in the interview: a person always knows their gender role. It is just a matter of time for the parents to see that their child is not acting according to the assigned sex. Nevertheless, they are still kids and their mindset is just based on the present, but not in the future. This means that while maturing they will decide whether change their physical appearance according to their gender role or not because they think that the change has to be in society not in their physical attributes.

The **fourth hypothesis** (*What is first: the change in society or passing a new law?*) has been more complicated than I thought, it is the same as asking “what came first: the egg or the chicken?” Ideally, governments should pass laws in order to protect the citizens and make sure that all of them are treated equally regardless of their race, religion, sex orientation, etc. But this is not always the case and that is why minorities have to stir things up and challenge the status-quo so as to get the rights that have been denied so far. In fact, LGBT rights may vary a lot from one country to another depending on many causes: influence of religion, legislative background, etc.

In general, what I have also learned from this project is that there are two kinds of trans people, once the reassignment process has finished: on the one hand, the ones that want to be known as “trans” because they still have the urge to keep on fighting for the

²⁴ Look at annex B to see to entirely piece of news.

TRANSGENDERS. I WAS NOT BORN IN A WRONG BODY, I WAS BORN IN A WRONG SOCIETY

trans community; they try to make their long and complicated process of transitioning visible so as to raise awareness of all the handicaps they have to confront in order to be who they really are. On the other hand, there are others that find the term trans correct while they are transiting but, when the process finishes, they want to be called as their new gender: man or woman, not trans.

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ANNEXES

ANNEX A: AN EXAMPLE FROM THE SURVEY

1. Edad

- 0-10
- 10-20
- 20-30
- 30-40
- 40-50
- 50 o más

2. Nacionalidad

3. Comunidad Autónoma

- Cataluña
- Madrid
- Aragón
- Valencia
- Murcia
- Andalucía
- Castilla-La Mancha
- Castilla y León
- Extremadura
- Galicia
- Asturias
- País Vasco
- Cantabria
- La Rioja
- Navarra

- Illas Baleares
- Illas Canarias
- Ceuta
- Melilla

4. ¿Has realizado alguna operación?

- Cirugía genital vaginoplastia
- Cirugía genital faloplastia
- Masculinización del tórax
- Implantes mamarios
- Ninguna
- Otro

5. ¿Cuál es tu nivel educativo?

- Sin estudios
- Estudios primarios sin acabar
- Estudios primarios acabados
- Estudios secundarios sin acabar
- Estudios secundarios acabados
- FP 1 / Ciclo grado medio
- FP 2 / Ciclo grado superior
- Estudios Universitarios

6. ¿Crees que el hecho de ser una persona transexual ha influido en tu nivel de estudios adquirido?

- Sí
- No
- Otro

7. ¿Cuál es tu situación laboral?

- En paro
- Estudiante
- Funcionario
- Autónomo
- Jubilado
- Trabajador por cuenta ajena
- Otro

8. ¿Crees que las personas transexuales tienen más dificultad a la hora de conseguir empleo?

- Sí
- No
- Otro

9. ¿Has sufrido acoso alguna vez?

- Sí
- No

10. Sí la respuesta anterior ha sido afirmativa, especifica en que ámbito.

11. ¿Cuándo te diste cuenta que el sexo que te asignaron no correspondía con tu identidad sexual?

12. ¿A qué edad hiciste el tránsito social?

13. ¿Sufriste alguna consecuencia?

- Sí
- No

14. Si has respondido afirmativamente, ¿Qué consecuencia?

15. ¿De qué manera cambió la relación con la gente de tu entorno?

16. ¿Conoces o perteneces a algún colectivo u organización?

- Ninguno
- Sindicato
- Asociación
- Otro

17. ¿Te sientes reconocido/a y amparado/a en las leyes españolas vigentes?

- Sí
- No
- Parcialmente

18. Si tu pregunta ha sido afirmativa o parcialmente, ¿En qué aspecto?

- Cambio de nombre registral
- Atención sanitaria específica
- Protección social
- Ámbito educativo
- Ámbito laboral
- Ámbito deportivo
- Otro

19. Si eres inmigrante, ¿El hecho de ser una persona transexual te obligó a emigrar a España?

- Sí
- No

20. ¿Es reconocida la transexualidad en tu país?

- No, es ilegal
- Sí

21. ¿Crees que falta mucho para conseguir la igualdad entre ciudadanos sea cuál sea tu identidad sexual?

- Sí
- No
- Otro

22. Si tu respuesta ha sido afirmativa, ¿En qué aspectos crees que faltan medidas para conseguir la igualdad?

ANNEX B: OFFICIAL PIECE OF NEWS ABOUT THE FIRST MENTION OF THE WORD "TRANSEXUAL"

Los acuerdos del Consejo de Ministros

(texto de la página anterior)

La sesión se ha desarrollado en un clima de serenidad y colaboración, a nivel estatal y provincial, dando lugar a un importante documento que quedará publicado en el Boletín de la Presidencia de la República.

Se han acordado los siguientes puntos:

- 1. La Presidencia de la República se compromete a promover la investigación y el estudio de los problemas relacionados con la transsexualidad en España.
- 2. El Ministerio de Sanidad y Consumo se encargará de organizar una serie de cursos de formación para el personal médico y sanitario que se ocupará de la atención de esta población.
- 3. El Ministerio de Sanidad y Consumo se encargará de organizar una serie de cursos de formación para el personal médico y sanitario que se ocupará de la atención de esta población.

El acuerdo del Consejo de Ministros es una muestra clara de la voluntad política del Gobierno para abordar los problemas de esta población con seriedad y eficacia.

SUMARIO

EL PRESENTE NÚMERO CONSTA DE 64 PÁGINAS

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- Gran plaza de coches
- Equipamiento de última mano
- Servicios comunitarios completos
- Hay 20 comunicaciones

TRAS CAMBIAR DE SEXO SEVILLA: SOLICITA SU INSCRIPCION EN EL REGISTRO COMO MUJER

Sevilla, 29. — Una persona —su nombre no se indica en la información— que mediante una intervención quirúrgica y la terapéutica adecuada ha cambiado de sexo, ha solicitado de un juzgado de esta capital su inscripción como mujer en el Registro Civil, informa hoy el diario sevillano «El Correo de Andalucía».

Se está ahora a la espera de la sentencia judicial sobre la petición, que probablemente será la primera en tal sentido que se produce en España.

Aunque sin revelar el nombre de la persona, el diario sevillano dice que tiene todos los caracteres externos del sexo femenino. La operación que se le ha practicado, añade el periódico, le capacita para tener relaciones sexuales completas con un hombre, aunque lógicamente sin lograr la maternidad.

El diario agrega que, al parecer, el protagonista del caso agotó previamente todos los recursos científicos y médicos para alcanzar su plenitud varonil, y que eran inútiles, cuando por consejo médico decidió someterse a la intervención de transexualización, que se ha realizado en un país extranjero. — Cifra.

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