

# SUPPORTING TRANSGENDER & NON BINARY STUDENTS

STUDENT RIGHTS ARE NOT OPTIONAL.

San Diego Unified School District is committed to creating and sustaining welcoming, safe, and supportive school environments for transgender and gender non-conforming students in accordance with the California school success and opportunity act (January 2014). All schools in SDUSD provide access to facilities and extracurricular activities that align with students' gender identity. SDUSD is devoted to ensuring safe, supportive, and welcoming school sites, free from discrimination and harassment, for all students.



## KNOW THE TERMINOLOGY

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### ■ GENDER IDENTITY

A person's deeply held, internal sense of self as male, female, a blend of both, or neither and may or may not correspond with the gender assigned at birth.

### ■ TRANSGENDER

Transgender people are people whose gender identity is different from the gender they were assigned at birth. “Trans” is often used as shorthand for transgender. Everyone—transgender or not—has a gender identity. Most people never think about what their gender identity is because it matches their sex at birth.

### ■ CISGENDER

A term used to describe a person whose gender identity aligns with those typically associated with the sex assigned to them at birth.

### ■ GENDER EXPANSIVE

Conveys a wider, more flexible range of gender identity and/or expression than typically associated with the binary (male/female only) gender system.

### ■ NON-BINARY

A catch-all category for gender identities that are not exclusively masculine or feminine—identities which are thus outside of the gender binary. i.e. genderqueer, bigender, agender, genderfluid, etc.

## TIPS FOR COUNSELORS

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- 1 Offer counseling services and accurate information to trans students. Reach out to the Office of LGBTQIA+ Education and Advocacy when additional support or guidance is needed (sarredondo@sandi.net).
- 2 Create a safe, informative space for ALL students, trans or not. Provide support services and display informational documents that reflect the needs of trans students.
- 3 Inform students and correct language when needed. Ensure that students are using language and terminology that is accurate and supportive of all students.
- 4 Inform and correct other staff when needed. Ensure that students are using language and terminology that is accurate and supportive of all students.
- 5 Maintain student confidentiality when addressing a school wide problem/issue pertaining to LGBTQIA+ issues.
- 6 Help to raise awareness by staying informed and building capacity with school staff as well as students.
- 7 Don't ask questions that may be harmful to students (i.e. assuming gender based on appearance and asking questions pertaining to that gender, asking students to reveal information that they have asked to remain private).
- 8 Ask appropriate questions when needed in the best interest of the student (i.e. What are your preferred pronouns? In what areas are you feeling unsafe at school? How can I best support you?)

## TIPS FOR TEACHERS

- 1 Be aware of the terminology related to transgender students. Use the appropriate language to ensure that all students are respected in the classroom.  
  
Never ignore bullying or threats. If you are unsure how to best support a student or feel
- 2 you need additional assistance, reach out to the Office of LGBTQIA+ Education and Advocacy when additional support or guidance is needed ([sarredondo@sandi.net](mailto:sarredondo@sandi.net)).
- 3 Create a safe, informative space for ALL students, trans or not. Include transgender people in the curriculum and highlight the existence and contributions of members of the LGBTQIA+ community.
- 4 Inform students and correct language when needed. Ensure that students are using language and terminology that is accurate and supportive of all students.
- 5 Inform and correct other staff when needed. Ensure that students are using language and terminology that is accurate and supportive of all students.
- 6 Maintain student confidentiality when addressing a classroom problem/issue pertaining to LGBTQIA+ issues.
- 7 Help to raise awareness by staying informed and building capacity with school staff as well as students.
- 8 Don't ask questions that may be harmful to students (i.e. assuming gender based on appearance and asking questions pertaining to that gender, asking students to reveal information that they have asked to remain private).
- 9 Ask appropriate questions when needed in the best interest of the student (i.e. What are your preferred pronouns? In what areas are you feeling unsafe at school? How can I best support you?)