



# Gender-transformative approaches:

A holistic approach to SRHR  
from the community  
perspective.

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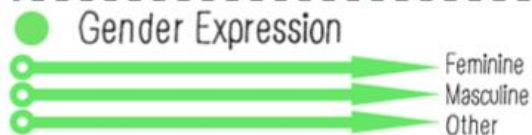
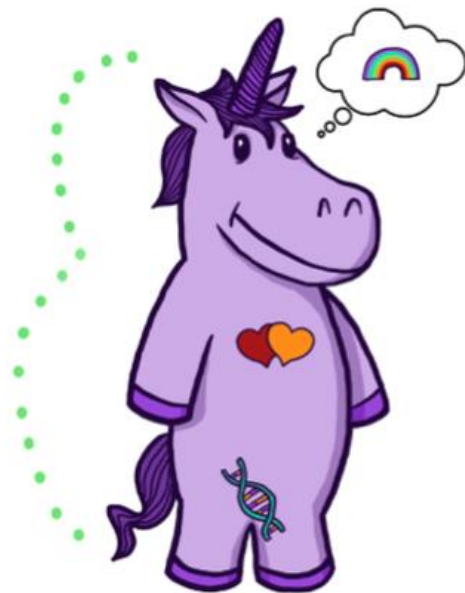
“Then, when you try to fit in, you shapeshift. You do everything you can to get other people to accept you. But that’s not authenticity. True belonging is when you show up and allow yourself to be seen. People may be into that, or they may not be. It’s the scariest thing to do, but you get to belong to yourself. It’s definitely lonely. (...) I’ve done the shapeshift. I just feel yucky afterwards. Why did I do that? Why do I even want these people in my life?” – Laverne Cox



# **What are Gender- Transformative approaches to Care?**

# The Gender Unicorn

Graphic by:  
**TSER**  
Trans Student Educational Resources



To learn more, go to:  
[www.transstudent.org/gender](http://www.transstudent.org/gender)

Design by Landyn Pan and Anna Moore

# The cycle of bigotry against trans people

**Transphobia and  
Cisnormativity**

**Stigma**



**Violence,  
discrimination  
and harassment**

# Risk of contracting HIV among Trans communities

	Prevalence	Probability
Trans Feminine	19.9%	66 times higher odds
Trans Masculine	2.6%	6.8 times higher odds

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RESEARCH ARTICLE

### The worldwide burden of HIV in transgender individuals: An updated systematic review and meta-analysis

Sarah E. Stutterheim, Mart van Dijk, Haoyi Wang, Kai J. Jonas  
Published: December 1, 2021 • <https://doi.org/10.1371/journal.pone.0280063>

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# SRHR Support Group for Trans People

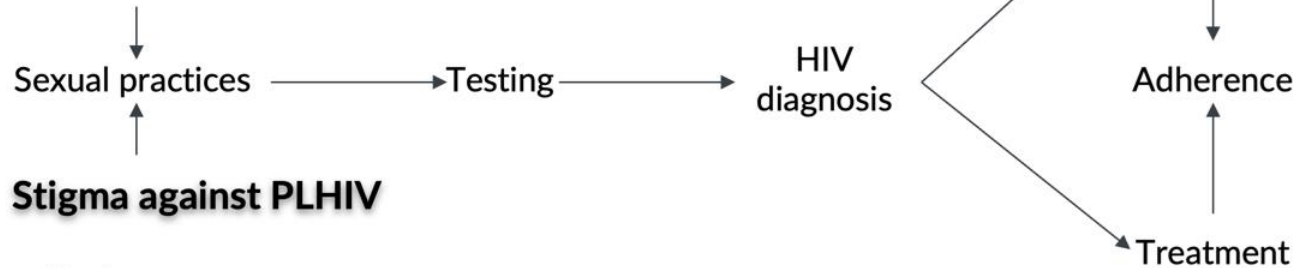
<u>Gender/HIV status</u>	+	-
Trans Masculine	1	9
Trans Feminine	9	23
Non-binary	0	3

<u>Gender/Migrant</u>	Yes	No
Trans Masculine	8	2
Trans Feminine	29	3
Non-binary	0	3

Semester	I	II	III	Total Users
Meth	2	1	4	7
GhB	2	5	9	16
Viagra	3	4	6	13
MDMA	5	6	9	20
No use	9	9	7	25
Total* Partipants	15	15	15	45*

## Stigma against Trans people

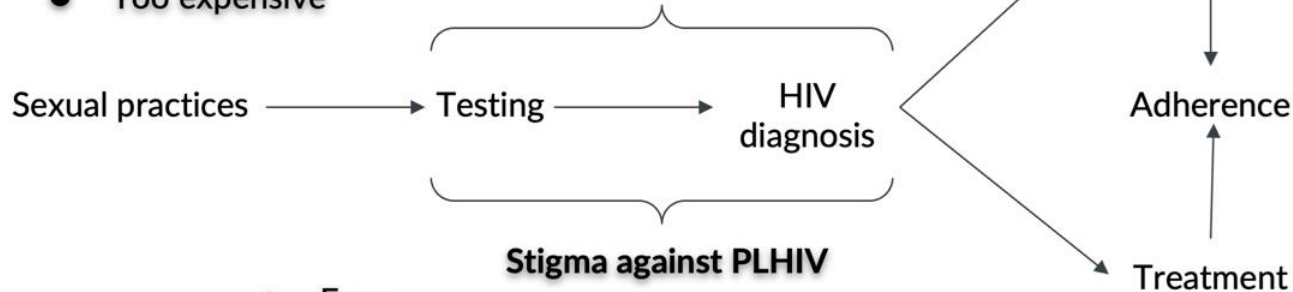
- Lack of mental health:
  - Depression, anxiety, PTSD, Suicidal thoughts
- Loneliness (The prevalence rate of loneliness was 83.3% (perceived social isolation: 77.7%; objective social isolation: 34.4%). )
- Need for validation of one's Sexuality and Identity
- Chem Sex/Sex work/Impulsive Sexual behaviour
- Perceived Pain/Illness



- Non-disclosure
- Lack of conversations
- Lack of Knowledge
- Lack of perceived risk

## Stigma against Trans people

- Invisibilization and persecution of the queer and trans communities.
- Criminalization of queer and trans identities.
- Mistreatment & Discrimination
  - Misgendered/Deadnaming/
  - Negative attitudes
- Lack of access to HIV related services:
  - Not offered
  - Not eligible
  - Geographically unavailable
- Too expensive



- Fear
  - Lack of confidentiality
  - Discrimination
  - Persecution and Criminalization
- Distrust

**Sensitive Responses and Attachment Theory**

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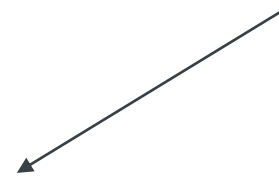
**Violence, discrimination and harassment**



**Alternative ways to experience intimacy**

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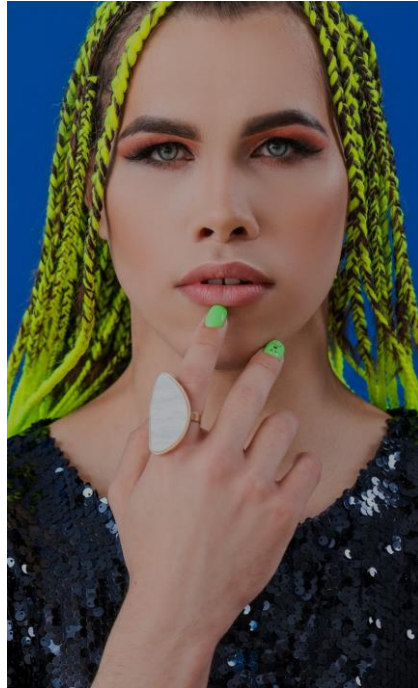
**Sex positive approach and Harm reduction**



**Chem Sex**

# Gender-Transformative Approaches begin with empathy...

Gender Transformative approaches challenge the cis-hetero patriarchy, the gender norms, and brings sex-positivity into the equation.



**Deconstructing our understanding  
of gender and sexuality and  
including a sex positive  
perspective on recreational drug  
use, sex work and sexual practices,  
is fundamental for the proper  
provision of gender-  
transformative approaches.**

**Understanding the social and economical dynamics behind transphobia and cisnormativity, and the impact they have in the well-being of trans people, is fundamental to provide a service with empathy, kindness and compassion.**

**EDUCATE YOURSELF**

**Peer-to-peer work is fundamental  
to build the bridges between  
further marginalized communities  
and healthcare  
professionals/services/authorities.**

**HIRE more Trans and non-binary people in your staff, and give them decision power to shape the services you provide.**

**Tackle the never ending cycle of trauma that pushes trans people into mental instability, by advocating for anti-discrimination and anti-hate speech/crime laws, policies and practices among staff, colleagues and stakeholders.**

**Gender affirming Care & Recognition of our identities will increase accessibility and adherence to HIV-related services, for it reduces minority stress.**

# Thank you!

