



TRADE SEXUAL HEALTH – Introduction

Trade is a HIV prevention and sexual health promotion charity based in Leicester for Lesbian, Gay, Bisexual and Trans communities living or working in the city, county and Rutland. We have always taken a **holistic approach** when looking at sexual health and this is reflected within our slogan of “**SEX.LOVE.LIFE**” – 3 key and interrelated elements to the work we deliver.

Sex – is our focus on sexual health by taking and delivering services to people where potential risk and infection can occur. This is making testing more person centred and targeted as well as raising awareness of choices for the **best sex least harm**. For example: Public Sex Environment outreach work and gay men’s sauna sexual health screening clinics

Love – is our recognition that people need to **love themselves** and feel good about themselves, over the life course, in order **to make more informed choices** related to sexual health. For example: 1 to 1 support around negotiating safer sex as well as more specialist services, such as counselling

Life – we believe that by living and enjoying a fuller healthier life both individually and with other people **as part of communities** we can encourage a better longer life. This is engaging with other people on social and supportive levels, but also through **engaging with mainstream services to ensure a good care**. For example: Hi5 HIV social and support group and our South Asian support service.



TRANS AWARENESS - Key terms to consider

Trans is an umbrella term used as an identifier for individuals who feel, or identify with a gender other than the one with which they were assigned at birth.

Transsexual is a term used to describe deep conviction and internal sense that their gender identity does not match that of their appearance or the gender they were labeled at birth. Many will undergo hormone therapy or 'gender confirmation surgery' to become congruent with the internal sense of gender identity.

Transgender is a term for people whose identity, expression, behavior, or general sense of self does not conform to gender assigned at birth. It is often said that sex is a matter of the body, while gender occurs in the mind. People often use binary terms, for instance, masculine or feminine, to describe gender just as they do when referring to sex. But gender is more complex and encompasses more than just two possibilities.

Cross dresser is a person who cross-dresses as part of a sexual fetish and who's gender identification is with one sex, but who wears the clothing of the opposite sex because this clothing is the clothing of the opposite sex.

Also relevant:

Trans woman is a transgender person who was assigned male at birth but whose gender identity is that of a woman. Some may prefer to simply be called women. It is best to ask which term an individual prefers.

Trans man is a transgender person who was assigned female at birth but whose gender identity is that of a man. Some may also use FTM, an abbreviation of female – to – male. It is best to ask which term an individual prefers.

Non - binary is a behaviour or gender expression by an individual that does not match masculine and feminine gender norms and is considered atypical for one's gender. People who identify as non – binary will sometimes prefer to refer to themselves using pronouns which are not gendered, for example 'they' or 'ze'.

Intersex people are individuals whose anatomy or physiology differ from contemporary cultural assumptions about what constitutes male or female. Such variation may involve genital ambiguity, and combinations of chromosomal genotype and sexual phenotype other than XY-male and XX-female.



Polygender is a gender identity which can be literally translated as 'many genders'. Polygender people experience multiple gender identities, either simultaneously or varying between them. These can be male, female and/or any non-binary identities.

Asexual is a person who is not interested in or does not desire sexual activity, either within or outside of a relationship. Asexuality is not the same as celibacy, which is the wilful decision to not act on sexual feelings. Asexuals are none the less quite capable of loving, affectionate, romantic ties to others.

Two spirit is a culturally distinct gender that usually indicates a native person who feels their body simultaneously manifests both a masculine and feminine spirit.

Androgynous is simultaneously feminine and masculine, although not necessary in equal amounts. Androgynes often feel as though their gender is beyond the understanding of limiting societal factors, attempting to appear on the outside as they feel on the inside.

Language to avoid:

Sex Change individuals are confirming their gender not 'changing their sex' (with its connotations of sexual identity). Still in wide use in the media as a verbal 'wrapper', it is now widely regarded as offensive. 'Sex swap' and other demeaning plays on words are even worse.

Tranny/Trannie Whilst still a term that may be used within the trans community (with understanding, or ironic affection), use by those outside it has come to be seen as highly abusive by most trans people.

Pre-Op adds to the impression that transsexual people need to be 'labelled' by others, defined by an operation (and by extension simply by their genitals), and that those who have gone through 'the op' may have a status or authenticity unavailable to those who haven't. Other offensive language includes, 'She Male', 'He/She', 'Gender Bender', 'Hermaphrodite', 'Sex Swap', 'It', and any 'comedic' reductive reference to genitalia.

(Adapted from widely used and associated resources, list available upon request)

Key questions:

What is your current gender identity?

Which gender pronouns do you prefer?