

# March National News



Trans Awareness Month

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## Trans Awareness Month

Transgender people, whoever they are...

They deserve respect.

— Ines Rau, Model/Activist 2017

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Because **International Transgender Day of Visibility** falls on March 31st, we are dedicating March to trans awareness. #TDOV was founded by US-based transgender activist Rachel Crandall in 2009 as a reaction to the lack of LGBT holidays celebrating transgender people, citing “the frustration that the only well-known transgender-centered holiday was the Transgender Day of Remembrance which mourned the murders of transgender people, but did not acknowledge and celebrate living members of the transgender community”<sup>1</sup>. Since 2009, the day has gathered a following across the world. For general resources, please visit the comprehensive TSER platform: <http://www.transstudent.org/>



<sup>1</sup> [https://en.wikipedia.org/wiki/International\\_Transgender\\_Day\\_of\\_Visibility](https://en.wikipedia.org/wiki/International_Transgender_Day_of_Visibility)



# Trans in Japan FAQs

All of these questions have been asked by members, and answered by members too. We want to express our gratitude to the members for their input, and assure all answers are kept anonymous. Stonewall Japan is not a qualified support centre, so we advise to seek professional help if you are in need of medical support.

## Q1. Is gender affirming surgery covered by public health insurance in Japan?

Yes, and no. From April 2018, “the health ministry has decided to allow public health insurance to cover the bulk of [gender affirming] surgery costs for people with gender identity disorder from April”.<sup>2</sup> People will be expected to only pay up to 30% of the cost. The following surgeries are currently covered:



- 精巣摘出術 Orchiectomy (Removal of testicles)
- 陰茎全摘術 Penectomy (Removal of penis)
- 子宮全摘術のほか Hysterectomy (Removal of uterus) and other
- 女性から男性への性別適合(FTM)における乳房切除術 Mastectomy for FTM gender alignment

PLEASE LOOK AT THE JAPANESE ARTICLES FOR CLARIFICATION:

[https://www.bengo4.com/internet/n\\_7254/](https://www.bengo4.com/internet/n_7254/)

<https://www.oricon.co.jp/article/405755/>

<http://news.nicovideo.jp/watch/nw3306831>

## Q2. What is the criteria to change your gender marker/legal gender in Japan?

The person...

- must not be married.
- must not have a child under the age of 20.
- must be aged 20 or older.
- must obtain a diagnosis of gender identity disorder from two or more doctors.
- must have undergone SRS so their genitalia resembles the gender they wish to legally change to.

## Q3. Where can I find friends who are trans?

**Japanese Society of Gender Identity Disorder** based in Okayama... <http://www.gid-soc.org/>

They have an event in Tokyo 24/25th March 2018... <http://gid20.kenkyukai.jp/special/?id=23894>

**Nij Mie**, based in Mie, it's run by an English-speaking trans person... <https://twitter.com/ELLYnijimie>

**ELLY** sometimes runs events in Osaka... [https://twitter.com/issaha\\_ELLY](https://twitter.com/issaha_ELLY)

**Trans Salon** in Osaka... <http://www5e.biglobe.ne.jp/~gfront/activity/index.html>

**G-pit** in Osaka may also be useful... <http://g-pit.com/>

Contact your nearest LGBT+ community centre/group; they will probably know an abundance of groups/events. Here are some in Japanese... <https://nijipi.lgbt/lgbtorganization>

Here are a few more (not all trans specific)- <https://lgbt-life.com/community/>

**Rainbow Life** is a good website for general LGBT places to eat, meet, sports etc... <https://lgbt-life.com/>

<sup>2</sup> <http://www.asahi.com/ajw/articles/AJ201711300050.html>

#### Q4. How do I transition?

There is no correct way to transition, and it doesn't necessarily need hormones, or surgery. But if the route seems fitting and appropriate for you, please read some considerations members have shared with each other in the group. Please seek professional advice if you are considering transitioning in Japan.



1. Find a therapist, preferably someone who can write you medical reference letters. Not all psychiatrists are proficient with gender dysphoria, so **search for doctors who deal with "GID" as it is known here**. They may be able to recommend a clinic where you can get hormones or medical transition (if you want to do that).

2. **You can try urologists, endocrinologists or specialist/plastic surgery clinics like Nagumo clinic to get medical treatment**. Some of them will want a letter of recommendation from a Japanese psychiatrist proving you have 'GID', and some will want their own psychiatrists to speak with you "in-house", and some will just talk to you. You may not find a doctor you like at first; this is okay. Find someone you feel comfortable with.

3. If you want to do hormones, it may be a good idea to find a doctor that will give you regular blood tests to make sure you aren't at risk for strokes, liver failure or other side effects. Some doctors will agree to administer hormones even if they have little experience in this field. **Please take care to find someone you trust**.

4. **You need a GID prescription to get HRT in Japan**. Japan follows this rule even though the latest DSM-V no longer classifies GID under that name because that's the procedure that happens to be in place in Japan. If you already have a prescription and a history of taking HRT in your home country, they may be lenient. However, generally, you need two psychiatrists to qualify you for an HRT prescription in Japan.

#### Q5. Any recommendations by other members?

- **Nagumo clinic** (Tokyo/Nagoya/Osaka/Fukuoka). Recommended by various members!  
<http://www.nagumo.or.jp/>
- **Kokoro no clinic** (Tokyo) if you speak JP, you can get a diagnosis: [kokoronoclinic.web.fc2.com](http://kokoronoclinic.web.fc2.com)
- **JMC Clinic** (Tokyo) Estrogen shots/treatment for FtX available: <http://www.gid-mclinic.com>
- **My City Clinic** (Tokyo) <http://www.mycity-clinic.com/>  
[ I take testosterone already but went to continue my doses for the first time since coming to japan. i got a T injection in barely five minutes, for a very reasonable price. there wasn't a big hassle about my legitimacy like im used to (being non-binary). The doctor was friendly and spoke enough English. The receptionist didn't speak English. Great atmosphere and helpful staff. highly recommend! ]
- **FOR A MORE RESOURCES, PLEASE VISIT:** <http://stonewalljapan.org/resources/transgender-life/>

## ❖ Non-binary Identities and Hormones

It is with great pleasure that I welcome our newest Diversity and Awareness Officer, Lex! Soon to be arriving in Japan, Lex has their own perspective on non-binary identities and hormones. Please enjoy reading...

### I, MYSELF, IDENTIFY

There are many ways of being under the trans\* umbrella as I'm sure you know. I would like to discuss non-binary identity in this article. Being non-binary is essentially, in its most basic form, not identifying as strictly male or female. I, myself, identify as a trans masculine non-binary person.

### PERSONAL DECISION

There are a lot of options when it comes to gender identity. Not only cisgender or transgender but agender, bigender, gender queer and of course non-binary. Some people may feel it is right to combine some of these terms to describe themselves. There is also the matter of pronouns to consider. What pronoun a person uses is a very personal decision. There are no rules. There is no right or wrong choice. Some non-binary people choose to use he/him or she/her while others choose they/them. There are even more choices for gender neutral pronouns as well, such as ze/zir.

### I CHOSE TO HAVE SURGERY

When you think of being transgender, hormones replacement therapy, or HRT, often comes to mind. For non-binary people, this can be the case as well. (Let me say however, that not all non-binary or gender non-conforming people choose to take hormones or have surgery for that matter.) It is possible for a non-binary person to experience gender dysphoria too, which is discomfort or distress about some part of your body or self due to it not matching your gender identity. This discomfort may lead a non-binary person to pursue HRT and/or gender confirming surgery. For example, as someone assigned female at birth, I was unhappy with my body's feminine appearance, so I chose to have surgery and take testosterone.

### THERE'S NO WRONG WAY

I decided to take a dose of testosterone that would be equal to an adult male's levels so that I appear fully masculine. Other AFAB, assigned female at birth, non-binary individuals while still choosing to take hormones may take a lower dose so that some of the more pronounced changes do not occur. The same thing can be applied to a non-binary person who was AMAB, assigned male at birth.

The main thing to remember is that being non-binary is not a one size fits all term. It means different things to different people. There's no wrong way to be transgender or non-binary!

We are currently seeking new Diversity and Awareness officers, so **if you want to join the team, please get in touch** with Loretto at [stonewallsig@ajet.net](mailto:stonewallsig@ajet.net). Alternatively, if you liked Lex's article and want to share your experiences in the newsletter/FB group, please contact the D&A Team at [stonewalldanda1@gmail.com](mailto:stonewalldanda1@gmail.com). Thanks!



# ❖ Calling Out Transphobia

You can ally trans people by calling out transphobia. Here are 4 tips issued by Trans Youth Australia. Please see the original article here: [www.facebook.com/trans.health.australia/posts/328319963970210](http://www.facebook.com/trans.health.australia/posts/328319963970210) Photos: TSER

## 1. Gather courage to speak out.

It can be daunting to call someone out. You might be worried about damaging a friendship, but transphobic friends are not friends worth having. **Prepare yourself to have those difficult conversations.** With friends, at work, wherever... transphobia shouldn't be tolerated.

## 2. Be firm.

"That's not okay." "That's transphobic." These are direct ways to confront something transphobic. It's not a joke. Trans people are dying. Don't let "It was only a joke" from responsibility dodging. No one likes to be called out, so **keep stern; stand up for trans people.**



## 3. Keep the focus on what they said, not who they are.

When calling out transphobia, talk about what they said and not about who they are. Confront using the 3 steps:

- Repeat their comment back to them
- Explain why it is hurtful
- Tell them to stop and ask them to educate themselves

**Keep the focus on the comment, not the person.** Tell them: "This is not about you, it's about what you said and why what you said was wrong. Your words were transphobic." **Make it clear that non-transphobic people can still say transphobic things.** Don't let them use the "I have a trans friend" card.

## 4. Seek responsibility but know when to let go.

Seek for a sincere recognition of their error and commit to changing their future behavior. Some people may not need much convincing, and they will recognise their mistake and apologize. Others need more time, and some will never take responsibility. So, know when to let go. If the conversation is not going anywhere, don't waste your time. You're not personally responsible for ending transphobia in society.<sup>3</sup>





There are hundreds of resources; here is compiled list of FAQ.  
Click on the question for links to answers, or look at the footnotes!

**Am I trans?**<sup>4</sup> What does transgender mean?<sup>5</sup> How is sexual orientation different from gender identity? **What name and pronoun do I use?** How do I treat a transgender person with respect? Why is transgender equality important? **How does someone know that they are transgender?**<sup>6</sup> What's the difference between being transgender and being intersex? **What is the difference between being transgender and being gender non-conforming?** What does it mean to have a gender that's not male or female? Why don't transgender people get counseling to accept the gender they were assigned at birth? **What does "gender transition" mean?** What are some official records transgender people change when they're transitioning? What medical treatments do some transgender people seek when transitioning?

**What is gender dysphoria?** Is my child gender nonconforming?<sup>7</sup> Are trans people normal? **Is my child transgender?** Isn't it easier to teach your child how to be a boy (or a girl)? Isn't this just a phase? Who caused this? **What do I do about other people in my family?** I'm scared. Can you help? **What about my other children?** Do you tell the parents of your child's friends? Won't my child be bullied or worse? What about dating? **Who will love my child?** How can I seek faith-related support? How many kids like this are there? **Should I come out?**<sup>8</sup> **When should I come out?**

<sup>4</sup> <http://www.phoenixcenterspringfield.org/am-i-transgender/>

<sup>5</sup> <https://www.glaad.org/transgender/transfaq>

<sup>6</sup> <https://transequality.org/issues/resources/frequently-asked-questions-about-transgender-people>

<sup>7</sup> <http://www.trans-parenting.com/understanding-gender/fag/>

<sup>8</sup> <https://mattkailey.wordpress.com/transgender-faqs-and-info/coming-out-faq/>

## ◆ Elections

Stonewall Leadership Elections for 2018 are coming soon! Positions include:



- ★ President
- ★ Vice President
- ★ Treasurer
- ★ Secretary

And more!

We're also looking for **Block Leaders** who wish to lead their local areas writing newsletters, helping to coordinate events, and building a great LGBTQ+ community in their area of Japan.

Please note all year round we are looking for **Diversity and Awareness (D&A)** volunteers as well as **Web Team** volunteers.

If you're thinking about a position, drop a message at [stonewallsig@ajet.net](mailto:stonewallsig@ajet.net) to ask to be nominated.

## ◆ Events +

**Check out the events on our new Stonewall event calendar!**

Thanks to the webteam, we now have a space for members to suggest and search for events!

Know about any upcoming events in December or beyond?

Send in the event info!

<http://stonewalljapan.org/events/>

*Need help translating event details?*

Send the event information to our secretary!

[loana@stonewalljapan.org](mailto:loana@stonewalljapan.org)



### **Stonewall Japan: ONLINE MEETUPS**

Are you interested in meeting up online with other members?

Fill out the survey here to let us know what you'd be interested in!

[https://docs.google.com/forms/d/e/1FAIpQLSdmPAJX6nIOxQ-QGPTJbMIIGwtUA3cqME58WJYIEVY1v-oRGg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdmPAJX6nIOxQ-QGPTJbMIIGwtUA3cqME58WJYIEVY1v-oRGg/viewform?usp=sf_link)

\*Currently we don't have enough respondents to make these happen!

You **MUST** fill out the form so that we can see there is sufficient demand to host these events!

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