



TRANSITIONING

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June 2025

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Some facts about us

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SOME FACTS

About trans people

TRANSGENDER

Transgender =
Someone whose
gender is different
from their sex

Trans =
Transgender

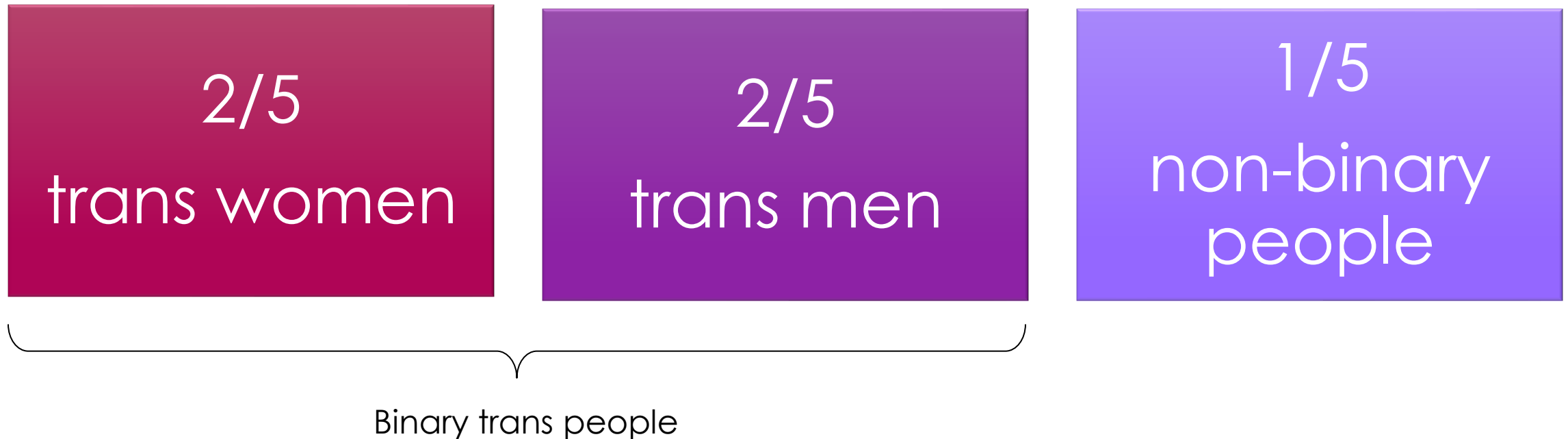
It's an adjective
(not "a trans" but
"a trans person")

Term became
popular in the 90s

Outdated terms
used in the past:

- Transsexual
- Transvestite

TRANS PEOPLE



Source: Office for National Statistics (ONS), released 25 January 2023, ONS website, article, Gender identity by age and sex, England and Wales: Census 2021

TRANS WOMEN

27 %
lesbians

I'm here!

36 %
bi/pan

19 %
straight

6%
asexual

Source: James, S. E., Herman, J. L., Rankin, S., Keisling, M., Mottet, L., & Anafi, M. (2016). The Report of the 2015 U.S. Transgender Survey. Washington, DC: National Center for Transgender Equality



WHY IT SUCKS

Not so much in Canada but in a lot of places though

Trigger Warning: This part discusses transphobia. The next part will be safe.

TRANSPHOBIA

- Transphobes insult you just because you're trans:
 - Deliberate misgendering (a classic)
 - "You'll never be [insert here your actual gender]"
 - "autogynephilia/AGP" (a discredited hypothesis from 30 yrs ago that transphobes use to claim all trans people are sexual perverts)
 - Accusations of being a sexual pervert/rapist/pedophile (they think we are obsessed about sex...)
- Discrimination and violence (x 2.5 compared to cis people [1])
- We remembered 432 people for Transgender Day of Remembrance 2024 (killed or committed suicide)
 - 40% of (still alive) trans people in the US have already attempted suicide (vs 2.4% general population) [2]

EVEN IN THE LGB(T) COMMUNITY

- “LGB without the T”
 - Gay/bi people who don't support trans people
- Transmedicalists:
 - Trans people who don't support trans people who don't do the “correct transition steps” (they try to force their transition goals on everyone)
- Enbyphobes:
 - People who don't recognize non-binary people as valid (Reminder: Non-binary people have existed in many indigenous communities and were erased by colonialism)

Fortunately this is NOT the majority of LGBTQIA+ or trans people.

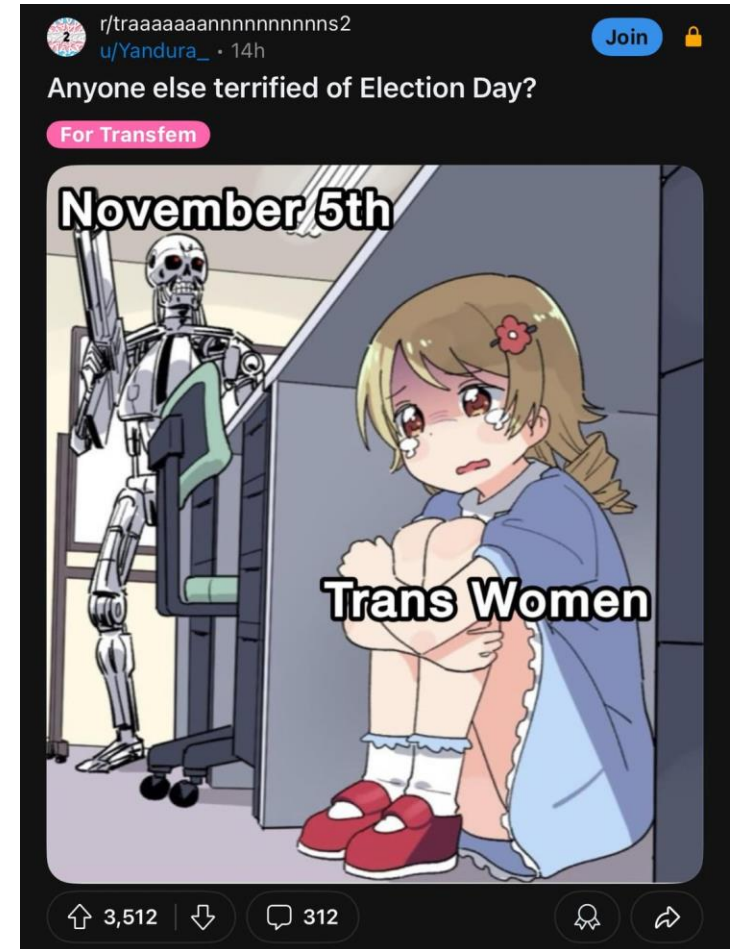
YOU CAN BE BETRAYED!

... by your “free” country any ay time.

One day you're free and the next:

- You can't travel (US)
- You can't use the bathroom (UK & some US states)
- You can't get your medication (US / UK for minors)
- You're fired! (US military)

And you can't do anything about it!



THE BATHROOM INQUISITION

As a trans woman in a transphobic place here is your choice:

Men's bathrooms

- Everyone looks at you
- You feel humiliated
- You get harassed
- Bonus for kids in school: You get bullied.

Women's bathroom

- Probably fine but maybe:
- Someone insults you
 - Violence
 - Go to jail

Impact of Bathroom Discrimination on Mental Health Among Transgender and Nonbinary Youth.
Price-Feeney, Myeshia et al. Journal of Adolescent Health, [Volume 68, Issue 6, 1142 - 1147](#)

YOU CAN'T TRAVEL IN MOST COUNTRIES



< This is before 2025:
US and UK are worse
now if you're trans.

Most trans people
can't easily hide they
are trans.

Canada is literally #1
on this map!

CANADA IS EXCEPTIONALLY GREAT

- That's why I immigrated here!
- Canada is in the top 10 best countries for LGBTQIA+ people [1]
- Contrary to what Canadians often think, most of Europe is **less progressive**:
 - I would be able to change my legal gender in only 13/27 EU countries. [2]
 - Even in those 13, these procedures are often slow and tedious.
 - Only 2 EU countries (Germany and Malta) have a legal non-binary gender. [2]
 - The UK would be in neither of the above even if we included it.
If it was still in the EU, it would be in the worst 3 (with Hungary and Bulgaria). [2]

[1] <https://www.equaldex.com/equality-index>

[2] <https://transrightsmap.tgeu.org/home/>



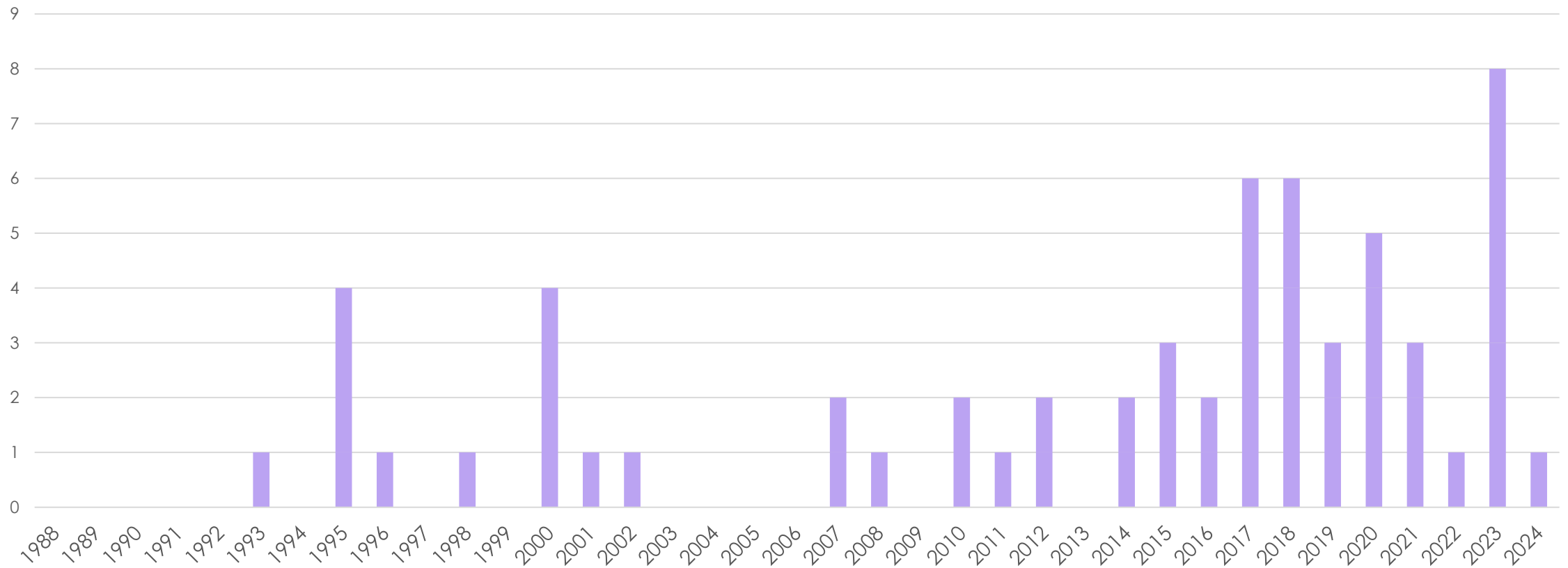
WHY EVEN TRANSITION?

You just gave dozens of reasons why it seems horrible!

This part is safe and does not contain triggering topics.

SO MANY SIGNS

But I had a “very good explanation” every time!



“STILL CIS THOUGH”

“Transitioning” even before knowing you’re trans! (so many of us do it!)



And also:

- “Feminine” tattoos (3)
- Laser hair removal (dozens of sessions)

READY?

 *No, wait! This isn't for me!*

 *I want to be a girl!*

CROSSING THE RIVER



WHAT IS IT BY THE WAY?

Coming out

New clothes

Hormones

Surgery

Name
change

Legal
gender
change

Voice
training

Laser hair
removal

These are just examples. Every person has different transition goals. No step is mandatory.

BUT WHY?

Save your
life

Feel free

Like your
appearance

Love your
name

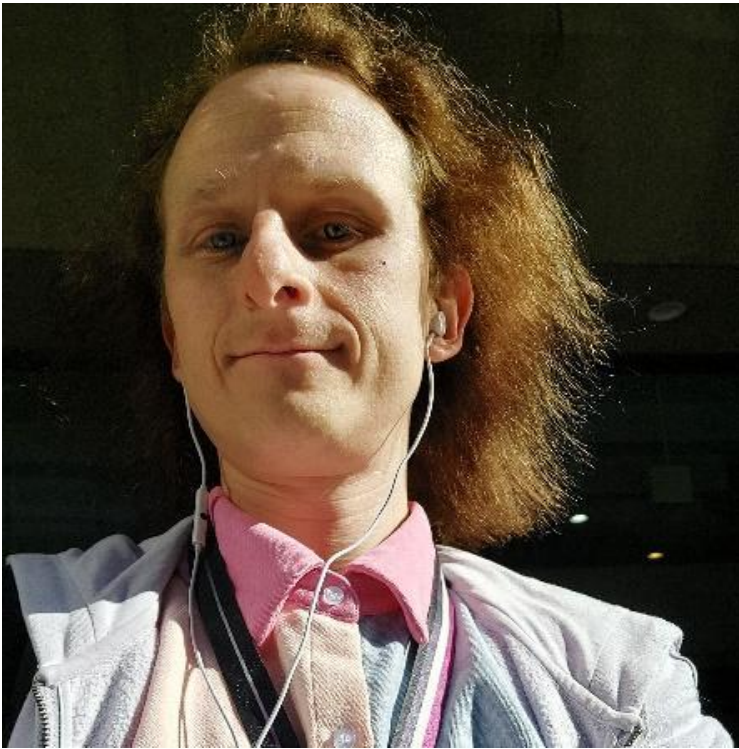
Stop hiding

COUNTER INTUITIVE BENEFITS

Strange subjective things I experienced:

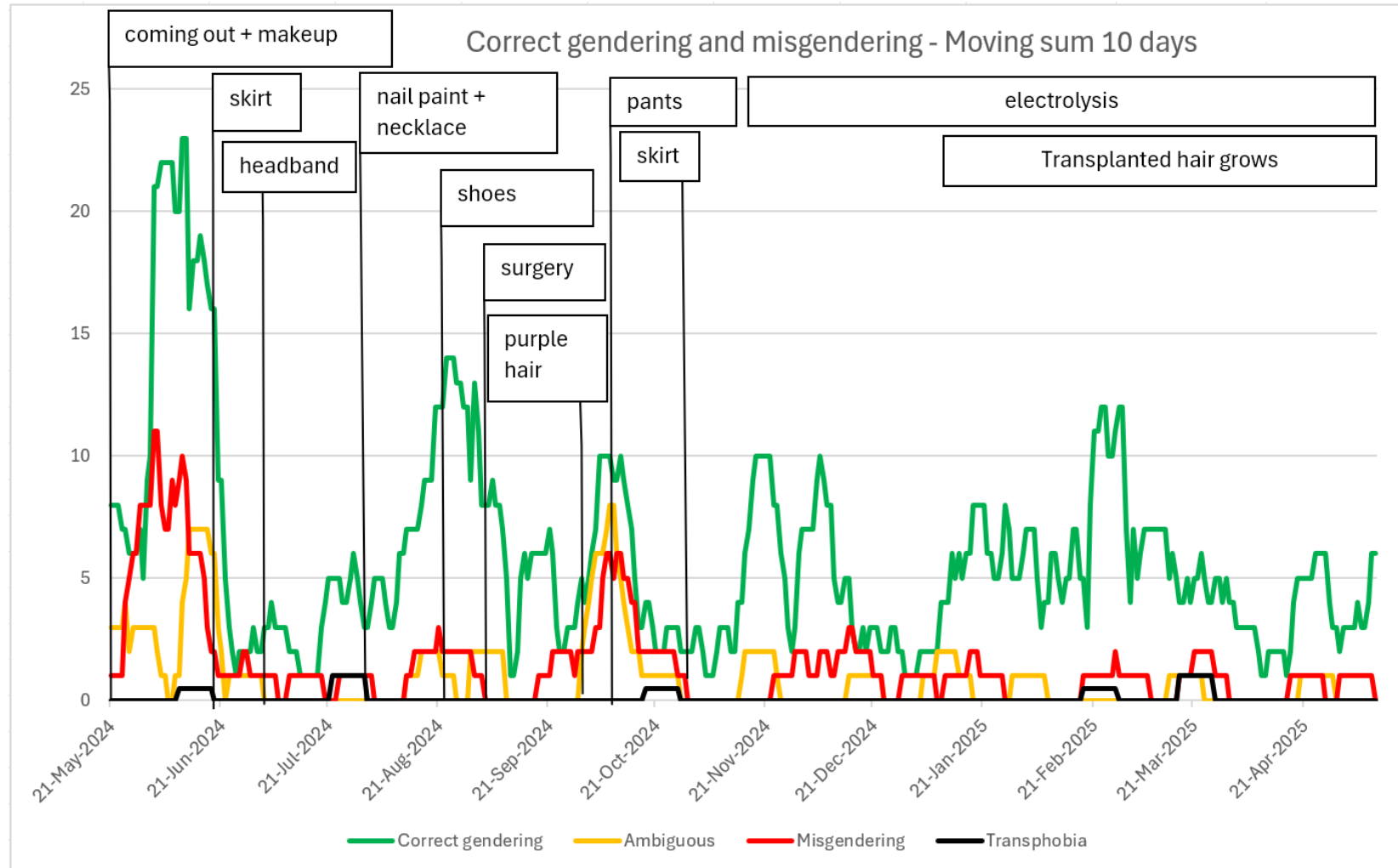
- I can now behave naturally because it does not read as “strange for a man”.
- I’m not cringed by expectations based on my (incorrect) gender.
- It “feels good” being gendered properly.
- Knowing that I’m a woman feels like “peacefulness” instead of “tension”.
- I discovered I could actually like my reflection in the mirror.

DEFEATING DYSPHORIA



May 2024 / July 2024 / May 2025

DEFEATING MISGENDERING



THE TRANS COMMUNITY

- We are loving
- We are caring
- We are fun
- We like to make fun of ourselves
- We have memes!



AMAZING CONTENT CREATORS



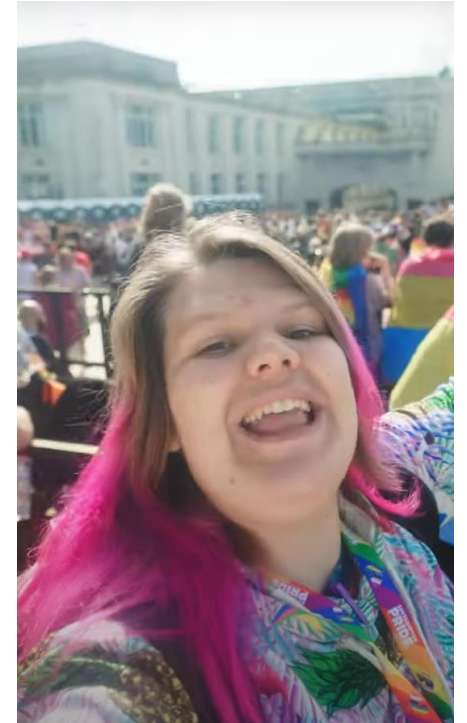
Alice in Wonderland



Icky



Jammidodger
(Jamie Raines)



Hannah Phillips

THE RULES

- Never “out” people unless you know they are out (this is a matter of safety)
- Never deadname or misgender a trans person on purpose even if they are the worst person in the world
 - Just like you would not use a racist slur against a person of colour if they are “evil enough”
- Don’t use someone’s deadname or old pronouns even to refer to them pre-transition (it’s retroactive!)
- Fun fact: We never tell someone that we think they might be trans.
 - They have to crack their egg themselves!

CONCLUSION



- Transitioning is totally worth it!
- For most of us, it's unimaginable to live as our assigned gender.
- When trans people say how amazing a change it is, they are not exaggerating.

See also:

- My transition-related articles:
<https://www.thepurple.blog/>
- Humanist Association of Toronto presentation about transphobia in the Humanist community, by Sarah Coudert in May 2025:
<https://www.youtube.com/watch?v=aAEoy9k9cWM>