



# HeartBeat



PFLAG Olympia, Washington

Issue 129~ Spring 2016

## PFLAG-Olympia supports transgender people. by Erica Laurentz

Currently, "transgender" most often describes someone whose gender identity doesn't conform to the gender identity assumed at birth. There is strong scientific evidence that all gender identity is fixed at birth and results from neurobiology, not from visible anatomy. Your own gender identity probably hasn't changed much over your lifetime. As you may know from personal experience, gender identity doesn't change if one's sex organs are removed in cancer treatment. With trans people, it may seem otherwise for two reasons: first, our society strongly favors those who conform to gender norms and, second, some trans people experience their gender nonconformity only after puberty.

Regardless of when a trans person realizes their gender identity doesn't match their genitalia, almost all of us have to slog through years of conditioning before beginning to live our authentic lives on a daily basis. This process creates the illusion that, as trans people, we change our gender.

The process isn't only challenging for trans people; parents often worry for the safety and welfare of their trans children. PFLAG-Olympia has a history of supporting trans people and our friends and families. Most PFLAG-Olympia meetings include at least one trans woman (me) and one trans man experienced in peer counseling. He and I are also founding members of the Trans

Advocacy Group (TAG). TAG offers a range of support and activist activities, including a support group for parents of trans people that began this February. Regardless of your child's age, parents of trans children are welcome to join the group at any time. TAG deeply appreciates the support we receive from PFLAG-Olympia.

Washington is one of 17 states that gives trans people the right to use gender segregated facilities that match our gender identity. We became the 10<sup>th</sup> state to do so, roughly 10 years ago. These 17 states now have over 100 years of accumulated experience at the state level with trans men and women using restrooms and locker rooms that match the gender that we live as every day. There has been no increase in criminal activity in any state, either from trans people or from people pretending to be transgender. Trans people experience one of the highest rates of childhood and adult rape in the country (over 50%). We experience an over 60% assault rate. Perhaps more than any other group, we appreciate everyone's need for safety. Regardless of what you've heard, nothing in the current law prohibits you from calling for help, if threatened. We ask you to support our right to use restrooms and locker rooms that match who we live and work as every day.

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PFLAG-Olympia meetings are held the 2nd Sunday of each month, 2-4 p.m. at First United Methodist Church, 1224 Legion Way SE, Olympia. The first hour includes a welcome, introductions, support circles, and snacks. The second hour is our program.

## What is happening at upcoming meetings?

**March 13** – Open House LGBTQ Resources. Our guests will be representatives of local organizations.

**April 10** – The Trans Umbrella with guest presenter Talcott Broadhead.

**May 8** – Redefining Family (details to be announced on the website and in future Alert List and Facebook posts.

"Why fit in when you were born to stand out?" — Dr. Seuss



**Our Mission** — PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through:

- Support to cope with an adverse society,
- Education to enlighten an ill-informed public, and
- Advocacy to end discrimination and to secure equal civil rights.

PFLAG provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

## When to expect your Heart Beat

June 2016  
September 2016  
December 2016

Have you paid dues or donated to PFLAG-Olympia lately? Contact our treasurer, Larry Kronquist at [treasurer@pflag-olympia.org](mailto:treasurer@pflag-olympia.org) and he can check dues status. Donations are welcome!

Join or donate:  
<http://www.pflag-olympia.org/membership.html>

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PFLAG-Olympia, through TAG, offers trans-competency trainings to a range of private and public organizations. If you'd like to discuss trans-competency training or any transgender issue, please contact PFLAG-Olympia.

Suggested reading: "Transgender restroom use: America's next battle for equality and recognition" at <http://gu.com/p/4gqf7/sbl>

### PFLAG Outreach

PFLAG-Olympia reaches out to the community in many ways to advocate, educate and support.

In January we visited Pizza Klatch in Tumwater, the youth support group that provides lunchtime pizza to hundreds of students in 11 area high schools.

In February we took part in the JBLM Panel Presentation for 50 MFCLC's (Military and Family Life Counselors) licensed professionals that provide situational, problem-solving consultations and trainings. They often work closely with school-age military dependents.

**HeartBeat** is a free publication of the PFLAG chapter in Olympia, Washington, now published quarterly. The editors are Alec & Gabi Clayton.

### Go Paperless!

If you would like to help save us postage and paper, please email [newsletter@pflag-olympia.org](mailto:newsletter@pflag-olympia.org) and ask to be put on our **email-only** Newsletter and Alert list. Thanks!

"Feminism is a socialist, anti-family, political movement that encourages women to leave their husbands, kill their children, practice witchcraft, destroy capitalism and become lesbians." -- Pat Robertson



### Subscribe to the PFLAG-Olympia Alert List!

The PFLAG-Olympia Alert is a one-way announcement email listserv designed to inform our members and friends of upcoming events. To subscribe, send your request to be added to [newsletter@pflag-olympia.org](mailto:newsletter@pflag-olympia.org)

### NEW or RENEWAL PFLAG MEMBERSHIP

Please check the membership types you prefer:

- Individual \$35
- Household \$50
- Senior/Student/Low Income \$15
- Supporter \$100
- Educator \$250
- Advocate \$500

New  Renewal

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- I want Olympia's quarterly newsletter *HeartBeat* **print version only.**
- I want Olympia's quarterly newsletter *HeartBeat* **sent as email only.**
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- I want to be added to the PFLAG-Olympia **email alert list.**

**PFLAG Olympia, P O Box 12732; Olympia, WA 98508-2732**  
PFLAG is a tax-exempt non-profit 501(c)(3) organization not affiliated with any political or religious institution.



**PFLAG**  
Olympia, Washington

MEETS at 2PM on the second Sunday of each month at First United Methodist Church, 1224 Legion Way SE, Olympia. It is handicap-accessible. In August we meet at 1pm for a potluck picnic in a local park.

DIRECTIONS: From Sylvester Park on Capitol Way and Legion Way, go 12 blocks east on Legion Way to Boundary Street. Turn left around the church. Park in the lot at 5th Avenue and Boundary and enter through the glass doors.

Mailing address:  
PO Box 12732; Olympia, WA 98508-2732

For more information:  
email: [info@pflag-olympia.org](mailto:info@pflag-olympia.org)

Or go to our website:  
<http://pflag-olympia.org>