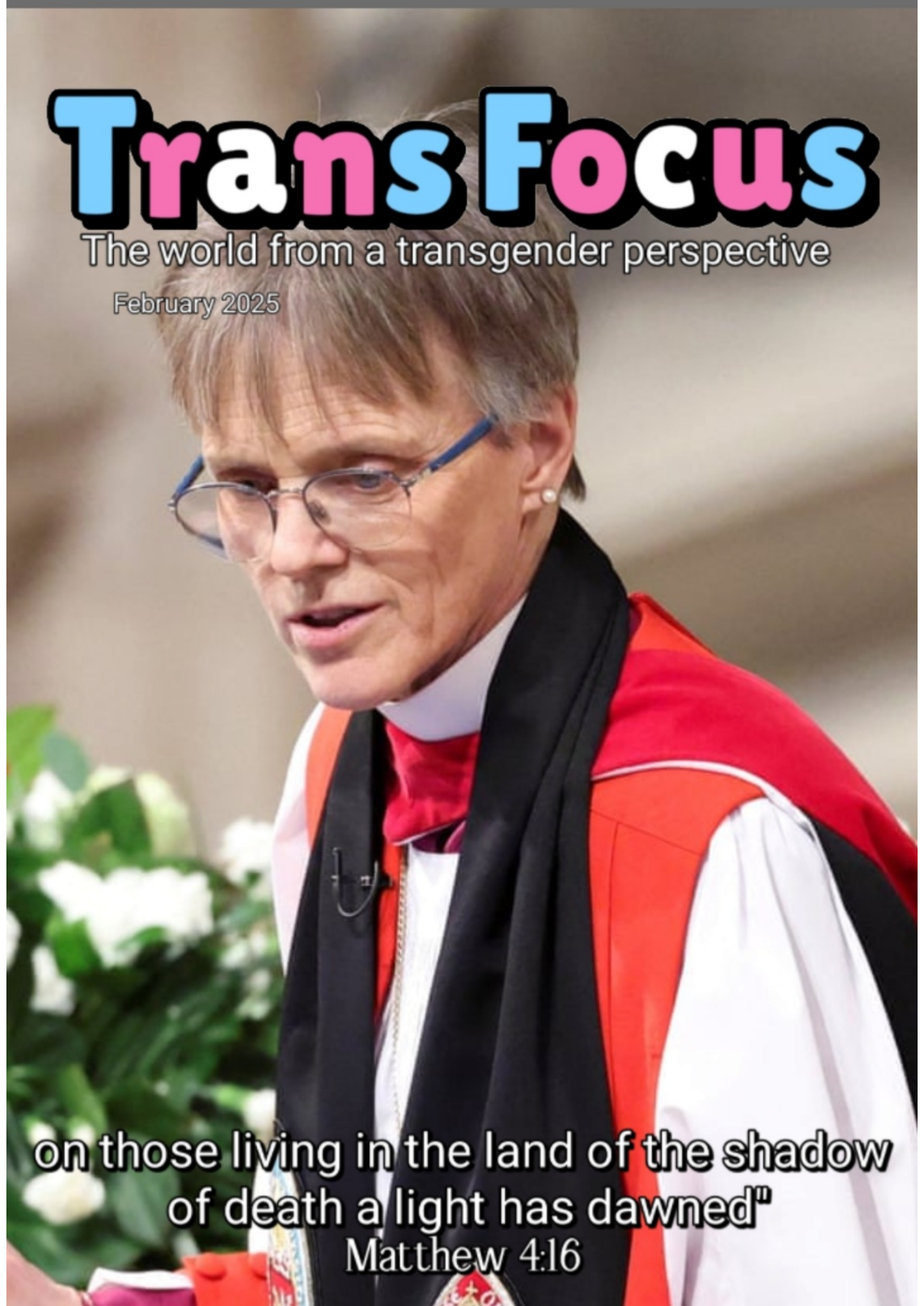


# Trans Focus

The world from a transgender perspective

February 2025

A woman with short grey hair and glasses, wearing a white clerical collar, a red stole, and a black scarf, is speaking at a podium. She is looking down and to her left. A microphone is clipped to her scarf. In the background, there are white flowers and green foliage.

on those living in the land of the shadow  
of death a light has dawned"  
Matthew 4:16

# Welcome to February



Where did January go?

Christmas and new year are a distant past. The 'dry January' has gone (who decided to have a dry month in the most depressing month of the year anyway?) and we now look forward to the rest of the year.

February brings Valentines Day. The ultimate day of romantic gestures or a marketing ploy? A time to shower your loved one with roses, gifts or something else? Or maybe sharing awkward poetry, chocolates and an over-priced dinner.

If you don't do Valentines Day, There's always Shrove Tuesday and an endless supply of pancakes.

Either way, we hope you enjoy this month's offering. If you don't enjoy our introduction to Trump, you can try the LGBTQ+ quiz. A couple of trans icons in Noa-Lynn and Valeria Vegas and some inspirational quotes to set you on your way. The serious stuff looks at Micro aggression and our take on what is 'normal'.

As ever, if you want to contribute to future editions, send your contributions to the email address on the website.

Enjoy,

Carla & Penny xx



# A Clash of Faith, Power, and Moral Authority

In the heart of Washington, D.C., where politics and faith often intersect, the encounter between Bishop Mariann E. Budde and former President Donald J. Trump has become a defining moment in the ongoing debate over Christianity's role in American public life. Their clash, marked by a bold plea for compassion and a swift backlash, underscores the deep divisions within the nation's religious and political landscapes.



On a Tuesday morning in January 2025, Bishop Mariann E. Budde, the first female leader of the Episcopal Diocese of Washington, stood at the Canterbury Pulpit in the Washington

National Cathedral. The historic venue, a symbol of American civil religion, has hosted presidents, mourned national tragedies, and echoed the words of Martin Luther King Jr. On this day, it became the stage for a dramatic confrontation.

Budde, known for her progressive theology and commitment to social justice, departed from her prepared remarks on unity. Instead, she directed her words to Trump, who sat just 40 feet away. "In the name of our God, I ask you to have mercy," she declared, her voice steady but impassioned. Her plea was not just for Trump but for the marginalized communities she felt his policies had harmed—immigrants, LGBTQ+ individuals, and low-wage workers.



Trump, visibly uncomfortable, locked eyes with Budde before turning to Vice President J.D. Vance, who shook his head in disapproval. The image of a female bishop challenging the former president—a figure revered by many conservative Christians—captured the tension between progressive and conservative interpretations of Christianity.

The reaction was swift. By the next day, Trump had taken to Truth Social, his preferred platform, to denounce Budde as a "Radical Left hard-line Trump hater" and demand an apology. His allies echoed his outrage. Rep. Mike Collins (R-Ga.) suggested adding Budde to a "deportation list," while anti-abortion activist Kristan Hawkins dismissed her authority, tweeting, "Female bishop is all you needed to know."

For Trump's base, the incident reinforced their view of him as a defender of traditional Christian values against what they see as the encroachment of secularism and progressive ideology. For Budde and her supporters, however, Trump's policies and rhetoric—from harsh immigration measures to anti-LGBTQ+ legislation—represent a betrayal of the Christian call to love and justice.

Budde's confrontation with Trump was not her first. In 2020, she publicly criticized his photo-op at St. John's Church, which followed the forcible clearing of Black Lives Matter protesters by law enforcement. At the time, she called the event a "sacrilege," accusing Trump of using faith as a political prop.

Her latest sermon, delivered during Trump's second inaugural prayer service, carried even greater weight. With Trump's administration emboldened by a compliant Congress and a series of executive orders, Budde's words were a rare



public challenge to his moral authority. "I wasn't demanding anything. I was pleading," she later explained, emphasizing her call to recognize "the humanity of people who are scared."

The clash between Budde and Trump reflects a larger struggle within American Christianity. On one side are progressive leaders like Budde, who advocate for social justice, inclusivity, and a faith that speaks truth to power. On the other are conservative Christians who see Trump as a protector of their values, particularly on issues like abortion, religious liberty, and traditional family structures.

The incident also highlights the shifting dynamics within American Catholicism and mainline Protestantism. With Pope Francis aging and Trump-

aligned conservatives like Vance gaining influence, the progressive wing of the Church faces significant challenges. Meanwhile, figures like Budde are stepping into the void

left by the retreat of liberal Catholic leaders like former President Joe Biden.

Budde's decision to confront Trump has drawn both praise and condemnation. Progressive Christians have hailed her as a prophetic voice, with over 14,000 supporters signing a petition thanking her within hours of her sermon. Episcopalians have expressed pride in her leadership, while critics have questioned her motives and even her faith.

Yet Budde remains steadfast. "Maybe I was naïve," she admitted in an interview, "but I had to speak." Her sermon, though unheeded by Trump, has sparked a national conversation about the moral voice of Christianity in a polarized society.

In a nation where faith and politics are deeply intertwined, the clash between Bishop Mariann E. Budde and Donald Trump is far more than a personal dispute. It is a microcosm of the broader cultural and spiritual wars shaping America's future. For 14 minutes, Budde dared to remind a president—and a divided nation—that the moral arc of the universe still bends through sanctuaries as much as legislatures.

As Budde concluded her sermon, she reflected on the unpredictable nature of the pulpit: "You can never really predict how things will land." Yet in landing, her words may have already altered the trajectory of a fraught spiritual and political battle.

In the end, the encounter between Budde and Trump is not just about two individuals but about the soul of a nation grappling with questions of power, faith, and moral authority. And in that struggle, the voices of courage—like Budde's—will continue to resonate.



# Donald Trump: A Renewed Threat to Transgender Rights?

It's often said that policies and actions in the USA have repercussions around the world. The USA have elected someone who is a threat to LGBGQ+ rights. I take an interest as I am in touch with many American transgender people in social media and that the repercussions may well follow away from the USA.

I write this with a heavy heart as I have tried to find some positives for transgender people and unless you have a small business, are one of the few LGBTQ+ judges appointed in his last administration or a low level non-violent criminal, given a disproportionate sentence (The First Step Act) there is precious little to look forward to.



## The Surge in Anti-LGBTQ+ Legislation

In 2024, the American Civil Liberties Union (ACLU) tracked a staggering 533 anti-LGBTQ+ bills across the United States, many targeting critical issues such as gender-affirming care and the use of preferred names and pronouns in schools. These legislative efforts disproportionately affect transgender youth, compounding the challenges they already face. A 2023 poll by

The Trevor Project revealed that 86 percent of transgender youth reported negative impacts on their mental health due to debates surrounding their rights and access to essential healthcare.

These bills were primarily sponsored at state level by Republican lawmakers. They were part of a strategy by conservative groups and lawmakers in order to roll back rights of LGBTQ+ people.



Britannica.com

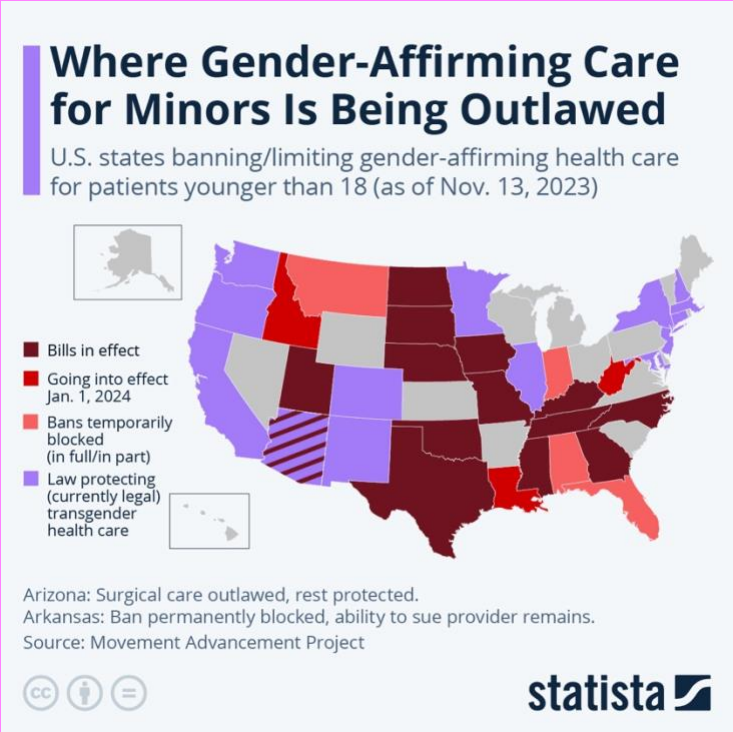
As Donald Trump begins his return to the White House, transgender Americans face the unsettling possibility of another four years under policies hostile to their rights and well-being. Trump's previous presidency set a troubling precedent, and his rhetoric and policy proposals for the future suggest a continued agenda that threatens the transgender community. He promises to further curb civil liberties and the next 4 years promise to be extremely difficult for those he will be targeting.

One of Trump's most concerning promises is his vow to reinstate and expand the transgender military ban. This policy not only devalues the service of transgender individuals but also sends a harmful message that their contributions are less worthy. Such actions would deepen



stigmatisation and undermine equality in public service.

Additionally, Trump has pledged to support anti-transgender legislation at the state level. His endorsements of policies restricting gender-affirming healthcare and banning transgender individuals from participating in sports aligned with their gender identity reveal a continued commitment to marginalising this community. These laws, many of which are already causing harm, could gain further traction under his influence.



Statista.com

Trump’s administration also demonstrated a willingness to reinterpret federal protections to exclude transgender Americans, including in healthcare and education. A second Trump presidency promises renewed efforts to roll back protections for transgender students, strip away access to gender-affirming care, and further restrict the recognition of transgender identities in federal policies.



APNews.com

Perhaps most damaging is Trump’s use of inflammatory rhetoric, which emboldens anti-transgender sentiment. His platform gives legitimacy to those seeking to curtail transgender rights, fostering a climate of fear and discrimination.

I’ve already seen stories of families uprooting and leaving their home state to avoid danger to themselves and preserve the gender affirming healthcare that is so precious.

A second Trump presidency poses a profound threat to the progress made in transgender equality. Advocates and allies must prepare for a renewed fight to protect transgender rights, ensuring the community’s dignity and safety remain at the forefront of the national conversation. The stakes for transgender Americans could not be higher.

I would be very interested in any transgender/LGBTQ+ person reading this who can find positives to look forward to. Please send your replies to us and I will include them in a future issue.

Carla

# A Growing Community of Inclusion and Connection

The Orihuela Costa, a picturesque stretch of Spain's Costa Blanca, is known for its stunning beaches, vibrant expat community, and welcoming atmosphere. In recent years, it has also become a hub for diversity and inclusion, particularly for transgender women who are finding a sense of belonging and community in this sunny Mediterranean paradise. As societal attitudes evolve and visibility increases, we are creating spaces to socialise, support one another, and celebrate our identities.

The Orihuela Costa has long been a popular destination for expatriates from across Europe and beyond. Its relaxed lifestyle, affordable cost of living, and warm climate make it an attractive place to settle. For us transgender women, the area offers an added layer of appeal: a growing sense of acceptance and openness. While Spain as a whole has made significant strides in LGBTQ+ rights, the Orihuela Costa stands out for its inclusive vibe, where people from all walks of life can feel at home.

Local businesses, including bars, restaurants, and cafes, have embraced diversity, creating safe spaces where transgender women can socialise without fear of judgment or discrimination. Many establishments host LGBTQ+ events, providing opportunities for transgender women to connect with one another and the broader community.



The most significant development for transgender women on the Orihuela Costa has been the emergence of the Costa Blanca T-Girls, a social group tailored to their needs. The group provides a platform for sharing experiences, offering support, and organising social activities. Whether it's a casual meet-up at a bar or a meal in a restaurant, these gatherings foster a sense of camaraderie and solidarity.



[www.costablancatgirls.com](http://www.costablancatgirls.com) has also played a crucial role in bringing transgender women together. Social media groups and forums allow individuals to connect, share advice, and plan events. For those



who may feel isolated or unsure where to start, these digital spaces offer a welcoming entry point into the community.

The Orihuela Costa's calendar is increasingly dotted with events that

celebrate diversity and inclusion. Pride celebrations and LGBTQ+ events are just a couple of examples of how the community comes together to honour and uplift transgender women and other marginalised groups. These events not only provide entertainment but also serve as powerful statements of visibility and acceptance.



For transgender women, participating in these events can be an empowering experience. It's an opportunity to express themselves authentically, celebrate their journeys, and feel a part of something larger. The sense of pride and joy that radiates from these gatherings is a testament to the strength and resilience of the community.



As the transgender community on the Orihuela Costa continues to grow, so too does its impact. We are not only finding a place to socialise and connect but also contributing to the cultural fabric of the region. Our presence enriches the community, reminding us all of the importance of acceptance, diversity, and human connection.

For transgender women considering a move to the Orihuela Costa or those already living in the area, the message is clear: you are not alone. A vibrant, supportive community awaits, ready to welcome you with open arms. Together, we can continue to build a world where everyone, regardless of gender identity, can thrive and be celebrated for who they are.

Come and join us





# LGBTQ+ Quiz

## Welcome to the LGBTQ+ Quiz!

Think you know your LGBTQ+ history, culture, and events? Whether you're an expert or just beginning to explore, this quiz is your chance to test your knowledge and celebrate the vibrant diversity of the LGBTQ+ community.

From groundbreaking moments in queer history to influential figures and fun pop culture, this quiz covers it all. It's not just a test of what you know—it's an opportunity to learn, reflect, and deepen your connection to the stories and achievements that have shaped the community.

So grab a pen, gather your friends, or take a moment for yourself, and dive into this celebration of LGBTQ+ pride and progress. Let's see how much you really know! 🏳️‍🌈

### 1. What year was the first rainbow flag flown?

- 1968
- 1978
- 1985
- 1992

### 2. What year did the World Health Organisation stop classifying transgender as a mental and behavioural disorder?

### 3. What was the first musical on Broadway to feature a lesbian protagonist?

- Wicked
- Rent
- Fun home

### 4. Polari refers to a secret language used by some gay people in the UK during the 20th century. But what does the word 'onk' mean?

- Glasses
- Nose
- Hair

### 5. Who designed the transgender flag, and what year was it created?

### 6. The first pride march took place in the streets of New York City in which year?

- 1956
- 1970
- 1978
- 1985

**7. Which flower has historically been used as a light-hearted code for men who are attracted to other men?**

Green carnation  
Pink lily  
White rose

**8. Who made history by becoming the first openly transgender person to have a wax figure at madame Tussauds?**

**9. Which annual awareness raising event takes place on 31 March?**

National coming out day  
LGBTQ+ awareness day  
International day of transgender visibility

**10. Which of these Greek letters were associated with the LGBT+ community?**

Lambda  
Omega  
Delta  
Sigma

**11. Question: What show features the longest running queer character in TV history? Bonus point if you can name the character.**

**12. When did the first European clinical centre supporting transgender people open?**

Now go top the last page to check your answers. Good luck...





# Transgender Icon

## Valeria Vegas

### Valeria Vegas: A Voice for Inclusion and Visibility



*Wikipedia*

Valeria Vegas is a Spanish journalist, author, and screenwriter celebrated for her impactful work in elevating LGBTQ+ visibility and challenging societal norms. Born in Valencia in 1985, Valeria grew up captivated by the power of storytelling, which later became the foundation of her career.

A proud transgender woman, Valeria has been a trailblazer in fostering conversations around gender identity and inclusion. Her breakout book, *Vestidas de Azul* (Dressed in Blue), explored the lives of transgender women in post-Franco Spain, shedding light on untold stories that helped reframe historical narratives. The book inspired the critically acclaimed series *Veneno* (2020), which she co-wrote. The show, based on the life of Spanish transgender icon Cristina Ortiz, known as "La Veneno," became a cultural phenomenon, further cementing

Valeria's status as a leading voice in queer media.



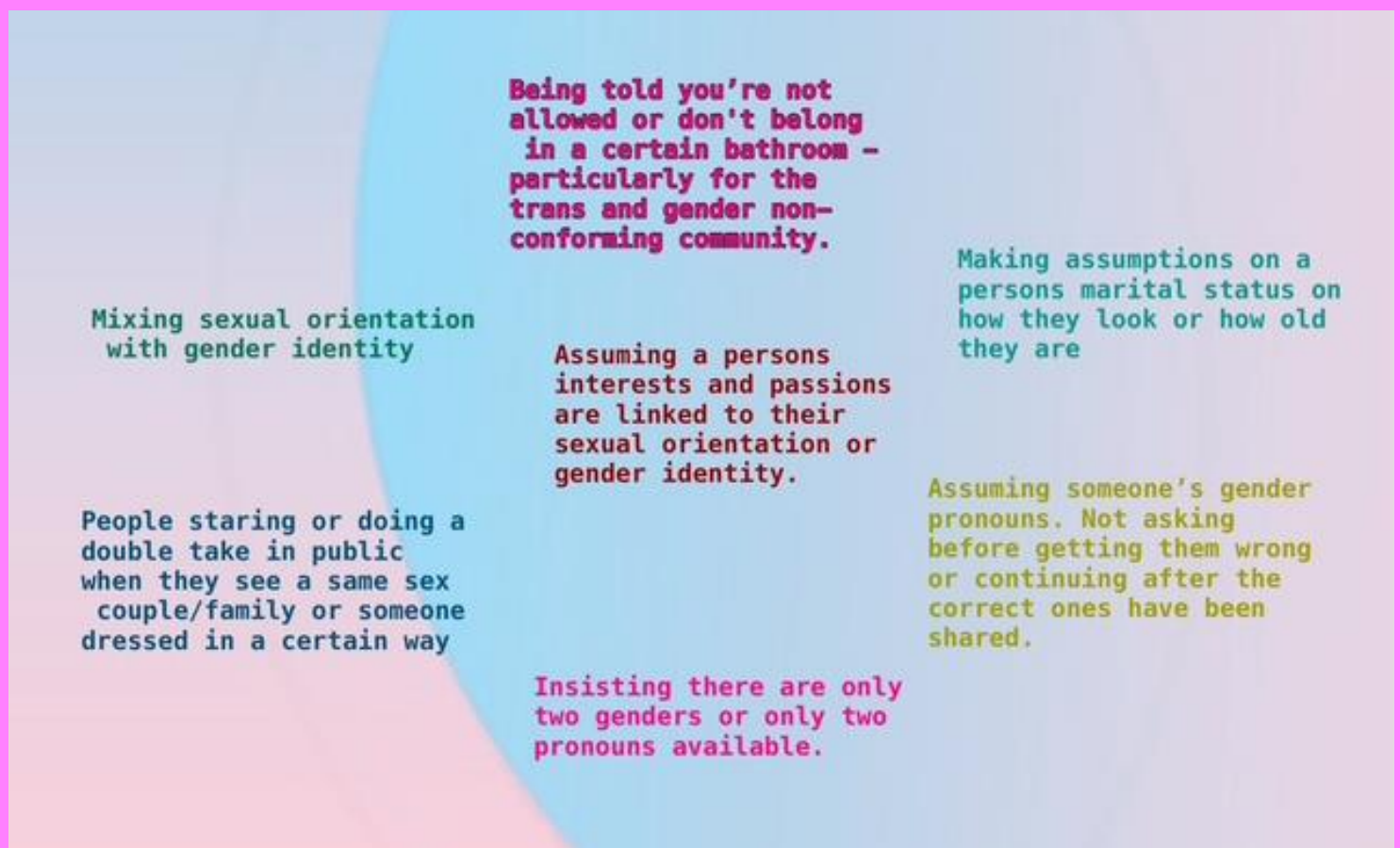
Beyond her literary and screenwriting accomplishments, Valeria is a sought-after speaker and advocate. She frequently appears in media and public forums, where she champions the rights and dignity of LGBTQ+ communities. With her keen journalistic insight and compassionate storytelling, Valeria continues to inspire audiences globally, proving that visibility is a powerful agent of change.



*Diario Sur*

Her work stands as a testament to the resilience and beauty of living authentically, one story at a time.

# The Hidden Wounds of Microaggressions: When Defending Transphobia Hurts the Community



## Defined as...

Derogatory remarks and insults relating to someone's gender identity, expressed verbally or non-verbally, intentionally or unintentionally.

Explicit expressions, verbal or behavioural such as:

- Abusive descriptions, e.g. "Tranny"
- 'Deadnaming' (use of birth or former name without consent)
- Misgendering (saying 'he' instead of 'she' or 'they')

- Excess focus on anatomical sex markers, most usually reproductive organs
- Avoidant behaviour such as moving away or leaving out of a group
- Divisive posters, stickers, leaflets, particularly in toilets
- Intrusive questioning about intimate details

In the fight for equality and inclusion, the unity of marginalised communities plays a critical role. However, what happens when a transgender person defends transphobic behavior or language, such as referring to someone as "a man in a dress"? While this might be seen as an attempt to maintain



peace or avoid conflict, it ultimately undermines progress and reinforces harm within the transgender community.

Microaggressions, which are subtle, everyday slights or insults, whether intentional or not, have a cumulative and damaging effect. For transgender people, phrases like “You’re only a man in a dress” are not harmless. They invalidate identities, perpetuate stereotypes, and reinforce societal rejection. When a transgender individual defends such comments, it sends a troubling message: that transphobia is acceptable or excusable under certain circumstances.



One of the primary reasons this defence is problematic is that it shifts the focus away from addressing harmful behavior and places blame on those who are hurt by it. It suggests that the victim should simply tolerate the harm, which perpetuates a culture of silence and invalidation. Moreover, it provides cover for transphobic individuals to continue their behavior, emboldened by the perceived support of someone within the community.

Defending transphobia also erodes solidarity within the transgender community. It creates division and fosters an environment where some voices are

prioritised over others. This can discourage individuals from speaking out about their experiences and reduce collective advocacy for systemic change. It’s crucial to remember that progress for one is progress for all, and excusing harmful language or behavior only slows that progress.

For those who feel compelled to defend transphobic individuals, it’s important to examine the motivations behind this response. Is it fear of confrontation? A desire to fit in or avoid drawing attention? Recognising these motivations can help individuals reframe their responses in ways that prioritise dignity and respect for all. Addressing transphobia, even subtly expressed, doesn’t require aggression or hostility; it can be done calmly and assertively.

As a community, allies and transgender individuals alike must commit to calling out harmful behavior, even when it’s uncomfortable. Education and accountability are key to fostering an inclusive culture. Supporting those who experience microaggressions and challenging transphobic language, regardless of the source, is essential for building a world where all identities are respected and valued.

Transgender people deserve spaces where they feel seen, heard, and validated. Defending transphobic behavior, no matter the intent, undermines that goal. By standing firm against microaggressions and fostering solidarity, the community can move closer to a future of true equality and understanding.

# Noa-Lynn van Leuven

## Transgender Darts Ambassador and ground breaker.

I started 2025 as I have started so many new years in the past. Recovering from a few days of (some) over indulgence whilst scratching around for something decent to watch on TV. Numerous childrens programmes and old films continually repeated and the promise of dry January to look forward to (for some, and why is a dry month suggested in the most depressing month of the year?). Then I found the darts...

Darts and I go back a long way. It sort of runs in the family you see. As a teenager and into my early 20s I played for a mixed darts team. We played against other mixed darts teams and it made for some fabulous evenings. I even won a couple of trophies.

My mum and her mum (my grandma) also played for a team, the local Liberal club. In the evenings I would sometimes play against my mum, as her practice for matches. An interesting dynamic as we went our separate ways for our respective teams before coming home and sharing the details of our teams win or loss.

When there's nothing else on TV around this time, the world darts championship often comes to the rescue. This time with a 17 years old taking the world by storm. Spoiler alert! Luke Littler won the title, but that's not the focus of this article.

## Enter Noa-Lynn van Leuven

It was when I saw Noa-Lynn van Leuven become the first transgender person to compete at a televised darts event and first to play at the PDC World Darts Championship, that awoke my interest.

In the traditionally male-dominated world of darts, few stories are as groundbreaking and inspiring as that of Noa-Lynn van Leuven. The Dutch darts player has not only carved out a successful career in the sport but has also become a beacon of hope and visibility for transgender athletes worldwide.



Photo from the Guardian

Born and raised in the Netherlands, Noa-Lynn discovered her love for darts at an early age. Growing up, the sport became a refuge where she could express herself and hone her skills. However, her journey to self-acceptance and professional success wasn't without challenges. Coming out as transgender in a competitive and often conservative and masculine sporting environment required immense courage and determination. Yet, Noa-Lynn's



resilience and authenticity have become her greatest strengths.

Since embracing her true self, Noa-Lynn has worked tirelessly to challenge stereotypes and create space for diversity in darts. She has competed in numerous tournaments, earning respect not only for her skill but also for her poise and integrity. Her presence in the sport serves as a powerful reminder that talent transcends gender and that everyone deserves the opportunity to compete as their authentic selves.



Photo from Reachpartners.kz

## Advocate

Off the board, Noa-Lynn is an outspoken advocate for LGBTQ+ inclusion in sports. She uses her platform to raise awareness about the barriers faced by transgender athletes and to promote conversations about equality and respect. Her activism has inspired many, fostering greater understanding and acceptance both within and beyond the darts community.

Noa-Lynn van Leuven’s story is a testament to the power of perseverance and authenticity. By breaking barriers and challenging norms, she has not only achieved personal success but also paved

the way for future generations of transgender athletes. In doing so, she reminds us all that the most important victories are those that bring us closer to a more inclusive and equitable world. But it’s not without its issues...

## Barriers continue

Unfortunately, her fight for inclusion has reached something of a barrier.

Despite the usual criticism from certain parts of the media, she has received support from her current professionals, including former world champion Luke Humphries.

In this years World Championship, she lost 3-1 in the first round to Kevin Doets before failing in her attempt to gain a PDC tour card, which would allow her to participate in specific non TV based darts tournaments all over Europe.

She had participated in the PDC European Qualifying School with the aim of securing a Tour Card, which would have granted her the status of a full-time professional darts player. Unfortunately, she did not succeed in obtaining the Tour Card during this attempt. Following this setback, van Leuven announced a hiatus from the sport to focus on her mental health, stating that the experience had triggered past traumas.

We wish her well in the future both professionally and personally.

Carla X

# Inspirational Quotes

**Looking for inspiration? There are so many people out there fighting for a positive future for all of us!**

**"If you think you are too small to make a difference, try sleeping with a mosquito."**

*-Dalai Lama*

**"Well-behaved women seldom make history."**

*-Laurel Thatcher Ulrich*



<https://scholar.harvard.edu/laurelulrich/bio>

**"Women who seek to be equal with men lack ambition."**

*-Marilyn Monroe*

**"Femininity needs to be embraced wherever it is, whether it be in a man or a**

**woman or a gender non-conforming person."**

*-Emma Watson*

**"I'm over trying to find the 'adorable' way to state my opinion and still be likeable. Fuck that. I don't think I've ever worked for a man in charge who spent time contemplating what angle he should use to have his voice heard."**

*-Jennifer Lawrence*

**"A girl should be two things: who and what she wants."**

*-Coco Chanel*

**"All men should be feminists." If men care about women's rights the world will be a better place. We are better off when women are empowered – it leads to a better society."**

*– John Legend*

**"My femininity makes me a better man."**

*—Mars Wright (he/him) is a trans man, artist, and streetwear designer who started [Life On Mars apparel](#).*

**"Tell your stories. Often and loudly. We need to hear you, and you need to be heard. Tell your stories. Someone is listening. I promise." —Tony Amato (he/him) is a writing coach and author.**

**"We have to free half of the human race, the women, so that they can help to free the other half."**

– Emmeline Pankhurst



Picture from Cosmopolitan.com

**"A woman can be masculine, a woman can be trans, a woman can be intersex... a woman can be whatever she identifies as. It doesn't make her any less of a woman."**

*Munroe Bergdorf in Vogue 2018*

**"I think trans women, and trans people in general, show everyone that you can define what it means to be a man or woman on your own terms. A lot of what feminism is about is moving outside of roles and moving outside of expectations of who and what you're supposed to be to live a more authentic life."**

– [Laverne Cox](#) (actor)



Laverne Cox - Picture from cosmopolitan.com

**"We have the power to create our own reality. Dream it, Think It, Say It, Do It."** —*Twiggy Pucci Garçon (she/her/hers & they/them/theirs) is a director, producer and healer. In 2023, she won the GLAAD Media Award and was nominated for an Emmy as the producer for [All Boys Aren't Blue](#).*

**"Do not allow people to dim your shine because they are blinded. Tell them to put on some sunglasses, because we were born this way."**  
– Lady Gaga

**"Personally, coming out was one of the most important things I've ever done, lifting from my shoulders the millstone of lies that I hadn't even realized I was carrying."**  
– Sir Ian McKellen



**"When you show up as your authentic self, whatever that may be, you allow others to do the same, creating the world we all deserve."**—*Shanna Katz Kattari (they/them) is a professor, sexuality educator and activist.*



<https://srgcollective.com/shanna-k-kattari/>

**"There's a tremendous amount of power in community and in defiant joy. Keep your chin up, find people who get you, have each other's backs."** —*Fureigh (they/them) is an indie rocker writing songs to stay alive to.*



<https://soundslikefury.com>

**"I want back the years I worried about my own authenticity. Turns out, confidently being yourself makes you a source of**  
*Maroon (he/they) is a civil rights advocate, community health and nonprofit leader, and author Co-Chair, WA State LGBTQ Commission.*



<https://www.imdb.com/name/nm5786013/>

**...And a very special one to clñose with:**

**"People used to think I was a monster. And for a long time, I believed them. But after a while, you learn to ignore the names that people call you and you just trust who you are."**  
– *Shrek*

\*\*\*\*\*

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<https://spotify.link/FhWLMteyFJb>

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[@carlamoss80](https://www.tiktok.com/@carlamoss80)

# What is Normal anyway?

One of the phrases that comes up time and again, especially on social media, is that transgender people aren't 'normal'. Really? It feels pretty normal to me.

Transgender people often face the label of being "not normal" because we challenge long-standing societal expectations about gender. Many societies have historically operated under a rigid gender binary—male and female—tied to biological sex (assigned) at birth. Transgender identities disrupt this binary by asserting that gender is not solely determined by biology but is instead a deeply personal and multifaceted experience.

Some people label transgender people as "not normal" due to a lack of understanding, ignorance, fear of difference, or adherence to narrow definitions of gender shaped by tradition or misinformation. Additionally, cultural stigmas and systemic discrimination perpetuate this harmful narrative, marginalising transgender individuals and framing us as outsiders.

***Or in simple terms...***

***“you don’t do things like me and that makes me uncomfortable”***

## **Why Transgender People Are Normal**

If "normal" is understood as what is natural and valid for human diversity, transgender people are absolutely normal. Gender diversity has existed across cultures and throughout history. Many societies, such as Indigenous cultures in North America and South Asia, have long recognised and

respected gender identities beyond the binary.



A Normal Sunday Evening

Moreover, being transgender is a natural expression of human variation, much like differences in personality, appearance, or sexuality. People's experiences of gender are as diverse as humanity itself. Transgender people deserve to be embraced as part of this rich tapestry, not cast as "abnormal" for embodying their truth.

## **Challenging the Concept of "Normal"**

Rather than striving for "normal," society benefits from embracing *authenticity*. A more inclusive understanding of humanity recognises that diversity, including gender diversity, enriches our world and challenges harmful stereotypes. Transgender people are not only normal—we are vital, valid, and invaluable members of society.

# LGBTQ+ Quiz Answers

## 1. What year was the first rainbow flag flown?

**1978**

The gay artist and drag performer, Gilbert Baker, designed the first rainbow flag, which was flown for the first time on 25 June 1978 during the San Francisco Gay Freedom Day parade. Baker later revealed that he created the symbol of pride for the community with the help of the first openly gay elected official in the US, Harvey Milk. To celebrate the rainbow flag's 25th anniversary in 2003, Baker created a world recording-breaking flag that was 1.25 miles (2km) long. The flag was later cut into sections that were distributed to more than 100 cities around the world.

## 2. What year did the World Health Organisation stop classifying transgender as a mental and behavioural disorder?

**May 2019**

In May 2019, the World Health Organisation officially changed the global manual of diagnosis as in the previous manual it was considered a gender identity disorder.

Homosexuality was only removed from the International Classification of Diseases in 1992.

## 3. What was the first musical on Broadway to feature a lesbian protagonist?

**Fun home**

Fun Home is largely considered Broadway's first mainstream musical to feature a lesbian protagonist. It tells the coming-of-age story of Alison and traces her life, from her youth, her college years and through to the present day, where she is struggling to write her own graphic autobiography.

The production, adapted from Alison Bechdel's 2006 memoir of the same name, made history when it won five Tony Awards, including Best Musical, in 2015.

Lesbian characters are also featured in musicals such as Rent and The Colour Purple.

## 4. Polari refers to a secret language used by some gay people in the UK during the 20th century. But what does the word 'onk' mean?

**Nose**

In the UK, homosexuality between men was illegal until 1967. This meant that anyone who broke the law could face a lengthy jail sentence. As a result, gay and bisexual men devised their own way of communicating with each other safely. This language is called Polari.



The Polari word ‘onk’ refers to nose. According to the Oxford English Dictionary, Polari first originated in the 18th and 19th Centuries, where it was used by various groups, including circus people and other travelling performers, Roma people and sailors. Evidence of how Gypsy/Traveller language has been integrated into everyday language.

**5. Who designed the transgender flag, and what year was it created?**

In 1999, transgender woman Monica Helms created the first transgender pride flag, which was first shown at a Pride parade in Phoenix, Arizona. The flag has three different colours: blue for trans men, the pink for trans women and the white stripe in the centre representing the non-binary community.

**6. The first pride march took place in the streets of New York City in which year?**

**1970**

On 28 June 1970, a group of LGBT+ activists organised a march to demand civil rights. This protest is now recognised as one of the first ever Pride marches. The parade was sparked by the [Stonewall uprising](#) a year earlier, when a group of LGBT+ people rioted following police raids of a gay bar called Stonewall Inn. This kickstarted what is commonly acknowledged as the beginning of the modern LGBT+ rights movement.

**7. Which flower has historically been used as a light-hearted code for men who are attracted to other men?**

**Green carnation**

Floriography is the term for the coded language of flowers, and it has been used for thousands of years in Europe, Asia and Africa. The green carnation is perhaps the most famous flower associated with LGBT+ movements. The symbol was popularised by the gay writer and poet Oscar Wilde, when he asked his friends to wear them on their lapels to a showing of his play *Lady Windermere’s Fan* in 1892. Similarly, violets have been a historical symbol of love between women.

**8. Who made history by becoming the first openly transgender person to have a wax figure at madame Tussauds?**

Laverne Cox, who played Sofia in *Orange is the new black*, is the first openly trans person to have a wax figure at Madame Tussauds. In 2014, she was also the first openly trans person to be nominated for an Emmy.

**9. Which annual awareness raising event takes place on 31 March?**

**International day of transgender visibility**

First held on 31 March 2009, International Transgender Day of Visibility (TDOV) is dedicated to commemorating transgender and non-binary people worldwide. The day was founded by the activist Rachel Crandall, who hoped to create an event where people could re-focus on celebrating the lives of transgender and non-binary people. In 2021, Joe Biden became the first US President to issue a formal proclamation recognising the event and in his speech he called for Americans to join the fight for equality for all transgender people. In 2024, the day coincided with Easter Sunday and the double event was successful in outing many transphobes who entered social media to complain, despite the date being constant and Easter Sunday changing every year.

**10. Which of these Greek letters were associated with the LGBT+ community?**

**Lambda**

The lowercase Greek letter lambda ( $\lambda$ ) was selected by gay activist Tom Doerr as the symbol of the New York chapter of the Gay Activists Alliance (GAA) in 1970. The lambda soon became recognised as an LGBT+ symbol, being used by the International Gay Rights Congress in Edinburgh, the gay rights organisation Lambda Legal, and the Lambda Literary Foundation, among others. According to GAA literature, Doerr chose the symbol for its meaning in chemistry and physics: "a complete exchange of energy – that moment or span of time witness to absolute activity".

**11. Question: What show features the longest running queer character in TV history?  
Bonus point if you can name the character.**

**Dr Callie Torres played by Sara Ramirez**

**12. When did the first European clinical centre supporting trans people open?**

It opened in 1919 when Magnus Hirschfeld's Institute of Sexology in Berlin was founded. In addition to providing clinical support for trans people, the institute included a museum and archive and a lecture theatre where people could access sex advice, marriage counselling and birth control. The Institute was raided and destroyed by the Nazis in 1933.

***I'm not going to judge your performance as this is purely for information and awareness purposes. Thank you for taking the time to read*** 