

Healing is Possible

You are not alone. Transgender survivors of sexual violence can take healing and power back into our own hands. Many of us are living vibrantly while mending, connecting, and growing.

There's no right or wrong reaction after surviving sexual violence – quiet or loud, confused or clear, angry or calm, sad, numb, unsure, heartbroken, scared, or anything else.

Centering Healing

- Focus on basic needs: food, sleep, hydration, movement, medications, and rejuvenating self-care.
- Reach out to caring people in your life. Ask them for help, and talk about what happened.
- Prioritize activities that make you feel grounded in your gender and expression.
- Find things that make you feel safe, comforted or connected.

Remember that you are worthy of healing, and you deserve to feel better.

More information and resources

To access these online, visit www.taasa.org/transurvivors for a list of hyperlinks.

- **Trans Lifeline** (877) 565-8860
- **Self help guide to healing** (Forge)
- **Therapist guide** (Forge)
- **The Trevor Project hotline:** 1-866-488-7386
- **Friends and Family Toolkit** (The NW Network)
- **Partner Abuse in LGBTQ communities** (The Network la Red)
- **Central Texas Trans Resource Guide** (Out Youth)
- **Rape, Abuse, Incest National Network:** 800.656.HOPE
- **aligo**, a queer people of color organization

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Trans Survivors of Sexual Assault



For transgender survivors of sexual violence, our journeys are layered.

Typical stories about sexual assault often don't include us, which can make surviving abuse or violence feel lonely and confusing. Transgender survivors (including nonbinary, genderfluid, two spirit, and agender people and others who don't identify with the gender they were assigned at birth) deserve healing and support.

Sexual violence involves any sexual behaviors, actions, and/or words where consent is not given freely. This includes attempted and completed acts of sexual violence. Some forms of sexual violence are legally defined as criminal acts, while others are not. Only the survivor determines what experiences are harmful, valid or deserving of acknowledgement.

It is also important to remember that sexual violence is never our fault as survivors and our healing is ours to control.

Overcoming Challenges

Surviving sexual violence can affect our feelings about gender or sexuality. It's natural for a person's life experience to inform their identity. It's okay to question your gender, feel dysphoria related to the assault, or not have it all figured out.

Many services fail to treat transgender people with dignity. This often discourages survivors from getting help through doctor's appointments, therapy, or community organizations. It's valid to feel afraid, disappointed or exhausted by this. When going into a potentially hostile or unfriendly environment, consider bringing a supportive person with you. If you'll need to discuss your body, bring a list of words you use for different parts of your body to give to the provider.

If the person who harmed you is also transgender or queer, telling your story may feel complicated. Sometimes we might worry that accusing them could feed into transphobic narratives of trans and queer people as sexual predators.

Speaking the truth about what happened can be challenging. Ultimately, you aren't responsible for what others believe about the trans community; honoring the full range of trans experiences, including yours, is more important than what others might think of us.

Sometimes trans folks are not believed or rejected when we tell the truth about our experiences. Whether it's about identity or sexual violence, having your reality invalidated can be devastating. You deserve to be believed, understood and supported; you deserve people who see you fully.

Although facing sexual violence, harassment, and abuse are a reality for many transgender people, we all deserve lives filled with peace and joy.