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Gender

Carlo Cuneo, LCSW, CST

Working with Transgender and Gender-Diverse Minors

LSU Psychiatric Residency

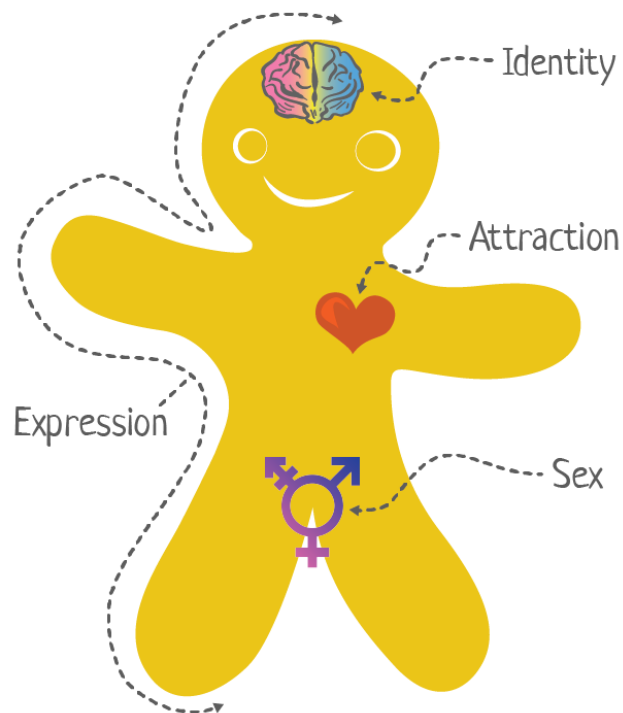
Program

October 8, 2025

Carlo Cuneo, LCSW, CST



The Genderbread Person v4 by its pronounced METROsexual.com



⊘ means a lack of what's on the right side

 Gender Identity

⊘ → Woman-ness
⊘ → Man-ness



Gender Expression

⊘ → Femininity
⊘ → Masculinity



Anatomical Sex

⊘ → Female-ness
⊘ → Male-ness

Identity ≠ Expression ≠ Sex
Gender ≠ Sexual Orientation

Sex Assigned At Birth
□ Female □ Intersex □ Male

 Sexually Attracted to... and/or (a/o)

⊘ → Women a/o Feminine a/o Female People
⊘ → Men a/o Masculine a/o Male People

 Romantically Attracted to...

⊘ → Women a/o Feminine a/o Female People
⊘ → Men a/o Masculine a/o Male People

Definitions:

Transgender

Definitions:

Transgender

- Binary Trans (AFAB, AMAB)
- Genderfluid / Non-Binary

Jazz Jennings



Jazz Jennings (Age 5)



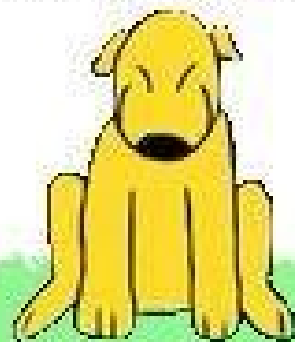
Hunter Schafer



Zaya Wade



How To Tell Your Dad You're Trans



By: Trans American



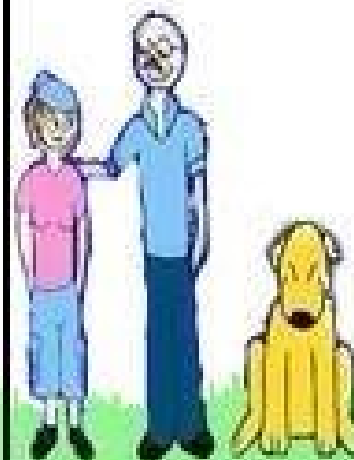
Go get it!



Who's a good boy?



I am



Names / Pronouns

It's pretty simple – ask.

Respectful Language

Transman / Transwoman

Transgirl / Transboy

Transyouth / Transkid

Assigned Male/Female (AFAB/ AMAB)

MTF / FTM (outdated – mostly medical use)

Male-bodied / Female-bodied (outdated)

Names / Pronouns

But is it simple?

TRANS YOUTH PREVALENCE

From Williams Institute
(UCLA) Report (2025)
using
CDC Data:

TRANS YOUTH PREVALENCE

3.3% of US Youth Identify
As Transgender
(724,000 people)

Youth are 25% of all who identify as transgender
While they represent 8% of the population

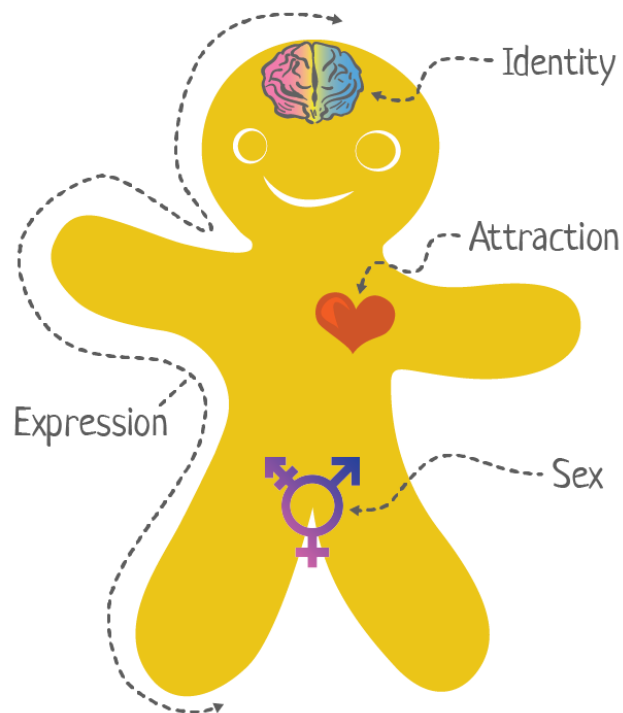


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Non-Binary Identities

- Agender / neutrois / gender-neutral
- Demigender (demiboy / demigirl)
- Pangender
- Two-Spirit
- Genderqueer



Names / Pronouns

Remember when I said “It's pretty simple. - Ask”

It's not always so simple.

Gender-neutral pronouns

They / them / their or ze / zer

Legal Recognition

23 States and the District of Columbia have non-binary (X) options on State legal documents.



**ALL GENDER
RESTROOM**

ALL GENDER RESTROOM



RESTROOM

THIS RESTROOM MAY BE USED BY
ANY PERSON REGARDLESS OF
GENDER IDENTITY OR EXPRESSION

Definitions:

Allied Identities:

- Intersex (~~hermaphrodite~~) (PLWDSD)

Intersex

- Approximately 2% of the population
- **Congenital** [chromosomal – e.g. (XX|XY)]
 - XXX, XXY, XO
 - Androgen insensitivity syndrome (AIS) – 1:20k XY
 - Congenital adrenal hyperplasia (CAH) – 1:15k XX
- **Environmental** (e.g. injuries)

Cisgender

Gender Dysphoria

- DSM-5:
 - 302.85 (F64.1) Gender dysphoria in adolescents and adults
 - Specifiers:
 - With a disorder of sex development
 - Posttransitional

Gender Dysphoria

- DSM-5:
 - 302.6 (F64.2) Gender dysphoria in children
- Specifiers:
 - With a disorder of sex development

“The Benjamin Standards”

- Named after Harry Benjamin
- Guides mental health professionals, endocrinologists, surgeons
- Currently 8th edition (2011)
- 1st Edition published in 1979
- Published by the World Professional Association for Transgender Health

WPATH Standards of Care

Version 4

(Where I got Started)

Published by HBGDA (1990)

Required “Real Life Test”

WPATH mostly led by cisgender people

WPATH Standards of Care

Version 5 (1998)

Published by HBIIGDA

Transpeople have a role in development

Therapy recommended but not required

WPATH Standards of Care

Version 6 (2001)

Published by HBGDA

Allowed exceptions to RLT and psychotherapy
requirements for HRT

Allowed for mastectomies for transmen

WPATH Standards of Care

2006

Changed name to WPATH

2007

First transgender President

WPATH Standards of Care

Version 7 (2012)

Did away with RLT

More evidence-based basis

More flexibility in eligibility criteria

More awareness of gender as a spectrum

WPATH Standards of Care

Version 8 (2022)

Comprehensive evidence-based
Recommendations

First to discuss treatment of adolescents

2021

“Vulnerable Child Protection Act”

2022

“SAFE – Save Adolescents From
Experimentation”

Trans Athletes bill (passed)

“Don't Say Gay” bill

2023

“Stop Harming Our Kids Act”

HB 648

- 1) Ended Gender-Affirming Medical Care For Minors in LA
- 2) Teachers and Pronouns + Required Disclosure
- 3) “Don't Say Gay”

Societal Impact

- From a survey by Gender Advocacy Training and Education (GATE) – (2011):
- 80% of TG students feel unsafe at school because of reactions to their gender



Rates of Sexual Assault

- Cisgender Females: 25-33%
- Cisgender Males: 18-25%
- Transgender: 50-66%

Gender of Perpetrator

- Male: 90%
- Female: 29%
- Transgender: 12%

Suicide Statistics

- 41% of all transgender people attempt suicide
- 64% if sexual abuse/assault survivor
- 1.6 non-transgender population

Revictimization

- Percentage of transpeople who report at least 1 instance of sexual abuse/assault: 27%
- 64% of transpersons who experience childhood sexual abuse later experience at least one other form of victimization



Sexual Trauma Awareness & Response

The Myth of Transgender Regret

- Survey results – Gender Advocacy Training and Education Survey – (2011)
 - 94% report an increase in quality of life
 - 96% report increased sense of wellbeing
 - 97% report satisfaction with hormone therapy
 - 96% report satisfaction with chest surgery
 - 90% report satisfaction with genital surgery
 - 90% report personality improvement

Tordoff et al. (2022)

- JAMA Network Open
- 104 TNB youth 13-20 years

Tordoff et al. (2022)

- Results at 12-month followup:
- Gender-Affirming Care associated with 60% lower rates of moderate to severe depression
- Also associated with 73% lower odds of suicidality for same period of followup



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