

Transsexuals - the myths / 一些迷思

- "Are they just men who like dressing in women's clothes?" NO! Transsexualism is about who you feel you are, not about how you dress. And by the way, there are just as many transsexual males; people labelled female at birth who live male lives.
- "Are transsexuals mentally ill?" NO! Nowadays, more and more experts, including psychiatrists, argue that transsexuals are simply different. Yes, transsexuals are often anxious, depressed, even suicidal. But those feelings often arise out of the unwillingness or inability of family, friends and society to accept their difference.
- "Are they unnatural?" NO! Transsexuals are a natural part of humanity. There have always been transsexuals in almost every culture worldwide. That includes China and other Asian cultures, as well as in the West.
- "Are they just homosexual? Do they live as they do so they can have homosexual relationships more easily?" NO! Many transsexuals first experience their feelings long before they develop any sexual interest whatsoever! Some of them, when they do develop a sexual interest, become interested in people of the different biological sex, not the same one! And almost all transsexuals will tell you that it is all about being who they need to be, not attracting those whom they happen to like.
- "Do they choose to be transsexual?" NO! They don't choose to feel that way! It's their gender identity. And those who go on to live transgendered lives will tell you that they had no real choice - it was something they had to do.

- 「換性人(俗稱「變性人」)只是喜歡穿著女人衣服的男人嗎?」不是! 換性現象, 是在於你認為你自己是誰, 而不在于你的衣箱打扮。而且, 出生時被標籤為女性、但過著男性生活的換性男士, 人數與換性女士差不多。
- 「換性人有精神病嗎?」沒有! 現在越來越多專家, 包括精神科醫師, 認為換性人只是與大眾有所不同。無可否認, 一些換性人時常會感到有憂慮、抑鬱, 甚至有自殺的傾向。但這些感覺, 多是源自家人、朋友和社會不能或不願意去接受他們的這些不同之處。
- 「換性人是違反自然嗎?」不是! 換性人是人類自然的一員。世界上幾乎各種文化都有換性人的存在; 這包括亞洲及西方的文化, 以及我們的神州大地。
- 「換性人是同性戀者嗎?他們這樣生活, 是為了更容易地維持他們的同性戀關係嗎?」不是! 很多換性人士, 很年輕時就已經發現自己對生理身體性別不能認同的感覺; 這種感覺, 遠比他們發現自己喜歡和甚麼性別的人談戀愛或發生關係為早。當中也有一些人, 會喜歡和那些跟自己天生生理性別不同的人談戀愛或發展關係。其實, 幾乎所有換性人士都會告訴你, 他們所過的生活, 全是為了要成為他們需要成為的人, 並不是為了吸引他們喜歡的人。
- 「他們自己選擇成為換性人嗎?」不是! 他們根本沒有選擇要有這種身心不一致的感覺。這是關於他們對自己性別的認同問題。那些過著跨性別生活的人, 都會告訴你他們根本沒有甚麼選擇 — 一切都只不過是他們需要去做的事情。

I've never been confused about my gender identity! It's everyone else who's been confused about it. I don't have a problem with it, it's others who have the problem. Robin, a Hong Kong transsexual.

香港換性人士協賓:「我對自己的性別認同, 從來都是毫無疑問的! 心存疑問的是除我以外的所有人。我對自己的性別認同一點問題都沒有, 有興趣的是他們!」

Transsexuals - pained lives / 痛苦的人生

- We are all labelled 'male' or 'female' as soon as we enter this world. Everyone inside and outside the family, in childhood and in adulthood, expects us to live according to these labels. As a result, many transsexuals grow up confused and isolated, deeply ashamed of who and what they are, trying to hide their feelings, hoping they will go away, and living unfulfilled lives of great unhappiness.
- Transsexuals are often rejected by family and friends, and face prejudice and discrimination, particularly in employment, where they find it hard to get a job, get promoted or even avoid getting sacked.
- In Hong Kong they cannot currently change their legal status. For many, even those whose partner accepts them for who they are, marriage is impossible.
- So many transsexuals become socially isolated, living at the margins of society, depressed, helpless and suicidal. In one month in 2004, two transsexuals in Hong Kong committed suicide.

- 打從我們進入這個世界開始, 我們就被標籤為「男性」或「女性」。家裡內外、以及童年與成人時代的所有人, 都期望我們會依據這些標籤, 過我們的生活。就是這些緣故, 很多換性人士成長在困惑和孤獨的環境裡。他們對自己究竟是誰, 對自己究竟是甚麼, 都感到羞恥莫名。他們會嘗試隱藏他們自己的感覺, 並希望那些感覺會隨年月自動消失。但他們會為無法實現自己渴望的生活, 感到極大的痛苦和遺憾。
- 換性人士往往都被家庭和親友拒諸千里之外。此外, 他們就業時面對僱主的偏見和歧視, 更令他們無論是找工作、考慮升職、或是避免解僱, 都遇到諸多困難。
- 在香港, 換性人士暫無法更改他們的法定身份。對很多換性人士來說, 即使他們的伴侶接受他們, 結婚, 還是一件不可能的事。
- 實在有太多換性人士在社交上被孤立, 被迫在社會的邊緣裡掙扎求生, 因而感到抑鬱、無助, 甚至有自殺傾向。2004年的一個月內, 香港就先後有兩名換性人士不幸輕生。

Taking steps / 處理問題的措

- What can teachers, social workers, doctors and others do to help young people, and adults they believe may be questioning their gender identity?
 - Be accepting. Do not judge.
 - Be supportive.
 - Show them this leaflet.
 - Read it carefully yourself.
- What to do if you are unhappy as a member of your current sex?
 - Contact us at TEAM (enquiry@teamhk.org) or visit us at our website (http://www.teamhk.org). At our meetings you have a chance to meet other transsexuals, as well as other people who, though not transsexual themselves, support the transsexual community in Hong Kong.
 - Consider contacting a professional. Social workers, counsellors, family doctors and others can all help in different ways. For example, a family doctor could refer you to the Gender Identity Team at the Sex Clinic at Queen Mary Hospital.

• 教師、社工、醫生和其他有關人士, 該如何協助那些對自己性別認同有所懷疑的青年和成人?

- 要接納他們。不要自行判斷。
- 要支持他們。
- 讓他們閱讀此傳單。
- 你自己也要小心閱讀傳單的內容。

• 若你對你現時性別感到不滿意, 該怎麼辦?

- 你可以以電郵方式聯絡 TEAM (enquiry@teamhk.org<mailto:enquiry@teamhk.org>), 或參閱我們的網站 (http://www.teamhk.org<http://www.teamhk.org/>)。你也可以透過參加我們聚會的機會, 認識其他換性人士, 以及其他致力支持香港換性社群的非換性朋友。
- 你可以考慮聯絡專業人士。社工、輔導員、家庭醫生和其他專業人士都可以提供不同層面的協助。比方說, 家庭醫生便可以轉介你到瑪麗醫院性診所的性別認同小組, 接受更深入的評估。

Transsexual and other transgendered people are part of God's creation. They are simply different to most of the rest of us. They are neither mentally disordered or sinful. Actually, the real disorder is the inability of society to accept their difference. The real sin is the unwillingness to do so. Dr. Sam Winter, Head of Division of Learning Development and Diversity, Faculty of Education, University of Hong Kong

香港大學教育學院學習、發展及多元教育部主管 蔡焯, 濕特博士:「換性人士和其他跨性別人士都是上天創造出來的。他們只是跟大部份人有一點點的差異。他們這些差異, 既不是精神錯亂, 更不是罪孽。真正的錯亂, 是社會未能接納他們的這些差異; 真正的罪孽, 是有些人根本不願意去接納這些差異。」

Transsexuals - the facts / 一些事實

- We all expect males and females to act differently. In fact everyone has a bit of 'male' and 'female' in them. We all need to express our 'male' and 'female' qualities.
- Some males display 'feminine' behaviour. Some females act in a 'masculine' way. Where a person displays this sort of behaviour regularly, and in lots of situations, we often talk about transgendered behaviour.
- Some people go further. They grow up feeling, often from a very early age, deeply unhappy being members of the sex they were assigned at birth. They feel a deep need to live life as members of the other sex. They question their gender identity. We often call them transsexuals. They are a special group of transgendered people. A lot of recent work suggests that biology may play an important part in their development.
- Many transsexuals live in their chosen gender. Sadly, others don't feel able to do so. They just try to get on with their lives, perhaps hoping that their feelings will go away
- Transsexuals can contribute to society as fully as any other people. In Hong Kong there are transsexuals working in fields as diverse as business, government and education.
- Nobody knows how many transsexuals there are in Hong Kong. Many keep their feelings to themselves. Elsewhere, it has been estimated that 1/500 of us may be unhappy living life in our birth gender.

- 我們都期望男性和女性有不同的言行舉止。其實, 每一個人都有「男性」和「女性」的一面。我們都需要表現這些「男性」和「女性」的特質。
- 有些男人會有很「女性化」的行為。有些女人會有很「男性化」的舉止。當一個人定期於不同的情況下有上述的表現, 我們會稱之為跨性別行為。
- 有些人的跨性別行為就更進一步。從很年幼開始, 他們就已經對出生時被指定的性別感到不滿意。他們感覺到, 他們需要成為另一性別的一員, 過另一性別的生活。一開始, 他們就對自己的性別認同與生理性別存在差異, 有所懷疑。我們經常稱他們為換性人士(或俗稱「變性人」)。他們是所有跨性別人士中比較特殊的一群。近年很多研究都指, 一些人之所以成為換性人, 生理的要素可能擔當著很重要的角色。
- 很多換性人士選擇以心裡認同的那個性別身份來過生活。可惜的是, 當中也有一些人認為他們沒有能力這樣做。他們只有繼續他們的連心生活, 並期望他們的那種身心不一的感覺會隨年月自動消失。
- 換性人士, 跟其他人一樣, 同樣可以為社會作出貢獻。香港換性人士的就業分佈廣泛, 有人投身商界, 也有人在政府和教育界裡工作。
- 沒有人知道香港究竟有多少換性人士, 因為很多人都竭力隱藏自己的真實感覺。而在其他地區, 據統計, 大概每五百人當中就有一個人會對自己出生時被指定的性別感到不滿意。

Whenever the term 'transsexual' is mentioned, Hong Kong people can only link it with negative terms like 'yan yiu', shemales, perverts, etc..... even if I can ignore others' comments and live for my own life, the society still doesn't recognize us. Like any other women, I wish to love someone and be loved too; however it seems that no men could accept transsexual women like me. Even if I'm lucky enough to find a boyfriend, I still can't marry him! And if one day I was raped, the offender would not be charged with rape. And even more ridiculously, it won't even be legal for me to use the female washroom even when I have completed my (sex reassignment) operation. I just don't understand why things have to be this way. I just wish society could grant us the most basic dignity and human rights so that we can have a normal life. Why are all these things so difficult for us? Why are they unattainable luxuries? Yfing, a transsexual woman hoping for sex reassignment surgery

期待審判性鑑定手術的阿靈:「香港人只要一想起「變性人」, 就只有人妖、變態這些負面印象……即使我可以對別人的閒言閒語置若罔聞, 過我自己要過的生活, 但這個社會還是沒有承認我們——和其他女人一樣, 我也渴望戀愛, 就是沒有男人會接受我這樣的換性女人; 即使找到了伴侶又完成了手術, 我也不能跟男朋友結婚; 如果我被強姦, 犯事者也不能入罪; 即使(完成性別鑑定)手術後使用女廁, 嚴格來說也算是違法。我不明白這些是甚麼道理。我只希望社會能讓我們有做人最起碼的尊嚴, 讓我們享有最基本的人權, 讓我們可以過普通人的生活。為甚麼這些最基本的東西, 在我們身上, 會變得那麼困難和奢侈?」

Time for Change / 改變現狀由此起

- TEAM believes that there is an urgent need for Government to take three steps:
 - promote public education regarding transsexual people and their problems. This leaflet, produced with Government funds, is a beginning.
 - enact legislation against discrimination on the basis of gender identity.
 - enable transsexuals to change their legal status.
- We believe that these steps should be taken in parallel. Indeed, legislation would itself help to educate the public about the problems transsexuals continue to experience in Hong Kong.

• TEAM 相信, 就換性人士目前遇到的問題, 政府有急切需要採取以下三項措施:

- 教育大眾有關換性人士及他們所遇到的生活問題。這份由政府資金贊助的傳單, 就是一個開始。
- 制定以性別認同為基礎的反歧視法。
- 容許換性人士更改他們的法定身份。

• 我們相信這三項措施應要同時執行。事實上, 有關立法所涉及的程序, 本身就可以教育大眾, 關注本港境內換性人士仍要繼續面對的各項生活問題。

TEAM / TEAM

- TEAM stands for the TRANSGENDER EQUALITY AND ACCEPTANCE MOVEMENT.
- We act as a support group, working for the needs of transsexuals and other transgendered people.
- We have social gatherings for transsexuals and other transgendered people.
- We organise educational activities, and work with media, NGOs and Government to cultivate a better understanding among public and professionals about transsexual and transgender issues.
- We encourage a climate for change, pressing for civil and legal rights that will lead to respect, equality and dignity for transsexual and other transgendered people living in Hong Kong.
- You can email us at: enquiry@teamhk.org, and visit us at http://www.teamhk.org/

- TEAM 是 Transgender Equality and Acceptance Movement 的縮寫, 中文名稱是「跨性別平等與接納行動」。
- 我們是一個為換性人士和其他跨性別人士的需要而工作的支援組織。
- 我們會舉辦換性人士及其他跨性別人士都可以參與的各項社交聚會。
- 我們會舉辦連串教育活動, 並會與傳媒、非政府機構和政府合作, 讓大眾以至專業人士, 對換性和跨性別問題有更深入的認識。
- 我們鼓勵社會上尋求改變現狀的氣氛, 尋求還給本港換性人士及其他跨性別人士應有的公民與法律權利, 還他們應得的尊重、平等對待和人格尊嚴。
- 要聯絡我們, 你可以電郵至 enquiry@teamhk.org <mailto:enquiry@teamhk.org>, 或瀏覽我們的網站 http://www.teamhk.org/<http://www.teamhk.org/>; 。

Compared to all (these social pressures) the pain of the surgery was actually nothing! The price of becoming my real self was expensive. I was expelled from my family. My company pressured me to leave. My friends said I deserved to have all these difficulties I was facing, because I "chose" my sex. Some of my good friends even stayed away from me. A Hong Kong transsexual who has had sex reassignment surgery

一位已完成性別鑑定手術的換性女士:「相對於這些(社會)壓力, 手術的痛楚, 根本算不上甚麼! 做回自己的代價, 就是家人把我逐出家門, 公司給我壓力要我辭退; 朋友都說我是咎由自取, 有些以前要好的朋友, 更選擇疏遠我……」