

## COMMON EFFECTS

- Decreased libido. This will begin one to three months after starting treatment.
- Decreased spontaneous erections. This will begin one to three months after treatment.
- Slowing of scalp hair loss. This will begin one to three months after treatment.
- Softer, less oily skin. This will begin three to six months after treatment.
- Testicular atrophy. This will begin three to six months after treatment.
- Breast development. This will begin three to six months after treatment.
- Redistribution of body fat. This will begin three to six months after treatment.
- Decreased muscle mass. This will begin three to six months after treatment.
- Decreased facial and body hair growth. This will begin six to 12 months after treatment.

While these effects can be considered common, it is important to remember that every person's body is different, and your experience will vary from others based on how your body reacts to treatment.

## SOCIAL TRANSITION

Coming out as transgender may mean that you tell people about your preferred pronouns (if you wish to be referred to as he/him, she/her, they/them, etc.). It may also mean that you ask people to call you by a new name and to think of you by the gender identity that you're comfortable with.

Coming out as trans is a very personal decision and different for everyone. Some people choose to come out before they medically or socially transition, and some choose to come out after or during the process. You may choose to come out to different people at different times, or to not come out to some people at all. All of this is okay – only you can decide what's right for you.

Although both involve telling friends and family about your identity, there are differences between coming out as lesbian, gay, or bisexual and coming out as transgender. A lot of people know what it means for a person to be gay, but there's still a lot of confusion and misinformation out there about what it means to be trans.

Sometimes coming out or being outed as transgender can mean your identity is misunderstood, disrespected, or disbelieved.

If you choose to come out as transgender, make sure it's to people you trust and that you have a support system in place. This can include friends, family, or a support group. It's important to feel as confident as possible that coming out won't jeopardize your safety, health, or living situation.

## LOCAL RESOURCES

Trans\* Resource Closet: Run by the LGBTQIA+ Resource Center in the Multicultural Center. Gives people transitioning free clothes that match their gender identity/ expression.

Affordable Clothes: In Macomb:  
-Goodwill  
-Cato's Closet  
-Walmart (employees get 10% off)

Online: -H&M  
-Forever 21  
-Amazon: CowCow (cheap, comfortable dresses that don't cling to the body)

Free Professional Clothes: WIU Career Development Center  
Captain's Closet (Can pick out what you want)

Counseling free for students: WIU Psych Clinic 116 Waggoner Hall  
Department of Psychology,  
Macomb, IL 61455  
309/298-1919

Beginners/Affordable Makeup

-ELF (Basics, brushes/foundation/eyeliner etc.)  
-Hard Candy (Bright color, glitter, fun stuff.)  
-Maybelline (More basics, foundation, lipsticks, mascara etc.)

# RESOURCES

GLAAD.ORG | RESOURCE DATABASE

LEGAL SERVICES FOR TRANS\* LOW  
INCOME: TRANSFORMATIVE JUSTICE LAW  
PROJECT 4 ILLINOIS

HTTP://TJLP.ORG/ABOUT/WHO-WE-ARE/

REDDIT.COM/R/MTF | MALE TO FEMALE  
COMMUNITY FORUM

REDDIT.COM/R/TRANGENDER | GENERAL  
FORUM

TRANSGENDER LAW CENTER | LEGAL  
RESOURCE

YOUTUBE: CONTRAPOINTS | TRANS SOCIAL  
ISSUES

YOUTUBE: CHLOE ARDEN | MTF CONTENT  
CREATOR

JIM COLLINS FOUNDATION | SURGERY  
GRANTS/FINANCIAL ASSISTANCE

TRANS LIFELINE: 877-565-8860 | CRISIS  
INTERVENTION

## LOCAL GROUPS

Unity  
LGBTQIA+ Group on WIU Campus

Open to the public!

Meetings every Thursday  
6:30pm-8pm  
University Union Sandburg  
Lounge

Find us on Facebook at  
Unity at Western Illinois  
University

Email us at: [Unity@wiu.edu](mailto:Unity@wiu.edu)

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**OUT! an LGBTQIA support group**

Meetings in Canton IL every  
other Thursday

Find us on Facebook at  
**OUT! an LGBTQIA support group**

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**WIU LGBTQIA+ Resource Center**  
[lgbtqa@wiu.edu](mailto:lgbtqa@wiu.edu)

# GENDER TRANSITION: MALE TO FEMALE



MEDICAL TRANSITION IS NOT A  
REQUIREMENT TO BE TRANS\*

NOTE:

THERE ARE OTHER TRANS STUDENTS  
AT WIU, YOU ARE NOT ALONE HERE.

SOME OF US ARE HARD TO SEE  
BECAUSE WE TRY TO STAY INVISIBLE  
BUT WE ARE HERE.

WHETHER YOU KNOW YOU ARE  
TRANS, ARE QUESTIONING, OR JUST  
WANT INFORMATION, YOU CAN  
REACH OUT TO UNITY OR THE  
LGBTQIA+ RESOURCE CENTER

Updated as of April 2019