

POTENTIAL CHALLENGES TO NONBINARY INDIVIDUALS

Navigation in a binary world: Pronouns, gendered spaces, etc.

How to explain to others what it means to be nonbinary

Doubts as to whether or not nonbinary is a valid gender identity (from self and others)

Difficulties finding acceptance with those who are cisgender, transgender, and LGBTQ/queer

Assumptions consistently being made about their gender identity

For Assigned-Male-at-Birth nonbinary individuals: possibility of “shaming of the feminine”

For Assigned-Female-at-Birth nonbinary individuals: possibility of acquiring “male privilege”

Lack of nonbinary representation/ visibility

Having to explain one’s nonbinary gender identity to medical & mental health providers

Possible triggering of trauma due to misgendering, invalidation, invisibility

Being told they are “not trans enough”

Intimate relationship issues

Lack of local community

Fearful of coming off as rude, attention seeking, or pushy when asking for equal treatment

Risks of expressing their gender in public and in the workplace

Hiding nonbinary identity in order to receive medical and mental health treatment

Lack of cultural framework for the nonbinary experience