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# International Taekwon-Do Transgender student information

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ShaunTolley – Operations Executive

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## 1.0 Definitions - Glossary of terms

The following definitions are not meant to label, but are intended as functional descriptors:

**Gender:** A person's actual sex or perceived sex, and includes a person's perceived identity, appearance, or behaviour, whether or not that identity, appearance or behaviour is different from that traditionally associated with a person's sex at birth.

**Affirmed gender:** The gender that corresponds with a transgender person's gender identity and desired gender presentation, rather than the person's biological sex.

**Gender identity:** A person's internalized, deeply felt sense of being male or female, which may differ from the person's biological sex. Because gender identity is internal and personally defined, it is not visible to others, but is determined by the individual alone. Most people have an early sense of their gender identity, and if it is not consistent with their anatomical sex they may begin expressing this identity between the ages of two and four.

**Gender presentation:** The way we express our gender to others, such as through clothing, hairstyles, mannerisms, how we speak, how we play, and our social interactions and roles.

**Transgender:** Refers to persons whose gender identity does not match their birth sex. For example, a child who self-identifies as a girl but is biologically male.

**Transition:** When a person changes outwardly from one gender to another and lives in accordance with their gender identity.

**Gender Expression:** A person's gender-related appearance and behaviour whether or not stereotypically associated with the person's assigned sex at birth. Students who adopt a presentation that varies from the stereotypic gender expectations sometimes may describe themselves as gender nonconforming, gender queer, or gender fluid.

**Gender Nonconforming:** Displaying a gender identity or expression that may differ from those typically associated with one's sex assigned at birth. A person's gender expression may differ from stereotypical expectations about how females and males are "supposed to" look or act. Gender nonconforming is not synonymous with transgender; not all gender nonconforming students identify as transgender.

**LGBTQ:** An acronym that stands for "lesbian, gay, bisexual, transgender, and queer/questioning." Questioning incorporates those who are uncertain or fluid about their sexual orientation and/or gender identity.

**Sexual Orientation:** A person's emotional and sexual attraction to another person based on the gender of the other person. Common terms used to describe sexual orientation include, but are not limited to, heterosexual, lesbian, gay, and bisexual. Sexual orientation and gender identity are different

## 2.0 Transgender Children

Medical experts recognize that attempting to change the gender identity of a transgender child is harmful and counterproductive. Based on current medical knowledge and practice, many more parents are supporting their transgender children and allowing them to be themselves while still in childhood.

The recommended medical treatment for transgender children is to allow them to live in their affirmed gender. This requires that the child's gender identity be respected and accepted by others. It is imperative for the health and well being of children that they be allowed to live fully in the appropriate gender role in all aspects of their lives, including when participating in social activities such as sports.

Transgender children should be called by their preferred name, be referred to by gender-appropriate pronouns, and be permitted to wear clothing and uniforms that match their affirmed gender.

All young people should have the opportunity to play recreational sports and have their personal dignity respected. Transgender young people are no different. In fact, because transgender young people often must overcome significant stigma and challenges, it would be particularly harmful to exclude them from the significant physical, mental and social benefits that young people gain by playing recreational sports.

The impact of such discrimination can be severe and can cause lifelong harm. In contrast, permitting transgender children and youth to participate in recreational sports in their affirmed gender can provide an enormous boost to their self-confidence and self-esteem and provide them with positive experiences that will help them in all other areas of their lives.

## 3.0 Competition:

Gender segregation in sports is based, in part, on a concern about unfair physical advantages. Most existing policies for adult transgender athletes focus on the competitive advantage that male hormones may provide due to their effect on the musculoskeletal system.

Those policies require that adult transgender athletes compete in the gender role consistent with their hormonal make-up. In preadolescent children, however, hormonal

levels do not differ significantly between the sexes. Therefore, no hormonally-based advantage or disadvantage between girls and boys exists.

Prior to puberty, boys do not have any physical advantages over girls because of their physiology. Gender segregation in children's sports is purely social. It is not based on any significant physiological differences.

From a medical and physiological perspective, there is nothing about being transgender that gives any particular child a physical advantage over others. Because of gender stereotypes, boys may have social advantages based on being encouraged more than girls to be physically daring and adventurous and to play sports, but they do not have any inherent physical advantages.

The individual variation with respect to athletic ability within each gender is much more significant than any group differences between boys and girls. Transgender children display the same individual variation in size, strength, and athletic ability as other youth.

There is no reason based on considerations of fairness that would justify preventing a young person who is transgender from playing sports in the child's affirmed gender.

#### **4.0 Confidentiality:**

An athlete's transgender status is confidential medical information. Therefore, it is not permissible or legal for this status to be communicated to anyone without the written permission of the family.

Refusing to allow a transgender child to fully participate on the team that matches the child's gender presentation and gender identity may result in the unlawful disclosure of private protected information.

A child's personal and medical history to any third parties (such as other team members, parents, unnecessary disclosure of or members of the public) without consent may violate rights to privacy.

All persons have a right to privacy. This includes keeping a student's actual or perceived gender identity and expression private. Such private information shall be shared only on a need to know basis.

Students have the right to openly discuss and express their gender identity and expression, and to decide when, with whom, and how much information to share.

## 5.0 Transgender Participation:

A transgender student, defined as a student whose gender identity differs from the student's assigned birth gender, shall be eligible to participate consistent with the student's gender identity, under the following conditions:

- A. A female-to-male transgender adult student athlete who is taking a medically prescribed hormone treatment under a physician's care for the purposes of gender transition may participate only on a male's team.
- B. A female-to-male transgender adult student athlete who is not taking a medically prescribed hormone treatment under a physician's care for the purposes of gender transition may participate only on a female's team.
- C. A male-to-female transgender adult student athlete who is not taking hormone treatment related to gender transition may participate only on a male's team.
- D. A male-to-female transgender student athlete who is taking medically prescribed hormone treatment under a physician's care for the purposes of gender transition may participate on a female's team.

Once the transgender student selects the gender or the team on which the student wishes to participate, the student thereafter must consistently participate on teams of that gender in all sports for the duration of their career.