

## **Masculinity and Trans Black Men Podcast Summary**

**Focus:** Tiq Milan discusses the process that he went through when coming out to his family as trans, the struggles that he faced when contending with the expectations of others, and how he came to understand organic masculinity

**Presenter:** Tiq Milan

### **Key Findings**

- Obtaining work as a trans person is often difficult
- Coming out to family, even supportive family members, is difficult because it comes with a grieving process, and new understandings of how transitions affect relationships
- “Organic masculinity” is about creating a masculinity that just feels good to you
- Young trans people all over the world are looking to find role models
- One must determine who they are through their own individual and gendered experience
- 1/3 of trans people live under the poverty line. If you are Black and trans, you are eight times more likely to live in poverty than the rest of the population.
- Average life expectancy for Black trans women is 35 years old
- Rates of attempted suicide are high for individuals who are Black and trans

### **Key Recommendations**

- Check sexism and racism in yourself and in others
- Listen openly, and not with just the intent to speak back
- Ask questions of trans people’s experiences
- Diversify one’s professional and personal network
- Start to understand people's different lives, get into other people's stories
- Be committed to the change that you want to see
- Seek opportunities to practice and promote self-care

### **Resources**

- The Door: <https://www.door.org/>
- The Lesbian, Gay, Bisexual & Transgender Community Center: <https://gaycenter.org/>
- GLAAD: <https://www.glaad.org/>