

The first of hopefully several transgender support group meetings was held on January 6th, 2017, in the Zastro River Room at the Charles City Public Library. The meeting began at 5:00 PM. Below is a summary of the meeting and a record of items discussed.

It was suggested that J. act as the group facilitator. Facilitator would be responsible for coordinating and leading meetings. Additionally, the facilitator will keep notes and records of meetings and activities. Notes will be made available for review, likely online or other appropriate means. J. agreed to accept this role and those in attendance unanimously approved.

In cases where the group meets in a “trans people only” meeting, B. has agreed to act as the facilitator. Those in attendance unanimously approved.

Several names for the group were suggested. The pros and cons of each name were discussed. A vote was held to narrow down options. The transgender support group will now be known as “Transcend North Iowa”.

Rules for the group were discussed.

Confidentially

- Don't out people, even unintentionally
- Everything said or done in a meeting cannot be discussed outside of meeting
- No pictures without express consent

Safe Space

- No bullying
- Present (dress/act) as you wish. Presenting as your preferred gender is embraced but not required
- No sexual harassment
- Be respectful

Personal Information

- People can disclose as little or as much as they want

Silence cell phones, step outside to take calls

No drugs, alcohol, or weapons. Don't come to meeting under the influence.

Goals, ideas, activities and plans for the group were discussed.

“Big picture” ideas:

- Educating people, specifically people who are questioning, general public and allies
- Socializing
- Reaching out the families of trans people
- Being an involved and interactive ally - reaching out to other parents to help with legal and medical documents

- More community involvement
- Meeting every three weeks is good
- Hold some meeting for just trans people depending on attendance after the next few meetings

Individual topic and meeting ideas:

- Legal issues, current law, legislative issues in terms of protection for trans people. Get attorney, law makers to speak.
- Medical issues, surgeries, hormones, etc. Check with universities and other resource groups.
- Coming out
- School or workplace environments
- Movie or TV show night
- Arts and Crafts
- Potluck, food from around the world, holiday meals, cookie decorating
- Secret Santa, Secret Cupid
- Board games
- Field trips - Pridefest, picnics, RenFest, etc
- Presenting - how to look more masculine or feminine, have someone show make-up tips like contouring
- Religion
- Race, class, economics in relation to being trans
- Mental health and being trans