

NYU Office of LGBT Student Services

Kimmel Center for University Life
60 Washington Square South, Suite 602
(212) 998-4424
www.nyu.edu/lgbt | lgbt.office@nyu.edu
AOL Instant Messenger: [nyulgbtoffice](https://www.aol.com/InstantMessenger/nyulgbtoffice)

The Office of Lesbian, Gay, Bisexual, and Transgender (LGBT) Student Services at New York University exists to create campus environments that are inclusive and supportive of student diversity in the areas of sexual orientation and gender identity/expression. The LGBT Office offers and cosponsors many programs in the areas of health and wellness, including discussions on topics such as relationships, parenting, marriage, safer sex, drugs and alcohol, stress management, body image, and dating.

The LGBT Office also offers peer education programs, special events, student organizations and social events.



As a transgender student, you have to deal with many of the same things as other NYU students like relationships, safer sex, school and work. But you may also have to worry about things like discrimination, effects of hormones, and passing.

We want you to know that we care about your health and safety and understand that seeking healthcare services can be an uncomfortable experience. We believe that everyone has the right to be treated in a respectful manner.

You have the right to ask questions, advocate for yourself, set limits, bring someone with you, and/or refuse particular treatments. In turn, it is important to be open and honest with your healthcare provider about your body, your behavior, and your concerns.

Community health and wellness resources

The NYC LGBT Community Center's Gender Identity Project offers free and confidential individual peer counseling, information about Sexual Reassignment Surgery, information and referral. HIV/AIDS prevention and intervention services, support groups, forums and community education and professional education and sensitivity training. Call 212-620-7310 and ask for the Gender Identity Project or email gip@gaycenter.org.

West Village Trans-Legal Clinic: Name Change Project provides information and assistance to trans people interested in obtaining legal name changes. Call 212-353-9118.

Sylvia Rivera Law Project provides free legal services to low-income trans, intersex, and gender variant people on issues such as housing, benefits, identity document changes, access to healthcare, and discrimination. Call 212-337-8550 or email info@srhp.org.

Callen-Lorde Community Health Center is a primary care center with a focus on health and wellness for the LGBT community and all communities in the NYC metropolitan area, regardless of insurance coverage. Callen-Lorde provides a trans-affirmative environment where you can receive hormone therapy and get information about sexual reassignment surgery. Call 212-271-7200 or go to www.callen-lorde.org.

The Transgender Asian Pacific Alliance (TAPA) is a free social and discussion group for Asian and Pacific Islander people of transgender experience, primarily for those who are female identified. Call 212-334-7940, ext. 218, or email tapa411@yahoo.com.

NYC Gay & Lesbian Anti-Violence Project assists survivors of hate-motivated violence (including HIV-motivated violence), domestic violence, and sexual assault by providing therapeutic counseling and advocacy within the criminal justice system and victim support agencies, information for self-help and referrals. Call 212-714-1141 (24-hour confidential bilingual hotline) or go to www.avp.org.

References

LGBT Health Channel:
www.lgbthealthchannel.com/transgender/

TransGenderCare: www.transgendercare.com

The Harry Benjamin International
Gender Dysphoria Association, Inc.
www.hbigda.org

New York City Gay & Lesbian Anti-Violence Project:
www.avp.org



NOTE: In this brochure, we use traditional medical terminology to refer to body parts. We use these terms in order to be as specific as possible. In doing so, we recognize that you may not use these terms to refer to your body, and that you may be uncomfortable with the use of these terms. We acknowledge the language limitations, so we hope that you will individualize the information presented here into your own terms and for your own body.



Hormones

Some transgender people use hormones during an anatomical and/or psychological transition. If you are interested in taking hormones please talk to your health provider about exploring this option. It is important to be monitored by a health care professional to make sure that the hormones you are taking are safe for you. Hormones need time, not quantity, to work. **Taking a greater amount of hormones does not mean the hormones will work faster.**

Buying hormones that have not been prescribed for you from a healthcare provider you know can be harmful.

Always use a sterilized needle when injecting hormones. Sterile needles can be obtained from pharmacies with a prescription from a healthcare provider, or you can also buy sterile syringes and needles without a prescription at www.cottonballs.com.

If You Have It, Check It

Chest/Breast Self Exams should be performed every month.

Clinical Chest/Breast Exams are recommended once a year and are usually performed by a medical provider.

Mammograms are recommended once a year for people with breast tissue who are over age 40 or as determined by a health care provider.

Testicular Self Exam (TSE) should be performed once a month. Most cases of testicular cancer occur in those between the ages of 18-30.

Pelvic Exam and **Pap Tests** are recommended every year for people with a vagina, uterus, cervix and/or ovaries who are sexually active or over the age of 18. Schedule an exam if you have:

- Unusual vaginal or pelvic pain
- Abnormal vaginal bleeding or discharge

- Pain, swelling, or tenderness of the vulva or vagina
- Sores, lumps, or itching of the vulva or vagina

Anal Pap Tests can help detect the presence of certain sexually transmitted infections and test for abnormal cells on the wall of the rectum that may lead to anal cancer.

Prostate Exams are particularly important for those over the age of 50.

Talk with your health care provider about which of these exams is appropriate for you regardless of gender identity or expression.

Sexually Transmitted Infections (STI) and Safer Sex

Regardless of your identity and the identity of your sexual partner(s), if you are sexually active you are at risk for sexually transmitted infections. In fact, one out of four sexually active individuals will have a sexually transmitted infection at some point in their life. Very often signs and symptoms of STIs are not visible or present, so the only

way to know is to have a medical provider test you for STIs.

At NYU, Health Promotion & Wellness Services and the Office of LGBT Student Services provides free condoms, dental dams, latex gloves and lubricant for all NYU students.

Sexual Assault and Violence

Sexual violence can affect anyone, regardless of sex, gender, and sexual orientation. Sexual violence can happen with someone you have just met, with an intimate partner, or with a stranger in a bias attack. Sometimes a person may have had a sexual encounter that has left them feeling confused, angry, or violated, but they have not defined their experience as sexual assault or sexual harassment. Your behavior/decisions does not cause sexual violence. No one asks to be sexually assaulted or sexually harassed. If you or someone you know has been a victim of sexual assault, violence or harassment, contact the **Wellness Exchange** (24 hours a day, 7 days a week) at **212-443-9999**.

Campus health and wellness resources



NYU Student Health Center (SHC)

726 Broadway, 3rd and 4th floors

212-443-1000

www.nyu.edu/health

health.center@nyu.edu

At the SHC, here are some of the ways that we strive to make our services more accessible to transgender students.

Transgender-Friendly Staff

The SHC offers transgender sensitivity training for all staff and many staff members are Safe Zone trained.

Services

Services that are typically gendered can be provided in alternate departments. For example, if you do not feel comfortable having a gynecological exam in Women's Health Services, you can request to have one done in the Primary Care Services department.

Hormone Therapy

The SHC can prescribe hormone therapy, according to standards of care. The standard procedure is to make an appointment with Primary Care Services and get a referral to see an endocrinologist. We can also monitor hormone treatments, even if a health care provider outside of the SHC system prescribes your hormones.



HIV Testing and Counseling

Appointments: 212-443-1122

Confidential HIV testing and counseling is available at no charge for all NYU students. The services include pre-test and post-test counseling by a Safe Zone trained provider, and the results are available in two days.

Social Services

212-443-1135

Social Services are free to all NYU students regardless of insurance. A certified social worker is available to assist with a variety of emotional, medical, and financial issues including crisis intervention, sexual or domestic violence, chronic health problems, and assistance with alternative or low cost medical care.

Insurance Coverage

NYU Student Health Insurance (Chickering) does not cover trans-related hormone therapy and trans-related surgeries. It does cover one gynecological exam per year.

Health Promotion & Wellness Services

726 Broadway, Suite 344

212-443-1234 | health.promotion@nyu.edu

Health Promotion & Wellness Services at the Student Health Center is a free, non-judgmental, confidential place for information, conversation and referrals about health-related topics including general health and safety, HIV/AIDS, sexual health, sexual

harassment and assault, LGBT issues, nutrition, stress management, smoking cessation, body image, and contraception. All our staff members are Safe Zone trained.

Counseling & Behavioral Health Services

726 Broadway, Suite 471

212-998-4780

www.nyu.edu/counseling | university.counseling@nyu.edu

Counseling & Behavioral Health Services are free of charge for all NYU students, regardless of their insurance. Students are eligible to receive short-term individual counseling, group counseling, and referrals for long-term psychotherapy.

Wellness Exchange 24/7 Hotline 212-443-9999

The Wellness Exchange is your key to accessing NYU's extensive health and mental health resources. A central feature common to all these services is a private, 24/7 hotline that puts students in touch with professionals who can help them address day-to-day challenges as well as other health-related concerns.



We cannot predict all of your health needs, but are working to make all services more accessible to everyone at NYU. If you come across a situation in which you need more help, please contact the SHC Patient Advocate, 212-443-1000; the Director at the Office of LGBT Student Services, 212-998-4424, lgbt.office@nyu.edu; or Manager of Health Promotion & Wellness Services at SHC, 212-443-1234, health.promotion@nyu.edu.

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Offers groups, programs, lending library, events, one-on-one advising, resources, referrals and educational workshops for NYU's student community.

T-Party

For more info: www.nyu.edu/lgbt (look under clubs)

The LGBT Office's programs and support services for transgender students! Meetings and events for and about the transgender community at NYU. For more information, contact the NYU Office of LGBT Student Services (see contact info above).

