Cisgender Privilege Checklist

Compiled by Vic Wiener, GSA Coordinator, Youth Services Tulsa

Please check all that apply to you

☐ My primary gender identity is either man or woman.

☐ I don’t have to question which restrooms to use because of my gender, and when I do choose, I do so without fear of verbal abuse, physical intimidation, or arrest.

☐ Strangers don’t assume they can ask me what my genitals look like.

☐ My validity as a man/woman/human is not based on how much surgery I’ve had or how well I recognized as cisgender.

☐ Strangers call me by the name I provide, and don’t ask what my “real name” [name given at birth] is.

☐ I am able to assume that everyone I encounter will understand my identity, and not think I am confused, misled, or going through a phase.

☐ I have the ability to flirt, engage in courtship, or form a relationship and not fear that my biological status may be cause for rejection or attack, nor will it cause my partner to question their sexual orientation.

☐ I do not have to worry about being placed in a sex-segregated detention center, holding facility, jail, prison, or mental health facility that is incongruent with my identity.

☐ If I assert my gender at school, or correct someone when they misgender me, I will not be punished for being defiant.

☐ I am not required to undergo an extensive psychological evaluation in order to receive basic medical care.

☐ If I am murdered (or have any crime committed against me), my gender expression will not be used as a justification for my murder (“gay/trans panic”) nor as a reason to coddle the perpetrators.

☐ I can easily find role models and mentors to emulate who share my identity, and see diverse portrayals of people who share my identity in media.

☐ I am able to purchase clothes that match my gender identity without being refused service, mocked, or questioned.

☐ I can reasonably assume that I will not be insulted, glared at, or denied services, at a hospital, bank, or other institution because the staff does not believe the gender marker on my ID card to match my gender identity.

☐ I don’t have to convince my parents of my true gender and/or have to earn my parents’ and siblings’ love and respect all over again.

☐ The gender I identify as and the gender on my birth certificate, ID, and other legal documents match.

☐ I have never avoided seeking medical/psychological care out of fear of how the staff will react to my gender identity or expression.

☐ This is the first time I’ve ever had to think about any of these statements.