Alcohol & Drug Use in the Trans* Community

**TRANSGENDER** *TRANSSEXUAL* *NON-BINARY* *GENDERQUEER* *GENDERFLUID* *GENDERFUCK* *GENDERLESS* *AGENDER* *BI-GENDER* *TWO-SPIRIT* *TRANS MAN* *TRANS WOMAN*

**Did you know...**

- Approximately 20-30% of Trans* and LGB individuals report abusing drugs and alcohol, compared to 9% of the general population.
- Trans* and LGB individuals are twice as likely to binge drink when compared to their non-trans* & heterosexual peers.
- Alcohol or drug addiction may prevent Trans* individuals from meeting basic requirements for sex reassignment surgery.

---

**If you choose to transition with the help of hormones or other medications, remember: alcohol and medications DON’T mix!**

- Drinking alcohol while undergoing hormone replacement therapy has been linked to an increased risk for breast cancer.
- Drinking alcohol while taking medications can cause the medication to be less effective. *(In most cases, your body will metabolize the alcohol before the medication.)*
- Mixing medications with alcohol can intensify the side-effects of the medication, and cause an increased response to alcohol.
- To be safe, never mix alcohol with any type of medication before first checking with a health care professional.

---

**Regardless of how you identify, there are ways to reduce risk when using alcohol and other drugs:**

- **Space out your drinks** *(1 standard drink per hour).*
- **Alternate** alcoholic and non-alcoholic drinks.
- **Know your limit:** the good effects of alcohol happen at lower BAC levels.
- **Set a drink limit** before you start drinking and stick to it.
- **Avoid** pre-gaming, chugging, and drinking games.
- **Eat before or while you drink:** eating foods high in protein slows alcohol absorption.
- **Avoid** mixing drugs (even over-the-counter drugs) with alcohol.

---

**If your friend is Trans*...**

- Refer to your friend using their preferred pronoun *(e.g., he; she; ze).*
- Bring your friend to a Trans*-friendly campus event.
- Offer support around alcohol, drugs, or any other issues.
- Know where useful on- and off-campus resources are located.

---

**IUP Campus Groups and Resources**

- **Alcohol, Tobacco, and Other Drugs**
  - www.iup.edu/atod
- **Counseling Center at IUP**
  - 724-357-2621
- **IUP President’s GLBT Commission**
  - www.iup.edu/glbt/
- **IUP Pride Alliance**
  - www.pridealliance.wordpress.com
- **IUP Safe Zone**
  - www.iup.edu/safezone/
- **Lutheran Campus Ministry at IUP**
  - www.lcmiup.org

---

**Other Resources**

- **The Gay and Lesbian Community Center of Pittsburgh (GLCC)**
  - www.glccpgh.org
- **Persad Center in Pittsburgh**
  - www.persadcenter.org
- **It Gets Better Project**
  - www.itgetsbetter.org
- **Parents, Families and Friends of Lesbians and Gays**
  - www.PFLAG.com
- **First Unitarian Universal (UU) Church of Indiana, PA**
  - Firstuu-indianapa.org
- **SoulForce**
  - www.soulforce.org

---

**Brought to you by:**

- **Alcohol, Tobacco, and Other Drugs**
  - Center for Health and Well-Being
  - Suites on Maple East, Suite G59
  - 724-357-1265
  - atod-oasis@iup.edu