

Invisible in the Storm:

Climate Change and the Lived Realities of Transmasculine People in India

” Community-Led
Research Report

Prepared by:
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“When we are silent,
We are still afraid.
So it is better to speak
remembering
we were never meant to survive.”
Audre Lorde

When I read this report, what struck me most was how rarely we pause to see climate change through the eyes of those who are made invisible in our movements and our policies. We talk about technical mitigation, carbon budgets, and adaptation frameworks, but the truth is, if gender-affirming care, safe housing, and daily life impacts are not part of vulnerability and adaptation assessments, then those assessments are incomplete. That gap creates what this report so clearly names: structural invisibility.

As someone who has spent years working in youth-led climate spaces, I know how often the same patterns repeat the same faces at the table, the same voices amplified. Reports like this disrupt that cycle. They make visible what has been kept invisible, and they remind us that climate justice cannot exist without gender justice.

Over the last month alone, we've seen devastating floods, landslides, and erratic weather patterns from Himachal to Punjab, from Uttarakhand's remote hills to cities like Gurugram. These events expose how fragile life becomes when climate shocks hit. For transmasculine people, this fragility is compounded: struggling to access food, water, healthcare, and safe accommodation at the time of calamity; facing emotional and mental stress; and navigating a constant negotiation between dignity and survival. When those already in the biggest transition of their lives are also forced to navigate exclusion in climate spaces and emergency responses, the injustice is undeniable. Why should they suffer twice: first from inequitable systems, and again from inequitable climate policies?

Foreward

The Transmen Collective has done something rare and urgent here. They have not only acknowledged the impact of climate change on their community, but also demanded that we work toward equitable policies and structures that protect everyone. And while this report shines a vital light on transmasculine realities, its call echoes across the wider LGBTQ+ community, who continue to face erasure in climate planning and disaster response. Their data shows us what disconnection, resignation, or exclusion looks like when trans voices are kept out of climate spaces. And it pushes us to move beyond token gestures toward real inclusion, creating safe spaces, naming specific impacts, and centering the needs and leadership of trans communities in how we respond.

As someone who is a cis-het man working in climate and movement spaces, this report makes me reflect on how excluded our movements still are. We claim to be inclusive, but the truth is that India's climate action has often erased communities that don't fit dominant categories. The truth is, if we cannot broaden our frameworks to hold the diversity of LGBTQ+ lives, our movements will keep falling short of the justice we claim to fight for. This report is a reminder and a call that inclusion is not optional. It is the foundation of resilience.

Here's the thing: this report should not be the last of its kind. We need more data, more studies, and more testimonies from communities who have been left out of the picture for too long. The strength of our climate movement will depend on whether we make space for those most affected to speak, lead, and shape solutions.

The Transmen Collective has held up a mirror with courage and clarity. My hope is that this report doesn't just sit on desks, but that it shifts practice, resources, and policies. Because the future we are fighting for one of justice, dignity, and safety will only be real if it belongs to all of us.

"We suffer from an incurable malady: Hope." - Mahmoud Darwish

Akshay
Program Director
Haiyya



Organization Background

The Transmen Collective (TMC) is India's first and foremost community-led initiative dedicated exclusively to the rights, visibility, and wellbeing of transmasculine people. Established in 2017 in New Delhi, TMC was born from the urgent need to address the deep invisibility, marginalization, and systemic neglect of trans men and transmasculine individuals in social movements, public health, law, and policy.

Since its founding, TMC has grown into a national platform recognized for pioneering work in community support, leadership development, and advocacy. It has built strong peer-support networks across India, organized numerous community gatherings and cultural events, and facilitated mental health interventions such as therapy circles in partnership with psychologists. Flagship initiatives include the Navodaya Leadership Workshop the first leadership program of its kind for transmasculine people in India and the Mehfooz Data program, which equips community members with vital skills in digital safety, data rights, and online wellbeing.

TMC has also collaborated with national and international partners to influence research, advocacy, and policy. Its key contributions include Our Health Matters (a groundbreaking community-based health study), the Trans Justice and the Law Clinic with Jindal Global Law School, and the development of the Handbook on the Rights of Trans and Gender-Diverse Persons. Through these interventions, TMC has not only amplified transmasculine voices but has also shifted public discourse, strengthened healthcare access, and advanced legal and policy frameworks that recognize and protect gender-diverse lives.

Research Team



Chitraksh Ashray, is a member of the Transmen Collective with a strong interest in critical reading, writing, and knowledge production. His focus lies in literature, identity, and the intersections of language and lived experience. Alongside his creative practice as a blogger and poet, he is developing his skills as an editor and researcher.

Arnav Singh Rana is a climate justice researcher and strategist from the indigenous Gadwali community of Uttarakhand. His work focuses on layered marginalisation and advancing inclusive, community-led climate solutions through NavHill Foundation. He has contributed to national initiatives such as Haiyya's Youth Climate Resilience Network, the National Youth Climate Consortium (NYCC), and C3's Council for a Youth-Forward Future.



Sahil Jamal Siddiqui is the Co-Founder of the Transmen Collective, bringing over a decade of experience in technology, systems building, and grassroots leadership. Their work spans Wells Fargo, Transgender India, and TWEET Foundation, where they advanced digital systems and advocacy for queer and marginalized communities. At Transmen Collective, Sahil leads inclusive, data-driven, and community-led initiatives centering transmasculine rights and wellbeing.

We are deeply grateful to Haiyya for giving us the opportunity to carry out this research and bring this report to life. Our heartfelt thanks also go to all the participants who shared their experiences with us, and to the Transmen Collective team for their unwavering commitment and support throughout this journey.

Most importantly, we hold deep gratitude for our community, whose strength and resilience continue to inspire and guide this work. Together, this report is not just a document, but a step forward in building a more inclusive and hopeful future."

Introduction

Climate change is a lived and intensifying emergency, reshaping ecosystems, economies, and human lives worldwide. Multiple monitoring centres confirmed that 2024 was the warmest year on record: the World Meteorological Organization (WMO) reported 2024 at about 1.55°C above pre-industrial (1850-1900) levels; independent analyses from Berkeley Earth and the Copernicus Climate Change Service found annual averages in the ~1.6°C range and noted that recent months include the first sustained 12-month period above the 1.5°C threshold. ([World Meteorological Organization](#), [Berkeley Earth](#), [Copernicus Climate Change Service](#))

These temperature increases occur alongside multiple signs of climate-system destabilization: more frequent and intense marine heatwaves and global coral bleaching events, and continuing ice-sheet mass loss contributing to sea-level rise. The Intergovernmental Panel on Climate Change (IPCC) and NOAA document increases in marine heatwaves and associated impacts on coral reefs, while satellite and gravimetric observations show Greenland and Antarctica losing hundreds of billions of tonnes of ice per year (contributing substantially to global sea-level rise). ([IPCC](#), [AOML](#), [NASA Science](#))

India faces acute exposure to these changing hazards. National and international assessments rank India among nations heavily affected by extreme weather events over recent decades. The Germanwatch Climate Risk Index and national analyses highlight recurring floods, cyclones, heatwaves and droughts as sources of substantial human and economic loss in India. At the same time, India's southwest monsoon (June-September) continues to supply roughly 75% of the country's annual rainfall, making monsoon variability a central driver of climate vulnerability across agriculture, water security and livelihoods. ([germanwatch.org](#), [Mausam](#))

Risk is not distributed evenly. Climate change amplifies existing social and structural inequalities: people with constrained resources, insecure housing, and limited access to services face higher exposure and lower adaptive capacity. International and national analyses emphasise that marginalised groups—those living in informal settlements or dependent on rainfed livelihoods—tend to bear disproportionate impacts from extreme weather and slow-onset changes. ([IPCC](#), [IFRC](#))

Marginalized communities at the frontlines

Observed impacts already documented in India include more frequent extreme rainfall and intense heat-related events, which compound risks for food, water and shelter security. Scientific analyses identify a rise in heavy and extreme rainfall events in parts of India, with attendant flood risks and damage to infrastructure and livelihoods. These physical hazards interact with socioeconomic marginalization (for example, residency in informal settlements or marginal agricultural holdings) to increase vulnerability and limit options for recovery. ([Nature](#), [Mausam](#))

LGBTQ+ and trans voices: invisibility in crisis

Policy and operational disaster responses in India have historically paid limited attention to sexual- and gender-diverse communities. National guidance and NGO reports increasingly recognise that gender-diverse and transgender persons face heightened risks in disasters – from exclusion in relief distribution and shelters to gaps in healthcare access – and call for inclusive disaster risk reduction practice. Documented case reports and NGO briefings (and national advisories) describe instances where transgender and gender-diverse people were overlooked or faced discrimination in relief settings during major flood events, prompting calls for specific measures to ensure non-discriminatory access to shelters and services. ([National Disaster Management Authority](#), [IGSSS](#), [Washington Blade](#))

At the same time, scholarship on transmasculine people (those assigned female at birth who identify as masculine, male, or on the transmasculine spectrum) in India is sparse but growing. Community-led mixed-methods research (the “Our Health Matters” study) is among the first large efforts to document transmasculine people’s health, access to care, and lived experience in India; its findings underscore gaps in routine healthcare access, exposure to stigma and discrimination, and uneven access to gender-affirming services – all factors that plausibly increase climate-related risk but remain under-documented in climate and humanitarian literature. ([popcouncil.org](#), [PMC](#))

Specific vulnerabilities relevant to climate events – documented in health and community research – include dependence on gender-affirming practices and services that can be disrupted by disaster (for example, interruptions in access to medication or affirming clinical care) and the use of chest-binding (a common gender-affirming practice among many transmasculine people) which has documented physical health consequences (respiratory strain, overheating, musculoskeletal pain) that may be aggravated under extreme heat or during displacement. These health and access constraints, combined with discrimination in emergency settings, indicate pathways by which climate shocks can disproportionately harm transmasculine people – yet these pathways are rarely addressed in mainstream disaster planning or humanitarian guidelines. ([Our Health Matters](#), [PubMed](#), [fenwayhealth.org](#))

Background

India's national climate response system composed of the National Action Plan on Climate Change (NAPCC) and State Action Plans on Climate Change (SAPCCs)– provides a foundational technical framework. However, while the NAPCC acknowledges that climate change will disproportionately affect women, it does not explicitly mention gender-diverse populations, let alone transgender or transmasculine individuals; they remain invisible in both national and sub-national documents. ([Arya, 2023, State SAPCC analysis, CBGA, 2023](#))

Legislation specifically for transgender persons–the Transgender Persons (Protection of Rights) Act, 2019–enshrines rights to healthcare, education, and housing, and prohibits discrimination; however, it does not address disaster response, climate resilience, or how these rights are upheld during emergencies. ([India Code Act PDF, 2019, Human Rights Watch analysis, 2019](#))

This disconnect between social justice frameworks and environmental planning leaves a critical gap. Without inclusive policy design, transmasculine individuals may face unsafe shelter conditions, discriminatory healthcare, and identity erasure during emergencies– forcing them to rely on informal networks and survival strategies that can result in long-term harm.

This study is rooted in the initiative of the Transmen Collective, a community-led network for transmasculine people across India. Employing a mixed-methods design–combining quantitative surveys and qualitative narratives the research aims to:

- Document how transmasculine people experience climate change across physical, emotional, economic, and social dimensions.
- Expose the absence of inclusion within climate, disaster, and health policies.
- Generate visibility and data where none currently exist, bringing transmasculine lived realities to the centre of adaptation planning.
- Support advocacy and inclusive policymaking grounded in community knowledge and resilience.

This rationale is urgent and evident: climate justice cannot exist without gender justice– and gender justice remains incomplete unless transmasculine lives are seen, valued, and safeguarded at every stage of climate response.

Policy & Legal Landscape: Gaps in Inclusion for Transmasculine People

India's climate and disaster governance features an extensive technical architecture—anchored by the National Action Plan on Climate Change (NAPCC, 2008), State Action Plans on Climate Change (SAPCCs), and sectoral laws such as the Disaster Management Act (2005) and the Environment Protection Act (1986)—as well as India's Nationally Determined Contributions under the Paris Agreement. While these instruments address mitigation, adaptation and institutional preparedness, they operate largely within a binary, women-focused framing of gender vulnerability and do not explicitly recognise gender-diverse populations.

The NAPCC explicitly identifies women (alongside children and the elderly) as groups likely to be disproportionately affected by climate impacts, but it does not refer to LGBTQ+ or other gender-diverse identities (Government of India, NAPCC; CDKN gender analysis). Similarly, assessments of SAPCCs find that most state plans treat gender primarily as a women's issue and rarely incorporate intersectional or non-binary gender perspectives (CDKN; Question of Cities).

The Transgender Persons (Protection of Rights) Act, 2019 establishes non-discrimination and welfare obligations, including measures for rescue, protection and rehabilitation of transgender persons (Government of India, 2019). However, the Act does not explicitly address disaster management, climate resilience, or the continuity of gender-affirming care in emergency contexts; therefore, its protections are not operationalised with disaster-specific modalities in mind.

Disaster governance under the Disaster Management Act establishes institutional mechanisms for preparedness and response. While the Act's text does not enumerate gender-diverse categories, recent NDMA guidance and national modules have begun to recognise gender minorities (including transgender and intersex persons) among vulnerable groups and recommend gender-responsive practices for shelters and psychosocial support. Nonetheless, operationalisation at state and local levels remains uneven.

Sectoral laws addressing energy, pollution and urban planning tend to focus on technical mitigation and compliance; they do not explicitly integrate protections for gender-diverse populations living in informal settlements or otherwise marginalised housing conditions. India's NDCs prioritise emissions- and energy-related targets and adaptation strategies, but do not explicitly mainstream LGBTQ+ inclusion in vulnerability or adaptation assessments.

Together, these gaps create a structural invisibility: transmasculine people—who face well-documented barriers to healthcare, economic security, and safe housing—are rarely counted in vulnerability assessments, shelter standards, or adaptation programming. To make India's climate resilience truly equitable, policy frameworks must (a) recognise gender diversity in vulnerability mapping, (b) ensure continuity of gender-affirming healthcare and protection in emergency planning, (c) incorporate gender-inclusive shelter and WASH standards, and (d) mandate data collection and monitoring that can reveal and address disparities.

Method

This research used a qualitatively driven survey-based mixed-method approach. The online survey included both structured (quantitative) and open-ended (qualitative) questions to document the lived experiences of transmasculine individuals facing climate-related challenges across India. Given the invisibility of transmasculine voices in both climate and gender policy spaces, this approach was chosen to allow for both statistical insight and narrative depth centering personal experiences while also identifying emerging patterns across contexts.

Data Collection

Primary data was collected through an online survey, designed and administered between April and December 2023. The survey included both closed-ended questions (to gather demographic, geographic, and impact-related data) and open-ended prompts (to explore personal stories, challenges, and coping strategies during climate-related events such as heatwaves, floods, water scarcity, and displacement).

The survey was disseminated via trans-led networks, community organizations, peer support groups, social media platforms, and direct outreach, including one-on-one messaging and referrals. Particular effort was made to reach participants beyond major metros, in semi-urban and rural areas, and among individuals who are often excluded from mainstream or institutional platforms.

Sample Overview

A total of 39 responses were received from transmasculine individuals across a wide geographical spread including the North-East, North, South, and Central zones of India. Respondents used a range of self-identifiers such as trans man, FParticipant (female-to-male), trans masc, non-binary, and gender non-conforming, reflecting the diversity of language, identity, and gender experience within the community.

Ethical Considerations

Given the sensitivity of both identity and climate-related trauma, the study followed community-centered ethical practices. Participation was voluntary, anonymous, and confidential. Respondents could skip questions or withdraw at any time without penalty. The research team, composed of transmasculine researchers, community accountability.

Data Analysis

The data collected through the online survey was analyzed using a mixed-method approach. For the quantitative data, responses from closed-ended questions were compiled and analyzed using descriptive statistics to identify trends in climate exposure, physical and mental health impact, access to essential resources, gender-affirming healthcare, and participation in climate action. Frequencies and percentages were calculated to understand the overall distribution of experiences among the 39 transmasculine participants across various regions of India.

For the qualitative data, open-ended responses were analyzed using thematic analysis. The process began with an initial round of open coding, where recurring ideas and experiences were highlighted. These codes were then grouped into broader categories, resulting in key themes such as:

- Barriers to Gender-Affirming and General Healthcare
- Climate Stress on Gender Expression and Body Safety
- Economic and Livelihood Insecurity
- Mental and Emotional Strain Under Climate Stress
- Mobility Disruption and Daily Life Impact
- Climate Disconnection, Resignation, or Exclusion

Each theme was grounded in participants' direct quotes and experiences. Some survey questions allowed for multiple selections (e.g., types of extreme weather events), which were processed accordingly to reflect the range and frequency of experiences. The integration of quantitative trends and qualitative narratives enabled a layered understanding of how climate change uniquely affects transmasculine individuals in India.

Limitations

While the research offers critical insights, it acknowledges certain limitations. The digital nature of the survey may have excluded transmasculine individuals without internet access or digital literacy. Additionally, the sample size, while meaningful for exploratory research, does not represent all regional or linguistic populations. However, given the lack of existing data and the challenges of community access in a stigmatized environment, this project offers a significant and much-needed contribution to both climate and trans justice discourses.

Findings

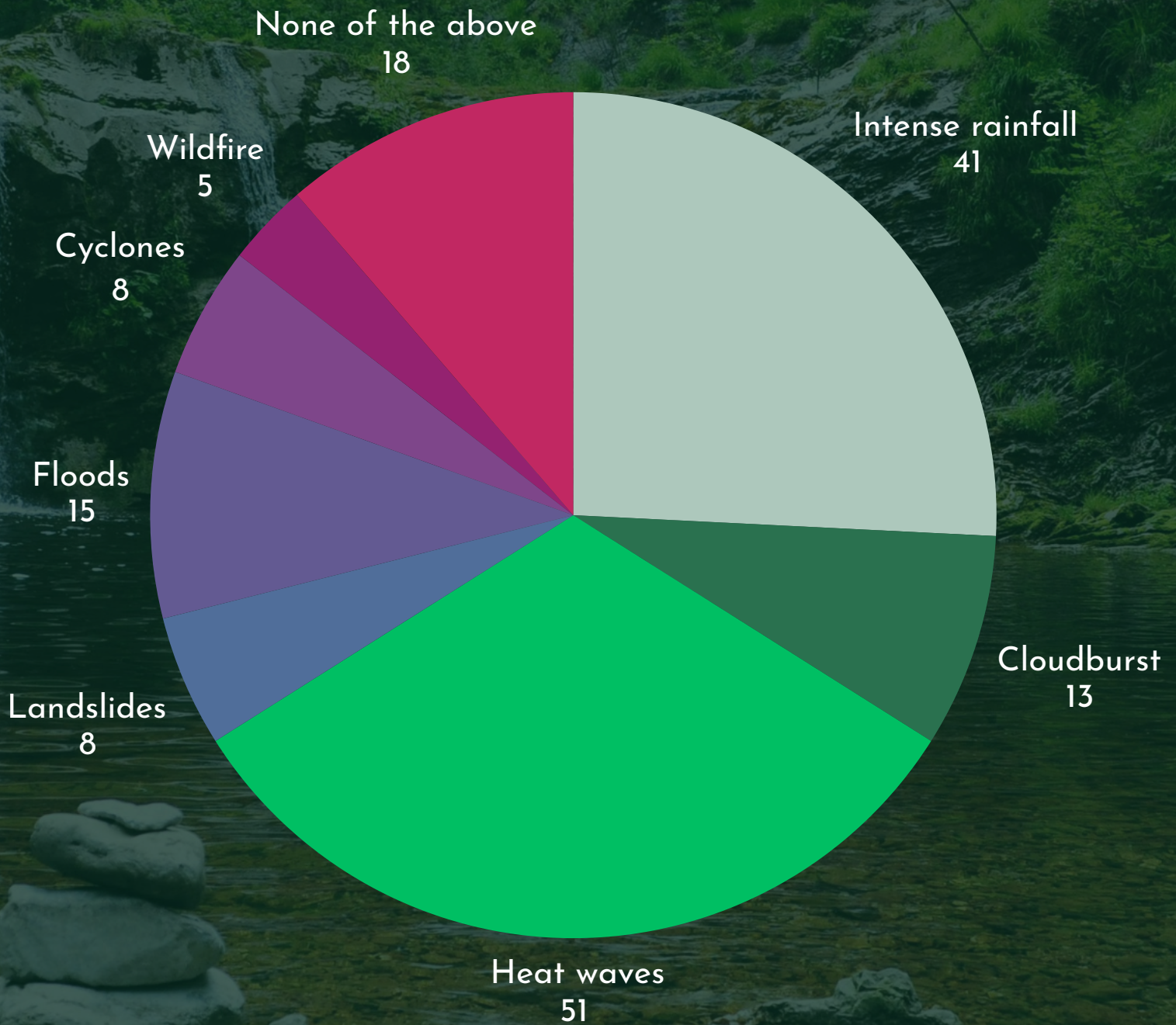
Introduction

The survey highlighted how climate change directly shapes the lives of transmasculine people. Heatwaves were the most common climate event experienced (51%), followed by intense rainfall (41%) and floods (15%). A smaller number faced cyclones (8%), landslides (8%), and wildfires (5%). For many, these were not abstract events; they had immediate consequences: 23% reported physical harm, 23% were displaced or lost property, and more than half (54%) struggled to access food, water, or shelter. Almost half (49%) had disruptions in accessing healthcare, including gender-affirming services, and 62% reported negative mental health impacts. Alongside this, 51% experienced discrimination during climate crises, and only 28% were able to participate in any climate-related advocacy or action. The qualitative responses provide a deeper understanding of how these numbers translate into lived realities. Six themes emerged that illustrate the intersection of climate impacts with gender identity, body safety, and survival.

Barriers to Gender-Affirming and General Healthcare

Healthcare access was one of the first casualties of climate crises. Almost half (49%) of participants reported that climate events disrupted their ability to access medical care. This included missed hormone therapy appointments, interruptions in ongoing treatments, and the inability to reach health facilities due to floods or transport breakdowns. One participant shared how flooding cut them off from medical support, making it impossible to maintain their routine. For many, the fear of being misgendered or harassed inside health facilities during a crisis added another layer of hesitation. Climate disruptions therefore reinforced an already fragile system of healthcare access, putting both general and gender-affirming care at risk.

Extreme weather events respondents experienced (in %)



Climate Stress on Gender Expression and Body Safety

For transmasculine people, climate change is not just about external environments—it is also about the body. Heatwaves (experienced by 51% of participants) brought new risks for those who bind their chests. Binding in extreme heat causes overheating, suffocation, and skin irritation, forcing some to choose between affirming their gender identity and protecting their physical health. Participants described this as a daily negotiation of safety versus dignity. Climate stress made gender expression more precarious, exposing how environmental conditions can directly compromise body safety for transmasculine individuals.

Economic and Livelihood Insecurity

The struggle for survival extended beyond the body into livelihoods. More than half of participants (54%) reported being unable to access food, water, or shelter during climate events, and 23% faced displacement or property loss. For those already in unstable or informal employment, climate events meant sudden loss of income with no safety nets. Some participants described the added pressure of being responsible for their family's survival while also losing access to work and healthcare. In these moments, economic insecurity became not just about finances, but about the possibility of maintaining one's identity and dignity in crisis.

Mental and Emotional Strain Under Climate Stress

The mental health toll of climate events was widespread, with 62% reporting emotional or psychological distress. Participants spoke about anxiety, fear, and a sense of being trapped both by the floodwaters and by societal expectations around gender. Some noted how climate crises amplified feelings of isolation, with no safe spaces or support networks to turn to. The layering of climate stress with gender dysphoria created overwhelming strain. These narratives remind us that climate change is not only about physical destruction but also about emotional well-being and resilience.

Mobility Disruption and Daily Life Impact

Climate events disrupted the daily rhythms of life in profound ways. Participants reported being unable to reach workplaces, schools, or healthcare providers due to road blockages and displacement. Simple acts like accessing drinking water or securing a safe place to sleep became exhausting challenges. For many, especially in rural and peri-urban areas, being “stuck” without external support was a recurring reality. These disruptions highlight how climate crises magnify daily vulnerabilities and make even ordinary survival uncertain.

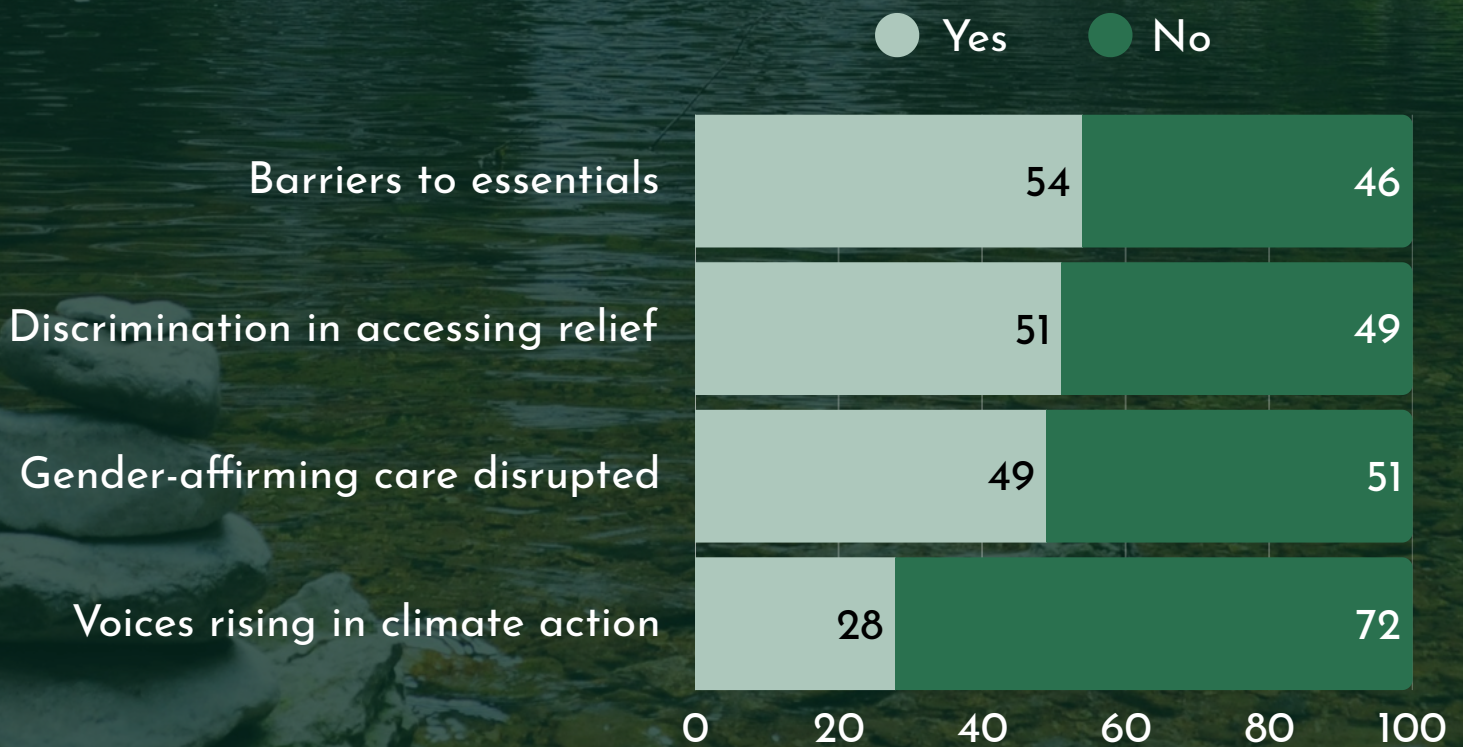
Climate Disconnection, Resignation, or Exclusion

Despite experiencing high levels of harm, only 28% of participants were engaged in climate action or advocacy. Many explained that survival needs left no time or energy to participate in broader climate movements. Others described feeling excluded from activist spaces where their voices and issues as transmasculine people were not acknowledged. Some expressed resignation, noting that climate change felt too large to confront individually. This disconnection does not reflect disinterest; it reflects structural exclusion, which prevents those most affected from shaping climate responses.

Key Takeaways:

- Climate change worsens existing healthcare barriers, with nearly half of participants reporting disrupted access to both general and gender-affirming care.
- Heatwaves and floods directly affect gender expression and body safety, especially for those who bind.
- Economic insecurity deepens during crises, with over half facing loss of food, water, or shelter, and nearly one-fourth experiencing displacement.
- Climate stress contributes to serious mental health strain, reported by 62% of participants.
- Only 28% of participants were involved in climate action, reflecting systemic exclusion rather than lack of concern.

Impact of Climate Events on Respondents



Discussion

This study is among the first community-led inquiries into how transmasculine individuals in India experience climate change. The findings reveal that the effects of extreme weather events are not only environmental but also deeply embodied, shaping how participants live, move, access care, and express themselves. Quantitative data pointed to significant exposure over half of respondents faced heatwaves and nearly as many experienced intense rainfall but it is the qualitative accounts that bring forward the layered realities of precarity, resilience, and invisibility.

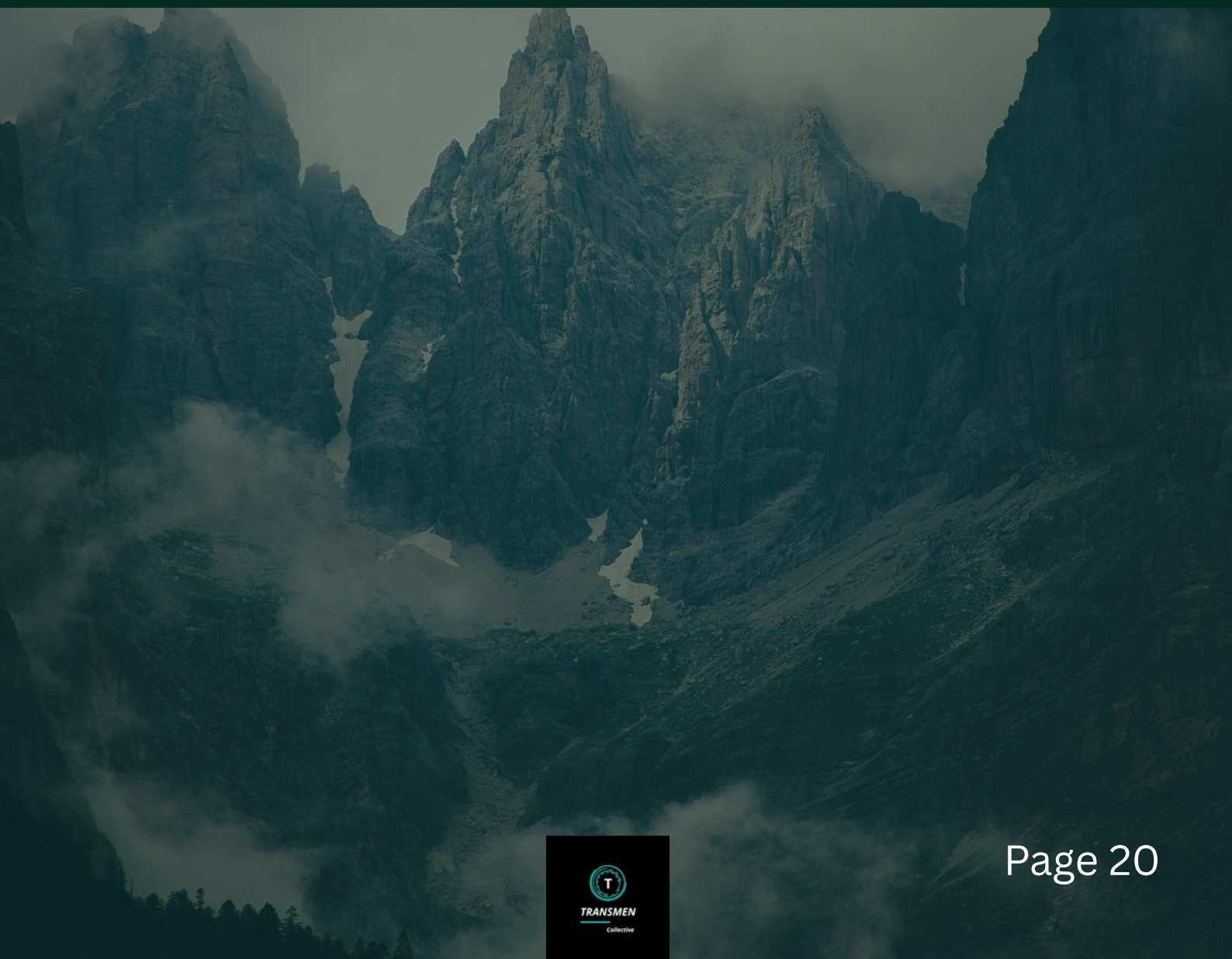
Climate disruptions were felt most acutely through the body. Rising temperatures intensified discomfort for those wearing binders, while lack of access to gender-affirming clothing made heat stress more than a physical burden; it heightened gender dysphoria and compromised bodily autonomy. These embodied experiences remind us that climate resilience must go beyond infrastructure to account for how environments interact with identity and self-expression. For many participants, the body became the frontline where climate stress and gendered vulnerability intersected.

Access to healthcare further illustrates this intersection. Floods, road closures, and mobility restrictions made it difficult to reach hospitals or clinics, while transphobia within healthcare institutions created an additional barrier. Participants described delays in accessing hormones or routine care, highlighting a “double vulnerability”: disruption caused first by the environment, and second by systemic exclusion. The interruption of hormone therapy or medical transition was not merely an inconvenience; it carried profound emotional and psychological costs, underscoring gaps in disaster preparedness and health systems that continue to center cisgender populations.

These systemic barriers were compounded by economic precarity. Extreme weather events damaged property, reduced income, and increased housing insecurity, forcing some participants to postpone gender-affirming care or focus solely on survival. Financial strain intertwined with emotional fatigue, as climate disruptions also carried symbolic weight: floods and blocked roads were described as metaphors for feeling stuck in life or trapped in one’s body. Such reflections reveal that environmental instability is not only external but also resonates with the psychological dimensions of trans experience, amplifying distress.

Underlying all of this was a striking sense of invisibility. Some participants spoke of climate change with resignation, describing it as inevitable or irrelevant to their lives. This was not indifference but a reflection of systemic exclusion. Transmasculine people are rarely invited into climate conversations, disaster planning, or policy frameworks. As a result, their needs and vulnerabilities remain unseen, reinforcing a cycle where the community both experiences the impacts of climate change and remains absent from the spaces that design solutions.

Taken together, these findings illustrate that climate justice cannot be separated from gender justice. The experiences of transmasculine individuals in India highlight how climate disruptions intersect with bodies, health, livelihoods, and systemic exclusion. Without intentional recognition and inclusion, climate responses risk deepening the very inequities they seek to address.



Recommendations

This study highlights that climate impacts on transmasculine individuals are not only environmental but also structural and social. Addressing these challenges requires action at multiple levels—government, healthcare, disaster management, civil society, and within queer and trans communities themselves. The following recommendations aim to bridge gaps and ensure that climate resilience is truly inclusive.



Government and Policymakers:

1. Recognize trans and gender-diverse communities in climate plans: State and national climate frameworks must explicitly include trans communities. This should be done in consultation with trans-led groups so that lived experiences shape planning.
2. Guarantee continuity of gender-affirming healthcare during crises: Emergency preparedness must account for uninterrupted access to hormone therapy, mental health support, and other affirming care, especially in flood- or heat-prone regions.
3. Inclusive disaster relief and shelter policies: Shelters and relief protocols must respect gender identity and ensure safe, dignified access to basic needs, including private spaces and appropriate facilities.
4. Fund trans-led climate resilience: Dedicated resources within climate and disaster budgets should support trans-led initiatives, from community shelters to research and advocacy.



Health Systems

1. Train healthcare providers in trans-affirming care: Disaster-response training must include awareness of gender-affirming needs, so that frontline workers are equipped to serve transmasculine individuals respectfully.
2. Build resilient and flexible care systems: Pre-position hormone supplies in disaster-prone areas, strengthen telehealth options, and ensure that ID mismatches do not block access to urgent care.
3. Ensure continuity of mental health support: Mobile counseling units and peer-support lines should be integrated into climate-health responses to address compounded emotional strain.



Disaster Relief Agencies and Local Authorities

1. Adopt inclusive intake and registration systems: Relief processes must allow self-identification beyond binary categories to avoid misgendering and exclusion.
2. Create safer shelter spaces: Shelters should provide private areas and sensitivity training for staff to prevent harassment and respect bodily needs such as binder use.
3. Partner with trans-led groups in planning and delivery: Collaboration with local trans and queer collectives ensures relief efforts are trusted, relevant, and inclusive.



LGBTQIA+ and Trans-Led Organizations

1. Strengthen internal preparedness: Organize training and awareness sessions that connect climate risks with trans health and safety.
2. Document and amplify lived realities: Use testimonies, stories, and research findings to influence mainstream LGBTQIA+ and climate movements.
3. Develop peer support and rapid response systems: Community-based networks can provide immediate support—whether evacuation, healthcare, or food security—when crises hit.



Climate Justice Movements and Civil Society

1. Center trans voices in climate spaces: Platform transmasculine leaders, researchers, and activists in climate dialogues and campaigns.
2. Broaden what counts as a climate impact: Recognize that heat-related dysphoria, disrupted hormone access, and unsafe shelters are just as real as property loss or livelihood damage.
3. Invest in intersectional resilience: Fund trans community-led projects that address health, economic security, and psychosocial wellbeing in the face of climate change.

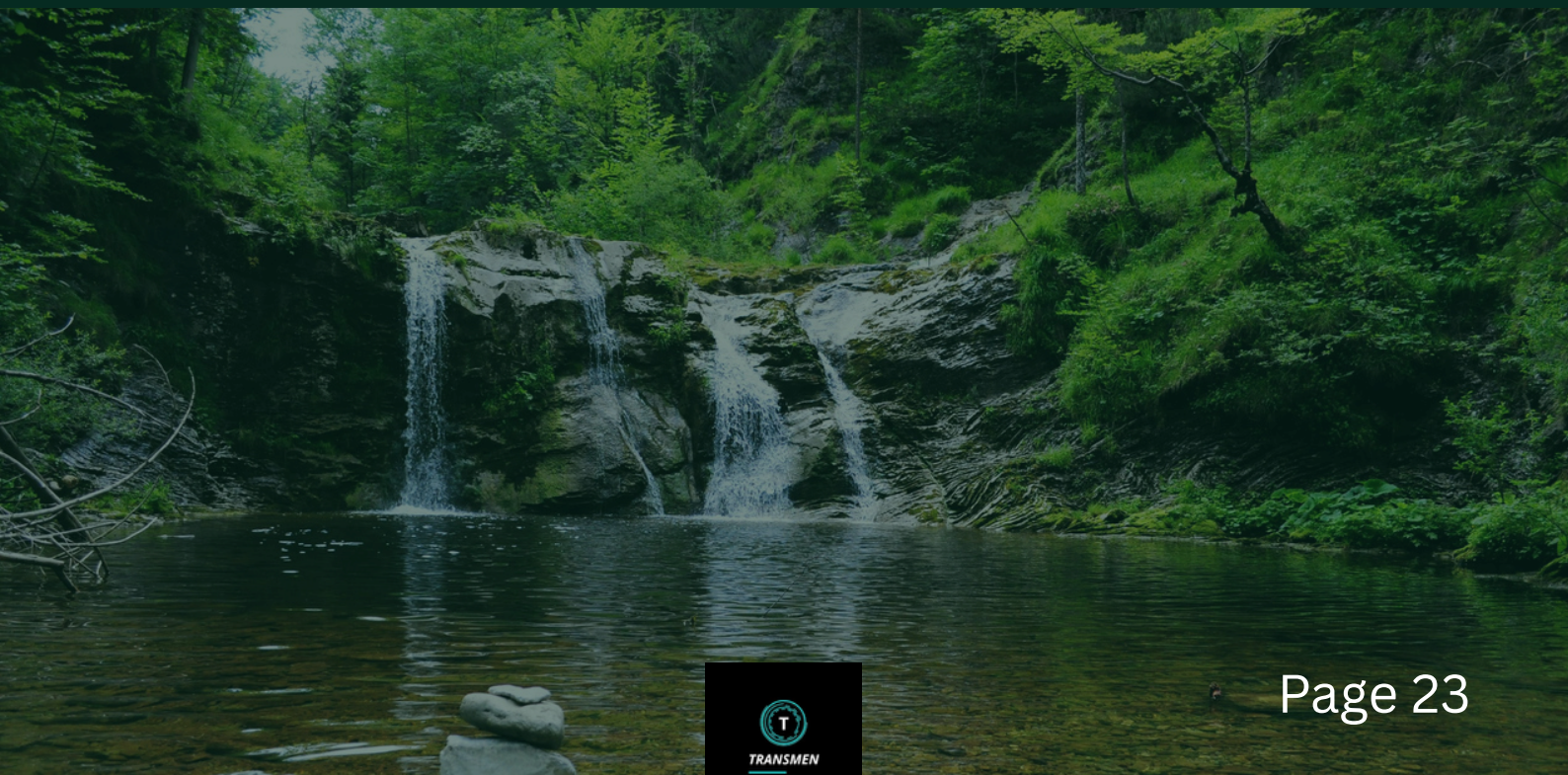
Conclusion

This study is among the first to shed light on how transmasculine individuals in India experience the realities of climate change. It shows that climate impacts are never uniform; they are shaped by gender identity, social exclusion, access to healthcare, and the constant negotiation of emotional and bodily safety.

Participants described how climate events such as heatwaves and floods disrupted their daily lives in profound ways: binders became unbearable in rising temperatures; floods cut off access to hormone therapy and healthcare; displacement and resource scarcity intensified mental health struggles. These are not isolated challenges, but ongoing patterns that expose the deep gaps in climate planning and disaster relief frameworks. The absence of transmasculine perspectives in these systems is not simply an oversight it reflects structural erasure that must be urgently addressed.

Yet, within these vulnerabilities lies resilience. Despite exclusion and limited resources, transmasculine individuals demonstrated creativity, survival, and solidarity in the face of crisis. Their experiences and insights point to practical pathways for building responses that are both inclusive and effective.

If climate resilience is to be real, it cannot leave anyone behind. A just and sustainable future must recognize the specific needs of transmasculine and gender-diverse people, not as an afterthought but as central to planning and action. True resilience is collective, and true justice is impossible without gender equity at its core.



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- ([India Code](#))
- Human Rights Watch, 2019: Analysis of the 2019 transgender rights bill, highlighting its gaps (e.g. lack of self-identification without surgery and no inclusion of disaster contexts).
- ([Human Rights Watch](#))