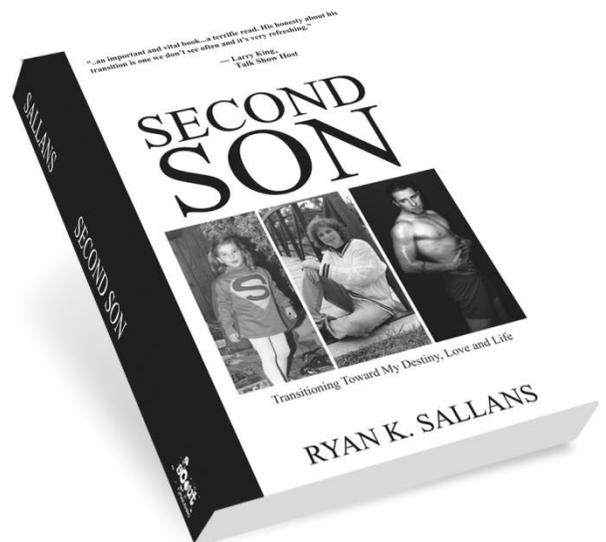


# RYAN K. SALLANS, MA



July 16

**National Speaker  
LGBTQ Activist  
Consultant  
Publisher  
&  
Author**



Since 1999, Ryan Sallans has been educating diverse audiences on topics related to sexuality, eating disorders, and holistic health. He provides trainings for professionals serving the LGBTQ community and those working toward inclusive environments. He works as a consultant with organizations developing healthcare protocol, policies and courses used to train clinicians and other medical staff who serve LGBTQ clients, and colleges seeking LGBTQ inclusion training. Ryan also visits university and college campuses where he speaks to audiences about his own transition from female to male in the popular presentation, FTM: Scouting the Unknown, other topics are also available upon request.



# SECOND SON

" . . . an important and vital book. . . His honesty about his transition is one we don't see often and it's very refreshing. This book . . . will educate the masses on what it means to be transgender and in today's society . . . FOUR STARS!!!"  
- Larry King, Talk Show Host

*Second Son* is a unique lens on life and love, intimately exploring the transition experience of Ryan Sallans—born Kimberly Ann Sallans. Ride alongside Ryan's transition from a child to a body-obsessed young woman with an eating disorder; from female to male, daughter to son, and finally a beloved partner to a cherished fiancée'.

Ryan candidly shares his struggle to find love and acceptance; a struggle that transcends through every layer of society. He nearly died from an extreme case of anorexia as an insecure female college student. The only thing that saved him was his inner spirit begging for a chance to live. *Second Son* chronicles Ryan's battle with his family, his romantic partner, and his body.

It is an unblinking focus on self-empowerment tracing Ryan's evolution into manhood as he underwent gender reassignment surgeries. It took twenty-nine years for Ryan to find himself. *Second Son* is an intimate and honest autobiography that will educate and empower anyone journeying to find their own destiny, love, and life.

## What Others Are Saying About Second Son

"Ryan Sallans takes his readers on this fantastic, page turning journey about life as a transgender male. . . he offers insight to the personal struggles and triumphs he faces in order to be true to himself . . . a book that will both educate readers and help others. . ."

- Dr. Robi Ludwig- Psychotherapist, TV commentator and Author

"Ryan's story is brutally honest, heartfelt and encouraging. His ability to willingly open up to complete strangers and allow them they insight into every personal aspect of his life is astounding."

- Amazon Review

. . . When treated academically, gender identity can be a complex and even convoluted topic. *Second Son* reminds. . . that living your life as you are meant to can be extremely complicated and yet so very simple."

Elizabeth Schroeder, EdD, MSW- Sexuality education expert and Executive Director, Answer



**“Ryan Sallans is a gifted writer, speaker, and educator. I highly recommend him to any institution seeking to better understand transgender people and issues.”**

-Lisa Mottet, Transgender Civil Rights Project Director,  
National Gay and Lesbian Task Force.

photo by: Fred Schneider, 2013

Ryan Sallans, a transgender man and LGBTQ activist, gained internationally notoriety after his two appearances on Larry King Live, protests by the Westboro Baptist Church, and an article in Closer magazine. He became known as a transgender mentor after his story was featured in the documentary *Gender Rebel* on MTV's LOGO network. He has also appeared on Trisha, Ricki: The New Ricki Lake Show, HuffPost Live, and NPR's On Point with Tom Ashbrook. In April 2012, his memoir, *Second Son: Transitioning Toward My Destiny, Love and Life* was released. In 2013, he started the publishing company, Scout Publishing LLC which focuses on stories surrounding sexuality and gender, including the quarterly literary journal *The Outrider Review* that features artists and writer worldwide.

Born in a small Nebraska town in 1979, Kimberly Ann was a surprise to her parents who were expecting a boy due to an old Irish Wives' tale used to predict the sex of their baby; a needle hanging from a thread that pointed downward, the direction the needle swung implied they were going to have a boy. However, the boy they thought they had predicted came out a girl.

As a child, Kim was a tomboy who loved to follow her dad around and help with all the chores. She never told her parents or those around her that she wanted to be a boy because she knew it wasn't possible, so she pushed her feelings deep down inside her.

Unfortunately, as Kim dismissed her desire to be a boy, she developed deeper issues within herself as she grew into adolescence and began scrutinizing her appearance and body.

By age 19, Kim developed an eating disorder, which deteriorated her physical appearance. To her, this deterioration made her look more like a boy, as she lost her curves and her breasts got smaller, but to her doctor, it was Anorexia and it could kill her.

For the next six years she battled with an eating disorder. She felt defeated as her body regained the weight she had lost and her feminine curves returned. Kim became obsessed with developing a fit, tight, and more masculine body. But unfortunately it didn't work, leaving her confined in a shell that was fighting against her.

It wasn't until a therapy session in 2003 that she began exploring issues outside of her exterior. Her recovery began when she took the steps to come out as gay. She had suppressed her crushes on girls because she was scared of what people would say.

In 2004, Kim came out into the Lesbian, Gay, Bisexual and Transgender (LGBT) community with the help of a friend. A month later, she met her first partner, Michelle, who would stand by her side for the next several years.

Kim was happy with Michelle, but realized within eight months of their relationship that, *“My outside didn't match my inside.”*

In December 2004, Kim had a breakthrough. While perusing books in a bookstore, she found herself in the transgender section. Her partner was confused by her interest in these books, but Kim still purchased a few and took them home to read. After reading the books, researching on the internet, and

consulting with others in transgender chat groups, Kim realized that what she desired all her life was really possible in attaining. Finally, Kim could be the boy she always felt she was.

It was a difficult journey, an on-going journey; her partner felt a loss of her own identity, her family was confused and hurt, but Kim knew that she would never be happy until she honored her true identity.

On May 6, 2005, Kim had chest surgery. By June she started testosterone therapy. And on July 8, 2005, Kim ceased to exist and Ryan Sallans was born through a legal name change. On August 15, 2006, Ryan had a hysterectomy and in May of 2008, he completed his lower surgery in Belgrade, Serbia.

Since Ryan's journey began, he has documented every step. He wanted to share with others in the transgender community and give them someone to turn to during their own self-realizations. In addition to blogging and keeping a public diary, Ryan videotaped and photographed the changes he went through during each stage of testosterone therapy and surgeries.

His story was shown on the LOGO network's documentary *Gender Rebel* and he has appeared twice on Larry King Live, as well as the daytime talk shows Ricki: The New Ricki Lake Show and Trisha.

After nine years as a Sexuality Health Educator with other organizations, Ryan decided to become a full-time public speaker and consultant regarding LGBTQ issues as well as eating disorders.

He delivers speeches to thousands nationwide to provide insight on gender identity while using humor intermixed with intricate clinical details of his story. His goal is to reach out to everyone, not just those within the transgender community, to educate, enlighten, and tackle the questions

that most may consider too private to discuss.

Ryan is also dedicated to helping those with eating disorders better understand their struggles and journey by sharing his own experience with Anorexia.

He completed his education at the University of Nebraska-Lincoln with a BA in Anthropology and English, an MA in English, and an MA in Educational Psychology.

"Ryan is a remarkable individual. He's brave, articulate, and has a candid sense of humor"

**-Larry King**

"Ryan Sallans is an incredibly brave young man who has written a powerful book. *Second Son* will save lives."

**-Dan Savage, co-founder, It Gets Better Project**

"As I watched Ryan Sallans tell us his story at Rutgers University in Camden, I kept looking at the faces of the students in the audience. They were listening as closely as I was - and with similar respect. I realized that Ryan was probably saving the life of someone in that room, and that I could multiply that saved life many times over. Ryan's honesty, openness, and courage about his life and

transgender issues are an example to us all."

**-Dr. Laurie Bernstein  
Chair, Department of History  
Rutgers, The State University  
of New Jersey, Camden  
campus**



"Ryan Sallans has been to our campus many times. Each time we learn something new and exciting about the community we have here. Ryan is insightful and open to questions. As a speaker he makes you feel comfortable and able to be yourself while learning about his personal journey."

**-Kathryn A. Evans, Student, University of Wisconsin-Parkside**

"As a professional staff member on a college campus, I appreciated the number of ways Ryan was able to educate our students, faculty, and staff. He created an inclusive training that fit the educational needs of our campus and was very easy to work with. I highly recommend Ryan as a speaker no matter how much (or little) you believe your institution knows about the transgender community."

**- Luke Gorham, Leadership & Educational Resources Advisor, University of Missouri**

"One of the most raw and honest presentations I've ever had the pleasure to learn from. Insightful and humorous, Ryan takes us on a journey of awareness and growth. One of my favorite things about hearing Ryan speak is the fact that he encourages questions and is so open in answering and sharing."

**-Jane Glaubius, Organizer, Nebraska Wesleyan University Plains Pride GSA**

"Ryan is Awesome & Inspiring! I'm so thankful he has spoken at my campus!"

**-LaTierra Piphus, Student, University of Wisconsin-Parkside**

"I have heard Ryan speak. I find him to be grounded in his knowledge of human relations. His sense of humor comes in windy and refreshing. He stands alone in his demeanor as an advocate of the transgender community"

**-Ellen (Mother of Transgender child)**

"Thank you, Ryan for the speech you gave. My cousin is bisexual and I didn't think she was OK or cool because of what she was but you made me realize that it shouldn't matter and after 4 years of not talking to her I called her and told her I loved

her even if she is bisexual!! Thank you so much for coming and opening my eyes to see that what my cousin is, isn't bad. I really appreciate so it so much. Hope you can drop by again and just hang out. Again, thank you so much for coming hope you have a nice day!!"

**-Stephanie, High School Student**

"...Ryan's memoir about his journey invites us to take on our own personal leaps of faith, uncovering aspects of our own true selves. Even after Ryan has participated with me in thousands of medical, educator and counselor presentations, and appeared with me on Larry King Live, he has once again astounded me with his honest, revealing and no holds barred auto-biography. This book will undoubtedly enlighten readers around the world and lend much-needed support within the LGBT community."

**-Dr. Marilyn K. Volker, Ed.D.- Sexologist/Gender Specialist, Miami**

"Ryan was incredibly dynamic and reached the students with his story of development and change. Ryan is a flexible presenter that interacted with our students and inspired our LGBTQIA community."

**-Gretchen Osterman, Coordinator of Greek Affairs/LGBTQA Programming Committee Bloomsburg University**



## MEDIA APPEARANCES

- KMTV News – “Transgender Living in Nebraska,” 02/11/14
- HuffPost Live – “Missing the Chemicals that Rule Our Lives” with Josh Zepps, 12/10/13
- NPR – “On Point with Tom Ashbrook,” 08/28/2013
- TOGINET Live – “This Little Parent Stayed Home,” with Ally Loprete, 02/18/13
- TOGINET Live – “Second Chances” with Midge Noble, 02/07/2013
- NBC: “Ricki: The New Ricki Lake Show” – Guest, 12/11/12
- TOGINET Live - “Coming Out Lounge” with Rick Clemons, 09/26/12
- NBC: “Trisha” – Guest, 10/03/12
- TOGINET Live – “This Little Parent Stayed Home” with Ally Loprete, 08/17/12
- KITV News – “National Speaker Talks About Hope at LGBT Event,” 06/12
- KCAU-TV News – “Transgender Man Speaks to Stop Bullying, Spread Awareness,” 06/12.
- OurLivesMadison.com – “Being Authentic” with Pat and Mary, 04/08/12
- KZUM 89.3 – “The Joy Factor” with Sheila Stranton, 03/12
- KOLN/KGIN Special News Report – “One Man’s Story of Being Transgender in Nebraska,” 12/11.
- KZUM 89.3 – “The Joy Factor” with Sheila Stranton, 06/11
- CNN: “Larry King Live!” – Guest Panelist, 07/09
- CNN: “Larry King Live!” – Guest Panelist, 08/07
- LOGO: “Real Momentum Series – Gender Rebel” – Featured Story, 08/06

## PUBLICATIONS

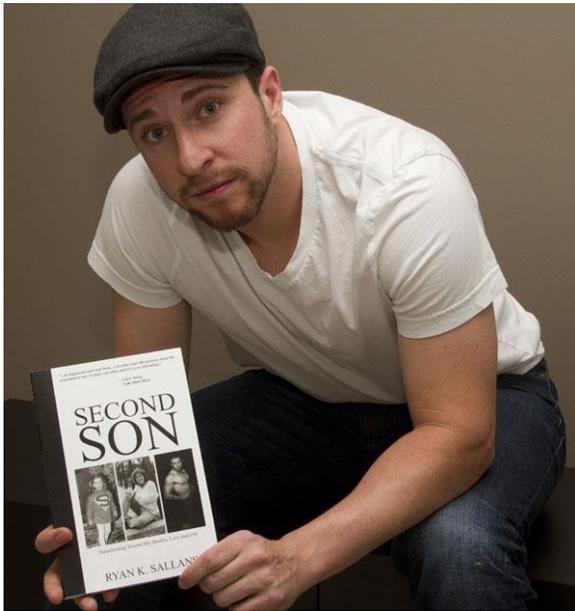
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## CLIPPINGS/ARTICLES

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- Bergin, Nicholas. *20 Years After 'Boys Don't Cry' Murders, Transgender Violence Still Happens.* [The Lincoln Journal Star](http://TheLincolnJournalStar), 12/30/2013.
- Samantha Caiola. *Taking Charge: How Trans Youth Are Trumping the Medical System.* [The Chicago Bureau](http://TheChicagoBureau), 10/29/2013.
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- Anderson-Minshall, Diane. *Op-ed: where'd you get that body from? My ruminations on body issues, trans men, and penises of the gods.* [Advocate.com](http://Advocate.com), 07/09/2013.
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- Strand, Michael. *Nebraskan likes being a man.* [Salina Journal](http://SalinaJournal). 11/24/2009.
- Raymond, Victoria. *I beat anorexia by becoming a man.* [Closer Magazine](http://CloserMagazine). 06/23/08.

## WEBSITES & BLOGS

Ryan's Website: <http://www.ryansallans.com>  
Scout Publishing LLC: <http://www.scoutpublishingllc.com>  
Facebook: <http://www.facebook.com/RyanSallansFTM>  
Tumblr: <http://ryansallans.tumblr.com/>  
Twitter: <https://twitter.com/rsallans>  
Youtube:  
<http://www.youtube.com/user/ryescout01?feature=mhee>



## Q & A with Ryan Sallans

### Q: How do you identify yourself?

**Ryan:** I identify myself differently depending on what role I am playing in the community. For the most part I simply identify as Ryan, a guy from the Midwest, with two dogs, a cat and a partner. If I am doing work specifically geared toward gender identity/expression then I identify as Ryan, a queer transman.

### Q: What are the most common things people want to know about you?

**Ryan:** The first one, ALWAYS, is what I have between my legs.... I think this is because we are so repressed when it comes to sexuality that we go to the most basic questions. If people are able to move past that question then they want to know just what the transition process was like and how I dealt with

family, surgeries, finances, etc. They are also very curious to know if I am single or not.

### Q: Why talk to you??

**Ryan:** Even prior to my transition I was a professional speaker and sexuality educator. I am very seasoned at this point and fortunate to have the experiences that I have. I am in a place where I can talk about my own process, but also see and explain the other diverse identities in the transgender community. I have an ability to de-escalate situations that could bring conflict to a group.

### Q: What topics do you tackle when you are speaking in front of an audience?

**Ryan:** When I give a talk related to gender identity and expression I first do an overview of the term transgender and the identities that fall under that umbrella. I also speak about the differences between, sex, gender, and orientation. I then describe the different aspects of the transition process: medical, legal, social, and hormonal. After getting the audience into the mindset of understanding the transition process I open up about my own transition and my story through the use of humor and candor.

### Q: Do you welcome any type of question? Is anything off limits?

**Ryan:** I welcome any question a person has and I will answer it. I believe, as an educator, it is important to address all curiosities that audience members have and I am very comfortable with those personal questions. However, I always remind my audiences that even though I am comfortable with any question, that doesn't mean other people in the transgender community are willing or wanting to share intimate details about their lives.

### Q: Why is it important to educate non-transgender individuals?

**Ryan:** It is important to give a rounded perspective of the transgender community to non-transgender individuals because it helps explain the complexities that intertwine humans and sexuality. It also helps decrease the myths that run so rampant surrounding

transgender individuals and their bodies. I find that people often are more open to their own internal struggles when they start to explore the experiences that people in the transgender community face.

**Q: What are misconceptions about you and how do you address them?**

**Ryan:** Misconceptions related to my identity and me as a person are different depending on who you are talking to. When I am brought up against these misconceptions, I do not attack or defend, but rather, I rationalize and make apparent that we all have different aspects of our identity and I personally honor those of others like I do my own.

**Q: What was your biggest challenge during your transition?**

**Ryan:** There were, and still are, several challenges during my transition so it is hard to narrow it down to just one area. If I would have to pick one it would be trying to find acceptance and feeling loved by family. In order for me to move forward, I had to push the idea out of my head that my family would always be there for me and I began to visualize being alone. I decided that if I could face hard times alone, then having others support me would just strengthen my journey.

**Q: What advice can you offer other transgender individuals?**

**Ryan:** The best advice I can offer anyone is to be true to your own feelings and not let other's opinions/views affect what you feel is truly best for your body, health and life goals. When you start to feel frustrated, don't give up because there are plenty of resources out there to help you. You just need to reach out and ask for the help.

**Q: If you could do it all again, would you?**

**Ryan:** I would. I have no regrets. I love my life, my job, the people I meet and the challenges that I have overcome. I have a lot of challenges still ahead but I've learned to take them on one step at a time.

**To see Ryan's professional trainings, conference presentations, and college visits please download his curricula vita from this link:**

<http://www.ryansallans.com/press.html>

**For inquiries, please email:**

[inquiry@ryansallans.com](mailto:inquiry@ryansallans.com)

with "Speaking Inquiry" in the subject line.

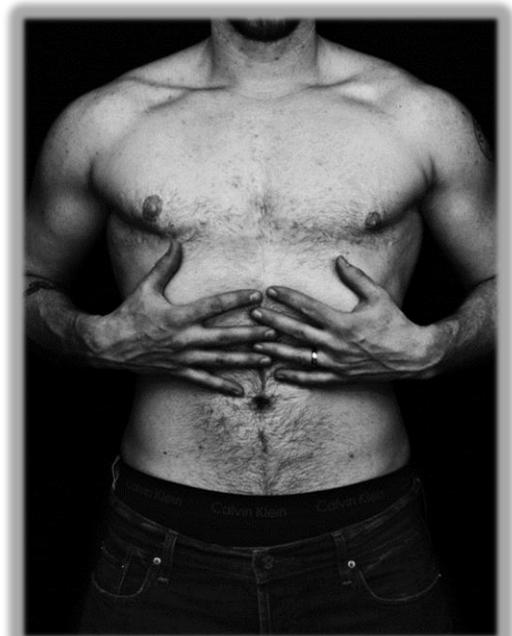


photo by Fred Schneider, 2010