On a daily basis, as a cisgender person, I can assume:

1. Strangers don't assume they can ask me what my genitals look like and how I have sex.
2. My validity as a woman/man/human is not based upon how much surgery I've had or how well I “pass” as cisgender.
3. When initiating sex with someone, I do not have to worry that they won't be able to deal with my body or that having sex with me will cause my partner to question their own sexual orientation.
4. My politics are not questioned based on the choices I make about my body in relationship to gender identity.
5. I don't have to hear “so have you had THE surgery?” or “oh, so you're REALLY a [incorrect sex or gender]?”
6. I am not expected to constantly defend my medical decisions in relationship to my gender identity.
7. Strangers do not ask me what my “real name” [birth name] is and then assume that they have a right to call me by that name.
8. People do not disrespect me by using incorrect pronouns even after I've told them my pronouns.
9. I do not have to worry that someone wants to be my friend or to have sex with me in order to prove their “hipness” or good politics.
10. I do not have to worry about whether I will be able to find a bathroom to use or whether I will be safe changing in a locker room.
11. When engaging in political action, I do not have to worry about the gendered repercussions of being arrested. (What will happen to me if the police find out that my genitals do not “match” my gendered appearance? Will I end up in a cell with people of my own gender?)
12. I do not have to defend my right to be a part of queer communities and lesbians and gay people will not try to exclude me from OUR movement in order to gain political legitimacy for them.
13. My experience of gender (or gendered spaces) is not viewed as “baggage” by others of the gender in which I live.
14. I do not have to choose between either invisibility (“passing”) or being consistently “othered” and/or tokenized based on my gender.
15. When I go to the gym or a public pool, I can use the showers.
16. If I end up in the emergency room, I do not have to worry that my trans identity will keep me from receiving appropriate treatment nor will all of my medical issues be seen as a product of my trans identity. (“Your nose is running and your throat hurts? Must be because of the hormones!”)
17. My health insurance provider (or public health system) does not specifically exclude me from receiving benefits or treatments available to others because of my trans identity.
18. When I express my internal identities in my daily life, I am not considered “mentally ill” by the medical establishment.
19. I am not required to undergo extensive psychological evaluation in order to receive basic medical care.
20. People do not use me as a scapegoat for their own unresolved gender issues.

These dynamics are just a few examples of the privilege that cisgender people have. Transgender and genderqueer people have a range of different experiences but cannot count on most of these conditions in their lives.
Daily Effects of Heterosexual Privilege

On a daily basis, as a heterosexual person, I can assume:

1. My roommate, hall mates and classmates will be comfortable with my sexual orientation.
2. If I pick up a magazine, watch a TV show or movie, or listen to music, my sexual orientation will be represented.
3. When I talk about my heterosexuality (such as in a joke or talking about my relationships), I will not be accused of pushing my sexual orientation onto others.
4. If my family or friends find out about my sexual orientation there will not be economic, physical, or psychological consequences.
5. That as a child I didn’t experience games that attack my sexual orientation (i.e. fag tag or smear the queer).
6. I will not be accused of being abused, warped, or psychologically confused because of my sexual orientation.
7. I won't be asked to speak for everyone who is heterosexual.
8. People don’t ask why I made my choice of sexual orientation.
9. People don’t ask why I made my choice to be public about my sexual orientation.
10. My sexual orientation was never associated with a closet.
11. People won’t try to convince me to change my sexual orientation.
12. My classes will require curricular materials that testify to the existence of people with my sexual orientation.
13. People won’t harass me because of my sexual orientation.
14. I will be able to easily find a religious community that will not exclude me for being heterosexual.
15. I can count on finding a therapist or doctor willing and able to talk about my sexuality.
16. I will be able to find sex education literature for people of my sexual orientation.
17. I will be able to find people of my sexual orientation represented in the UT staff, faculty, and administration.
18. I can walk in public with my significant other and not have people double-take or stare.
19. Nobody will call me straight with maliciousness.
20. I won’t be asked to think about why I am straight.
21. I can be open about my sexual orientation without worrying about my job.
22. I can go for months without being called straight.
23. In everyday conversation, the language my friends and I use will include my sexual orientation. For example, sex inappropriately referring to only heterosexual sex or family meaning heterosexual relationships with kids.
24. People do not assume I am experienced in sex (or that I even have it!) merely because of my sexual orientation.

These dynamics are just a few examples of the privilege that heterosexual (or straight) people have. Lesbian, gay, bisexual, pansexual, asexual, and queer people have a range of different experiences but cannot count on most of these conditions in their lives.