

Helpful Tips

Gender roles are outdated ideas/behaviours/expectations associated with gender.

If you don't know which pronouns to use, just ask. It's worse to get it wrong. Don't assume someone's pronouns.

Someone's appearance doesn't always equal their gender.

Fact and Myths

Myth - Medical transition is cosmetic, not lifesaving.

Fact - Medical transition is considered a lifesaving process

Myth - All trans people have to transition and get surgery

Fact - It is a personal decision if someone wants to medically transition and everyone's transition is unique

Myth - It's okay to ask a trans person their birth name

Fact - It is not okay and very intrusive to ask a trans person their birth name or what they may refer to as their 'dead name'

Myth - Trans people are exclusively binary genders, such as 'female to male' or 'male to female'

Fact - Trans people don't have to identify as a binary gender and may instead identify as non-binary

More Information

Find more resources and agencies on our website:

www.spaceyouthproject.co.uk

Contact us:

Helen 07973 405280

Office 01202 205279 / 07984 694179

hello@spaceyouthproject.co.uk



T-Group

T-Group is available to young people who need a safe space to explore any questions they might have about their gender identity

Contact the Space Office

01202 205279 / 07984 694179

hello@spaceyouthproject.co.uk



[@spacedorset](https://twitter.com/spacedorset)

[sydorset](https://www.facebook.com/spydorset)

www.spaceyouthproject.co.uk

Advice and Support for Parents, Carers and Professionals about Trans and Gender Identity



Written by our trans members of T-Group

www.spaceyouthproject.co.uk

What is trans?

Trans or transgender is an umbrella term used to describe someone whose gender identity doesn't match the gender they were born as.

Terminology

Trans Woman - someone born male but identifies as female, also referred to as male to female/MtF

Trans Man - someone born female but identifies as male, also referred to as female to male/FtM

Non-Binary - someone who doesn't identify as male or female

Cisgender - someone who identifies as the gender they were born as

Transitioning - the process of taking steps to live as your affirmed gender. There's three aspects to transitioning, socially (change of pronouns and presentation), legally (changing name), medically (hormones and surgery). There is no right way to transition and is specific to the person

Gender Identity - a person's inner sense of masculinity, femininity or otherwise

Stealth - referring to when a trans person's living as their affirmed gender without being out as trans

Pass/Passing - referring to a trans person being recognised as their affirmed gender without saying they're trans

Gender Identity Development Service/

Gender Identity Clinic - specialist clinics that support you with gender identity issues and help with the medical aspect of transitioning

Pronouns - a noun used to refer to someone without using their name, e.g. he, she, they

Binding - a method to compress the breasts to give the impression of a flat chest

Tucking - a method of concealing the genitals so they aren't visible under clothing

Cross Sex Hormones - referring to a trans person taking hormones to help align their gender identity and body

- For young trans people, there's a need for the correct information to be available to them, to help guide them through getting help, whether that's medically or mentally. It's also so they can identify risks and take action to protect themselves.

- It's beneficial to young trans people to come out to people close to them, such as family and friends, so they can start to socially transition. This may include wanting to be referred to with a different name and pronouns. This process is difficult as the young person may not know what reaction they'll receive and may fear being rejected. However, some trans people prefer to not come out and instead want to remain stealth around their peers.

- Due to the struggle trans people have with their identity, many trans people suffer with mental health that may lead them to isolate themselves and the overwhelming worry that they might not be accepted and lack of support can add to their struggle. Often parents take a long time to accept it, they may continue to use the young person's previous name or old pronouns which can be damaging to the trans person.

Creating a Safe Environment

Trans young people are less likely to ask for help due to their legitimate fear of being harassed, hurt or rejected so it's important for them to be in an open and accepting environment. If you approach the young person with an accepting mindset and don't question or make assumptions about their identity being a 'phase', it can help them feel comfortable enough to share their thoughts and concerns. Having a welcoming environment for the young person will protect them.

Why It's Important

A safe and supportive home environment is very important as people who are trans have a higher rate of anxiety and depression than the general population. Up to 53% of young trans people self harm. 45% of young trans people attempt suicide. An accepting school/work environment is also important as 89% of young trans people are bullied.

Early Awareness and Identity

Gender awareness and identity can begin at a very early age but child may not understand that they're transgender until puberty starts.

During adolescence confusion about gender can reflect in a young person's behaviour, which can include hiding things, guilt, shame, and denial. It can also cause the young person to positively accept their gender identity and sense of self.

Identity assumption is where a trans person integrates their gender identity and identity consolidation is when they recognise and accept their preferred gender identity