

The **legal** transition is when someone changes their name by deed poll, which makes it their legal name. Just because someone has not changed their name by deed poll does not mean that we ignore when a trans person asks to be called by the name that they identify with. If we ignore it we are discriminating against the person because they are transgender. Discrimination is **illegal**.



What about toilets and changing rooms? Transgender young people should be allowed to use the facilities that they feel most comfortable using. We don't have to make it a big deal, at the end of the day someone just wants to be able to use the toilet.

**Points to keep hold of.** It's not a big deal, well it doesn't have to be. Being transgender is real. It's not new, a phase, or a fashion statement. So let's be there for our transgender friends, family, and class mates.

**Life after someone comes out and starts their transition is much happier and healthier than lying to oneself and pretending to be someone they are not.**

Trans young people are still people and deserve respect and a right to privacy. They may not want to educate you and that's okay. Please don't ask personal questions that you would feel uncomfortable answering if you were asked.

**LGBT+ being proud of who we are, Youth groups and 121 support in Fareham, Gosport, Havant/Waterlooville and Winchester:**

**Youth groups run weekly**

**Fareham Group**  
Mondays 6.30pm — 9pm

**Winchester Group**  
Tuesdays 6.30pm — 9pm

**Havant Group**  
Wednesdays 6.30pm — 9pm

**Gosport Group**  
Thursdays 6.30pm — 9pm

**Parents and carers of transgender young people support group and informal coffee morning**

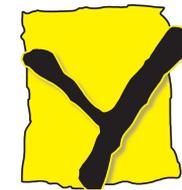
10am -12noon every 1<sup>st</sup> Saturday of the month at Xperience Young Persons Centre, Trinity Street, Fareham, PO16 7SJ

**For more information contact Dawn Tracy**  
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**E: dawn@yservices.co.uk**



## Coming out as Transgender

**Helping friends and family understand what it all means**



**Y Services for Young People**  
Providing and developing quality youth work that meets the needs of local young people

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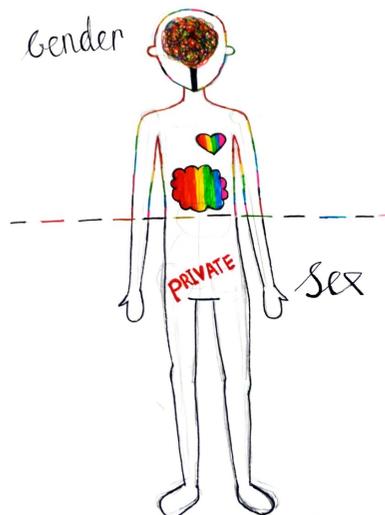
**Transgender** is an umbrella term that basically includes a variety of different gender identities. What's important to recognise is that everyone's gender identity is different and they will have different expectations of their transition. When someone tells you they are transgender, it might feel quite scary and you might be unsure exactly what that means. You just need to know they are still the same person and they have trusted you with what is the biggest and most private piece of information about them personally.

You might be worried that the person wants to have "the operation" and that they will be making permanent changes that can't be undone; and you might think the person is too young to understand or make such decisions.

We don't need to worry about that, what's important is that we support them to explore, express and work out who they are. The doctors at the Gender Identity Clinic will work that bit out with them, and will not allow them to do anything if they are not confident that the young person will not regret.

There is a long waiting list, maybe up to 18 months before anyone gets seen at first. What we need to do is to understand what being transgender is. The first step is to know about the difference between sex and gender. They are not the same thing, but everyone thinks that they are.

Gender is what is important, because that is who the person is. Their sex is totally irrelevant.



**Gender** is about how you think and feel and what your gut instinct is about who you are as a person (whether you are male or female or not). **Sex** is about what we were all assigned at birth, it's our chromosomes, biology and our private bits and bobs. (They are called privates for a reason, it's none of anyone's business what is someone's pants). For most people you know their sex and gender match up. For transgender people, their sex and gender don't match up like everyone else's.

But that's okay, there are lots of things that we can do to help and support them. Trying to understand goes a long way, as well as not asking personal questions.

Everyone's journey is going to be different. How one person transitions is going to be different than someone else's. Let's try to not get caught up in what we expect should happen. It's not about us, it's about the trans person themselves

There are 3 parts to transitioning: **Social, Medical and Legal**. Different people put different emphasis on these, thinking that the medical transition is the most important. In fact the social transition is probably the most important. Social transition is when someone comes out and tells their friends and family that they are trans.

They might ask to be called a different name than what they were called at birth. It is essential that we try to remember that it is really important to them that we use the name they identify with. **Pronouns** are really important too. That means using words like she/her/hers for someone who tells you they are a trans young woman or trans feminine; and he/him/his for a trans young man or trans masculine person. Some people might ask you to use gender neutral pronouns for example they/them. They/them does work for a singular person.

Doing all of these things helps trans people to feel more like themselves and not experience as much distress, which is known as gender dysphoria. Like what was said before, we don't need to worry about the **medical** transition, that's not our business, but the **social** transition is. Let's get it right.

All words and actions have consequences. Are they going to be encouraging and have a positive effect? Or are they going to be nasty and negative? Did you know that 84% of trans young people think about ending their own life? 45% of trans young people make a serious attempt of taking their life. This is not okay! Please make sure the things you say are kind.