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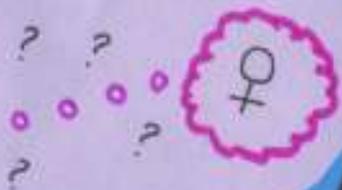
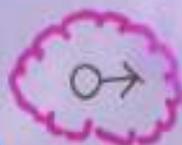
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Confused?

Read more . . .

# Terms

**Being trans** can mean lots of things. For many people it means that you do not feel that the gender you were given at birth matches with how you feel inside e.g. when you were born, people might have called you a girl and referred to you as 'she' but you might feel like a boy and want people to call you a 'he'. ..and for some people, you might not feel like you are male or female. All of these identities are part of the natural diversity of being human! :o)

**Gender Identity** is how a person identifies their gender, e.g. how they feel inside such as male, female, both, or neither.

**Assigned gender/ gender assigned at birth** is the gender role someone is given at their birth, (e.g. male), usually determined by looking at the baby's genitals/ 'bits'.

**Being transgender** is when you do not feel that your gender fits with your biological sex or fits the gender roles society puts onto your birth gender. You may or make not decide to change your physical body. A **transsexual person** is someone who wants to have medical changes.

**A transwoman/ Trans woman** is someone who was assigned male and birth, but identifies as female.

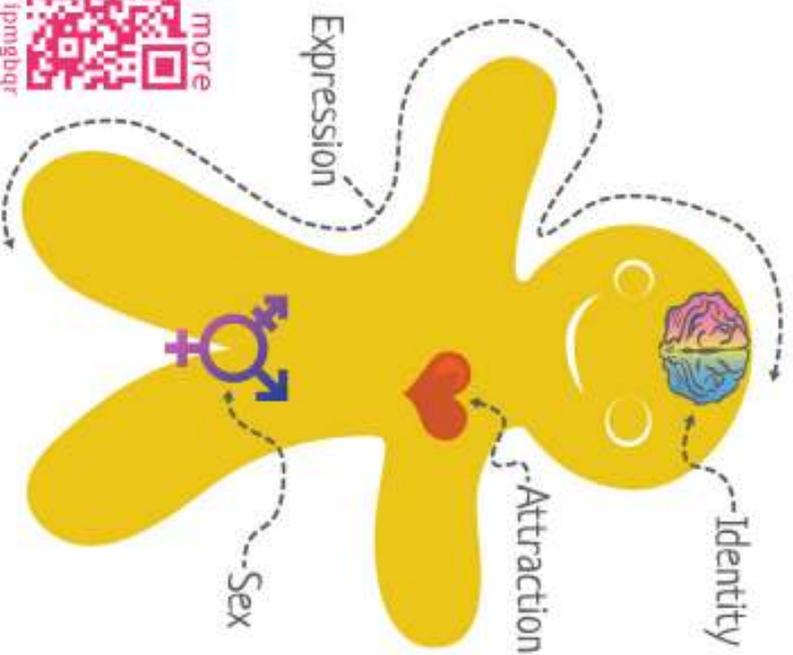
**A transman/ Trans man** is someone who was assigned female at birth, but identifies as male.

**A transvestite** is someone who likes to dress in cloths that would usually not be associated with their birth-assigned gender e.g. a man wearing a dress. Some people who 'cross dress' do it for fun, for entertainment or because it is how they feel comfortable.

# The Genderbreadread Person v2.0

by its pronouned **MEIRQ** sexual

Gender is one of those things everyone thinks they understand, but most people don't. Like inception, Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This crazy little guide is meant to be an appetizer for understanding. It's okay if you're hungry for more.



## Gender Identity

Nongendered {  Woman-ness  Man-ness

5 for infinite possible put and label combos

Woman	Woman	Woman	Woman	Woman	Woman
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## Gender Expression

Agender {  Masculine  Feminine

5 for infinite possible put and label combos

Man	Man	Man	Man	Man	Man
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## Biological Sex

Asex {  Female-ness  Male-ness

5 for infinite possible put and label combos

Female	Female	Female	Female and M	Female and F	Female and B
--------	--------	--------	--------------	--------------	--------------

## Attracted to

Nobody {  Men/Males/Masculinity)  (Women/Females/Femininity)

5 for infinite possible put and label combos

Man	Man	Man	Man	Man	Man
-----	-----	-----	-----	-----	-----

read more  
bit.ly/1pmnbgq





# Pronouns

- A pronoun is a word which you use to identify yourself.
- If you identify as male this could be he, his, him.
- If you identify as female then these could be her, she hers.
- Some people dislike either of the above and adapt to something different entirely like as follows; it, ze, zir, they, them ect.



**Coming out** can be a really difficult and scary part of transition. Often it's one of the first steps you will take on your journey. The most important thing to remember is that

you should only come out when *you* are ready. You may see others coming out at times different to you, or in ways different to you – try not to feel any pressure to follow them. Your transition is personal to you, so it's important it's done in a way that's most comfortable for you, though we know coming out can often not be comfortable whatever way it's done!

Trans people face **two types of coming out**. You can choose to come out **before** your transition, for example this type of coming out might be a trans man telling his mum that he feels like he's male. **After** transition, you will meet people who don't know about your trans history. You will then face the decision of whether or not to come out to them, and if you do want to, how far into the relationship to do it. An example of this might be the same trans man then telling his work colleague, who met him as male and has always known him as male, that he was actually born in a female body.

When coming out before transition, some people come out to a lot of people in their lives all at once, and others come out to one person at a time over a long period of months or even years. Some people prefer writing letters to tell people, others face-to-face, and all sorts of other ways. When thinking about how to come out to someone, think about their relationship to you and how personal or impersonal it needs to be. For example, you might not come out to your mum in the same way you'd tell your head teacher, or in the same way you might tell the local shop keeper— in fact, you may well not choose to tell the shop keeper at all!



It is also important to consider who you should tell first. Think about how supportive they will be. If you know someone is likely to support you and accept you, it can help to come out to them first so that you have them on side, as well as giving you more confidence to come out to others who you might not be so sure about.

It is also important to think about how well you trust them. If you don't want them to tell anyone else about your feelings, do you trust that they will be able to keep your secret?



After transition, the need to come out is often not as urgent, if it even exists for you at all, as you are already living in your preferred role.

**There is no right way to tell someone.**

Some say it in conversation, in a letter, email or Facebook message, so that the other person has time to read it and digest the information.

Coming out after transition is something that many trans people choose never to do unless they absolutely have to. Other trans people don't mind coming out, and some choose to come out often so that they can help others. It's important to know that you don't have *any* obligation to come out. Don't feel like you need to come out just so that someone else can be educated and understand more about trans people.

Sometimes you will just learn by experience what you feel comfortable disclosing about yourself to people, how you feel comfortable doing it, and how often you want to do it. This also often changes with time, so some people won't come out for many years, and then change and feel more comfortable with it, and so don't mind telling others about their trans history.

**Again: Coming out is YOUR CHOICE. Do it WHEN, HOW, and to WHO you want to. Set your own pace.**

# Social Transition

Social transition is a big part of gender transition for many trans people, whether they identify as male, female or something else. Social transition means changing to live as your preferred gender – e.g. for a trans woman that might mean :

- changing her name to a female name
- having other people use female pronouns to address her
- using the women's toilets
- wearing new clothes that she feels comfortable in
- 

Everyone's preferred way of transitioning socially is different. Some people with only do some of these things and not all of them, and it all needs to be done at your own pace. Do what you feel comfortable with, when you feel comfortable with it!

Once you're out to yourself and some others around you, you may want to start living in your preferred gender role some or all of the time. This might mean coming out at school, college, university or work. Here are some steps you can take:



1. tell a member of staff or manager that you want to transition, e.g. your tutor, welfare officer or any staff member you trust.
2. work with the staff member to plan how to tell other members of staff, students, or colleagues.
3. tell others around you in school or work what your preferred name and gender pronoun are so they can start using those new names/pronouns.
4. you may also want to discuss which toilets you will use, and this is about you feeling safe and comfortable to use the toilets that feel good for you to use.



# Physical Transition

The first thing to do when starting physical transition is to go to your doctor!



If you are seeing an NHS GP, they should refer you to your local mental health service for an assessment. If you see a private doctor, and they are not a gender specialist, they may refer you to another private mental health professional, or possibly straight to a private gender specialist.



The purpose of the mental health practitioner on the NHS route is to ensure that there are no other mental health issues which could affect your transition. If there are, they need to be being dealt with so that you are able to make a clear decision about your transition, and so that if you do decide to transition it is made easier for you. As long as any other conditions are being properly dealt with, you should be referred onto a Gender Identity Clinic (GIC).

The mental health professional *does not need* to diagnose you with Gender Identity Disorder (GID) themselves – their only purpose is to make sure that there is nothing else that you need help with. If you're under 18, you may be referred to a separate GIC for young people.

# Physical Transition

There are many different GICs in the UK, and they all have different structures and pathways for their treatment of patients.

Whether you go through a private gender specialist or through an NHS GIC, there are a number of different things trans people can do with the specialist's help:

**Hormone treatment** – Trans men usually take testosterone, to alter their physical characteristics so that they appear more masculine, like hair growth, muscles, voice and fat distribution.

Trans women often take oestrogen, to alter their bodies and make them appear more feminine. Oestrogen creates breast growth, can reduce hair growth and thickness, change fat distribution, and even change skin complexion!

Sometimes, trans people also use **hormones blockers**. These are often given to trans people under 18. These stop the effects of the sex hormones that are naturally produced by the body during and after puberty.

There are also all sorts of **surgeries** that a trans person might have.

**Chest surgery** – Trans women may have what's called breast 'augmentation', to help the effects of their oestrogen hormones which already promote breast growth. Trans men might have their chest operated on to create a masculine chest.

**Genital surgery** – Trans people may have a vagina or a penis and testicles surgically created for them.

**Facial surgery** –

Trans women may have surgery on their faces to create a more feminine shaped face and bone structure. At the time of writing, this is not funded on the NHS and must be paid for privately.

**Hair removal** – Hair can be permanently removed, such as unwanted facial hair.

**Not every trans person has every or any type of surgery.**

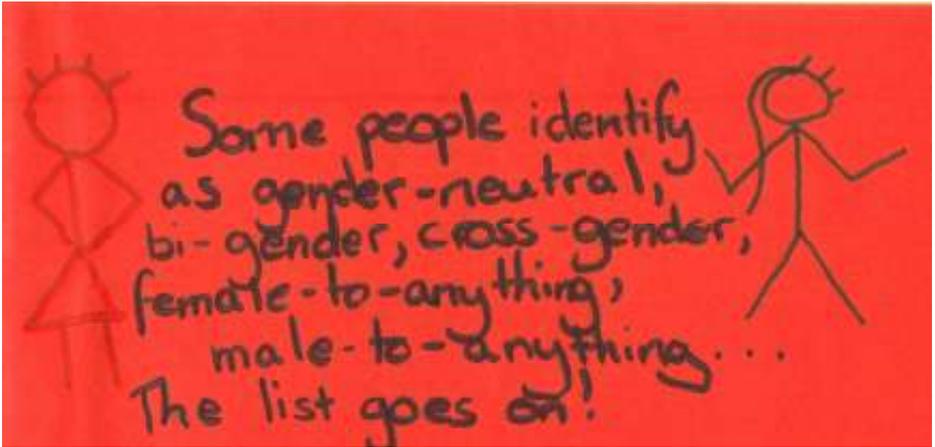
Many trans people don't identify as particularly male or female, but they can still choose to have surgeries that help them to feel more comfortable with their bodies.

What if I'm  
not

It is YOUR  
transition, do  
it YOUR  
way.

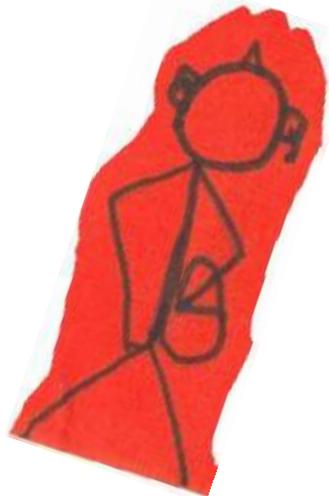


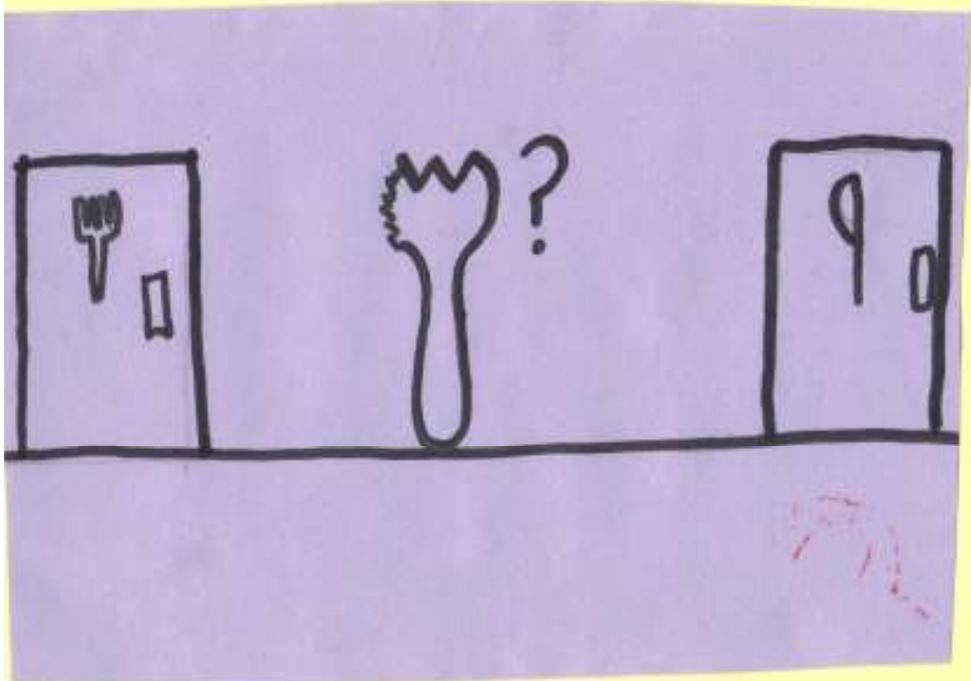
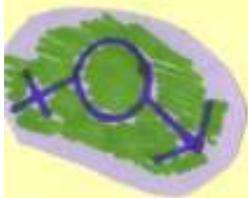
male  
or  
female?



It is fine to be *whoever* and *whatever* you feel you are. Trans people who don't feel either male-to-female or female-to-male can also get medical help physically, including hormone treatment and surgery to help create a body they feel more comfortable in.

Remember it is OK to choose not to have any treatment, or only to have the types of treatment you want or need!





Whose loo is it  
anyway?





We at the trans youth group asked ourselves what a relationship means to us.

We came up with:

'A bond between two or more people'

'A state of being between any number of people who are connected in any number of ways'

'A bond between individuals where you take an interest'

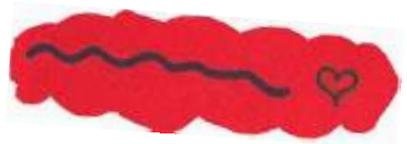
'One special person – someone important'

'Someone you interact with and affects your life'

'A connection'

'The interaction between people caused by various stimuli'

You might think of your own. A common theme we all agreed on is that it is usually between two people, though you can also have a relationship with yourself!



Relationships come in all shapes and sizes, and can be healthy or not so healthy. You can have a relationship with your parents, friends, romantic partners, siblings and many other people, but they are all different.

When coming out as trans to someone, it is important that you consider the nature of the relationship so that you can try to find the best way to come out to them, both for you and them. However you choose to do it, it is important that you keep a clear channel of communication between you, so that they can explain how they feel, and listen to you explain how you feel.

Sometimes it can feel like people cut off when you come out to them, and this can be because they feel worried they will lose you, or some other emotions about your transition, but feel uncomfortable telling you. It's important that you continue to try to communicate from your side, and invite their feelings across, as bottling things up and not telling someone almost never helps a relationship!





Access support and information for yourself, but also for those close to you who you are coming

out to. It can be almost as difficult for them to get through as it is for you. While you may have been thinking about this for a long time, it is often a very new and sudden idea for other people, and if they don't know a lot about transition, it can be a terrifying concept too!

Being trans and being in a romantic relationship can present its own problems too. If you are in a relationship with someone before coming out as trans, it can be very difficult for your partner as it can cause them to question their sexuality which they were comfortable in before. Sometimes partners successfully get through this and are able stay in the relationship and comfortable with each other, but sometimes this can't happen and they have to separate. It can't be stressed enough to give them time, space and relevant support to deal with this.

The closer they are to you, the more of an impact it can have on them and their lives, so it's really important that they feel they can communicate their worries and feelings, and access the information and support they need to help them understand and support you. Conversely, also make sure that that support is available to you, if things don't go the way you'd hoped.



... And finally

We hope you found this guide useful. It has been made by a group of trans young people that attend a youth group called Afternoon T.E.A. We meet on the second and fourth Sunday of the month, from 1-3pm at the Joyce Layland LGBT centre, 49 Sidney Street (off Oxford road and opposite Man Met Student Union), Manchester, M1 7HB.

And we are open to new members!

We are open to anyone aged 14 – 25 who identifies under the trans umbrella or is questioning their gender identity.



The group is confidential and is a trans only space. We also offer 1-2-1 support and online support through email.

If you'd like more info then you can contact

[transyouth@lgbtynw.org.uk](mailto:transyouth@lgbtynw.org.uk) or ring or text 07847 488054 or 0781 398 1338



And check out

<http://www.lgbtyouthnorthwest.org.uk/for-young-people/afternoon-tea/>

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Created  
By



Afternoon  
Tea

WITH THANKS  
To...