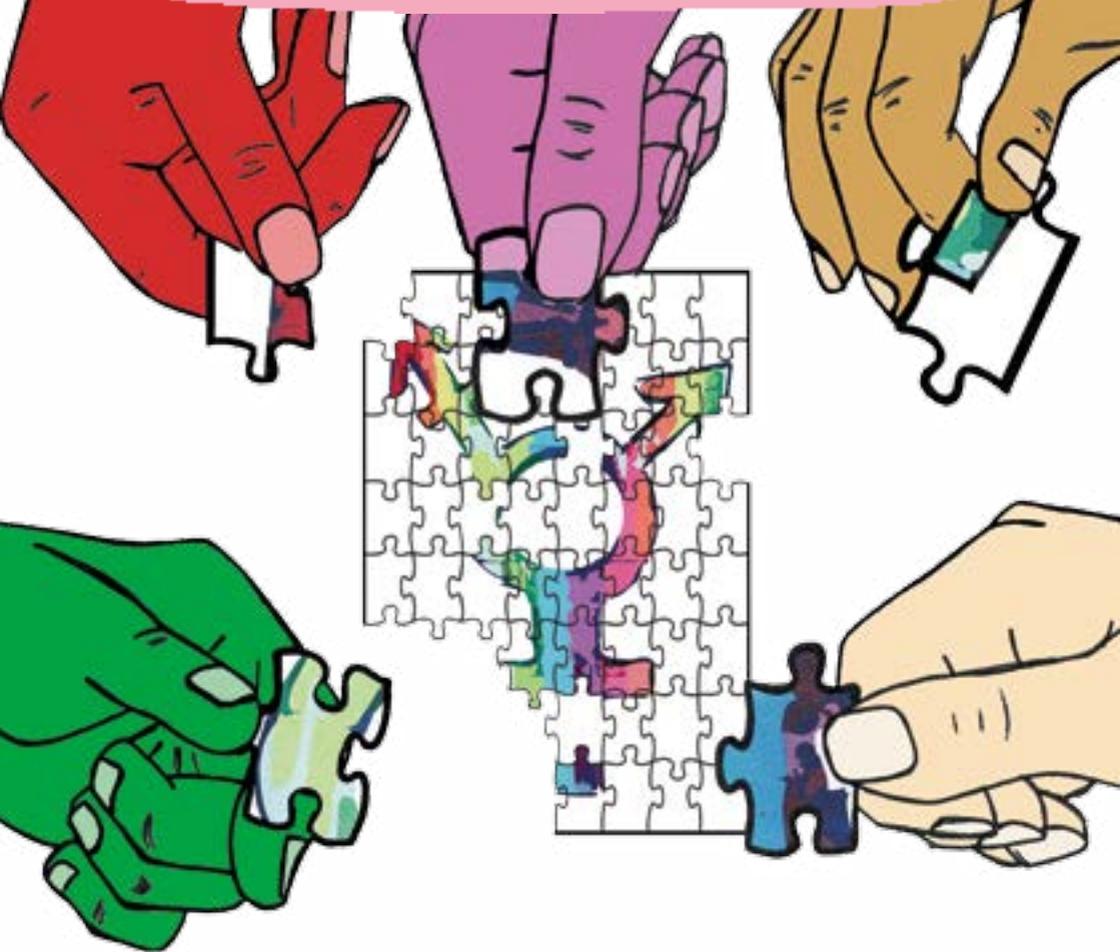


TRANS LINK GLOS

Gender Identity Explained



**ADVICE AND INFORMATION COLLATED BY
YOUNG PEOPLE IN GLOUCESTERSHIRE WHO
HAVE FIRST-HAND EXPERIENCE OF EXPLORING
THEIR OWN GENDER IDENTITY**

**ONLY YOU
KNOW WHO
YOU WERE
BORN TO BE,
AND YOU NEED
TO BE FREE
TO BE THAT
'PERSON'**

RUBY ROSE



The aim of this booklet is to raise awareness of gender identity, provide definitions and explain terms and to give advice and guidance to young people, who may be questioning their own identity and gender.

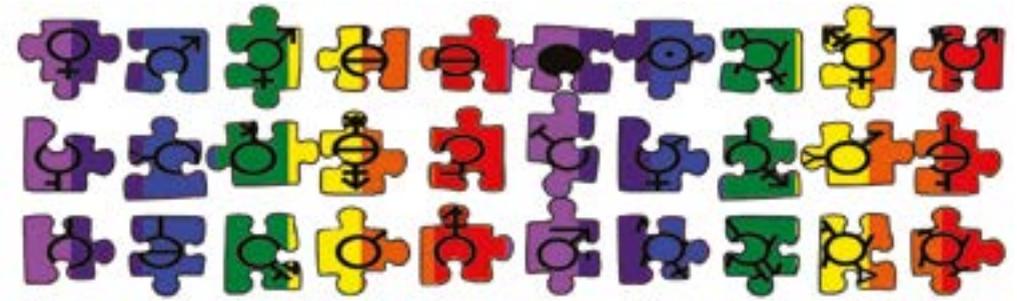
Information is power, the more you know the more empowered you feel and we hope that this booklet will benefit not only the person who identifies as another variant of gender

but also the people who are supporting that person.

Infobuzz is a charity which supports young people and families in Gloucestershire, as a team we are passionate about inclusivity and supporting diversity.

Infobuzz has been given the opportunity to create this booklet with a group of young people who are either questioning their gender identity or that identify as Transgender.

GENDER IDENTITY



Gender identity is your internal sense of self, male, female, both or neither and how you choose to express yourself. This is completely different to sexual orientation which concerns who you are attracted to, whether that be men, women, both or neither. Gender identity and sexual orientation are fluid, this means they may change over time.

Society labels infants 'boy' or 'girl' based on their appearance at birth. Our reproductive organs, as well as our brains have distinctly different male and female characteristics. These physical differences define our sex, whereas gender identity describes the inner sense of knowing where we fit in our social lives as men, women or somewhere on the gender spectrum, in

between, or outside, these binaries. Both our sex and our gender identity are very variable. Gender role and gender expressions are terms that describe how we behave and express our gender identity in society.

The words Trans and Transgender are commonly used to include a broad spectrum of people, some of whom do not identify comfortably as either men or women and may regard themselves as Agender, Non-binary or Genderqueer.

If a person wishes to transition, which is a term used to express a desire to change or modify their gender, there is a range of hormonal and medical interventions to assist someone to be more closely in line with their core gender identity.

GENDER UMBRELLA



A Transgender person -

Someone who self identifies that their gender identity does not match the sex they were assigned with at birth

A Transsexual person -

This is a clinical word used to describe someone that has decided to undergo procedures, such as hormone therapy or surgical intervention

Trans man -

This is someone that identifies as a man or lives as a male, but was assigned female at birth (FTM - female to male)

Trans woman -

This is someone that identifies as a woman or lives as a female, but was assigned male at birth (MTF - male to female)

Genderqueer/Non-binary

Some people use these words to describe having a gender identity that is neither male nor female and can identify with any or a combination of gender expressions.

Crossdresser -

People who wear clothes and makeup that may be commonly associated with the 'opposite' sex, but who do not necessarily identify as that gender.

Genderfluid -

This relates to a person who does not identify themselves as having a fixed gender

Cisgender known as Cis -

Someone who identifies as the same gender they were assigned with at birth. Cis derives from the Latin meaning 'on this side of'

HELPFUL REMINDERS WHEN SUPPORTING A TRANS PERSON

DON'T STEREOTYPE, EVERYONE IS UNIQUE

NEVER TELL A TRANS PERSON THAT THEY ARE WRONG OR GOING THROUGH A PHASE

IT'S OK TO JUST ASK, NEVER ASSUME EVERYONE IS THE SAME

BE SUPPORTIVE AND A GOOD LISTENER

BEING TRANS IS NOT ALL ABOUT WHAT'S ON THE OUTSIDE

GENDER IDENTITY IS BETWEEN THE EARS NOT THE LEGS

REMEMBER THAT SEXUAL ORIENTATION AND GENDER EXPRESSION ARE SEPARATE THINGS

YOU SHOULD NEVER 'OUT' SOMEONE WITHOUT THEIR PERMISSION

IT'S OK TO SEEK SUPPORT IF YOU NEED IT

RESPECT CHANGES OF NAMES AND PRONOUNS

USING DIFFERENT PRONOUNS AND NAMES DEFINITELY EASES OVER TIME WITH REPETITION

THE REALITY IS THAT PEOPLE COME IN MANY DIFFERENT SHAPES, SIZES, GENDERS, SEX AND ALL PEOPLE CHANGE OVER TIME

ADVICE FROM YOUNG TRANS PEOPLE AND THEIR FAMILIES

"Take your time to fully find yourself"

"It's okay to not know exactly how you feel, you don't have to have a label unless you want one!"

"Wear clothes that ooze your essence while making you look good too"

"Do what you can at your own pace"

"You are never alone, there are a lot of people and groups that offer support and guidance"

"Speak up, get support and never apologise for being authentic"

"Be patient with the people that care, sometimes they will get your pronoun wrong. The important thing is that they are trying!"

"Build a network around you, find others you can relate too"

"I found gender a confusing thing, I went through many phases before I settled into who I am today"

"Just be yourself"

"Don't feel it's not important because it is, you matter"

ADVICE FROM PARENTS AND CARERS

"Make sure your child explores things they like"

"Gay Glos and The Intercom Trust were an amazing support for us"

"Listen to your young person without judging them"

"Keep your relationship strong by talking often and having fun together"

"Even when times are troubled, make sure that they understand and know how much you love them"

"Take their thoughts seriously"

"We made a referral to CYPS for our young person to have someone to talk too that wasn't just mum or dad"

"We have found that grandparents found this hard, we just gave them time to understand"

"People experiencing this often feel very alone, you are not alone, seek support if you feel you need it"

"Time is a healer"

"Open communication helped my teenager feel that they can be honest about things"

WHAT DO YOUNG PEOPLE SAY ABOUT FINDING SUPPORT?



“Sometimes it can feel like we don’t have any control over what we think or how we feel. But by making some simple changes we can make a difference, feeling good is worth investing in!”

“We all need a bit of help sometimes, it is not easy knowing where to start when you are feeling overwhelmed, whatever you are dealing with and however you may be feeling there is support that can help you.”

“Resilience is about how we deal with challenges, cope with changes and stressful situations. When we are faced with a challenge sometimes our self-confidence can drop and finding support can help you gain back control and start to feel more like you again. You are probably more resilient than you think and the most important thing is to not try and cope alone especially if you are feeling low and vulnerable. There are lots of ways to get support and talking through them is a good starting point.”

YOUTH GROUPS & LOCAL SUPPORT

Today in the Police there are many police officers that are openly and proudly being their true selves, we are Trans, Non-binary, Genderfluid police officers helping our colleagues better understand what its really like to be in our community.



Be confident if you need to call your local police, you will be treated with the absolute respect and understanding you deserve.

If you need to speak directly to a Trans police officer, just ask.

When you are ready to be your fabulous self, sparkle, be proud, be confident it's your absolute right. You are not alone.

Bee Bailey - Openly Trans Police Officer/Co-Chair National Trans Police Association (NTPA).



Young Gloucestershire@The Link are supporting 16-25 year olds who are facing challenges in their lives, offering practical and emotional support.

You can drop in between 11am and 4pm Mon-Fri at: 33 Southgate Street, Gloucester or call 01452 501008



Gay Glos is a group for 14-18 years, meeting on Saturdays in Gloucester to give LGBTQ+ people a sense of ID and belonging, helping growth in confidence, self-esteem and emotional well-being.

A group for family members of an LGBTQ+ child is held monthly to meet and get support from one another. For more information visit www.gay-glos.org



Gendered Intelligence is a not-for-profit organisation that works with the Trans community and those who impact on Trans lives; they particularly specialise in supporting young Trans people aged 8-30.

Find more information here:
www.genderedintelligence.co.uk



MindLine Trans+ is a confidential, emotional, mental health support helpline and signposting service for people who identify as Trans, Genderfluid and Non-binary.

The helpline number is:
0300 330 5468



Switchboard provide an information, support and referral service for LGBTQ people – and anyone considering issues around their sexuality and/or gender identity.

The helpline number is:
0300 330 0630



Mermaids support children and young people up to 20 years old who are Transgender and/or gender diverse, this also includes supporting families and professionals.

For more information visit:
www.mermaidsuk.org.uk



Alphabets - LGBTQ youth project runs regular groups across South Gloucestershire in Kingswood, Patchway and Yate. The sessions are open to LGBTQ young people aged 13-19 and their allies.

For more information visit: www.diversitytrust.org.uk/young-peoples-services/



Saturday Cat Flap is a LGBTQ+ Group aged between 13 and 18. They meet on a monthly basis in Cam, Dursley, 1-3pm. Their sessions include activities like crafts, art projects, music, baking and lots more!

To find out more information email:
saturdaycatflap@g11.org.uk



Trans Gloucester/Stroud is a social support group for people whose gender identity does not match the sex they were assigned at birth.

You can find our Facebook group by searching: **'Trans Gloucester'** or **'Trans Stroud'**



TYFS, Trans youth family support (formerly known as Glos Pogty) is a support group for the parents and carers of Transgender children. Developed and run by parents of Trans youth.

You can find our Facebook group by searching: **@TYFS** or email tyfs.help@gmail.com

THANK YOU

A big thank you to all the young people that have supported the content of this booklet and for giving us an honest insight into your personal experiences.

Thank you to Infobuzz, Young Gloucestershire and Gloucestershire Community Foundation for providing the resources to develop this project, their help and funding has enabled us to share this important information.

We can't thank Nick enough from 'Dead All Over' for his amazing illustrations and Zoe at Rogue Design for her commitment to helping us design and print this booklet, both of them have shared their skills and creativity, we would not have achieved this without them.

Let's not forget you, thank you for reading this booklet and supporting our continued mission to promote inclusivity, diversity and equality in Gloucestershire.



ROGUE
DESIGN
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