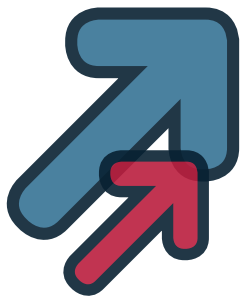


Discrimination



Unfortunately, not everyone is supportive of trans and non-binary people and some trans and non-binary people will experience discrimination based on their gender identity. This is called transphobia.

Some people spread nasty myths or rumours about trans people to turn other people against them, such as that trans people are dangerous. This is not true.

It is important to be supportive and respectful to trans and non-binary people. Do your best to use the right names and pronouns and treat them as you would like to be treated i.e. with respect and dignity.

If you are experiencing transphobia due to being trans or non-binary, support is available from schools, mental health professionals, and youth workers.

Useful websites

- www.nhs.uk/conditions/gender-dysphoria/treatment/
- www.stonewall.org.uk/list-lgbtq-terms
- humankindcharity.org.uk/service/lgbt-north-east/



For More Information:



If you would like more information, please visit our website.

If you have been affected by any of the issues described in this leaflet you can talk to a Counsellor or a Youth Worker at a Streetwise drop-in.

Advice is FREE and CONFIDENTIAL.

Produced by: Streetwise Young People's Project:

Young People's Information, Advice, Counselling, Sexual Health and Support Service for 11-25 year olds.



Streetwise

YOUNG PEOPLE'S PROJECT

Streetwise
Unit 3 Blackfriars Court
Dispensary Lane
Newcastle upon Tyne
NE1 4XB

Tel: 0191 230 5400

Email: admin@streetwisenorth.org.uk

Facebook: @streetwisenorth YouTube: @streetwisenorth

Twitter: @streetwisenorth Spotify: @streetwisenorth

Instagram: @streetwisenorth Website: www.streetwisenorth.org.uk



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The Streetwise guide to

Gender Identity



Streetwise

YOUNG PEOPLE'S PROJECT

What is gender identity?



Gender identity is how you feel about your own gender. This can include the labels you use about your own gender, the pronouns you use for yourself, and how you express yourself.

Terms you might have heard

- **Transgender (Trans)** – Someone whose gender identity is different to their biological sex.
- **Cisgender (Cis)** – Someone whose gender identity matches their biological sex.
- **Non-Binary** – Someone who considers their gender identity as not strictly 'man' or 'woman'. Some people identify as non-binary while others use different labels like 'demigender', 'genderqueer', or 'agender'.
- **Pronouns** – the words we use to refer to other people, e.g., 'he' or 'she'. Some people use gender-neutral pronouns like 'they'/'them' or 'ze'/'zyr'.
- **Sex/gender assigned at birth** – the label someone is given when they are born based on their sex / genitalia (usually 'male' or 'female').
- **Transition** – The steps someone goes through to live as the gender they identify with.
- **Gender Dysphoria** – discomfort felt due to the mismatch between a person's sex assigned at birth and their gender identity.

Transgender and non-binary identities are perfectly normal and they have been around for a long time.



How do I know if I'm trans or non-binary?



That's up to you! There is no 'right' way to experience your gender identity and everyone is different.

You don't have to decide right away and you're allowed to change your mind!

There are some things you can ask yourself:

- **How do I see myself and how do I want others to see me?**
- **How do I feel about how I want to dress and look?**
- **How do I want people to refer to me? For example, Mr, Miss, or Mx? He, She, or They?**

Do I have to tell anyone?

It's completely your choice when and if you tell someone about being trans or non-binary. Some people want everyone to know and others prefer to keep it secret or only tell a few people.

It is also important to consider safety before you tell someone about your identity:

- **Are they likely to be accepting?**
- **If they aren't accepting, how will they react?**
- **Are you financially dependent on them?**
- **Is it an appropriate time?**



How do I transition?



Everyone transitions differently. A lot of people go through 'social transition'.

This might include telling people about their identity, changing their appearance, changing their name, and changing their gender markers on documents.

For some people, transition involves medical treatments but not everyone wants these treatments and some people can't access them.

Trans people under the age of 18 mainly receive psychotherapy, and some get prescribed puberty blockers to delay the effects of puberty.

At 18 and over, some trans people take cross-sex hormones and may get surgeries to change their body, such as changing their genitals ('bottom surgery') or removing breasts ('top surgery').

Some trans people get a gender recognition certificate (GRC) which changes their gender on their birth certificate.

To get a GRC, you have to be 18 or over, have a diagnosis of gender dysphoria, and have lived as your gender identity for 2 years.

Currently the UK Government does not allow non-binary people to get a GRC.

