

# **What Trans People Want You to Know?**

## **"IT'S OK TO ASK QUESTIONS - MAYBE"**

- It's ok for a trans person to say, "I don't wish to answer that", or, "I don't know how to answer that".
- "No" is a complete sentence. If a person says no to answering something, please respect that.
- Ask appropriate and respectfully worded questions – chances are, if you wouldn't like it asked of you, we probably don't want or need to be asked it either.
- Non-invasive questions - some people don't want to discuss topics such as surgery/genitals.
- Right time / right place.
- Be courteous and respectful.
- Don't ask questions about sex and sexual activities – our private lives are not there for your curiosity.
- Be respectful of each individual's trans identity, experience, and journey.
- Understand and respect boundaries.

## **TRUST**

- Do not 'out'\* me without my permission / if I haven't said it was ok.
- Confidentiality – what has been told to you, stays with you unless informed otherwise.
- Being in different environments / situations means I may express myself differently, respect my reasons for this and ask if you feel unsure.
- Trust that I know what I'm doing.
- Respect there is more to me as a person than my transition journey.
- I'm not changing as a person, just becoming more comfortable with myself.
- Understanding the give/take relationship.

## **CORRECTING PRONOUNS**

- If you make a mistake, simply correct yourself and move on.
- Try not to overly apologise.
- It's not a personal attack to correct you - I'm just letting know of the mistake.

## **ALLOW ME TO EXPRESS MYSELF**

- Freedom to dress masculine or feminine – clothing doesn't have a gender.
- Freedom to be feminine – cis\* men can be effeminate, trans men / masc folk can be too.
- If I want to, allow me to be open to talk freely about being trans and the trans journey.
- Don't assume my gender from my outward appearance/attire.

\* Definitions are at end of second page.

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## **WORKPLACE/CLASSROOM SETTING**

- Check what I feel comfortable with, such as name and pronouns, discreetly first.
- Be courteous in a public setting.
- Don't make assumptions about my experiences/identity.
- Everyone's identity is their own – each trans person may express it in a different way.
- Don't invalidate me because my experience is different from another trans person's experience or something you may have seen in the media.
- Don't expect I'm an expert in all things trans related.
- Keep a professional setting - be professional in a workplace / education setting and know the laws / rights of anti-discriminatory practice.
- Don't ask what you wouldn't want asked of yourself.
- We are people. Please talk to us with respect and dignity.
- "What is it?" (referring to being trans) – this is disrespectful and unlawful.
- Don't judge/assume when we use our preferred bathrooms - we all need to pee and do so with dignity.

## **MEDICAL PRACTITIONERS**

- Possibly having a note with my chosen name and pronouns to avoid wrong names called / used.
- Respect your patient, their identity and awareness of their sense of self.
- Use my chosen name and ask permission about my birth name if needed to be used for legal reasons.
- If it's not relevant, don't ask / talk about it. I am not responsible for your curiosity.
- Understand my anxiety and be sensitive about bodily issues (e.g. genitals and reproductive health)
- Have some patience for the patient.
- Trust my choices as a patient, respect my medical rights and decisions.
- Discuss topics with me sensitively and don't make assumptions e.g. "You're too young to know you do not want kids".

## **EXTENDED FAMILY/SIBLINGS**

- Don't treat me or my identity as a joke / be insensitive.
- Parent's need to understand that they have influence on younger children and they don't have the right to push their opinions on to other siblings / family members.
- Have respect and be respectful about the fact that I am transitioning / have transitioned.
- Don't claim to not be transphobic then use slurs / awful terms about me.

## **AUTHORITY PEOPLE**

- Ability to privately talk with relevant persons about my needs and your expectations.
- Confidentiality - try to support me without invalidating / dehumanising / humiliation to, or around, others.
- Have access to resources for LGBTIQ+ persons and safe places to be able to discuss discrimination concerns.
- Know the law and relevant policies / procedures to avoid dead naming / using the wrong pronoun.
- Be respectful about our needs (e.g. toilets, change rooms etc.).

\* To 'out' someone means to disclose their identity without permission. This can be really dangerous for a persons' safety.

\* Cis is the opposite to trans. It means a person identifies, and feels comfortable with, the sex they were assigned at birth.

Note – Trans is short for transgender and is an encompassing term that includes many different gender identities and expressions of those identities.

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