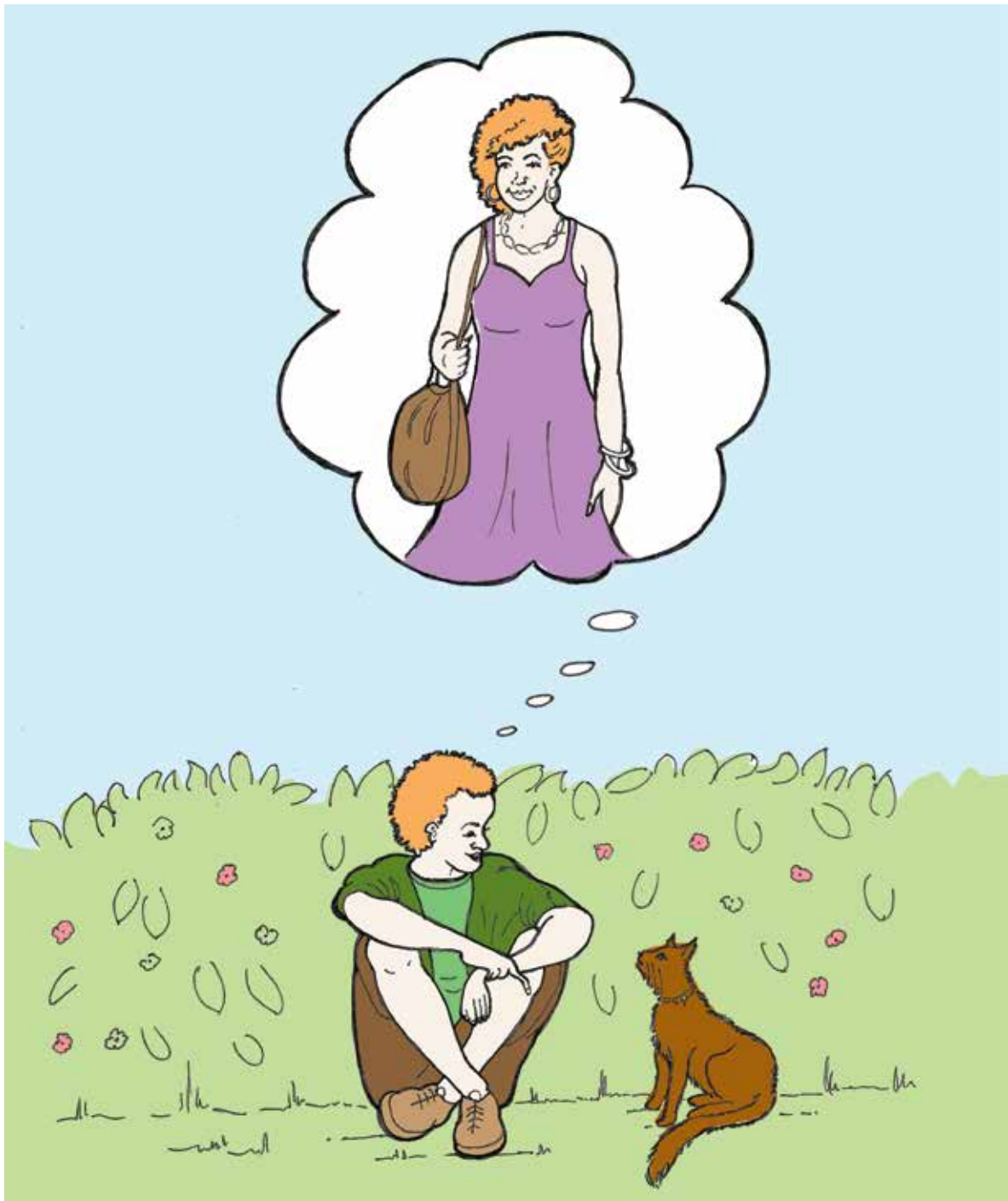


## Fact Sheet

# Transgender



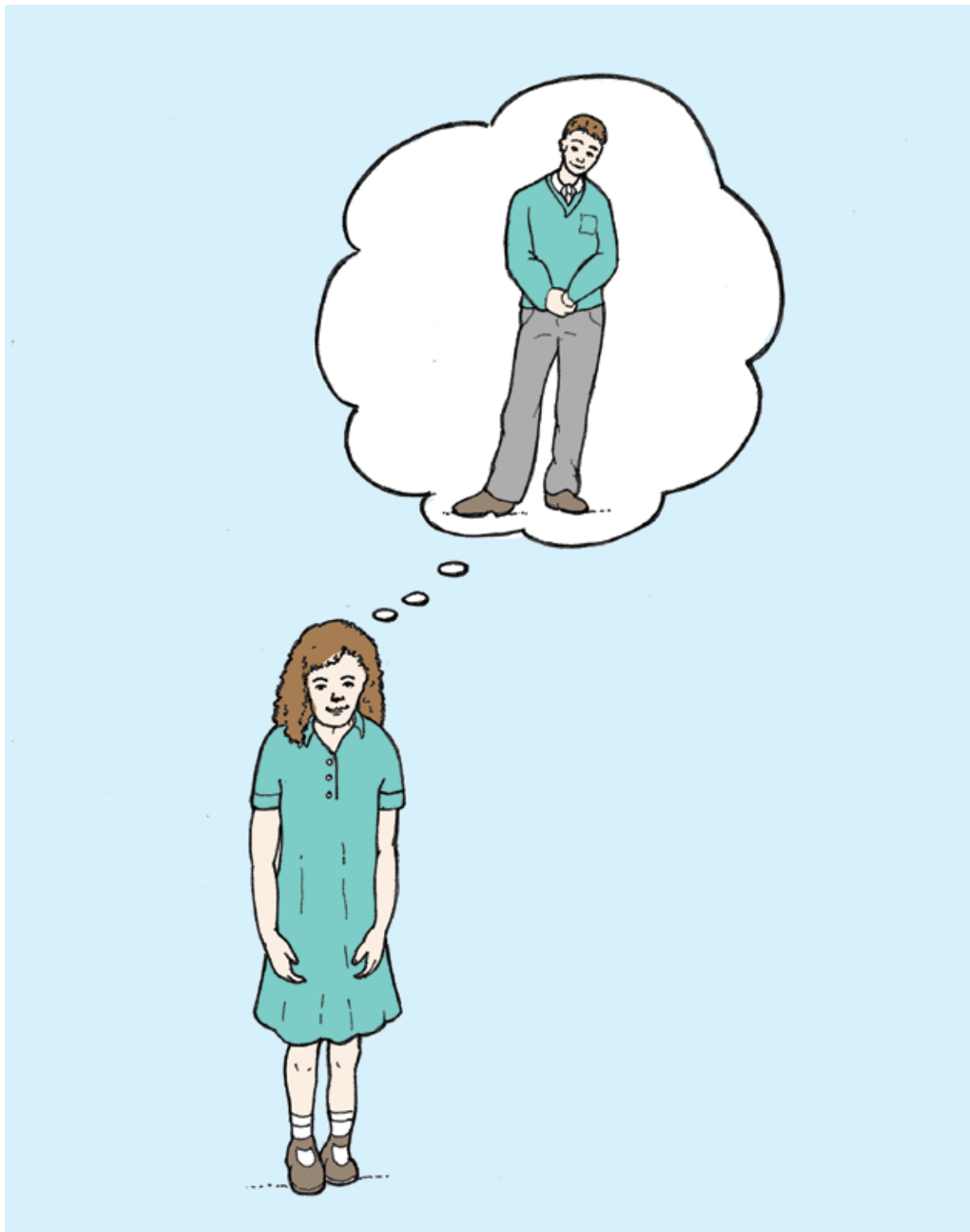
Some people feel they are different from the gender they were at birth. Some people who look like boys when they were born grow up feeling like they are a girl. Some people who look like girls when they were born grow up feeling like they are a boy. These people call themselves transgender.



## Puberty

Puberty can be a difficult time for a transgender person. This is because their body starts to change and they do not like the changes.

For more information on puberty go to the fact sheet called 'Puberty'.



## Gender transition

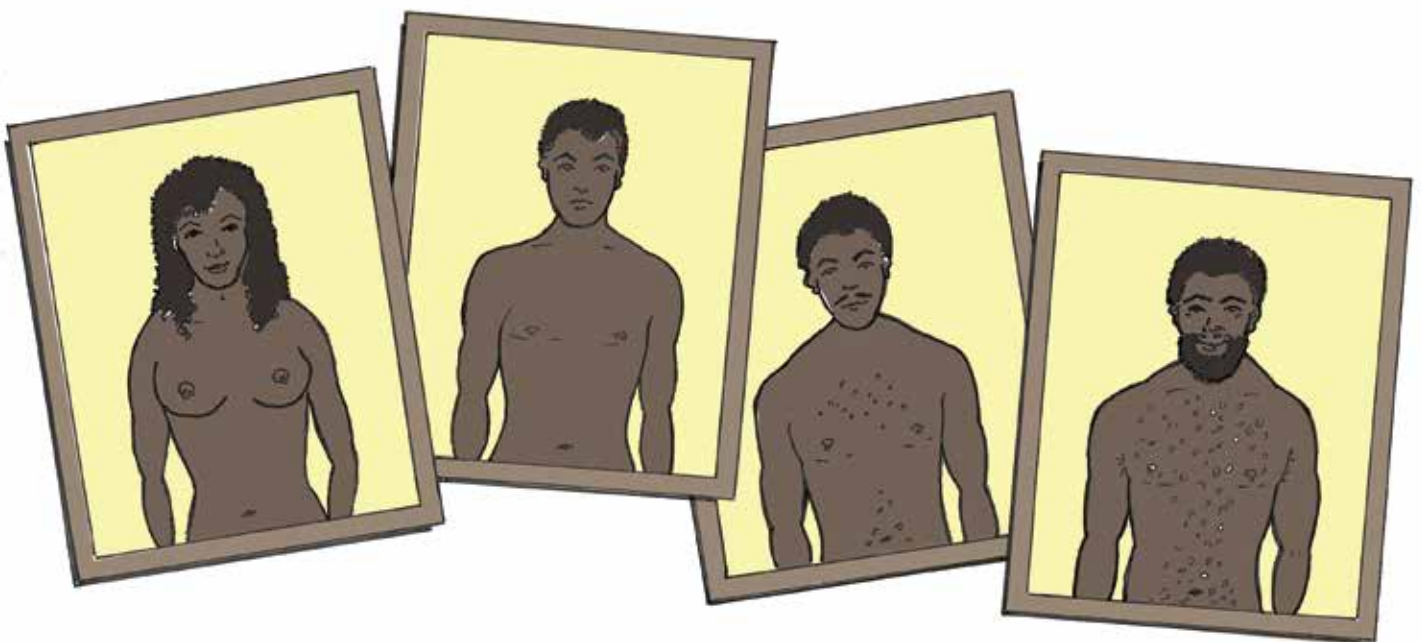
Transgender people make choices to change the way their body looks. This is called gender transition.

There are different ways for a person to gender transition:

- Having surgery to change the way their body looks
- Taking medicine to change the way their body looks
- Taking medicine to stop their body from going through puberty

There are people who can help transgender people make the decision to transition. It is OK to choose not to transition.

When a person transitions, they sometimes change their first name and dress differently. They can also change their gender and name on important documents such as their birth certificate and driver's license.



## *Some people like to cross-dress*

Someone who dresses to look like the opposite sex is called a 'cross-dresser'. A man might dress up in women's clothing because they like it. That is OK. A woman might dress up in men's clothes because they like it. That is OK. This is different to a person who is transgender. A cross-dresser does not want to be a different gender all of the time.



## Coming out

### *Some people tell other people that they are transgender*

Some people tell their family and friends that they are transgender. This is called 'coming out'.

It is up to a person to decide if they want to tell other people. They should only tell another person if they are comfortable to. Coming out is an important step for some people to feel better about being transgender.

### *Some people might find it hard to come out*

Some transgender people find it hard to come out to their family and friends. They might keep their feelings about being transgender a secret. They might worry that other people will not understand or will not be supportive. Some people might worry that people will treat them differently if they know they are transgender.

It is up to a person to decide who they want to tell. Some transgender people decide to only tell people they trust. Most people will be very accepting and happy that they have been told.

If a person needs support with being transgender or coming out they should talk to someone they trust. There are services that can provide support.

For more information go to the fact sheet called 'Where to go for help and advice'.



## Relationships

Transgender people may have different types of relationships in their lives.

### *There are different ways to meet others*

Some transgender people like to go places to meet other people. There are different types of groups for transgender people to meet other transgender people.

These groups include

- Social groups for transgender people
- Support groups for transgender people
- Sports groups
- School groups
- Festivals such as Mardi Gras or Pride Week

These groups can help people to make new friends. It is also a way to feel supported within a community.

For more information about support services, go to the fact sheet called 'Where to go for help and advice'.

## Sexual health

### *Safe sex*

Transgender people should know about using condoms when having sex. A person can get condoms and lubricant from a chemist, supermarket, Family Planning clinic or sexual health clinic.

For more information go to the fact sheet called 'Safe sex and sexually transmissible infections'.

### *Sexual health check-ups*

It is important for people who have sex to go to their doctor, a Family Planning clinic or sexual health clinic for a check-up. A person who is worried about whether they have a sexually transmissible infection (STI) should also get an STI test. It is important for a person to find a doctor that they are comfortable with.

For more information go to the fact sheet called 'Private body parts – keeping them healthy'.

## Discrimination

### *Some transgender people have bad things happen to them*

Some people have bad things happen to them because they are transgender. They might get called names, left out of things, or hit. This is called discrimination or transphobia. Transphobia can make a person really feel bad about themselves. It is wrong to hurt a person for being transgender.

Some people think that it is wrong to be transgender. This is not true.

A person who is transgender might be told to wear the clothes of the gender that they were born. This can be frustrating and upsetting for a transgender person. This is transphobia.

### *What to do about transphobia*

If transphobia happens to a transgender person and they feel bad about it, they can:

- Tell someone they trust
- Call a counselling service
- Report it to the Police or the Anti-Violence Project

For more information go to 'Lesbian, gay, bisexual and transgender support services in NSW' section of the fact sheet 'Where to go for help and advice'.



## The rainbow community

Some people do not know other transgender people to talk to. They might feel alone and that they are the only transgender person. This is not true. There are lots of other transgender people. This is called the transgender community. The community also include lesbian, gay and bisexual people. Some people call this community the 'rainbow community'.



The symbol of the rainbow community is the rainbow flag. This flag represents the rainbow community coming together and feeling good about who they are.

For more information go to the fact sheets called 'Lesbian', 'Gay' and 'Bisexual'.