

Transgender

If you feel confused about your gender identity, you're not alone.... many young people question their gender. Whether you feel you identify more as male, female, non-binary, or any of the other terms used on the gender spectrum, you deserve to live **your authentic life**.

Some young peoples' gender identity is **complex**, and you may question your gender if you feel you do not fit with society's expectations of the gender you were assigned at birth. Some people may **know for sure** that they don't identify with the gender they were born with- this may be something you have felt from a young age.

You might feel:

- Anxious
- Stressed
- Depressed
- Isolated
- Confused

so it's important that you get the right support to **talk about how you feel**.

Who can I talk to?

- A friend, teacher, co-worker or family member that you trust
- Your school or community Eye to Eye counsellor
- Other transgender people as part of an online community (see 'Helpful resources')
- Helplines, such as those listed in the useful contacts

Coming out as transgender

Coming out and telling people that you are transgender can be a scary thing. You might be afraid of:

- Being bullied by people in school or work
- Being rejected by family
- Not being taken seriously
- Drawing unwanted attention to yourself

The FFLAG booklet in 'Helpful resources' is an **excellent** source of information that has lots of helpful tips for navigating coming out.



"Sometimes we all need someone to talk to"



Helpful Resources

[FFLAG: How to tell my Parents](#)

[The MIX: Being a young transgender person](#)

[NHS: Trans: Advice for teenagers](#)

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

Email: info@eyetoeye.wales

Switchboard LGBT+

0800 0119 100

www.switchboard.lgbt

(online chat available)

The Mix

0808 808 4994

www.themix.org.uk (online chat available)

Childline

0800 1111

www.childline.org.uk

