Eye to Eye Counselling Service

"Sometimes we all need someone to talk to"

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.**
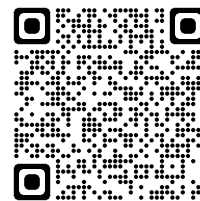
Who can I talk too?

•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 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.