Trans is a prefix meaning “across,” “beyond,” “through” or “changing thoroughly.” Trans, transgender, gender diverse and gender non-conforming are sometimes used as “umbrella terms” representing words that describe an internal sense of gender that differs from the sex one was assigned at birth, whether one feels male, female, another gender or no gender. This list is not exhaustive; there are numerous terms in many languages. It is important to respect the autonomy of individuals in defining their own identities and to recognize that not everyone identifies as trans. How can you be an ally? Ask friends, family and colleagues what words and pronouns they prefer, and let them educate you.

Are subjected to particularly brutal and cruel hate crimes, killings, sexual violence and harassment. At least 2,434 trans people were murdered in 69 countries between 2008-2016. Real numbers are likely much higher.

Face rampant discrimination and ill treatment in health settings from providers who believe they are mentally ill or refuse them access to necessary medical intervention. May have to undergo state-enforced sterilization to gain legal gender recognition. May be forced to rely on life-threatening black market medication because of widespread discrimination in education and the workplace, and a lack of legal protection, including a lack of legal recognition of gender.

Experience sexual and gender-based violence at higher rates than other groups. Are at greater risk for sexual abuse and may experience adverse mental health effects. Suffer from the adverse mental health effects of transphobic violence, including increased risk of anxiety, fear, stress, loneliness, loss of confidence, low self-esteem, self-harm, depression and suicide.

Accessing dignified employment because of widespread discrimination in education and the workplace, and a lack of legal protection, including a lack of legal recognition of gender.

Access to transphobic violence in schools at higher rates than at home or in the community, impacting their life trajectories in relation to education, employment prospects and well-being.