

## WHAT IS TRANS?

Trans: means someone whose gender differs from the one they were given when they were born. Some people feel that the way they were born doesn't fit who they are. It's important that you know that it is ok to have these feelings and there are lots of people you can talk to if you want to!

## WHAT IS GENDER?

Gender is one of those things that everybody thinks that they understand, but don't. Gender isn't one thing - or the other. Its a bit of this and a bit of that! Gender identity is how you feel inside, and how you want to be known by others. Only you can define your gender identity.

Use the handy little guide below about gender identity. It's ok if you want to find out more. Just get in touch with your foster carer, social worker or us at the office and we can point you to the information you're after!

**Gender Identity**  
Woman — Genderqueer — Man  
Gender identity is how you, in your head, think about yourself. It's the chemistry that composes you (e.g., hormonal levels) and how you interpret what that means.

**Gender Expression**  
Feminine — Androgynous — Masculine  
Gender expression is how you demonstrate your gender (based on traditional gender roles) through the ways you act, dress, behave, and interact.

**Biological Sex**  
Female — Intersex — Male  
Biological sex refers to the objectively measurable organs, hormones, and chromosomes. Female = vagina, ovaries, XX chromosomes; male = penis, testes, XY chromosomes; intersex = a combination of the two.

**Sexual Orientation**  
Heterosexual — Bisexual — Homosexual  
Sexual orientation is who you are physically, spiritually, and emotionally attracted to, based on their sex/gender in relation to your own.

## USEFUL CONTACTS



Mermaids

[http://](http://www.mermaidsuk.org.uk/)

[www.mermaidsuk.org.uk/](http://www.mermaidsuk.org.uk/)

The Proud Trust

<https://www.theproudstust.org/>

Coram children legal centre

[http://](http://www.childrenslegalcentre.com/)

[www.childrenslegalcentre.com/](http://www.childrenslegalcentre.com/)

Equality advisory service

[https://](https://www.equalityadvisoryservice.com/)

[www.equalityadvisoryservice.c](https://www.equalityadvisoryservice.com/)

[om/](https://www.equalityadvisoryservice.com/)

Three Circles Youth Zone

[www.threecirclesfostering.com/](http://www.threecirclesfostering.com/youthzone)

[youthzone](http://www.threecirclesfostering.com/youthzone)

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TRANS YOUTH IN FOSTERCARE



## WHAT IS A PRONOUN?

A pronoun is the word you use to talk about someone when you don't use their name. Like he/ him/ his, her/ she/ hers or they/ them/ theirs. When you meet someone, just ask them what their pronoun is. If somebody uses the wrong pronoun about you, tell them!



“Your rights matter”

## YOUR RIGHTS IN CARE

- ★ You have the right to live in a home where you feel as though you and your identity are treated with respect.
- ★ You have the right to use the bathroom you feel most comfortable in. You can't be forced to use a bathroom that you don't want to.
- ★ You have the right to style your hair, and wear the clothes that make sense for your gender expression – your foster carers and social worker should support you and your gender expression.
- ★ You have the right to use the name and pronoun that makes you most comfortable. Your social worker and foster carers, NT&AS, school etc. should use this name and pronoun and respect it.

- ★ If your foster carers will not help or accept your gender identity – they are wrong. You have the right to be accepted, write it down or call us on 01625 533 531 so we can put it right.
- ★ You have the same rights as all other looked after children. You cannot be treated differently because of your gender identity.
- ★ Nobody can harass you, tease you or hurt you because of your identity. If this happens, you are being discriminated against and you should report it. Write down what happened and call your social worker as they have a duty to ensure your safety and they must do something about it.
- ★ You have the right to have friends and mentors from the trans community.
- ★ You have the right to go to groups and activities for trans youth. Your foster carers and social workers should support you in accessing these groups.
- ★ You have the right to go to school and use the name and pronoun that you feel comfortable with. School must support you, if they don't – let us know so we can do something about it.
- ★ You have the right to safe medical care should you want it and to be informed about the services out there if you would like to be referred to a gender identity clinic.

