



## How Can I Be Supportive of a Transgender Person?

**Educate** yourself about transgender issues.

Be aware of your **attitudes** concerning people with gender-variant appearance or behavior.

Use **names and pronouns** that are appropriate to the person's gender presentation and identity: if in doubt, ask their preference.

Don't make **assumptions** about transgender people's sexual orientation, desire for surgical or hormonal treatment, or other aspects of their identity or transition plans. If you have a reason to need to know, ask.

Keep the lines of **communication** open with the transgender person in your life.

Get **support** in processing your own reactions. It can take some time to adjust to seeing someone who is transitioning in a new way. Having someone close to you transition will be an adjustment and can be challenging, especially for partners, parents, and children.

Understand that transgender people want to use the restrooms that conform to their gender identity; they have no interest in spying on others using those restrooms. If possible, designate **gender-neutral restrooms** (toilet facilities that anyone may use, irrespective of gender identity or gender expression).

Make sure that the **dress code**, if any, in your program respects everyone's rights to dress in conformance with their gender identity.

Be **gender inclusive** with all forms, including intake surveys, applications, etc. Do not limit gender and sex categories to "male" and "female," but also include "transgender" or "trans" for use.

Ensure that the program maintains **confidentiality** with regard to the gender identity, gender expression, sexual orientation, and sexual behavior of *all* the individuals in your school.