

## GENDER IDENTITY



### INFORMATION AND ADVICE FOR YOUNG PEOPLE

For more information and advice visit:  
[www.lgbtstoke.co.uk](http://www.lgbtstoke.co.uk)

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Reviewed December 2021

### A BIT ABOUT GENDER IDENTITY AND SEX

How someone feels about themselves is known as gender identity.

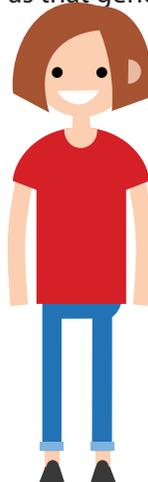
When someone is born, they are recorded as male or female depending on what their genitals look like. This is known as someone's assigned sex at birth.



### WHEN SEX AND GENDER IDENTITY DON'T MATCH

Sometimes someone's gender identity doesn't match the sex they were assigned at birth.

Just because someone is assigned a certain sex at birth doesn't mean they need to live as that gender if it doesn't feel right.



When someone's gender identity and sex at birth don't match this can cause a sense of unease and and this could result in gender dysphoria.

Gender dysphoria is not a mental illness, but it can affect someone's mental health, by making them feel uncomfortable, unhappy, anxious and like they are struggling to cope.

For more information and support visit  
Gender Identity Development Service:  
[www.gids.nhs.uk](http://www.gids.nhs.uk)

### DIFFERENT GENDER IDENTITIES

There are lots of different gender identities and ways people identify. Some of these are:

#### Transgender

"trans" as an umbrella term to describe people whose current gender identity or way of expressing their gender differs from the sex they were registered with at birth. Some, but not all, trans people want to transition (change) socially or medically or both.

#### Non-binary

Non binary is a term used to relate to someone who doesn't identify as either male or female. There are many ways in which people identify or present in a non-binary way. This may be a combination of both or neither.

#### Agender

Someone who identifies as having no gender or being without a gender identity (also called genderless, non-gendered or ungendered).

#### Fluid

A term often used by people whose feelings or sense of self in relation to their gender identity or sexuality are not fixed and can change over time; most commonly paired with another term, e.g. gender fluid or sexually fluid.

Some people find labels important and feel supported knowing others share their identity. Others may choose not to use labels, and just identify as themselves.

## PRONOUNS AND GENDER IDENTITY

Pronouns are words that are used when referring to someone (e.g. he/him, she/her, they/them). The pronouns we use to describe ourselves are an important part of who we are.

Some people use pronouns that are different to the sex they were assigned at birth, and others prefer gender neutral pronouns, these can include: :

“they/them”

“xe/xem”

“zie/zir”

If you're unsure of someone's pronouns use neutral pronouns, use their name, or ask them what their preferred pronouns are. Asking about and correctly using someone's pronouns is a key way to show you respect their gender identity.

## TALKING ABOUT YOUR GENDER IDENTITY

It's okay if you feel nervous about talking about gender identity.

Sharing information about gender identity can help people understand who you are and why it's important for you to be yourself.

If you don't feel supported, there are always people you can talk to. You can get in touch with our team using the contact details on this leaflet, and we will help you find support that suits you.

Mermaids can also provide support; they are a UK-based charity for gender-diverse young people and their families - [www.mermaidsuk.org.uk](http://www.mermaidsuk.org.uk)

## SELF CARE

It's not uncommon to feel down, worried, or anxious when you begin to talk to people about gender identity. So it is important to take the time to find things that make you feel better able to cope with difficult feelings or circumstances. Some suggestions from our team are:

- Make a self-care plan (this is a plan where you learn how to do things that help you to look after yourself)
- Make a self-soothe box - this is a box that you can make that contains things that help you feel more relaxed
- Keep a diary / feelings log



You can download a self-care plan from the Anna Freud centre here: <https://www.annafreud.org/media/15053/my-self-care-plan.pdf>

Young Minds has some great resources and also details how you can make a self-soothe box here: <https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/>

NHS every mind matters has some self care videos especially for young people, you can find these here: <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/youth-mental-health/>

## GALAXY GROUP

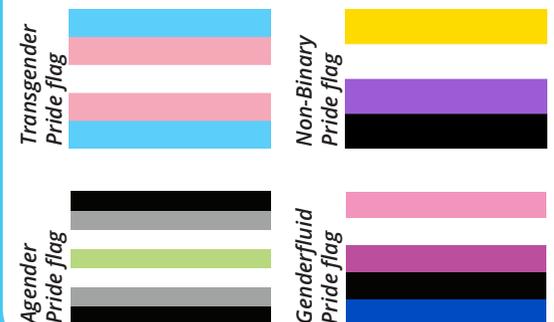
Galaxy is a youth group in Stoke-on-Trent for people aged 13-18 who identify as lesbian, gay, bisexual or transgender, or people questioning their sexuality or gender identity.

It is a safe place to meet other young LGBT+ people and build new friendships, get information and advice on healthy relationships and discuss any LGBT+ issues in a friendly and accepting atmosphere.

You can find out more and register here: [www.lgbtstoke.co.uk](http://www.lgbtstoke.co.uk)

## GENDER IDENTITY PRIDE FLAGS

Pride flags are used by LGBT+ people to represent different community groups. See some of the flags below!



If you would require this document to be translated into another language or in a different format (such as easy read or large print, audio) please contact us on the details above.