

## Definitions

**Transgender** A person whose sense of personal identity and gender does not correspond with their birth sex.

**Cisgender** A person whose sense of personal identity and gender corresponds with their birth sex.

**Non-Binary** is used to describe people who feel their gender cannot be defined within the margins of gender binary. Instead, they understand their gender in a way that goes beyond simply identifying as either a man or woman.

**Agender** is defined as not having a gender. Some agender people describe it as having a "lack of gender," while others describe themselves as being gender neutral, often described as genderless.

**Transition:** The process of changing one's gender presentation and/or sex characteristics to accord with one's internal sense of gender identity.

**Intersex:** Individuals born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones or genitals that, "do not fit the typical definitions for male or female bodies".

## Why It Matters:

Everyone has the right to use the gender pronouns that match their personal identity. These pronouns may or may not match their gender expression (how the person dresses, behaves, or looks).

- Someone's sex assigned at birth may or may not correspond to their gender.
- Stating your own pronouns creates a safe space in which others feel comfortable revealing their own.
- Using the wrong pronouns can be offensive or even harmful. Ignoring a person's pronouns can also imply that people who are under the transgender umbrella — such as those who are transgender, nonbinary, or gender non-conforming — do not exist.
- Misgendering individuals and not validating their identities is a contributing factor of suicidal ideation, depression and anxiety in LGBTQ+ people, leading 1 in 7 LGBTQ+ individuals to avoid seeking care out of fear of being discriminated against.

## Facts/Statistics:

Nearly 16% of Generation Z adults, who were between the ages of 18 and 23 in 2020, identify as LGBT+, according to the poll. And about 72% of those who identify as LGBT say they are bisexual.

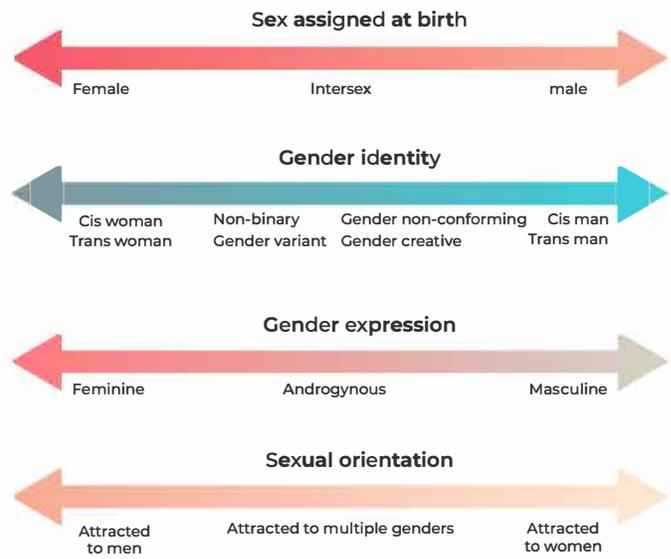
Young people who could use their chosen name/pronouns at work, school, home and with friends experienced 71% fewer symptoms of severe depression, a 34% decrease in reported thoughts of suicide and a 65% decrease in suicidal attempts.

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54% of transgender and non-binary youth reported seriously considering suicide in the last year, and 29% made a suicide attempt.

On the other hand, usage of chosen names and pronouns resulted in a 29% decrease in suicidal ideation and a 56% decrease in suicidal behavior.

The national LGBT survey found 67% of trans respondents saying they had avoided being open about their gender identity for fear of a negative reaction from others.



## What To Do If You Misgender Someone?



Don't Get Defensive, Don't Panic.



Apologise and acknowledge your mistake.



Thank them for their courage for correcting you.



Commit to doing better. Actions over promises.

## Resources

### Gendered Intelligence:

Increasing awareness of gender diversity & improving trans people's quality of life. Call: 0330 3559 678  
Email: [supportline@genderedintelligence.co.uk](mailto:supportline@genderedintelligence.co.uk)  
WhatsApp chat 07592 650 496

### Mermaids:

helping gender-diverse kids, young people and their families since 1995. Call 0808 8010 400  
Text 'Mermaids' to 85258  
Email [info@mermaidsuk.org.uk](mailto:info@mermaidsuk.org.uk)

**Black Trans Foundation:** offering free 4 month courses of therapy to Black trans & NB ppl in UK.  
Email: [blacktransfoundation@gmail.com](mailto:blacktransfoundation@gmail.com)

**LGBT Foundation:** a national charity delivering advice, support and information services to lesbian, gay, bisexual and trans (LGBT) communities. Call 0345 3 30 30 30  
Email [info@lgbt.foundation](mailto:info@lgbt.foundation)

**Switchboard LGBT:** the second-oldest LGBT+ telephone helpline in the United Kingdom, launched the day after Edinburgh Befrienders.  
Call 0300 330 0630  
Email [Chris@switchboard.lgbt](mailto:Chris@switchboard.lgbt)