

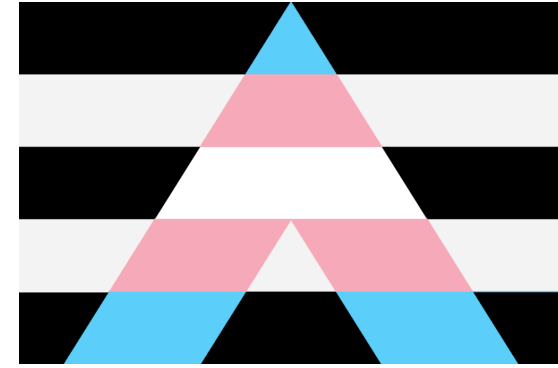
# How to be a Trans Ally



**axess** would like to raise awareness about ways in which we can all be an ally to a transgender person.

This could be a friend, family member or a patient/service user.

# Why is it important to be a Trans ally?

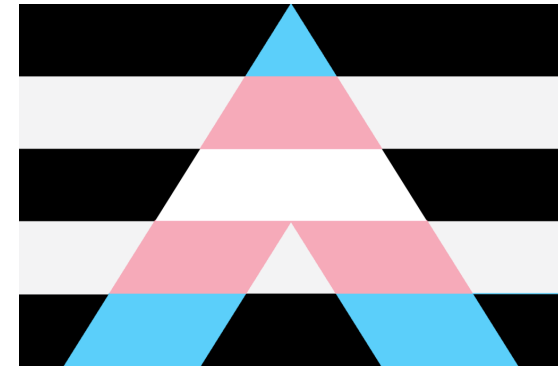


**The 2020 report from GALOP, the LGBT anti violence charity showed that:**

- 4 out of every 5 trans person experienced a form of hate crime within the previous 12 months
- Half of trans people had experienced anti-trans abuse within the previous 12 months
- More than half of trans people feel frightened to go outside
- 1 third said they had been a victim of transphobia at work
- 1 in 5 had experienced or been threatened with sexual assault

**Trans people also reported a high level of rejection by family and friends with 70% reporting that transphobia had been detrimental to their mental health**

# Why is it important to be a Trans ally?

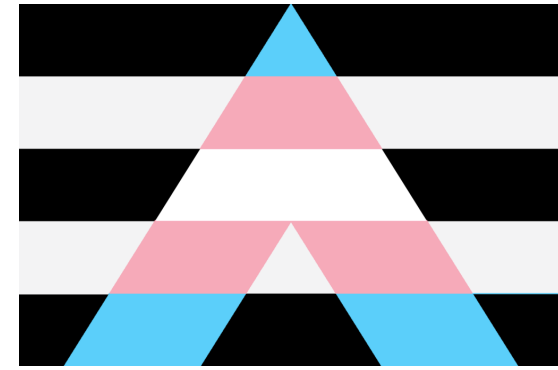


continued.....

- Almost half (48 %) of trans people in Britain have attempted suicide at least once
- 84 % have seriously considered suicide
- More than half (55 %) have been diagnosed with depression at some point
- 73 % had a history of self harm
- 24 % had taken illegal drugs in the last year
- 62 % could be considered as alcohol dependant or engaging in alcohol abuse

**(Trans Mental Health Survey, 2012)**

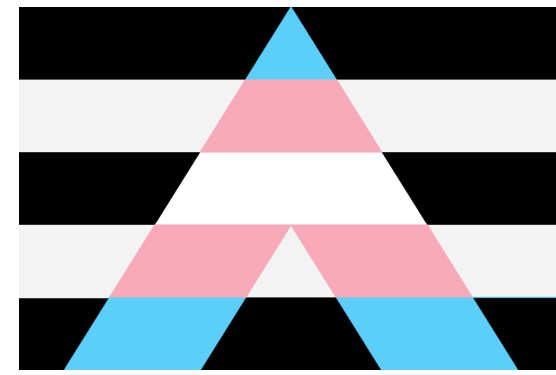
# How can I be a Trans ally?



Trans people are often faced with criticism, especially from the media. It can be difficult to experience your existence being debated and having allies can have a positive impact.

The next few slides has some suggestions on how you can be a trans ally, both in and out of the work place.

# How can I be a Trans ally?



## **Speak out in support of Trans people.**

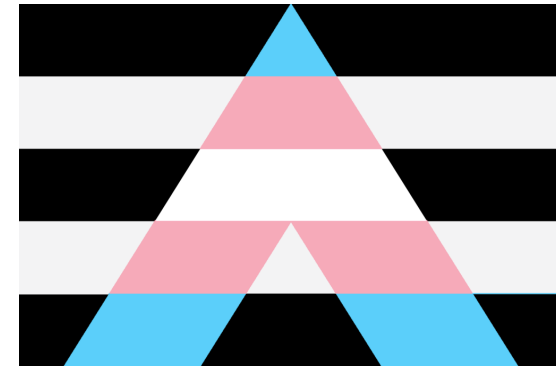
If you hear anything negative about trans people, simply challenge this or let someone know you support the trans community. You could also signpost to websites, such as Stonewall. To gain further information, visit <https://www.stonewall.org.uk/truth-about-trans>

## **Think about your use of gender specific language.**

For example, you could be addressing a group of young people by saying “*girls*” or “*boys*”. You are assuming everyone’s gender in this group, some may not identify this way. Try using something gender neutral like “*students*”, “*folks*” or “*everyone*”.

**These may seem like small events, however, they can vastly improve the mental health of a Trans or gender non-conforming person.**

# How can I be a Trans ally?

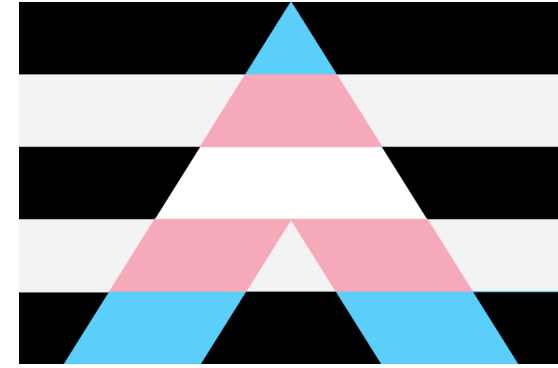


**Push for support and inclusivity and not just tolerance.**

Look at ways in which trans people can be included. Some examples include:

- Posting social media messages/promotion to local trans support groups.
- Actively recruiting trans people into your workforce.
- Ensuring that members of the trans community are invited to events that you may host.

# How can I be a Trans ally?



## Use correct pronouns.

- It shows that you accept, recognise, acknowledge and respect a persons gender identity.
- You are not being asked to evaluate a persons gender identity or preferred terminology, but to just accept it.
- How would you feel if you were misgendered or disrespected?

**Studies have shown a direct link with correct pronouns and reducing depression and suicidal thoughts**

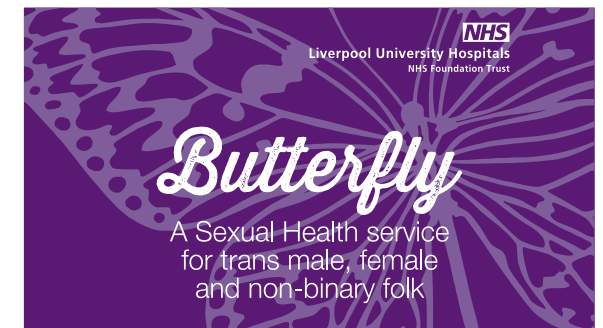
# Attending axess as a Trans/Non-binary person

**All patients, regardless of gender identity are welcome to attend any axess clinic.**

We have found that some patients would prefer to come to a dedicated trans and non-binary clinic. axess currently provide the “**Butterfly**” clinic in Liverpool and Knowsley.

The Butterfly clinic is an appointment led sexual health clinic for transgender male and female patients as well as non-binary folk. This can be accessed from our Hanover Street clinic on Mondays and from our Knowsley clinic at the Arch on Tuesday afternoons. See axess website for more details.

**The hope is to expand this to all axess areas across the region.**





# What is offered at the Butterfly clinic?



- STI tests - routine screening for chlamydia, gonorrhoea, HIV and Syphilis.
- If required, a rapid HIV test, which is a finger-prick test that gives a result in 20 minutes.
- Hepatitis B & C screening.
- Free condoms and lube.
- **PrEP (pre exposure prophylaxis)** - medication given to minimise risk of HIV transmission **pre** exposure (patients assessed for risk).
- **PEP (post exposure prophylaxis)** - medication given to minimise risk of HIV transmission **post** exposure. This is taken for 4 weeks to reduce your risk of HIV by up to 80%. We offer it up to 72hrs after a risk, but works best if taken straight away.
- Vaccinations for Hepatitis A & B and HPV.
- Advice and support about safer sex, drugs, alcohol and general lifestyle.
- Referral to access HIV service for those with known (or newly diagnosed) HIV.
- Cervical Cytology (patients need to be registered with a GP and have received invitation recall letter from screening office).
- Contraception advice/implementation and management.

**56-58  
HANOVER  
STREET,  
L1 4AF**

# **BUTTERFLY**

our clinic for trans and non-binary folk

Liverpool

is now a walk-in

**MONDAYS 1-4PM**



# Further information

The internet is often filled with negative, stigmatising and discriminatory information/views about Trans people.

**If you would like to learn more please use trusted sites that respect and value Trans identities and genders**

- **Gendered Intelligence - [www.genderedintelligence.co.uk](http://www.genderedintelligence.co.uk)**

Creative workshops, arts programmes, conferences and youth group sessions

- **Sparkle - [www.sparkle.org.uk](http://www.sparkle.org.uk)**

The 'national transgender celebration' which takes place in Manchester every year. Also provide advice and training

- **GIRES - [www.gires.org.uk](http://www.gires.org.uk)**

Gives a voice to trans and gender non-conforming individuals, including those who are non-binary and non-gender, as well as their families

- **Intersex UK - [www.ukia.co.uk](http://www.ukia.co.uk)**

Education, advocacy, campaigning and support organisation which works on behalf of Intersex people

- **[www.lgbt.foundation](http://www.lgbt.foundation)**

Advice, support and information for all LGBT people

- **Gender identity development service - [www.GIDS.nhs.uk](http://www.GIDS.nhs.uk)**

Support through NHS for young people, physical/medical intervention can be offered

