

Helpful Terms

Pronouns – a noun used to refer to someone e.g. he/she/them

Trans/transgender – an umbrella term used to describe when your gender identity doesn't match with your assigned gender

Non-binary – a gender identity where someone doesn't identify with male or female

Deadname – when someone refers to a trans person by their birth name

Transitioning – the process of making changes to live your life as your affirmed gender. Can be done socially, medically and legally

Gender identity – the gender that best describes how you feel. Separate from sexuality

Gender Dysphoria – when a trans person experiences mild to extreme discomfort because of their physical body not matching their gender identity

Gender expression – how a person presents their gender identity to others, through clothes, hair, behaviours, etc.

Stealth – a trans person who is choosing to live as their affirmed gender without revealing that they're trans



T-Group is Space's place for young people who identify as trans or are questioning their gender identity

Contact the Space office to find out more



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TRANS FAMILY DAY

**We're glad you found us
and we hope to help you
and your family**

What is Trans Family Day?

Trans Family Day is for Dorset's transgender youth including those questioning or who are gender non-conforming and their families; parents/carers, siblings, significant relatives to get any help they may need in supporting their trans family member.

Meet other families, professionals and young people who are going through the same experience as you and your family in a safe, supportive, and confidential environment

Funded and brought to you by Space Youth Project.



Alternative Support



Mermaids support trans and gender non-conforming children, young people and their families to achieve a happier life in the face of great adversity. They work to reduce isolation and empower families with any tools they may need to support their child.



Switchboard provides an information, support and referral service for LGBT+ people, including anyone considering issues around their sexuality and/or gender identity. They also welcome calls from friends, parents or family members of LGBT+ people looking for independent advice and support. Calls to the 0300 number are included in any call allowances.



GIDS has a page on their website focusing on advice and guidance for parents who may be struggling with or have questions about their child's gender identity.



The **MindLine Trans+** is a confidential helpline for people who identify as trans or their friends or family members. It is a safe place to talk about feelings and receive signposting to appropriate services and support. Calls to MindLine Trans+ are inclusive to any contracted minutes that you may have with your phone provider, so there is no cost as long as you have minutes remaining.