

DON'T IMPOSE YOUR OWN VALUES AND EXPECTATIONS ON SOMEONE ELSE.

LISTEN - IT'S PRETTY SIMPLE, BUT LISTEN

TO WHAT TRANS\* PEOPLE ARE TELLING YOU AND RESPECT THEIR WISHES. IF YOUR FRIEND ALFIE TELLS YOU THEY WANT TO BE CALLED ALICE, THEN CALL HER ALICE. IT CAN BE REALLY UPSETTING FOR TRANS\* PEOPLE TO FEEL LIKE THEIR IDENTITIES AREN'T BEING TAKEN SERIOUSLY, BUT JUST LISTENING CAN MAKE A HUGE DIFFERENCE.

DONT SPECULATE ABOUT ANOTHER PERSONS GENDER IDENTITY - THAT'S INSULTING

PLEASE ALWAYS REMEMBER THAT BULLYING IS NEVER ACCEPTABLE. YOUR WORDS, BEHAVIOUR AND ACTIONS CAN HAVE A HUGE IMPACT ON OTHERS. MANY TRANS\* PEOPLE OF ALL AGES HAVE BEEN AFFECTED BY TRANSPHOBIA - IF YOU KNOW THAT SOMEBODY IS BEING BULLIED YOU CAN TAKE ACTION TO HELP THEM AND MAKE A BIG DIFFERENCE TO THAT PERSON'S LIFE.

WE NEED MORE EDUCATION AND AWARENESS, THE MORE PEOPLE LEARN ABOUT GENDER IDENTITY, THE BETTER UNDERSTANDING THERE IS.

DON'T BE FRIGHTENED OF DIFFERENCE: TRY TO UNDERSTAND PEOPLE TREAT US THE SAME AS EVERYONE ELSE - GIVE TRANS\* PEOPLE THE SAME POLITE RESPECT YOU'D GIVE TO ANYONE ELSE.

DON'T ASK ABOUT PEOPLE'S GENITALS - THAT'S JUST RUDE

IF YOU'RE UNSURE HOW TO REFER TO SOMEONE, ASK THEIR PREFERRED PRONOUNS AND NAME

## This Is Me:

"Trans\* people tell their stories"

www.norfolklgbtproject.co.uk



