

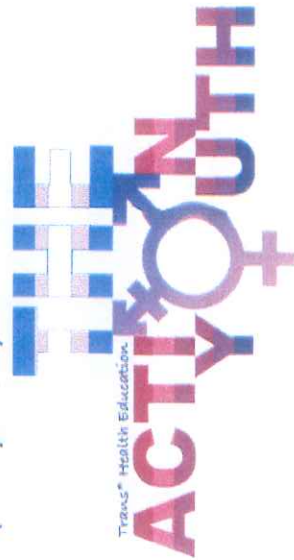
Who is THE Action Youth for?

Anyone aged 10-25 whose gender identity is different to how others see it, or is questioning their gender identity. This could be someone whose gender identity does not match their biological sex.



Scan this code for more information (download a QR Code reader) or go to <http://itspronouncedmetrosexual.com/>

- The group session: Wednesday 4pm-6pm (12-18 year olds)
- One-to-one support available through the week (10-25 year olds)



What is THE Action Youth?

'THE' stands for Trans* Health Education. This group is specifically focused on gender identity which enables young people to realise that they are not the only ones who feel this way. It can also provide you with specific and relevant information to meet your needs.

THE Action Youth provides a safe space to express and explore yourself in an understanding and accepting environment. You will be surrounded by like-minded people who are willing to share their experiences and provide peer support.

Supporting you

Staff qualified in Youth work, Social work and Information Advice and Guidance will facilitate a range of session based on the needs you have.

This may include:

- Coming out and Social transition
- Medical transition and access to medical services
- Exploring who you are
- Overcoming difficulties in school
- How to talk to your family about being trans*
- Coping with dysphoria (unhappiness with your body and gender not matching)
- Breaking down isolation

'Children have the right to say what they think should happen when adults are making decisions that affect them, and to have their opinions taken into account.'

(UNCRC – Article 12)

What's the T? - a short glossary

Trans* is an umbrella term which reflects the inclusive nature of gender diversity beyond the male / female gender binary.

Gender Identity is your internal sense of self.

Transman—Used to refer to a man who was assigned female at birth

Transwoman—Used to refer to a woman who was assigned male at birth.

Non-binary— An umbrella term describing those who have a gender identity outside the tradition male or female binary.

Bigender— Someone who alternates between male and female gender expressions, either at will or involuntary

Genderfluid—Someone who identifies as genderfluid believes that their gender changes continuously.

Agender—Someone who does not identify with being male or female or any combination of the two

Cisgender—Someone whose gender matches that which they were assigned at birth. The opposite of transgender.

This is not an exhaustive glossary, it is here to help you find the language to use for yourself

