

Disclaimers

Much of the information that can be found here in this pamphlet can also be found through research online and it is recommended you do your own research as well! This guide was not written by a medical expert and if you are thinking about transitioning, please talk to your GP about the process.

Content Warning!

This leaflet briefly talks about genitalia, and has pictures of products that resemble sex organs.

Note: if you feel that there is important information missing from this booklet or that the information is out of date or is incorrect, please inform a Welfare officer of this so that they can update the booklet. Thank You!

Definitions

When talking about trans issues, there are some definitions that may be useful to know:

Transgender: identifying with a gender different than the one you were assigned at birth.

Non-Binary: Identifying with a gender that is outside the gender binary (neither male nor female or a mix of both).

Gender non-conforming: a behaviour or gender expression that does not match either masculine or feminine gender norms.

Gender Dysphoria: distress or discomfort which arises when the gender that an individual was assigned to at birth does not align with their actual gender.

Gender Euphoria: a feeling of happiness or euphoria when presenting as your actual gender.

Cis-normativity: the assumption that most if not all of the population is cisgender.

Misconceptions

Sex determines gender, so therefore they are essentially the same thing.

Wrong. Gender is a social construct. Binary genders are based on of societal expectations and behavioural norms. Saying that the biological sex and gender identity are the same thing ignores the complexity of the two. It presents the two as binaries, whereas both actually exist on a spectrum (while sex is on a limited spectrum, it is still on a spectrum).

There are only two genders.

Also **Wrong.** Since gender is a social construct and exists on a spectrum, there are really no limitations to how many genders there are. There are many non-western cultures where 'third' genders are recognised and respected.

You have to have gender dysphoria to be trans.

This is **not true.** While many trans people do have gender dysphoria, there are plenty of trans people who do not have it. Many trans people experience gender euphoria, especially some non-binary people who don't identify within the binary.

You have to transition, otherwise you're not really a man/woman.

Nope. Many trans people do transition, however some do not. This may be due to medical issues, financial and personal issues that may prevent them from accessing the needed healthcare.

Coming out

You may choose to come out to everyone you know, come out only to people who are very close to you, or you may never come out at all. Whatever choice you make:

1. Coming out is a process that does not end. Due to our cis-normative society, many people will assume you are cisgender, without considering that someone's gender expression may not align with what they perceive to be that gender.

2. You do not have to come out. There is much pressure in today's society to be open about who you are, and for some people, coming out can be a source of relief. However, it is okay to not come out. Whether the reason you choose not to come out relates to personal safety, because you're worried about changes to your relationships with other people or just because you think you shouldn't have to come out, all those reasons are valid.

3. You can come out to whoever you want, whenever you want. It doesn't matter if you're 15 or 50, there's no wrong time to come out to someone. Also there is no one you have to come out to. If you choose to come out to your friends before you come out to your family, that's fine. If you come out to a complete stranger before you come out to people in your life, that's fine too!

4. You are not lying to people if you choose not to come out. Your gender is your business, nobody else's. No one is entitled to that information, regardless of how close they are to you. If you wish to disclose that information, you can, just don't feel like you have to.

5. There is no wrong way to come out. You can come out over social media, write a letter to your family, come out face to face. There is no wrong way to do it.

Items that can help with dysphoria

Binders

Binders are special articles of clothing that flatten the chest. The best places to buy binders are gc2b (highly recommended) and Underworks. When binding it is important that you bind with items that are specifically created for binding and NEVER bind with ace tape. This point cannot be stressed enough. This can cause serious damage to your chest. You should also never wear a binder to sleep. It is also recommended that you do not wear a binder for more than 8 to 10 hours. You should never buy a binder that is too small in the hopes that it will flatten your chest more, this can also cause damage to your chest. Sites will base sizes off chest measurements and it is important that you stick to those sizes. You should take a break from a wearing a binder every couple of days to give your chest a breather.



Breast forms

Breast forms are breast prosthetics. Their price is wide ranging and can be made of many different materials, different skin tones and different shapes. They can be slipped into a bra (a wire bra is recommended) or adhered onto your chest. Their price can be wide-ranging depending on their quality.



Items that can help with dysphoria pt. 2

Make up

This item is pretty self explanatory. Make up can be used to help and individual present themselves in a more feminine or masculine way. Make up can be bought in drugstores or online (cheap make up can be found more easily online though).



Packers

Packers are phallic shaped item that fits in your underwear to give the appearance of having a penis. Packers can be found on amazon and can be pretty cheap. They can come in many different sizes and realism can vary. Some can also double as **stand to pee (STP)** packers. These packers can allow the user to pee standing up.



Shaping Underwear

Shaping underwear is used to smooth out the bulge which is caused by external genitalia. It can be bought online, with the price varying depending on where you buy it from.

To note: there are also many forums online that can provide tips and tricks on how to “pass”.

Changing your name and your gender marker and starting to transition

Changing name by Deed poll

Changing your name by deed poll is free to do and it is a legally binding document. Deed poll can be used to change your name on a passport and driving license. Some organisations (like banks) may require the deed poll to be enrolled at the Royal courts of justice; which costs £36.*

Changing Gender markers

Non-certificated titles like Mr, Mrs, Ms, Miss, and, Mx* are not legally binding and therefore can be changed on medical records. However passports, birth certificates and the HMRC will need further documentation. Therefore you would have to apply for a gender recognition certificate (£140).*

Starting to transition

To start transitioning, you'll have to go to your GP to get referred to 1 of the 6 gender identity clinics (GIC) in the UK (The GP will also make you do a blood test that will be sent off to the GIC). Once referred to the GIC, you will be seen by a clinical psychologist and psychiatrist so they can diagnose you with gender dysphoria so you can start HRT. It can take around 6 months to start HRT. You'll have regular check-ups at the GIC so they can track how you are doing psychologically, and how your body is reacting to the hormones.

*Websites to get a deed poll or a gender recognition certificate can be found in the resources section

Going Private

The NHS is not the only option when it comes to transitioning; going through a private GICs is also an option. Instead of being referred by your GP, you can refer yourself to private gender clinics like Gendercare. The wait times for initial appointments at private clinics are much shorter than NHS clinics. However, at private clinics you have to pay for appointments, blood tests and private prescriptions (which are more expensive than NHS prescriptions), whereas through the NHS, you only have to pay for prescriptions. If you can't afford all of the expenses of private care, shared care is an option you can talk to your GP about. Shared care is when your private clinician will carry out the medical assessments and make hormone recommendations, while your GP will carry out blood tests, issue the prescription and carry out any monitoring that is needed.

It is recommended that you look into all options available to see what choice is right for you. If you decide going private is what is best for you, there are plenty of forums and online groups where you can find out what experiences people have had with different private clinics.

FTM transitioning

Testosterone

When testosterone is prescribed, it will be administered in three ways: through a muscle injection, through the application of a gel, or orally with a pill. The doses needed will vary on what type of medication you will take (gels would need to be administered daily, while injected testosterone would be taken every 1 to 3 weeks) and what your hormone levels are. The effects of testosterone are: thickening of vocal cords, facial and body hair growth, increased sex drive, movement of body fat and increase in muscle mass, and enlargement of the clitoris. You can choose to stop T at any time (if ovaries have been removed or do not function properly, this may lead to health complications), however some changes would become permanent like, voice pitch level, clitoris growth, and facial hair patterns.

Surgeries

There are multiple different types of surgeries. The following surgeries are:

- Bilateral mastectomy (removal of breasts)
- hysterectomy (removal of the womb)
- saling-oophorectomy (removal of the fallopian tubes and ovaries)
- phalloplasty or metoidioplasty (construction of a penis)
- scrotoplasty (construction of a scrotum) and testicular implants
- penile implant

MTF transitioning

Oestrogen and Anti-androgens

Similarly to testosterone, oestrogen can be administered through injections or gels, however it can also be taken orally. Like testosterone, dosage will depend on hormone level and how you take it. How often you take oestrogen or anti-androgens will also depend on how you plan to take it. The effects of anti-androgens are: decreased sex drive, slight breast growth, slower growth of facial and body hair. The effects of oestrogen are the same but also causes: skin softening, decreased muscle mass and increased in body fat, and the movement of body fat to the hips.

Surgeries

Just like FTM transitioning, there are multiple different surgeries that a MTF trans person can undergo:

- orchidectomy (removal of the testes)
- penectomy (removal of the penis)
- vaginoplasty (construction of a vagina)
- vulvoplasty (construction of the vulva)
- clitoroplasty (construction of a clitoris with sensation)
- breast implants
- facial feminisation surgery (surgery to make your face a more feminine shape)

University Policy

“The University of Southampton celebrates and values the diversity of its workforce, and believes that the university will benefit from employing trans people at all levels of responsibility, thus hoping to provide role models for students who identify as trans. The University of Southampton will treat all employees and students with respect, and seek to provide a positive working and learning environment free from discrimination, harassment or victimisation.”

Under Southampton University policy, trans people are protected. The University has systems in place that should prevent transphobic material being taught here at the university and will discipline staff and students alike if they are found engaging in transphobic harassment. However, its full policy lacks inclusivity for non-binary individuals and contains transphobic slurs.

The full policy can be found here:

https://www.southampton.ac.uk/diversity/policies/gender_identity.page

Government Policy

As of now, gender reassignment is a protected characteristic under the Equality Act (2010). There have been efforts to have gender identity as a protected characteristic instead, but unfortunately, as this guide is being written (2018), the changes has not been made. However, specific policy says:

“To be protected from gender reassignment discrimination, you do not need to have undergone any specific treatment or surgery to change from your birth sex to your preferred gender. This is because changing your physiological or other gender attributes is a personal process rather than a medical one. You can be at any stage in the transition process – from proposing to reassign your gender, to undergoing a process to reassign your gender, or having completed it.”

Therefore, you do not need to have had any treatment to change you gender or your gender marker on important documents. The title ‘Mx’ is an available gender marker. However, non-binary people are not legally protected from discrimination under the Equality Act.

Trans positive organisations

Stonewall

Stonewall is a nation wide organisation that works with government institutions, businesses and communities to improve the lives of LGBT+ people.

<https://www.stonewall.org.uk/>

LGBT Foundation

LGBT foundation exists to provide a variety of support services from sexual health, to legal advice, and drug abuse programmes.

<https://lgbt.foundation/>

The Albert Kennedy Trust

The Albert Kennedy trust works to help homeless LGBT+ youth.

<https://www.akt.org.uk/>

Chrysalis

Chrysalis is transgender centred charity based in Hampshire that helps provide support to trans and non-binary people.

<http://www.chrysalis-gii.co.uk/>

Gires

Gires is an education and research organisation that compiles resources and works to empower trans, non-binary and gender non-conforming people.

<https://www.gires.org.uk>

References

Gender and Sex:

<https://www.plannedparenthood.org/learn/sexual-orientation-gender/gender-gender-identity>

Gender Dysphoria

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/gender-dysphoria#symptoms-of-gender-dysphoria>

Transitioning:

<https://www.nhs.uk/conditions/gender-dysphoria/treatment/>

<http://www.ftmguide.org/ttherapybasics.html>

<https://transcare.ucsf.edu/article/information-estrogen-hormone-therapy>

<http://www.teni.ie/attachments/9ea50d6e-1148-4c26-be0d-9def980047db.PDF>

<https://transfigurations.org.uk/transitioning/>

Resources

<http://www.ftmguide.org/>

<http://uktrans.info/resources>

<http://genderedintelligence.co.uk/trans-community/resources>

Deed Poll

<https://www.gov.uk/change-name-deed-poll>

Gender recognition certificate

<https://www.gov.uk/apply-gender-recognition-certificate>



SUSU Lesbian, Gay,
Bisexual and
Transgender+ Society

Contact SUSU LGBT+

Facebook: [fb.com/unionsouthamptonlgbt/](https://www.facebook.com/unionsouthamptonlgbt/)

Twitter: [@Soton_LGBT](https://twitter.com/Soton_LGBT)

Email: lgbt@susu.org