

Terrence  
Higgins  
Trust

[REDACTED]  
and  
[REDACTED]

Terrence  
HIGGINS  
TRUST



*Introduction to*  
*Transgender*  
*Awareness*  
*Training*



**LGBT**  
**HISTORY MONTH**

# Global Snapshot

LGBT people face huge levels of discrimination and abuse, in all areas of their lives, simply for being themselves.

Between 0.6 – 1% of the world's population are estimated to be trans.

Around 1.5 million people (3.2%) identified with an LGB+ orientation

England and Wales Census

One in four LGBT people (24 per cent) have witnessed discriminatory or negative remarks against LGBT people by healthcare staff

More than half of trans people (52 per cent) have thought of taking their own life in the last year

*LGBT in Scotland Health Report*



# Every trans person should join a union

[Every trans person should join a union – YouTube](#)

## Aims

To examine how sex, gender identity and sexual orientation differ while exploring the use of appropriate and respectful language

# Learning Outcomes

Increased understanding of

- what transgender means
- stigma and discrimination often faced by the transgender people
- health and social care issues
- the language used when addressing someone who is transgender
- Online dangers for trans youths
- local and national support that is available

# What have you heard

- Examples?
- It's a phase
- Attention seeking
- Mental health



A trans  
person is..

*"A trans person is someone who identifies with a different gender and/or expresses their gender identity differently from the gender that they were assigned at birth"*

Being Trans in the European Union



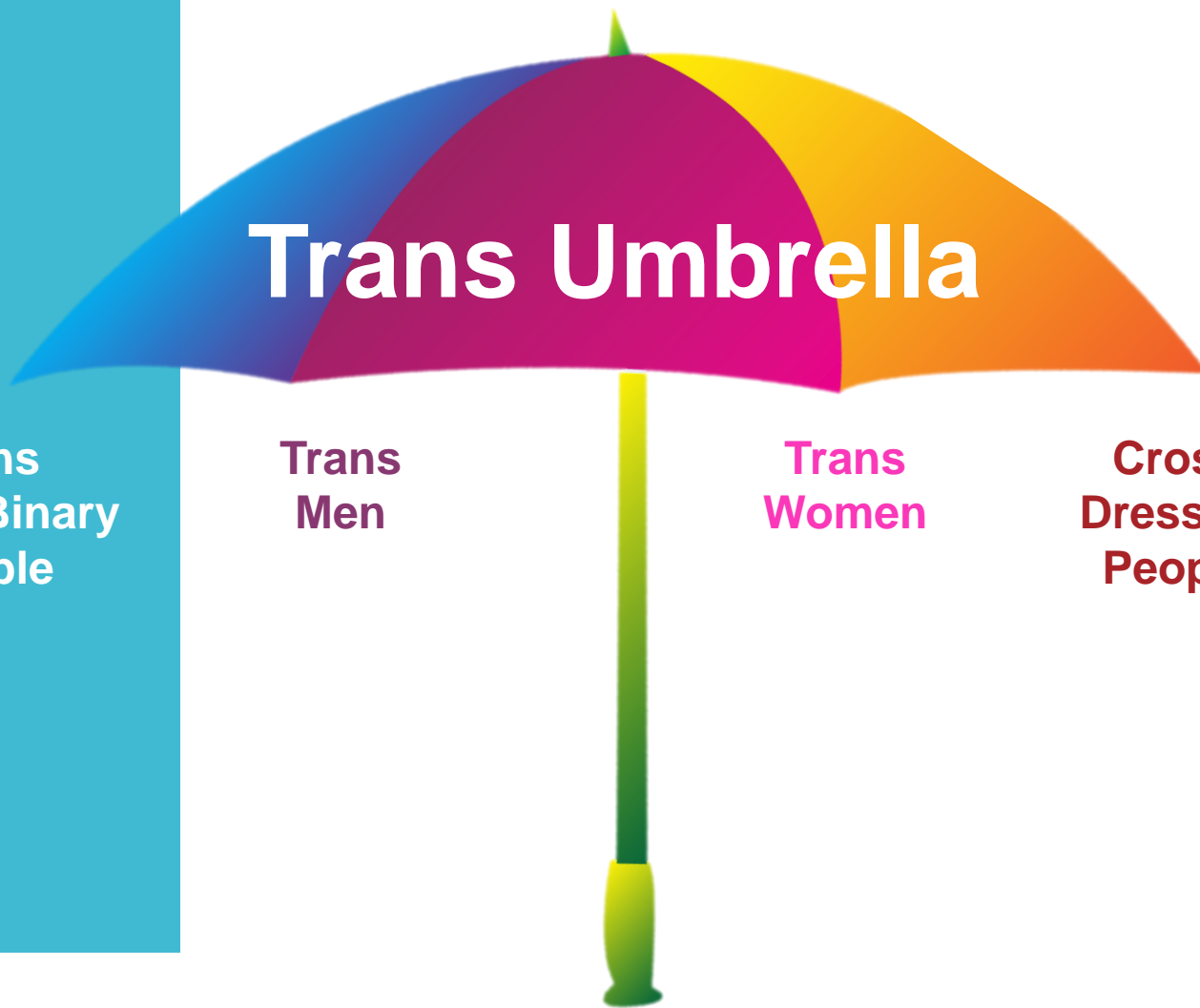
# Trans Umbrella

Trans  
Non – Binary  
People

Trans  
Men

Trans  
Women

Cross  
Dressing  
People



## Gender Dysphoria

A recognised medical condition where a person experiences distress, unhappiness and/or discomfort about their biological sex and/or social gender not corresponding with their gender identity.

*Scottish Trans Alliance*



# Things Not To Say To A Trans Person

[Things Not To Say To A Trans Person – YouTube](#)



# Pronouns



## Heteronormativity

Merriam Webster

*“Based on the attitude that heteronormativity is the only normal and natural expression of sexuality.”*

*This system encompasses expectations of gender roles, identities and sexualities deemed “natural.”*

*The assumption is that everyone is cis-gender heterosexual and performs traditional gender roles”*



We should never assume anything about other people



Oliver Alexander



Danielle Cooper



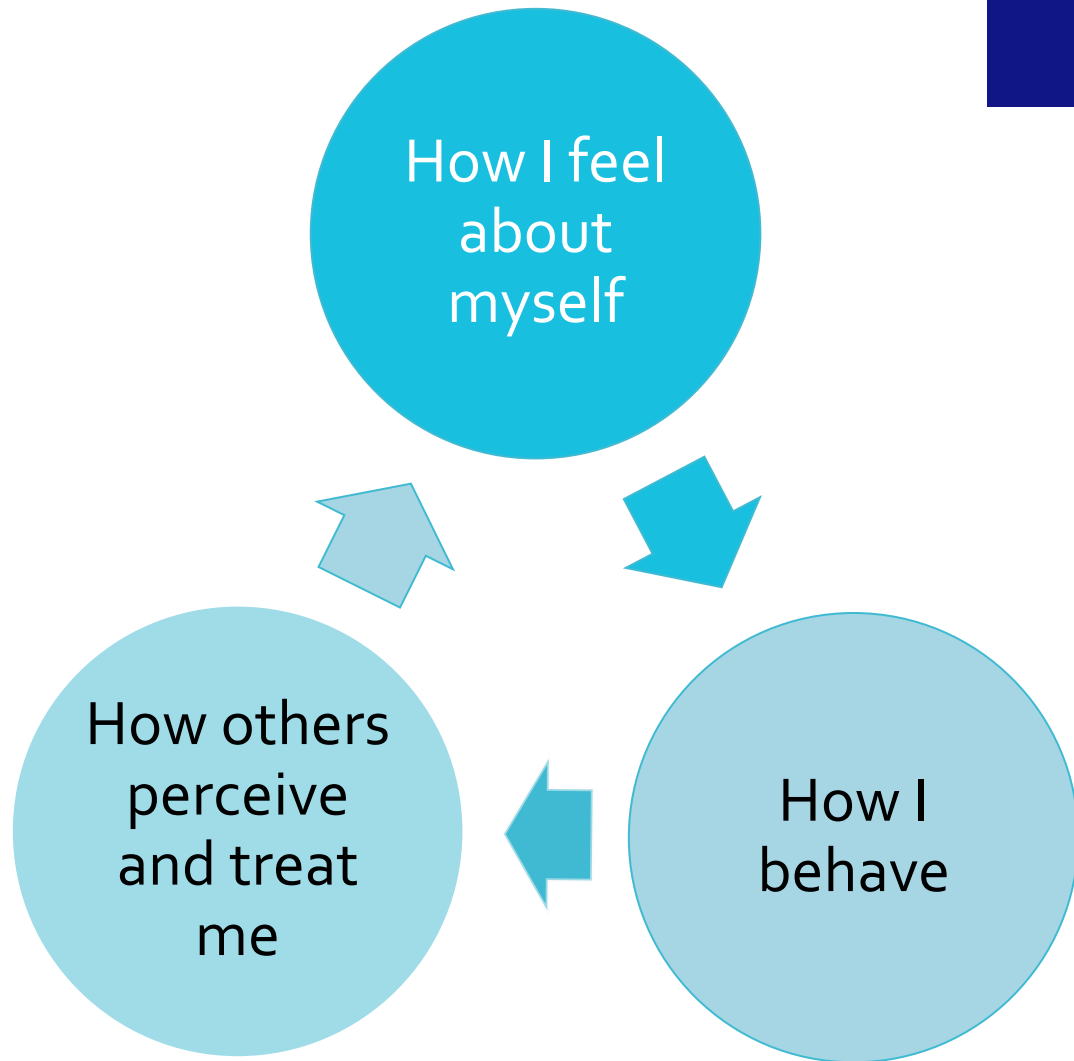
Billy Porter



Lea DeLaria.



# Cycle of self-esteem





# Transphobia

Transphobia consists of negative attitudes, feelings, or actions towards transgender people.

Transphobia can include fear, aversion, hatred, violence or anger towards people who do not conform to social gender expectations



## Experience of Hate Crimes

- Many trans and non-binary people who participated in this research recounted incidents where they had been threatened or intimidated because of their identity
- Many trans people rarely viewed incidents such as being shouted at in the street or name calling as 'hate crime', and did not report them to the police.
- Some mentioned recognising some incidents as hate crime only some months or years after the event.
- There were, however, some who had experienced incidents which were very serious and obviously hate crimes.
- Two trans women who had been the victim of intimidating behaviour both said that they had reported the incident to the police, not because they expected the perpetrator to be caught, but because they felt it was important that transphobic crimes were recorded and counted.

# Abusive relationships

- Humiliated or emotionally abused- 92%
- Been afraid of partner/ex-partner- 77%
- Put down or told you are worthless- 67%
- Tried to limit the time you spent with your friends-66%
- Forced to have sexual activity- 59%
- Persistently commented negatively on how you dress- 58%
- Persistently checked where you are- 54%
- Told who you could see and where you could go- 51%
- Kicked, hit, slapped or otherwise physically hurt- 45%

LGBT in  
Britain  
Work Report

One in eight trans people (**12 per cent**) have been physically attacked by customers or colleagues in the last year because they are trans.

What?

## Transphobic Hate Crime Report 2020

In the last 12 months (227 participants):

- **4 in 5** respondents had experienced a form of transphobic hate crime
- **1 in 4** had experienced transphobic physical assault or the threat of physical assault
- Nearly **1 in 5** had experienced transphobic sexual assault or the threat of sexual assault

Where?

Transphobic  
Hate Crime  
Report 2020

**6 in 10** respondents had experienced transphobia online

**5 in 10** had experienced transphobia in the street

**3 in 10** had experienced transphobia at work

**1 in 4** had experienced transphobia at home

## Who?

# Transphobic Hate Crime Report 2020

- More than 5 in 10 respondents had received transphobic abuse from a stranger
- Nearly 5 in 10 had received transphobic abuse from a transphobic 'activist', and 2 in 10 had been targeted by a coordinated group
- 4 in 10 had received transphobic abuse from a relative
- Nearly 4 in 10 had received transphobic abuse from someone in the LGBTQIA+ community

<http://www.galop.org.uk/wp-content/uploads/Trans-Hate-Crime-Report-2020.pdf>

## LGBT in Scotland Health Report

- More than half of trans people (**52 per cent**) have thought of taking their own life in the last year
- Three in ten trans people (**31 per cent**) have self-harmed in the last year, compared to **13 per cent** of LGB people who aren't trans.
- Half of LGBT people (**49 per cent**) reported that they had experienced depression in the last year, including seven in ten trans people (**72 per cent**).
- Almost two in five trans people (**37 per cent**) have avoided healthcare treatment for fear of discrimination.
- Nearly three in five trans people (**59 per cent**) have experienced healthcare staff having a lack of understanding of specific trans health needs.



# Stonewall staying Safe Online

[stonewall\\_staying  
\\_safe\\_online\\_april  
2022.pdf](#)

- Three in ten LGBTQ+ young people (30 per cent) have been bullied with comments, messages, videos or pictures that were mean, untrue, secret or embarrassing.
- More than one in ten (11 per cent) have received threatening messages or abuse.
- Three per cent say that sexually suggestive pictures or messages about them have been shared without their consent.
- Three per cent say that others have pretended to be them or someone else using a fake account.
- Six per cent have been filmed or photographed without their consent.



# Alexandra Billings Speaks



<https://www.facebook.com/watch/?v=451416949073627>

# Be supportive of Trans and non binary people

Celebrate LGBT events  
in the calendar

Pride

Trans day of visibility

LGBT history month

World Aids Day



LGBT History Month



A campaign from  
police Scotland  
confronting  
homophobic and  
transphobic hate  
crime

*Dear*  
transphobes,

do you think it's right  
to harass people in the street?  
Right to push transgender people  
around in clubs? Right to humiliate,  
intimidate and threaten them online?

Well we don't.

That's why if we see you doing harm,  
we're reporting you. We believe people  
should be allowed to be themselves.

Except if they're spreading hate.

*Yours, Scotland*

*Yours, Scotland*

## What can we do to support our trans community

### What you say matters:

- Be mindful of pronouns use (He, She or They)
- If you're not sure – ask!
- Respect what someone tell you about themselves, it may not be something you understand, but they do, so you need to respect it



# Police at Pride

## Take Home Messages

- There are no rules or laws stating that a person has to be one thing or another – what counts are safe, healthy and happy relationships
- Gender, sex and sexuality mean different things
- Trans people do not fit the “stereotypes”
- Trans communities can face many and varied types of discrimination and inequality at any age – They need to feel comfortable enough to report it to you!