



Make sure you show your support to trans friends by challenging transphobia if you see or hear it. Take part in 'No Bystanders' campaigns.

Invasive questions like 'Are you a real girl?' or 'What body parts do you have?' are unacceptable.

Calling someone 'he/she', 'it' or deliberately the wrong pronoun is unkind, and illegal. If you hear or see this type of language being used challenge or report it.

## How To Be Trans Friendly



If you hear someone being teased for the clothes they wear, the games they play, or the way they wear their hair, challenge it.

Asking someone what their 'real' name is implies that their chosen name is in some way invalid or not real. In the same way, asking someone what their 'real' gender is disrespectful.

It is important to respect the names and pronouns that people prefer. If you are unsure, simply ask: 'What is your preferred pronoun?'

A gender identity is personal. If someone chooses to come out to you as trans, this means they trust you. Make sure you honour that trust by checking with them before telling anyone else as they may not want others to know.

