

## Transphobic Words

Calling someone a Tranny or 'too butch to be a girl' etc. demeans and trivialises the wide variety of experiences held by those who identify as transgender.

If you see this type of transphobic language being used, challenge it.

## Coming Out

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

## Real Name?

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 disrespects their own gender identity.

# How To Be A Trans\* Ally

## Just Ask!

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

## Show Your Support!

Make sure to show your support for your trans\* friends by challenging transphobia when you see it.

## Gender Identity is not Sexual Identity

Remember that, no matter how someone identifies their own gender, they may still identify with any sexual identity. Everyone has a sexual and a gender identity, and they are separate and distinct from each other.

