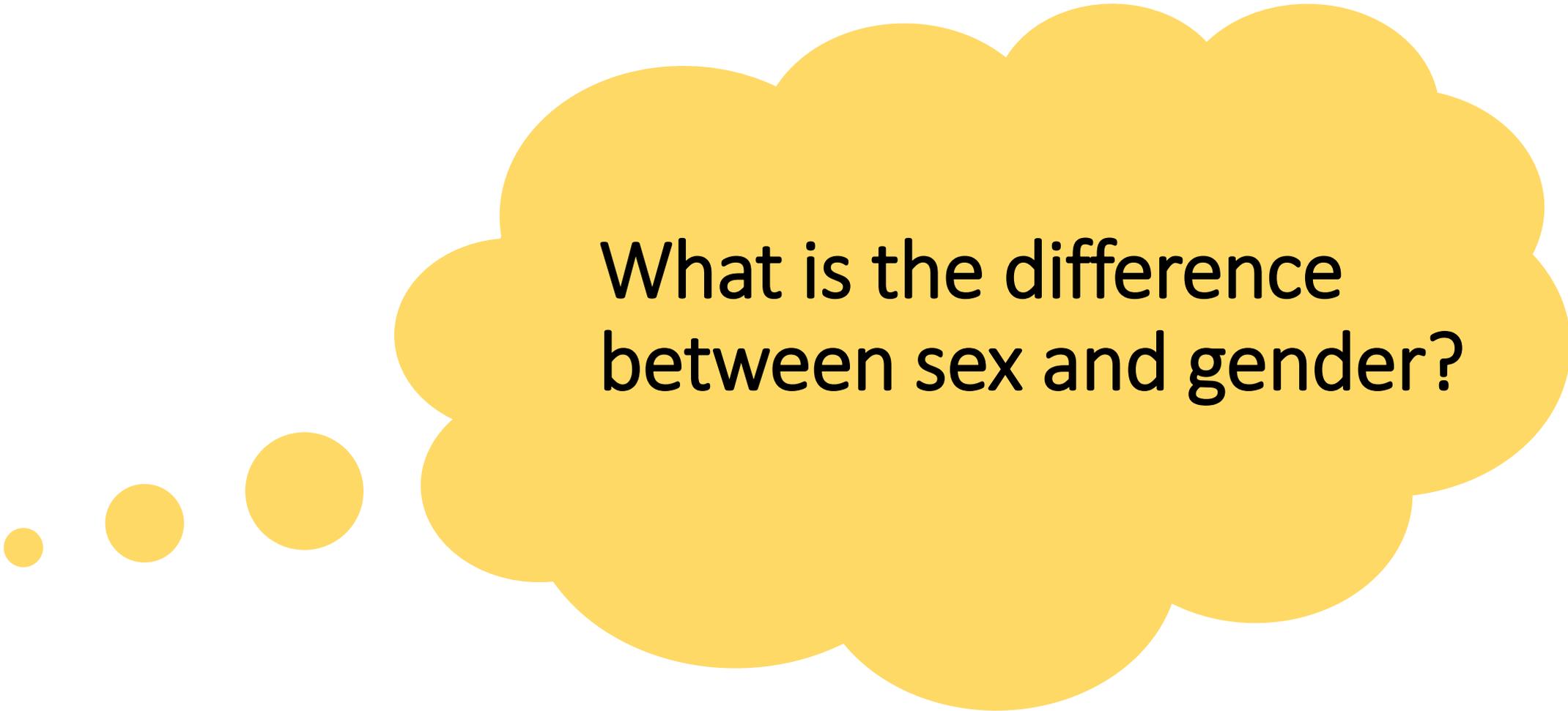




What do these people all have in common?



# First things first...



What is the difference  
between sex and gender?

# What is the difference between sex and gender?

The UK government defines sex as:

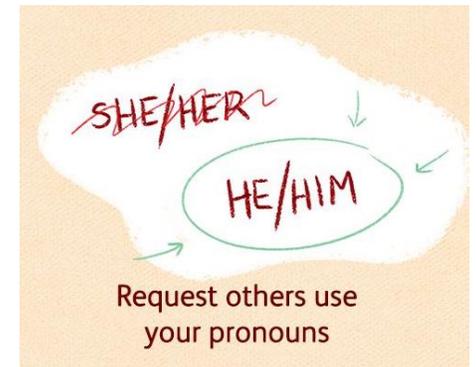
- the **biological** aspects of an individual as determined by their **anatomy**, which is produced by their **chromosomes, hormones** and their **interactions**
- generally male or female

The UK government defines gender as:

- a **social** construction relating to behaviour and attributes based on labels of masculinity and femininity
- **Gender** identity is a **personal, internal perception of oneself**
- The gender category someone identifies with may not match the sex they were assigned at birth

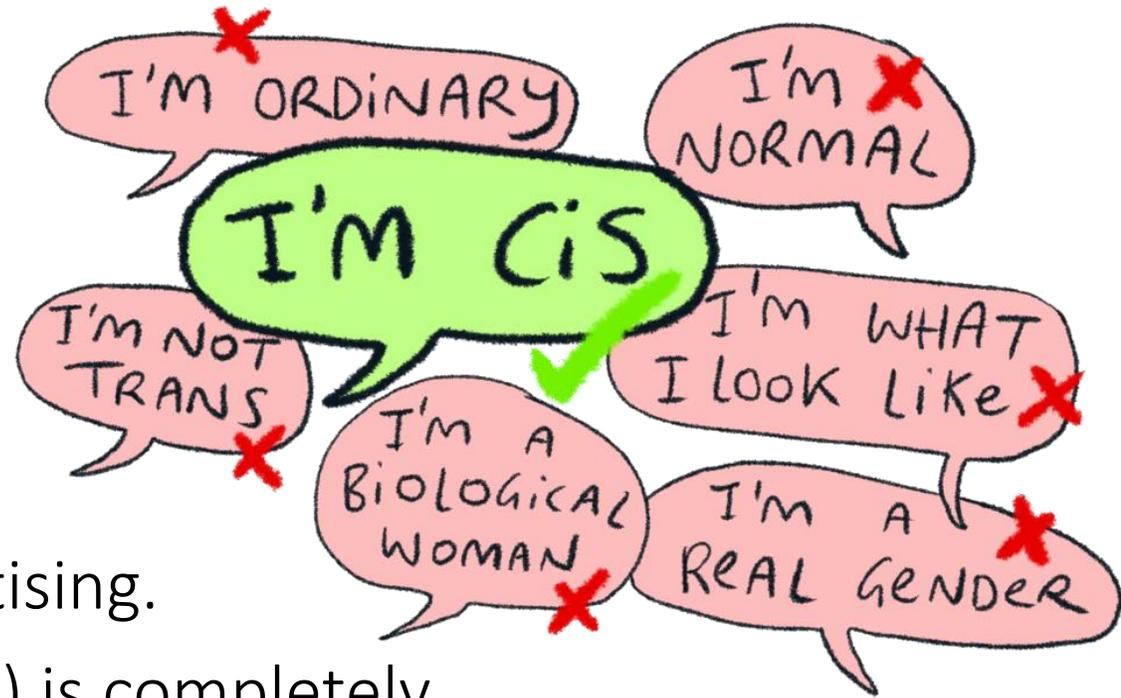
# What does it mean to be transgender?

- Transgender or trans is an umbrella term for people whose **gender identity is different from the sex assigned at birth.**
- You do not need to have had any surgery or medical intervention to be trans.
- Many trans people go through a process called **transitioning** – this can involve changing appearance, names and pronouns, and may include medical treatment, such as hormone therapy or surgery.
- Some people may not go on to have surgical procedures, but just have the “**lived experience**” in the gender they identify as.
- It is important to remember: **trans women are women, and trans men are men**



# What does it mean to be trans?

- ‘Cis’ is short for ‘cisgender’, which means somebody whose gender identity matches the sex they were given at birth. Basically, it means ‘not trans’.
- Using the word ‘cis’ is important – without it, people might use phrases like ‘trans people and normal people’, which is stigmatising.
- **Sexual orientation** (who you are attracted to) is completely unrelated to gender identity (who you are). You can be trans and gay, trans and straight, trans and bi, ace, or anything else – just like a cis person can be.





# So...how can I be a trans ally?

- Listen to trans people
- State your pronouns
- Use inclusive language
- Recognise that being transgender is not about how someone looks.
- Said the wrong thing? Apologise.



# Trans Support

- If you are questioning or exploring your gender you can speak confidentially to [MindLine Trans+](#), [LGBT Switchboard](#) or search for support in your area via [TransUnite](#).

## Who can I talk to in school?

- Mrs Munro, Mrs Gray or Miss Gibbs
- Your tutor
- Your Head of Year
- Miss Wood (Hub)
- Or any teacher



# Message

Students studying these subjects need to stay behind for a meeting:

- BTEC Sport Cambridge National Sport
- Cambridge National Enterprise and Marketing
- Cambridge National Creative I Media
- Catering and Hospitality
- BTEC Engineering