SEVENOAKS
PREPARATORY SCHOOL

Gender and Identity

What is Gender Dysphoria?

Gender dysphoria is the term used to describe the discomfort that trans people feel in relation to the sex they were assigned at birth.

Most trans people will experience gender dysphoria (often just called dysphoria) in some way or another and to greater or lesser extents.

It can be experienced in many different ways. Finding a safe and accepting space for the child to open up about their feelings and experiences is key.

The child may be uncomfortable with their name, pronouns, appearance/body shape, to name a few.

Remember this is unlikely to be a stand-alone event and will be start of a discovery process for the child, where they will need ongoing support.

Starting a Conversation

Encourage the child to use their own words to describe their feelings towards their gender and identity. - DO NOT put words in their mouth or ask leading questions

Find out what small changes could help to make a big difference (e.g. uniform, haircut, pronouns, slight change in name).

Discover what their parents/guardians know, and put support/guidance in place to help the families if they require it.

There is no rush to decide who you are yet. - Feeling unsure about who you are is a normal part of growing up. There is no rush to announce who you are attracted to even if everyone else seems to be doing it. Take your time, breathe, and go easy on yourself.

Find some role models – local people or celebrities. Someone to ask questions to.
Find an outlet – If the child struggles to verbalise their emotions, explore additional ways of communication, through art, music, sport, dance etc.

- HELPFUL LINKS:

Allsortsyouth.org.uk https://www.thetrevorproject.org/ https://mermaidsuk.org.uk/