

So I Think I'm Trans... Now What?

A guide to help
navigate your thoughts
about gender identity
and expression

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Definitions

Assigned Female at Birth (AFAB) - the gender a person was assigned at birth based on their external genitalia, usually by a doctor, was female.

Assigned Male at Birth (AMAB) - the gender a person was assigned at birth based on their external genitalia, usually by a doctor, was male.

Binding - a process of flattening your chest to make it more masculine-presenting.

Female to Male (FTM) - Someone who is AFAB transitioning to male.

Gender Dysphoria - a feeling of distress or discomfort that occurs when a person's gender identity differs from their sex assigned at birth)

Gender Expression - the way in which a person expresses a gender identity, typically through their appearance, dress, and behavior.

Gender Identity - a person's innate sense of their gender.

Male to Female (MTF) - Someone who is AMAB transitioning to female.

Transgender - An umbrella term for people whose gender identity, expression or behavior is different from those typically associated with their assigned sex at birth.

Tucking - a technique that involves manipulating the groin area to make it appear flatter or smoother.

***For different gender identities and their definitions, please refer to the guide LGBTQ+ Identities, Their Flags and Their Meaning.**

So I Think I'm Trans... Now What?

If you're reading this booklet then chances are you're questioning your gender identity. Congratulations! Finding your true self is an exciting journey. However, it can also feel overwhelming. If this new chapter makes you nervous or anxious, that's okay! It's incredibly normal to feel that way especially with something that might feel pretty new to you, like the concept of being transgender. You might be unsure of where to go from here. This booklet is designed to give you ideas and help calm some of the anxiety of the unknown; however it's important to remember that this is your unique journey. In the end you have to do what feels right to you and pursue your most authentic self.

Where Do I Begin?

Where you begin is completely up to you. However here are some ideas to help hash out some of the thoughts that could be running through your mind.

- **New Name** - Sometimes for people who are questioning their gender their name may make them feel uncomfortable, maybe even **dysphoric**. If you're feeling this way about your name it's great to remember that your name can be changed! If you are unsure about how to go about picking a new name, some things you could try are making a list of names you like and/or feel fitting to you, then try them out! One way you could try out a new name is by going to a coffee shop, give them the name you're trying out and see how it feels when you hear it called outloud. Another way you could try it out is by telling a trusted friend (or a few) that you're thinking about changing your name and ask them to try to start using it, see how it feels when they refer to you. Remember, if a name doesn't fit that's completely fine! Lots of people in the transgender community try out different names before landing on the right one.

- **Clothes** - Sometimes clothes can also cause a bit of dysphoria. If you're able to, try buying some clothes that you feel better represent you. This could look like anything, masculine fitting jeans, a skirt, a button up shirt, a sun dress, whatever you feel your best in. If you're not able to buy clothes, check to see if your local LGBTQ+ center has a clothing closet. Some will keep this stocked for situations just like yours.
- **Hair Style** - Play with your hairstyle! Changing up your hair, whether the change is big or small, can make a huge difference in the way you feel about yourself. Visit the resource guide at the end of this booklet for a website dedicated to providing names of gender affirming barbers and hair salons.
- **Find Local Resources** - Depending on where you are you may have a local LGBTQ+ Center or Pride Center. Oftentimes places like these are full of information and resources, and may even have things like support/social groups for you to join and find community. A local center is likely to have information on local healthcare options, clothing closets, and occasionally even financial assistance. Do you research to see what's available to you.
- **Therapy** - Therapy is a very important resource for anyone but can be especially important for big things in life like navigating your gender identity. If you're not already in therapy it is a great idea to find a therapist if you are able. Do your research to find local LGBTQ+ affirming therapists; some therapists even specialize in gender identity. Remember, therapists are not one-size-fits-all. It's okay to try out a few therapists before you find one that works for you.

Who Can I Tell?

Who you tell about your transition is 100% up to you. Always think about your safety before bringing the subject up. While it's sad that safety is something that needs to be thought of in this situation, it's true. Be mindful of how you think the other person may react. Whether it's your parents, siblings, best friend etc, take the time to prepare yourself for the interaction. Think about the people in your life who you know are very affirming of the LGBTQ+ community; they could be a good first place to start. You can also be proactive and find resources for your loved one to help them digest the information prior to the interaction. Refer to "So My Loved One is Trans... Now What?" for a guide created for loved ones in this scenario. Keep in mind though that no matter how the interaction goes; you are valid in your feelings and there's no one on earth that can take that from you. How a person reacts to your story says nothing about you and everything about them.

What do I have to do?

Nothing. There is nothing that you *have* to do regarding your transition. It's *your* transition and *you* make the decisions. You are valid no matter what path you take. Whether you completely change your hairstyle and wardrobe or look and dress the same way you have your whole life, none of that defines you. Any step you take in your transition is to make you feel more comfortable as yourself.

Where can I find help?

Help is available in all sorts of ways. Whether it be through therapy, community, or access to resources, there is an abundance of help that can be found with a little bit of research. Listed at the end of this booklet is different information, resources and helplines. Be sure to also look into your local resources to see what's close to you. This journey can feel exhausting at times, never feel bad about reaching out for help. That's what community is for.

LGBTQ+ Resources

**American Civil Liberties Union
(ACLU)**
aclu.org

Human Rights Campaign
hrc.org

GLAAD
glaad.org

PFLAG
pflag.org

**For more resources scan the QR
code below to be directed to the
ftmCyle website**



LGBTQ+ Hotlines

The Trevor Project Crisis Line

thetrevorproject.org

Call - 1 (866) 488-7386 or

Text "START" to 678-678

Gay, Lesbian, Bisexual and
Transgender Hotline

Call - (888) 843-4564

Trans Lifeline

Call - (877) 565-8860

National Suicide Crisis Line

Call/Text 988

