

## Transphobia

Transphobia is the fear, hatred, disbelief, or mistrust of people who are transgender, thought to be transgender, or whose gender expression doesn't conform to traditional gender roles. Transphobia can prevent transgender and gender nonconforming people from living full lives free from harm.

Transphobia can take many different forms, including

- negative attitudes and beliefs
- aversion to and prejudice against transgender people
- irrational fear and misunderstanding
- disbelief or discounting preferred pronouns or gender identity
- derogatory language and name-calling
- bullying, abuse, and even violence

Transphobia can create both subtle and overt forms of discrimination. For example, people who are transgender (or even just thought to be transgender) may be denied jobs, housing, or health care, just because they are transgender.

People may hold transphobic beliefs if they were taught them by other people, including parents and families who encourage negative ideas about trans people and who hold strict beliefs about traditional gender roles.

Some people are transphobic because they have misinformation or have no information at all about trans identities. They may not be aware of transgender people or trans issues or personally know anyone who is Trans.

The stress of transphobia on Trans people can be very harmful and can cause:

- depression
- fear
- isolation
- feelings of hopelessness
- suicide

No one has the right to discriminate against another person, or to hurt him or her emotionally or physically. There are things you can do to help stop transphobia:

- Do not ever use slurs against transgender people.
- Do not ask personal questions about a transgender person's genitals, surgery, or sex life.
- Avoid giving trans people compliments that are actually insults. Some examples include: "You look just like a real girl!" or "I never would have guessed you were transgender!"
- Do not believe stereotypes about trans people or make assumptions about them.
- Be a vocal supporter of the transgender community, regardless of your own gender identity.
- Let the transgender people in your life know that you are a friend and ally.
- Educate yourself on transgender issues.
- Respect someone's decisions about when and where to come out.
- If you do not know a person's preferred pronouns or name, ask them.
- Use gender-neutral language, such as "they" and "them" or "folks" and "people" instead of "he/she" or "girls and boys."
- Respect trans people's chosen pronouns and names and use them.

- Remember that being transgender is just one part of a person's life.
- If you feel safe doing so, speak up when other people are being transphobic, like making transphobic jokes, using slurs, or bullying or harassing someone because of their gender identity.

**Resources:**

*A coming out guide for young trans people*

*Tackling transphobia in sport*

What does 'Transphobia' mean?

<https://www.medicalnewstoday.com/articles/transphobia>

Transgender people in Britain explain why transphobia is on the rise in the U.K. (YouTube video)

<https://www.youtube.com/watch?v=moazHApKGIY>

Sexual Orientation and Transgender Identity Hate Crime

<https://www.citizensadvice.org.uk/law-and-courts/discrimination/hate-crime/sexual-orientation-and-transgender-identity-hate-crime/>