

5 RESOURCES FOR HOW TO BE A BETTER TRANS ALLY

The 31st of March marks International Transgender Day of Visibility. This day is an annual event which is dedicated to the celebration of transgender people and their contributions to society while simultaneously raising awareness about the continuing and extensive violence and discrimination that the transgender community faces. Transgender and gender non-conforming people are constantly struggling for their basic human rights. **Now, more than ever, it is important to be a trans ally and to support the trans community.**

The term transgender is “a broad term that can be used to describe people whose gender identity is different from the gender they were thought to be when they were born”.¹ Transgender identities incorporate a wide spectrum of gender identities from transgender men and transgender women to non-binary, gender queer and gender non-conforming identities.

Research has shown that transgender people face huge discrimination in various social realms, especially in accessing primary healthcare services², housing and employment³. Transgender people are also at significantly higher risk of violence and hate crimes. In 2017, YouGov and Stonewall carried out a research in which they surveyed 871 transgender people in the UK about their experiences of discrimination and violence over a period of 12 months. The research showed that 41% of transgender people and 31% of non-binary people had experienced a hate crime because of their gender identity. 28% of transgender people had experienced intimate partner abuse. Furthermore, 25% had experienced homelessness at some point in their lives and 41% experienced that professional healthcare staff lacked understanding of specific trans health⁴.

The trans community needs support. Cisgender people can actively support and show solidarity with the transgender community. Below you can find resources on how to be a better trans ally.

[Transgender Factsheet](#)

[Gender Neutral Pronouns Charts](#)

[Supporting the Transgender People in Your Life: A Guide to Being a Good Ally](#)

[Straight for Equality: Trans Ally Resources](#)

[Tips for Allies of Transgender People](#)

¹ The National Centre for Transgender Equality. (2016). Understanding Transgender People: The Basics. Online at: <https://transequality.org/issues/resources/understanding-transgender-people-the-basics>

² Cruz, M.T. (2014). Assessing access to care for transgender and gender nonconforming people: A consideration of diversity in combating discrimination. *Social Science & Medicine* 110, 65-73. <https://doi.org/10.1016/j.socscimed.2014.03.032>

³ Bradford, J., Reisner, S. L., Honnold, J. A., & Xavier, J. (2013). Experiences of transgender-related discrimination and implications for health: results from the Virginia Transgender Health Initiative Study. *American journal of public health*, 103(10), 1820–1829. <https://doi.org/10.2105/AJPH.2012.300796>

⁴ Bachmann, L.C & Gooch, B. (2018). LGBT in Britain: Trans Report. Stonewall. Online at: https://www.stonewall.org.uk/system/files/lgbt_in_britain_-_trans_report_final.pdf

