



Coming Out

- Coming out is a process; you don't have to tell everybody at once. Do it when you're comfortable and feel safe. Make a plan, find people to support you, and don't rush yourself.
- Coming out can be scary, even dangerous. You don't have to do anything that makes you feel unsafe or puts you at risk. Your safety is important.
- Some people choose to come out online or through a letter. That could make you less worried about negative reactions, but also gives you less control over the information and where it goes.

Not everything in this guide will apply to you or your experience, and it doesn't have to. There are as many ways to be trans as there are trans people.
 You are valid.
 You are important.
 You are exactly who you say you are.

Community Resources & Additional Information

Plan B Co-Op KW
planbcoopkw.com

K-W Counselling
www.kwcounselling.com

OK2BME
<https://ok2bme.ca/resources/kids-teens/trans-resources/>

Youth Sexual Health Action Group
yshag.wr@gmail.com

Gender Variant Working Group email
wwgender.variant@gmail.com

Rainbow Health Ontario Trans Health Connection
<https://www.rainbowhealthontario.ca/trans-health/>

Learning to be an LGBTQ+ Ally: Terms & Definitions to Get You Started
bit.ly/Terms_Defs

LGBT Youth Line
www.youthline.ca

Suggested Search Terms –
 trans/genderqueer/non-binary coming out, FTM/MTF transition, hormones, trans at school

DOIN'  **ACCKWA**
Association of Community Centres in Kitchener-Waterloo

Questions? Text us anonymously

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Resource for Trans & Non-Cisgender Youth in Waterloo Region



A simple guide
 for trans/non-cis youth
 by trans/non-cis youth



Social Transition

- Pronoun transitions take time, but it's not okay for someone to misgender you on purpose.
- People in your life may not understand and it might take them some time to adjust. They had ideas and expectations about you and it might take time for them to process the information. This is not your fault, or your responsibility.
- You might find yourself misgendering yourself or using the wrong name. Just like any other adjustment, it takes time.
- You may be re-thinking how you identify your sexual orientation, and that's okay.
- You may want to pass/go stealth (keep your trans status to yourself or only tell specific people). That is 100% your choice.
- You get to choose what you tell people about your body, and you don't need to answer invasive questions.
- You define your body on your terms, using whatever language and words you're comfortable with.
- You may have to tell people not to tell others that you're trans without your permission ("out" you). Don't assume they know this. You might say:
 - "I'm telling you because I trust you, but I'm not ready for other people to know yet."
 - "For my comfort and safety, it's really important that you don't tell anyone else without my permission."
 - "I'm not ashamed, I just need time to figure out all my feelings before telling more people."
- Transphobic harassment and bullying are not your fault. If you feel unsafe, it's time to get teachers/employers/police involved.

Hormones

- Talk with people who are already on hormones, research different hormones and different ways to take them, as well as short and long-term effects. There are lots of YouTubers who make videos about their experience.
- If you're under 18, you may need parental permission for hormones. If you're under 16 you may go on puberty blockers instead.
- Like any medication, hormones can have side effects. Be sure to mention any concerns to your health care practitioner.
- Be honest with your doctor about any mental health issues you experience. (Hormones can impact existing mental health issues.)
- Hormones aren't magic and changes won't happen overnight, but you'll see some changes with time.
- You may find yourself comparing your body to others. Hormones will affect everyone a little differently, so try not to compare.
- **Not all trans people want to medically transition. Hormones can be great, validating, and life-saving, but you are your gender whether you're on hormones or not.**
- When looking for a health care provider:
 - Ask about their experience working with trans folks and prescribing hormones
 - Ask about the process for hormones or surgery referrals. Each doctor might do things a little differently
 - You can refer them to Rainbow Health Ontario's Trans Health Connection resource (bit.ly/rho_transhealth)
 - This is a relationship; if it's not a good fit, you're allowed to find another provider

Changing your Name

- Don't feel pressured to pick a new name immediately - you've spent your life until now with one name; you can try out a few.
- If you haven't changed your name or don't want to, that doesn't make your identity less valid.
- People might refer to you with your birth name. If they are doing it on purpose, that's not okay. If it's a mistake you can still correct them. Set a firm boundary, saying "I expect you to try to use the right name, but if you get it wrong I'll correct you or you can correct yourself."
- You can change your name and gender marker at school without a legal name change.
- Changing your name on government documents costs about \$137 and you will need your original birth certificate.
- If you were not born in Canada it is a longer process.
- If you are 16 or older you can apply for a name change on your own (bit.ly/namechange_adult)
- If under 17, a parent/caregiver with legal custody can help you apply (bit.ly/changename-child)
- We know these age parameters overlap and people's experiences will differ depending on their relationship with their legal guardians. You could reach out to community spaces for support, or some people wait until they're 18 when it's less complicated to legally change their names.
- Have someone look over it carefully! It can take 4-6 weeks to process.