

TRANSIFESTO!

QUEERCIRCLE

Be RELateable



And trustful

# **I** **INTERSECTIONALITY FIRST**

---

*'A general thing with groups like this is that the people in charge and the people that show up regularly and are staple members mirror the intersectionality.'*

-Nemo (they/them)

Trans young people from the global majority and disabled trans young people need to be actively pulled into spaces and shown that spaces are for *them*. This also means having practitioners who are representative of their identities. It's essential for practitioners to reflect on and address how positionalities, privilege, whiteness and colonialism inform both how they engage with young people and how young people engage with each other.

T4T

ALLOIACE

DEMI

GRAY

PAN

RECIPRO

Be knowledgeable  
about LGBTQ+ language  
and culture

# **MORE AWARENESS OF AND CONNECTIONS BETWEEN TRANS YOUTH SERVICES**

*'I do feel very separate from other LGBTQ+ services and other trans youth workers. The value is that there is discussion happening between trans youth workers and what is needed and what we're doing and that is incredibly valuable'*

-Ruby (they/them)

All trans young people and practitioners spoke of the need for more connections between trans young people and services, because it can feel very lonely and isolating in such a cisheteronormative world.



Be accepting and

Respect

our

Identity!!



# **T**TRANS YOUNG PEOPLE **KNOW THEIR LIVES AND** **EXPERIENCE BEST**

*The first thing that [...] feels really important is to not patronise trans young people. For anyone older or who is occupying a position of power within that space to not assume that you have more knowledge about their lives and experiences [...] than they do, and to let them be guiding what the space is and who they are in it.'*

-Stella (they/he)

*'Some of the rhetoric around trans young people is unhelpful to always be reinforcing the vulnerability. Acknowledge that we're also just people.'*

-Stella (they/he)

Whilst trans young people acknowledge they are a vulnerable group in many ways, they want practitioners to know that they also have agency, autonomy and independence and want to be taken seriously, not patronised. They are fed up with organisations being performative and paternalistic about working with 'vulnerable' trans young people.

BE RESPECTFUL  
OF BOUNDARIES

&

**NO INAPPROPRIATE  
QUESTIONS**



# OUR AGENCY

*'Allow the people who come to set their own boundaries and their own needs for the space [...], even if that is writing their own code of conduct, thinking of a manifesto [...] and even writing the briefs of a project that they want to do together, as much agency as possible with a space.'*

-Fred (they/he)

*'Some of the rhetoric around trans young people is unhelpful to always be reinforcing the vulnerability. Acknowledge that we're also just people.'*

-Stella (they/he)

Trans young people want to have agency and power in spaces that are for them, to build their independence and confidence. They should be supported to set their own boundaries and needs for the space as much as possible, and then checked-in with regularly about what they want and how they are finding the group/space.

WHAT WORKS FOR ONE MAY NOT WORK FOR ALL ♡ DIVERSITY ♡

ONE SIZE  
~~SHOES~~



DOES NOT

FIT ALL

TO BE IRREPLACEABLE YOU NEED TO BE UNIQUE ♡ LOVE ♡

CELEBRATE UNIQUENESS ♡ IT'S OKAY TO BE DIFFERENT ♡

ONE IN ONE M ♡ ONE OF A KIND ♡ WE ARE ALL UNIQUE ♡

# LET US EXIST AS WE ARE

---

*'They just want somewhere where they can be themselves, right?'*

-Charlene (she/her)

*'Having joy and community in these spaces is so important, but that doesn't mean that every time you are in them you are just happy. There needs to be more space, and this is something from a disabled perspective as well, for people to feel shit, [...] for those hard feelings, because a lot of people don't get to experience that at their homes, at their schools, at work.'*

-Nemo (they/them)

Trans young people often have to bury hard feelings at home, school or work, so they need spaces where they can show up however they are feeling, without worrying about bringing the mood down. There needs to be spaces for sadness, anger, fear, but also if they're just feeling dull or not feeling much at all.

?

?

?

?

?

?

?

# **IF YOU CAN'T SEE IT, YOU CAN'T BE IT**

*'There's a bit of a disconnect between trans youth and trans not youth, trans elders. It's something that's worth having within trans youth spaces to also have come in every now and then a trans elder, or a connection with an older trans group, to see what can happen next.'*

-Nemo (they/them)

*'If you don't know any trans adults, it's going to be really hard to envisage your life as a trans adult or a trans elderly person. And we know why that is the case. Trans people don't live as long.'*

-Ruby (they/them)

Trans young people need opportunities for them to meet trans adults and elders, so they can see what is possible for their futures. They are all too aware of higher mortality rates, so feel this would counteract the narrative that trans people die young.





KEEP CALM  
and  
BE MINDFUL

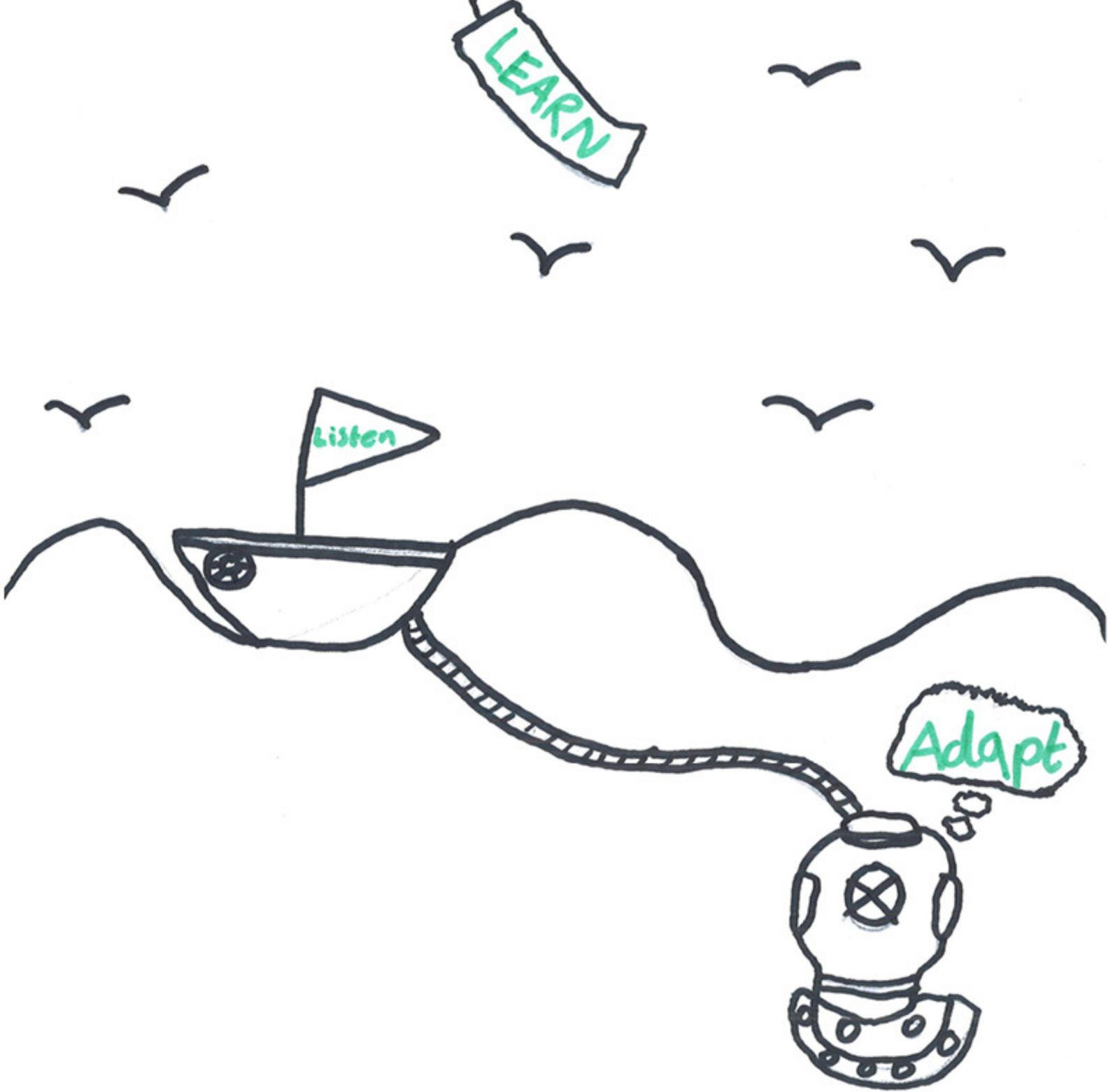
# SIT WITH THE DISCOMFORT

---

*'It's healthy to sit with the idea that something bad might happen but if it does, we'll be prepared to talk about it rather than not knowing. I think sitting with the discomfort is quite a healthy practice.'*

-Fred (they/he)

Friction, mistakes and conflict are inevitable in groups, so practitioners need to be prepared to sit with and address the discomfort when it arises. Practitioners should be aware that all trans young people are to some extent vulnerable, and try to mediate the space to bring about some healing for all parties. However, it is also important to recognise that discomfort cannot be entirely resolved and healing may not always be possible, for example when related to structural oppression.



LEARN

Listen


Adapt

# **T**AKE US SERIOUSLY AND **BE FLEXIBLE**

*'Being trans lends to a certain type of vulnerability especially in the UK especially recently. I don't know if you've seen the news recently, I'm not happy about it. It's awful and I'm particularly upset about this [recent news] but every five minutes, there's something. To think that there's a building full of people equally upset, triggered and/or angry about what is happening as standard on a day to day casually, to add anything on top of that could very easily escalation.'*

-Nemo (they/them)

Trans young people need practitioners to take their emotions seriously and affirm what they are going through. If it seems like someone is overreacting to something seemingly small, it's always on top of existing as a trans young person in a transphobic world. It's important for services to be flexible if trans young people can't always attend, are late, or don't want to join in a particular activity, in recognition that they have so much going on.

Be curious ous

about our

Whole selves,

We are more

than just our

 identity's



# EXPANSIVE TRANSNESS

---

*'Speaking as a trans young person, something that really put me off coming out [...] was feeling I had to commit to a certain identity, pronouns, name, gender identity or gender expression. That expectation of needing to be a certain way, needing to commit to a certain thing comes out of cisheteronormative expectations of 'this is who you are and that will never change'. Flexibility is incredibly important and always allowing for that to happen.'*

-Ruby (they/them)

*'I think it's inherently trans to be ambiguous and uncertain and to sit comfortably with ambiguity and uncertainty, which I don't think is a thing that we are really very comfortable with.'*

-Stella (they/he)

It's really important to reinforce to trans young people that there is no one way to be or do trans or queer(ness). Practitioners need to actively deconstruct dominant and hegemonic white and European ways of thinking about gender and transness. Trans young people also want practitioners to be curious about their identities and lives more holistically, not only their gender and transness.

**DON'T**



*Silence means security*

**OUT US**

# MORE SPACES

*'When you're there, you are surrounded by other trans people and we all have this shared thing. It's really nice without having to check whether it will make sense to people, to an extent we all get it. That in itself is really underrated, to just be in a space and just know that it's standard.'*

-Nemo (they/them)

*'More unique spaces are needed for safety, representation. [...] I can't tell you how many times in the black and POC group [...], someone would break down in tears like 'I'm surrounded by people like me or who are like me and everybody just understands'. It's just so powerful.'*

-Charlene (she/her)

When the default is always cis/het, there is a need for more spaces for trans young people with LGBTQ+ and trans facilitators, and QTPOC spaces with QTPOC facilitators. Trans young people spoke about needing both trans-specific spaces, where everyone just understands. They also want more general LGBTQ+ spaces as many young people might not realise they're trans until they join or worry they're not trans enough to access the spaces.