



**Developmental  
Disabilities  
Planning Council**

*Easy Read Edition*

# **A Self-Advocate's Guide to Gender- Affirming Health Care**

## **Part 7: Good Manners around Transgender and Nonbinary People**

# Good Manners around Transgender and Nonbinary People

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You might know someone who is transgender or nonbinary.



That person might be going through a transition to change their body so it looks more like they want.

Here are some ways to have good manners around transgender people:

## Be respectful of how much the person wants to tell you about their transition.



Do not ask nosy questions like “have you started hormones yet?” or “what kinds of surgeries have you had?”

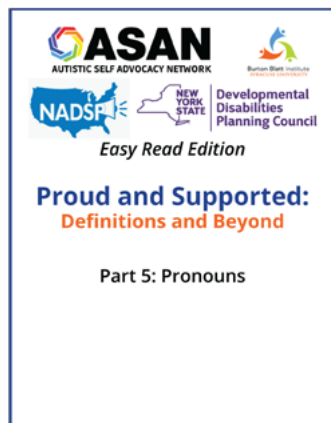


If the person wants to tell you about their transition, they will.



Do not ask about people’s body parts.

# Use the name and pronouns that the person wants you to use for them.



For more about pronouns, you can read [our guide on pronouns](#).



Do not use names or pronouns that the person no longer uses.



If you mess up someone's name or pronouns, say sorry and move on.

## Let the person choose who they want to tell that they are transgender or nonbinary.



Do not tell other people they are transgender or nonbinary unless the person says you can.



If someone does not want other people to know they are transgender or nonbinary yet, they may ask you to use their old name or pronouns around other people.



You should respect this.



You should try your best to use their old name and pronouns around other people who don't know the person is transgender or nonbinary.

For example:



Arthur is nonbinary.



Arthur uses they/them pronouns around their friends.



But Arthur has not told their parents they are nonbinary.



Arthur has not told their parents that they use the name Arthur now.



So Arthur asks their friends to use Arthur's old name and pronouns around Arthur's parents.

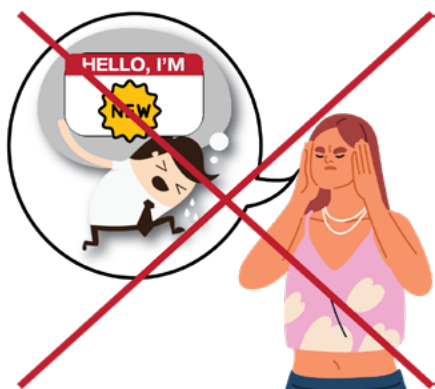


Arthur's friends agree to do this.

**If someone tells you that they are transgender or nonbinary, thank them for telling you.**



Tell them you are glad they trust you enough to tell you.



Do not make a big deal of “how hard” it is to remember the person’s new name and pronouns.



It is really hard to tell people you are transgender or nonbinary.



When people make a big deal about how remembering your new name or pronouns is, it can feel really bad.

## Know that transgender and nonbinary people can be attracted to people of any gender.



Some people think that all transgender and nonbinary people are gay.



Some people think that all transgender and nonbinary people are straight.



Both of these things are wrong!



Transgender and nonbinary people can be attracted to people of any gender.



Do not assume who a transgender or nonbinary person is attracted to.



## Conclusion

Transgender and nonbinary people deserve safe health care they can trust.



Transgender and nonbinary people deserve information about gender affirming care.



Transgender and nonbinary people deserve to know what their choices are.



Transgender and nonbinary people deserve to make their own choices about their health care.

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