


# International Transgender Day of Visibility

31st March  
2023



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A transgender person is someone whose gender identity or gender expression does not match with the sex they were assigned at birth

A non-binary person's gender identity does not fit comfortably as either man or woman, they recognise that gender is a spectrum and they sit somewhere on it that is different to what they were labelled as at birth

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## What is this day for?

This day celebrates the Trans and Non binary community and individuals and aims to raise awareness of what it is to be transgender or non-binary and to shine a light on the discrimination that they experience on a daily basis

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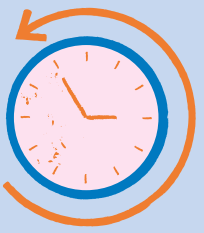
## Tips for Allies of Transgender and Non Binary People



Be patient - It can take some time for people exploring their identity to work out what fits. People may try using a different name and then change it again. Remember it can take them time to work out what is right for them



Use the terminology that the person uses for themselves - they may go by "she" instead of "he" and they may change their name



Learn and accept that Transgender and Non-binary people have existed throughout history and cultures, going back more than 6000 years



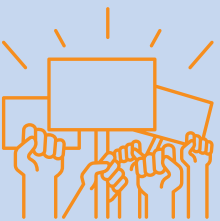
Know your limits as an ally. It is ok if you don't know something, it can be better to admit you're not sure than to make assumptions that could be hurtful



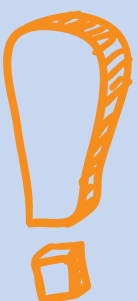
Don't ask about the person's genitals, sex life or surgery situation. Don't "Deadname" a person by using their previous name instead of their chosen name and don't ask what their previous name was



Avoid giving out "Helpful tips" or backhanded compliments such as "I would have never guessed you were trans, as you're really pretty" or "I would date you even though you're trans"  
"You would pass better if you wore a wig/changed your makeup"



Challenge anti-transgender remarks or jokes. The Equality Act recognises Gender reassignment and identity as a protected characteristic. Hateful comments or actions are discriminatory



Remember that using pronouns is something everyone does everyday. It is not something new or a political action, be respectful of people's preferred pronouns

