

Appendix 1: Glossary of terms (reproduced with kind permission from Brighton and Hove CCG)

Biological Sex – Conceptual model that separates humans based on physical characteristics related to reproductive functions: genes, chromosomes and genital organs.

Cis-gender – Describing a person whose core gender identity as male or female is congruent with their biological sex.

Cross dresser (CD) – Describing a person who wears clothing typically associated with a different gender to express aspects of their personality and/or to gain a sense of happiness and fulfilment. The term ‘transvestite’ would now be considered out-of-date language.

Disorders of Sex Development – Medical terminology to describe congenital conditions in which development of chromosomal, gonadal, or anatomical sex is atypical. Sometimes referred to as ‘disorders of sex differentiation’ or ‘differences of sex development’. These terms can be regarded as stigmatising language and ‘Intersex’ may be preferred.

Female-to-male (FtM) – Describing a person who is born female but transitions (socially and/or physically) to live as a male.

Gender (identity) - A person’s psychological and felt sense of being masculine, feminine or genderqueer.

Gender binary – A conceptual model that identifies only two (opposing) categories of gender identity, masculine and feminine based on biological sex.

Gender dysphoria – Refers to discomfort or distress caused by a discrepancy between a person’s gender identity and their assigned sex at birth, associated gender role and/or primary and secondary sex characteristics.

Gender expression - How a person chooses to express their gender identity through aspects such as dress, mannerisms, speech, personal grooming etc.

Gender identity clinic (GIC) – See Specialist Gender Identity Services.

Gender non-binary – See genderqueer.

Gender pronouns - Terms used to denote a gender, such as female or male: she/her/hers, he/him/his. Gender-neutral pronouns can be used: they/them/theirs.

Genderqueer – A multifaceted term for gender identities other than male or female and outside of a male/female gender binary. May denote one of the following: a) holding more than one gender identity, e.g. being both masculine and feminine, b) being without a gender identity, c) moving between genders or with a fluctuating gender identity. Similar and related terms include: Androgyne, Agender, Bi-gender, Non-gender, Gender-fluid, Gender Non-binary and Third-gender.

Gender Recognition Act (GRA) 2004 – A UK Act of Parliament that allows people who meet specified criteria to change their legal gender.

Gender Recognition Certificate (GRC) – A certificate granted by the Gender Recognition Panel in accordance with the GRA 2004 showing that a person has satisfied the criteria for legal recognition in their acquired gender.

Gender spectrum – A conceptual model that recognises a range of gender identities existing between polarities of masculine and feminine (opposed to Gender Binary, see above).

Gender variance - Behaviour or gender expression that does not match expected typical gender roles or cultural and social norms.

Intersex - Describes congenital conditions in which development of chromosomal, gonadal, or anatomical sex is atypical. Can also be used as a self-identification. Sometimes referred to in medical terminology as Disorders of Sex Development although this can be regarded as stigmatising language.

Male to female (MtF) - Describing a person who is born male but transitions (socially and/or physically) to live as a female.

Primary sex characteristic - Biological sex characteristics directly involved in reproduction, e.g. testes, ovaries and external genitalia.

Real Life Experience - A mandatory period of time spent living in the new gender role before certain medical treatments can be commenced such as hormone therapy and surgery.

Secondary sex characteristic - Distinguishing biological sex characteristics that are not directly involved in reproduction (e.g. breasts, facial hair, Adam's Apple).

SOFFAs - An acronym for 'Significant Others, Family, Friends and Allies'. Denotes people who are partners, family and friends of trans people and/or those who support and engage in activity to achieve equality and human rights for trans people.

Specialist Gender Identity Services (SGIS) – Specialist NHS services providing expert care and treatment for people experiencing gender dysphoria or seeking help with gender identity issues.

Stealth - Where a trans person has transitioned and others are not aware of their previous gender or trans history. Individuals may be stealth in some contexts and not in others (e.g. stealth at work but not with their family).

Transgender (Trans) - An ‘umbrella’ term to describe people whose experience of gender differs from the assumptions, expectations and social and cultural norms of their society, and who blend, challenge, or cross gender roles. Where an asterisk is added to the term (e.g. Trans*) this denotes that the full range of trans identities are being referred to.

Trans man – A person assigned female at birth but who has a male gender identity and transitions to live as a man. Sometimes used as preferred term to transsexual.

(Gender) Transition - The psychological, physical and social processes involved when a person recognises their need to live permanently in a different gender and takes steps to actualise this. Previously known as ‘sex-change’ but this is now considered out-of-date language.

Transphobia – Fear of trans people or ridicule, prejudice, discrimination or hatred directed against them. Can be manifested in transphobic hate crime and violence.

Transsexual –A person whose core gender identity as male or female is different than their biological sex and who uses hormones and/or surgery to enable their body to match their gender identity. Some trans people resist this term as a medical label while others embrace it.

Trans woman - A person assigned male at birth but who has a female gender identity and transitions to live as a woman. Sometimes used as preferred term to transsexual.

Appendix 2: Sources of supports and information for patients, their families and health care professionals

Transgender people

<https://www.tranzwiki.net/> a comprehensive directory of the groups campaigning for, supporting or assisting trans and gender variant behaviour individuals, including those who are non-binary and non-gender, as well as their families across the UK.

<https://nationallgbtpartnershipdotorg.files.wordpress.com/2015/02/np-trans-health-factsheet-general-healthcare.pdf> A factsheet on general healthcare for trans people including information on screening

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/623309/Transgender_cross_programme_screening_leaflet.pdf NHS England information on screening for trans people

<https://www.scottishtrans.org/support/support-groups-in-scotland/> - list of support groups in Scotland

<http://www.scottishtrans.org/> **Scottish Transgender Alliance** Working to improve gender identity and gender reassignment equality, rights and inclusion in Scotland. Scottish Trans Alliance

<http://www.stonewallscotland.org.uk/> **Stonewall Scotland** Supports individuals to work out how they can make a difference for LGBT people at work, at home and in their communities, and with organisations to ensure they offer inclusive, equal and inspiring environments for LGBT people.

<http://www.lgbt-helpline-scotland.org.uk/> **LGBT Helpline Scotland** Providing information and emotional support to lesbian, gay, bisexual and transgender people and their families, friends and supporters across Scotland. Also offer support to those questioning or wanting to discuss their sexuality or gender identity.

<http://www.lgbthealth.org.uk/> **LGBT Health & Wellbeing** Promoting the health, wellbeing and equality of lesbian, gay, bisexual and transgender (LGBT) people in Scotland.

<http://www.lgbthealth.org.uk/online-resources/> a comprehensive collection of online publications, including What is transgender? an information booklet for people with a learning disability and/or difficulty, the Transgender Workplace Support Guide, and the Gender Identity Booklet an information booklet co-produced with the Scottish Transgender Alliance for transgender people in Scotland, their families and friends.

<http://www.gires.org.uk/> **Gender Identity Research and Education Society** Information for trans people, their families and the professionals who care for them.

Amnesty International Being Transgender' Podcasts and other information. Amnesty International have produced a series of podcasts exploring what it means to be transgender or non-binary in the UK today. These podcasts can be viewed in iTunes or via Windows Media player.

Young People

<http://gids.nhs.uk/> - Tavistock clinic website has a lot of good general information

<https://www.lgbtyouth.org.uk/> LGBT Youth Scotland. Youth and community-based organisation for lesbian, gay, bisexual and transgender (LGBT) people in Scotland, providing access to help or advice when young people need it.

<http://www.sandyford.org/media/3550/gender-service-information-for-young-people.pdf> Leaflet on what to expect from referral to Sandyford young people's service

www.transfigurations.org.uk/support-for-parents

www.ngicns.scot.nhs.uk

www.actionforchildren.org.uk

www.parentsenquiriescotland.org

Families

<http://gids.nhs.uk/> - Tavistock clinic website has a lot of good general information

<https://meandtscotland.wordpress.com/> Me and T is a community group for friends, family and partners of trans people.

<http://www.gires.org.uk/> Gender Identity Research and Education Society Information for trans people, their families and the professionals who care for them.

<https://www.actionforchildren.org.uk/media/6718/a-guide-to-supporting-trans-children-and-young-people.pdf> Action for Children

Health Care professionals

<https://www.bmj.com/content/357/bmj.j2866> Gender dysphoria: assessment and management for non-specialists, 2017

<https://www.bmj.com/content/359/bmj.j5027> Long term hormonal treatment for transgender people, 2017

<https://www.dpt.nhs.uk/resources/medicines-in-mental-health/for-prescribers-and-professionals/clinical-protocols-and-prescribing-guidelines> Prescribing Guideline PG12 Pharmacological Treatment of Gender Dysphoria – Devon partnership NHS

<http://www.rcpsych.ac.uk/files/pdfversion/CR181> Royal College of Psychiatrists, good practice guidelines for the assessment and treatment of adults with gender dysphoria, College Report CR181

http://www.gmc-uk.org/guidance/ethical_guidance/28851.asp General Medical Council, guidance for doctors treating transgender patients:

<http://www.ngicns.scot.nhs.uk/wp-content/uploads/2015/07/Gender-Reassignment-Interim-Guidance-2.pdf> Gender reassignment protocol Scotland

<https://gic.nhs.uk/referrals/> Tavistock and Portman NHS Foundation trust clinic referral proforma

<http://www.ngicns.scot.nhs.uk/endocrine-guidance/> Endocrinology Guidance (due for update later in 2018)

<https://www.england.nhs.uk/wp-content/uploads/2013/10/int-gend-proto.pdf> [Interim protocol England](#) Interim Gender Dysphoria Protocol and Service Guideline 2013/14

<http://www.ngicns.scot.nhs.uk/services/gender-identity-clinics/> - where to refer in Scotland, GICs

https://www.wpath.org/media/cms/Documents/SOC%20v7/SOC%20V7_English.pdf WPATH (World Professional Association for Transgender Health) guidelines

<https://www.gp.brightonandhoveccg.nhs.uk/understanding-specialist-gender-identity-services> Brighton and Hove CCG guidelines. Guide to Supporting Patients Accessing Specialist Gender Identity Services

<http://elearning.rcgp.org.uk/course/info.php?popup=0&id=169> Royal College of General Practitioners, e-learning CPD module on gender variance: (This is accessible by all health professionals on registration)

<https://www.nhs.uk/Livewell/Transhealth/Documents/gender-dysphoria-guide-for-gps-and-other-health-care-staff.pdf> Gender dysphoria services: a guide for General Practitioners and other healthcare staff

<http://www.gires.org.uk/> Gender Identity Research and Education Society Information for trans people, their families and the professionals who care for them.

<https://www.mddus.com/resources/publications-library/gpst/gpst-issue-13/transgender-healthcare> Medical and Dental Defence Union (MDDUS) page on treating transgender patients

<http://www.ngicns.scot.nhs.uk/frequently-asked-questions/> National Gender Identity Clinical Network Scotland – Primary Care Frequently Asked Questions, 2018