

I Think I Might Be Transgender



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Respect.
Responsibility.**

**Advocates
for Youth**
Rights. Respect. Responsibility.

How Do I Know if I'm Transgender — And Am I Normal?

Being trans is completely normal — and it's nothing new! For as long as people have existed, people who do not have a mainstream conception of their gender have existed, in many different cultures and places. Figuring out your gender can be difficult or confusing. Many transgender people know from a young age that they don't identify with their sex and/or gender assigned at birth.

You may feel more comfortable expressing yourself, or being known as a gender and/or sex other than the one you were assigned at birth. This might be shown in how you dress, cut your hair, or what name and pronouns you use. You may feel uncomfortable with your body. These are just a few feelings that transgender people experience. Everyone's experience is different. If you think you might be trans, try asking yourself these questions:

- How do I feel when someone uses pronouns, gendered terms to refer to me, like "sir" or "ma'am"?
- Do I feel like my body doesn't match me/how I feel?
- When I was younger, did I like to pretend to be or dress up as a different gender?
- Do I feel like my gender assigned at birth doesn't fit me?

It's okay if you don't have answers for these questions yet, or if your feelings aren't clear yet. Discovering and understanding your gender can take time, and it's normal for it to develop or change over time. Only you will know how to label, identify and express yourself correctly.

www.advocatesforyouth.org

1.4 MILLION FOLKS IN THE US ARE TRANSGENDER¹

In a healthy relationship, both partners:

Respect one another.

Enjoy activities independent of one another, as well as together.

Discuss things calmly, allow for differences of opinion, and make compromises.

Use each others' preferred name and pronouns. Never use the wrong pronouns or name to intentionally hurt your partner.

Trust one another.

Have room to develop and mature, and value each other through these changes.

Embrace each other's differences.

Respect sexual boundaries and are able to say no to sex.

Share sexual histories and sexual health status with one another.

Respect each other's need for privacy.

Approach sex and discussions about sex with the same mutual respect and trust applied to other issues