

## AIM

To understand the challenges faced by those living with Gender Dysphoria and how best to support them

## DURATION

Half Day Course (3 hours)

## LEARNING OUTCOMES

By the end of this course, you will:

- Understand what Gender Dysphoria is
- Be aware of some of the challenges that people living with Gender Dysphoria experience
- Know ways to support a person living with Gender Dysphoria
- Know some organisations that can provide specialist support

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## LESSONS AND TOPICS

### Gender Dysphoria

- What is the difference between Gender and Sex?
- What is Gender Identity?
- What is Gender Dysphoria?
- Symptoms of Gender Dysphoria

### The Challenges

- Transitioning
- Stigma
- Cultural Beliefs
- Mental Health
- Treatments
- Waiting Times

### Supporting People Living with Gender Dysphoria

- Equality Legislation
- Respect
- Disclosure
- Pronouns
- Emotions
- Counselling

### Signposting & Resources

- GIRES
- All About Trans
- Beaumont Trust
- Imperial College Gender Surgery Service
- Mermaids
- Tavistock & Portman Gender Identity Development Service