

## ADAM – INFORMATION AND SUPPORT

*'Adam' tackles many painful topics. If you are directly affected by these issues or just want to learn more then there are a number of excellent charities and sources of information.*

### ***Sources of Information & Help...***

**Stonewall** – Leading campaigning group for LGBTQ+ rights and source of research and education resources. <https://www.stonewall.org.uk>

**NHS: How to find an NHS gender identity clinic** – Information on transgender health services offered by NHS gender identity clinics (GICs).  
<https://www.nhs.uk/live-well/healthy-body/how-to-find-an-nhs-gender-identity-clinic/>

**Gender Identity Research and Education Society (GIRES)** - UK wide organisation whose purpose is to improve the lives of trans and gender non-conforming people of all ages, including those who are non-binary and non-gender. A wide range of news and resources. <https://www.gires.org.uk/>

**Mermaids UK** - Work to raise awareness about gender nonconformity in children and young people amongst professionals and the general public, and provide support for individuals, families and professionals. <https://www.mermaidsuk.org.uk/>

**TransWiki** – An excellent directory of services, groups and organisations providing information and support to trans people and their families (operated by GIRES).  
<https://www.tranzwiki.net/>

**BBC Advice on Gender Dysphoria & Transgender** – Some basic advice and information aimed at young people. <https://www.situpawards.com/short/bbcgender>

**Outlife: Being Transgender** – Some basic information, discussion of gender and sexual orientation and links to support networks. <https://www.outlife.org.uk/being-transgender>

**TransUnite** - A comprehensive resource for people in the UK searching for support in the transgender community. <https://www.transunite.co.uk/>

**Gendered Intelligence** - A not-for-profit Community Interest Company, who work with the trans community and those who impact on trans lives; particularly specialising in supporting young trans people under the age of 21.  
<http://genderedintelligence.co.uk/>

**Samaritans** - Free non-judgemental confidential support. You don't need to be suicidal, you can talk about any kinds of thoughts or feelings. Call 116 123 anytime.  
<https://www.samaritans.org>

## **Some Trans Myths**

**Myth** – Surgeries are a priority for most trans people.

**Reality** – Trans people might choose to undergo some or all surgeries, or may not choose surgery at all. Each person is different, and so are their preferences and choices. Surgery is a very personal decision, not something for public discussion.

**Myth** – My child is too young to know they are trans

**Reality** – Children typically begin expressing their gender identity between the ages of two and four. Whether a child is gender expansive, gender non-conforming or trans, what we know is that children with informed and supportive parents experience better outcomes at school, better friendships and better mental health.

**Myth** – Trans people are confused lesbians or gays

**Reality** - Gender identity and sexual orientation are two different things that are essentially unrelated. Being trans is about an individual's gender identity, while being straight or gay is about an individual's sexual orientation - our sexual or romantic attraction to people of the same gender, different genders, both, or neither.

**Myth** - The parents are liberals pushing a gay agenda.

**Reality** - Trans and gender-variant children come from all kinds of families: liberal, conservative, non-political, religious, agnostic, atheist, gay, straight, 2-parent households, single parents, blended families, and so on. There is not one kind of family with an agenda out there trying to turn their kids into trans kids.

## **What Can You Do?**

*Be informed and use appropriate language, respect trans people by using their preferred names and pronouns.*

*Transition* is a process that some people undergo when they decide to live as the gender with which they identify, rather than the sex they were assigned at birth.

A trans person transitioning is not “becoming” a man or a woman; they are starting to live openly as their true gender.

The process may or may not involve medical support, for example changing legal identity. It is not appropriate to use the terms ‘sex change’ or ‘pre-/post-op’

People under the trans umbrella may describe themselves using one (or more) of a wide variety of terms, including (but not limited to) trans, transsexual, and genderqueer. Preferred usage is “trans people/person”.

Trans is an adjective not a noun. Rather than saying “Max is a trans,” say “Max is a trans person.” Trans never needs an “-ed” at the end.

Describing a trans person as being born in the ‘wrong’ body creates a negative narrative about someone’s body. It’s better to talk about gender identity being different from assigned sex.

Focus on the **whole person**. *Focusing solely on a person’s transition* can make people feel like a specimen. Gender identity is just one part of who somebody is.

## ***Do Something... Join the Campaign***

The current Gender Recognition Act 2004 is outdated, treating trans as a mental illness to be diagnosed and requiring a long, demeaning and difficult to access process. The UK Government is currently consulting on potential changes to the rights for trans and non-binary people. The consultation period ends on 23<sup>rd</sup> October 2018 and is your chance to make sure that the Government hears your voice on this important topic.

Campaign details and resources: <https://www.stonewall.org.uk/gender-recognition-act>

## ***Some Statistics***

The 2018 report shows that 41% of trans people (41 per cent) have experienced a hate crime or incident because of their gender identity in the last 12 months. In 2017 it was reported that 84% of trans young people have self-harmed and 45% have attempted to kill themselves, with 9% receiving death threats at school. *Stonewall research reports* (<https://www.stonewall.org.uk>)

Approximately 41% of transgender people attempt suicide at least once in their lives compared to the rate of 5% in the general population Transgender patients who have attempted suicide once have a nearly 40% chance for making a third attempt in their lifetime. *European Psychiatry review of published reports* (<https://doi.org/10.1016/j.eurpsy.2017.01.1820>).

## ***More Information on Adam, the play and person***

**National Theatre of Scotland -**

<https://www.nationaltheatrescotland.com/production/adam-2/>

**BAC -** [https://www.bac.org.uk/content/44912/whats\\_on/whats\\_on/shows/adam](https://www.bac.org.uk/content/44912/whats_on/whats_on/shows/adam)

**Adam's TED Talk -** <https://www.youtube.com/watch?v=F-VngpJxw3k>

**UKTW -** <https://www.uktw.co.uk/archive/play/adam/S072587696/>

## ***The SIT-UP Awards***

The National Theatre of Scotland production of 'Adam' at the Edinburgh Fringe in 2017 inspired David Graham to set up the SIT-UP Awards (<https://situpawards.com>) to promote social impact theatre that inspires audiences to engage with social topics and to help theatre companies and charities to come together to increase their reach and engagement. Go to the website to learn more about the Award and the 2018 winners; 'Dangerous Giant Animals', 'Better Together' and 'Freeman' as well as 'SIT-UP Sunday' planned for the Park Theatre later in 2018.

## ***Glossary***

Some definitions, adapted from Stonewall (<https://www.stonewall.org.uk>) and other resources. It is important to remember that many people will not fall squarely into one particular category, gender and orientation are not absolutes; each is a spectrum.

**LGBTQ+** - A group definition for Lesbian, Gay, Bi-sexual, Trans, Queer and other. Useful though it does mix and combine unrelated gender identity and sexual orientation issues.

**Gender Dysphoria** - If you were born female, but are not happy with being a girl, or born male and feel that you are unhappy being a boy.

**Heterosexual / Straight** - Refers to a man who has an emotional, romantic and/or sexual orientation towards women or to a woman who has an emotional, romantic and/or sexual orientation towards men.

**Lesbian** - Refers to a woman who has an emotional, romantic and/or sexual orientation towards women.

**Gay** - Refers to a man who has an emotional, romantic and/or sexual orientation towards men. Also, a generic term for lesbian and gay sexuality - some women choose to define themselves as gay rather than lesbian.

**Bi / Bisexual** - An umbrella term used to describe an emotional, romantic and/or sexual orientation towards more than one gender. Bi people may describe themselves using one or more of a wide variety of terms, including, but not limited to; bisexual, pan, bi-curious and queer.

**Trans** - An umbrella term to describe people whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth. A transgender man is used to describe someone who is assigned female at birth but identifies and lives as a man.

**Queer** - The term is now being reclaimed by LGBT young people in particular who don't identify with traditional categories around gender identity and sexual orientation.

**Intersex** - A term used to describe a person who may have the biological attributes of both sexes or whose biological attributes do not fit with societal assumptions about what constitutes male or female. Intersex people may identify as male, female or non-binary.

**Asexual** - Someone who does not experience sexual attraction.

**Non-Binary** - An umbrella term for people whose gender identity doesn't sit comfortably with 'man' or 'woman'.