

SO WHAT DO YOU MEAN BY TRANSITION?

TRANSITION

is the process that some individuals who identify as trans* go through to feel better in their own skin and to confirm their gender identity. Transitioning can take place on

DIFFERENT LEVELS SOCIAL, PHYSICAL, AND LEGAL.

SEVERAL CHANGES TAKE PLACE WHEN A PERSON IS TRANSITIONING. THESE

CHANGES

COULD BE SOCIAL OR PHYSICAL. AS SOME TRANS* INDIVIDUALS START TO AFFIRM THE GENDER THEY IDENTIFY WITH, THEIR SOCIAL AND/OR PHYSICAL

IMAGE

STARTS TO CHANGE.

IT IS IMPORTANT TO KEEP IN MIND

THAT IT MIGHT TAKE A LOT OF TIME FOR ONE TO REACH THE

BODY IMAGE

THAT ONE HAD IMAGINED FOR THEMSELF.

THESE TRANSFORMATIONS ARE FIRST PROCESSED BY

THE INDIVIDUAL

Some individuals expand the changes to their

SOCIAL ENVIRONMENT,

others keep them

PRIVATE.

IT IS IMPORTANT TO KEEP IN MIND

THAT THE MEDIA IMAGE

OF THE "PERFECT" MAN OR WOMAN CAN AFFECT

THE EXPECTATIONS

ONE MIGHT HAVE WHEN ONE UNDERGOES THE TRANSITION PROCESS.

SOME CHANGES INCLUDE AND ARE NOT LIMITED TO

CHOOSING A NEW NAME

USING NEW PRONOUNS

WHEN REFERRING TO ONE'S SELF

CHANGING APPEARANCE

AND OTHER NON-MEDICAL TRANSFORMATIONS SUCH AS CLOTHING, HAIR, AND MAKEUP.



SOME INDIVIDUALS IDENTIFY AS TRANS* AND

CHOOSE NOT TO

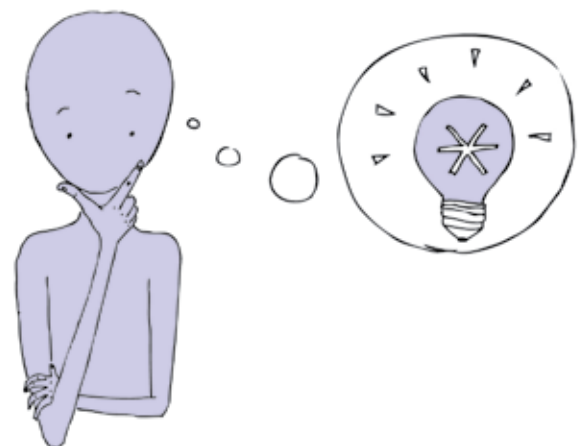
GO THROUGH ANY SOCIAL OR PHYSICAL TRANSITION.

EXAMPLES OF

NON-MEDICAL

SOCIAL TRANSITIONING INCLUDE

tucking the male genitalia, binding breasts, using stand-to-pee devices, body and facial hair removal, etc...



FIRST, TRANSITION TAKES PLACE WITH ONE'S SELF...

TRANVESTITES ARE INDIVIDUALS WHO OCCASIONALLY LIKE TO CROSS DRESS AS THEIR OPPOSITE SEX. THEY ARE NOT INDIVIDUALS WHO IDENTIFY AS TRANS*.

marsa مرسى
sexual health center مركز الصحة الجنسية

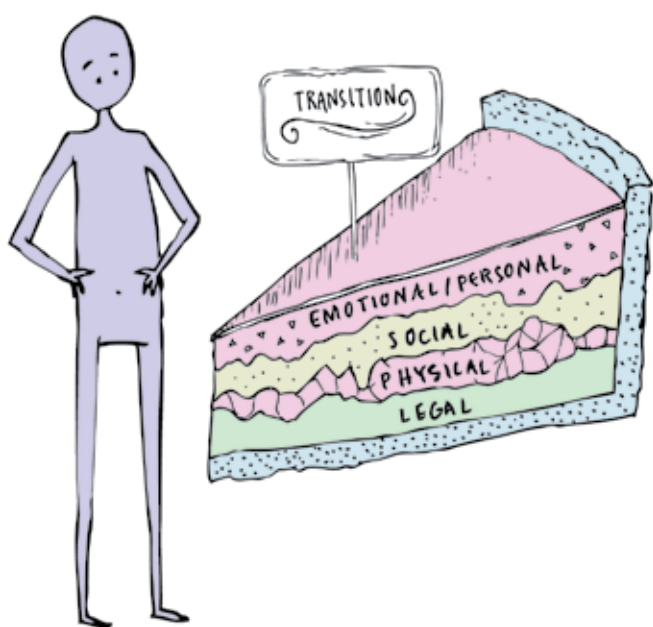




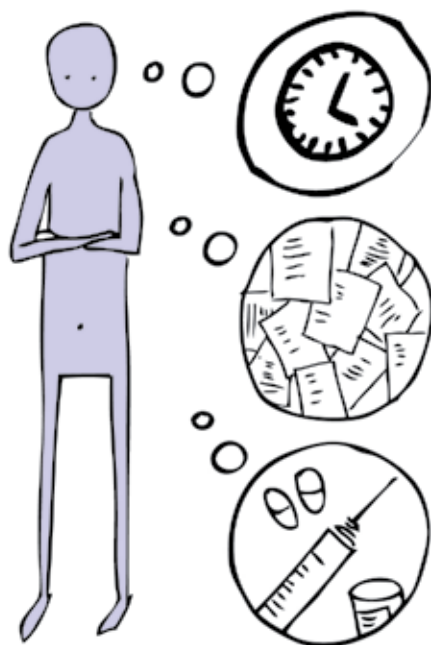
YOU CAN CHOOSE TO KEEP IT TO YOURSELF



OR YOU CAN DISCUSS IT WITH YOUR SUPPORT SYSTEM



SOMETIMES, TRANSITION IS MULTI-LAYERED...



... AND CAN BE COMPLICATED

PASSING

is a form of social transitioning where the trans* individual learns what it's like

TO LIVE IN THE GENDER

they chose and to adapt to new gender norms

BEFORE

opting for any physical change. It is

RECOMMENDED

that individuals who identify as trans* go through this phase for a minimum time of one year prior to any major physical change.



"THEY", "THEM" AND "HIR" ARE EXAMPLES OF GENDER-NEUTRAL PRONOUNS.