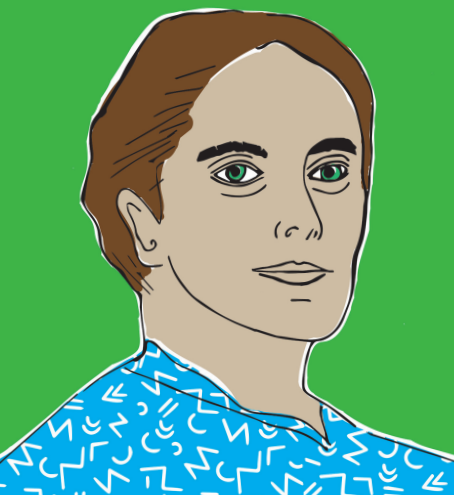


LISTEN

first and foremost



As a partner of a person going through a gender transition, Rob felt he had nowhere to go for good support.

When he tried to talk to his friends, they didn't listen and dismissed his concerns. When Rob did talk to someone who listened openly about his experiences, he felt a sense of relief.

RESPECT

trans people's pronouns



Sally asked her friends to use her partner's pronouns (they, them, their, his, him, he) and chosen name when they were talking about him.

But many of Sally's friends refused to do this. Sally felt that her friends were being disrespectful towards her partner, which she found frustrating.

SUPPORT

the relationship

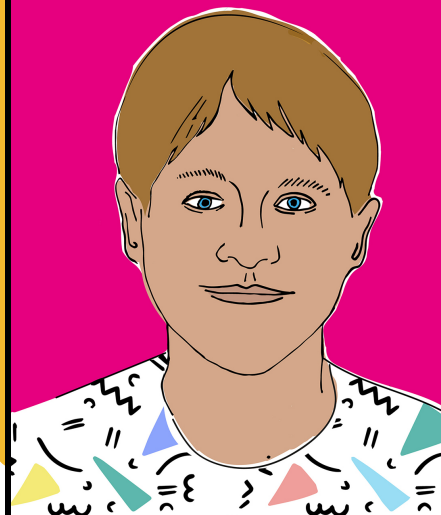


Lana told her parents that her partner is a trans woman who wanted to make changes to align better with her gender identity.

But her Dad reacted in a way that suggested he wanted her to leave the relationship. Lana found this unsupportive and also quite hurtful.

EDUCATE

yourself and others



Jamie, like other partners, needed understanding people with whom he could share his feelings about his partner's gender transition.

People who were most understanding were those who had learned about trans people. Jamie found that talking to people who listened and were understanding was very positive for him.

KEEP YOUR

questions respectful



When Quinn and her partner came out as a cis-trans couple, she said that people asked quite a few questions.

Some people asked about their sex life and how they have sex, which she felt was inappropriate. She hoped that her friends and family would accept her partner's trans identity without asking intrusive questions.

5 key ways to support transgender people and their partners

Trans people often experience discrimination and marginalisation, and this affects their partners as well.

A trans person is someone who does not identify with the gender they were assigned at birth. A cisgender (often shortened to cis) person is someone who identifies with the gender assigned to them at birth. Small acts, such as using preferred pronouns, can make a positive difference to partners of trans people.

The information presented here comes from research into the experiences of partners of people undergoing a gender transition in Aotearoa New Zealand.