

Activity 4.1: Beliefs about trans identities – PDF format

Task:

For this activity, you are asked to select the extent to which you agree or disagree with five statements.

For each of the following, think about whether you agree or disagree. Your answers are for yourself and do not need to be shared. There are no right or wrong answers.

1. Being trans is a choice people make – something people decide to ‘do’ but not something people actually ‘are’.
2. It is better to be a cis person than a trans person.
3. Trans people know who they are – there is an authentic trans experience they have that cannot be changed by therapy.
4. Transition is about living more authentically, not about changing yourself into something you currently are not.
5. The gender identities of cis people (including their chosen labels, identity documents, expressions, names and pronouns) are no more real, legitimate or authentic than the gender identities of trans people.