

The UK Supreme Court has ruled that the legal definition of a woman is based on biological sex. This judgment was made to clarify a point of law; the day-to-day implications of this are still unknown and untested.

There are tens of thousands of trans people in the UK. They are our friends and family, our neighbours and colleagues, they walk and worship alongside us. And they attend our youth work.

Trans young people face higher levels of discrimination and mental health challenges due to the culture around them. Like all young people, they want safe, welcoming spaces where they feel accepted and included.



**In the current climate, the UK may feel more uncertain for trans people.**

## When You Make Mistakes

Using a trans young person's chosen name and pronouns can significantly improve their mental health and reduce the symptoms of depression.

If you slip up – misgendering them or using an old name – correct yourself and apologise. Mistakes happen. What matters is showing that you're learning and that their identity is important to you.

## Resources

Some young people may want to turn to **activism** and use their voice and influence to stand up for their rights and challenge discrimination. Try to support them without getting in the way. The following maybe helpful.

- Meg Lighthouse** Reclaiming the framing of UK trans rights
- Cara Friend** Supporting LGBTQI+ youth in N. Ireland
- Stonewall** UK LGBTQ+ rights charity
- Proud Trust** Supporting LGBTQ+ young people

**FRONTIER YOUTH TRUST** provides a range of training, including working with LGBTQIA+ young people. Please get in touch if you want to know more.  
[info@fyt.org.uk](mailto:info@fyt.org.uk)

**FRONTIER YOUTH TRUST** is proud to support those creating inclusive spaces for young people.

*This leaflet does not constitute legal advice and is not a substitute for legal counsel.*

SO YOU  
HAVE  
A  
TRANS  
YOUNG  
PERSON  
IN YOUR  
COMMUNITY

Advice and guidance from  
**FRONTIER YOUTH TRUST**



## Things to Remember

**All trans people remain protected from discrimination and harassment under the law, Equality Act (2010).** This has not changed.

The Act also includes the **Public Sector Equality Duty**, which means that services have to consider how they can address inequalities experienced by all people, which includes trans people.

**A court ruling is only the first step, it must then be translated into policy.** How it's implemented in policy matters. Policies are where your organisation can stand in solidarity with trans people. An individual who violates a policy is not committing a criminal offence.

**Organisations are free to adopt trans-inclusive policies.** These may be challenged in the courts on a case-by-case basis, and the challenge is to the organisation, not to the individual.

## Things to Do

**Be Empathetic** - You might not fully understand what a trans young person is experiencing. That's okay. You don't need to "get it" to offer support.

**Listen** - What the young person tells you matters. You may have preconceived notions, read books and received training, but this may not line up with the experiences of the young person in front of you. Avoid assumptions; instead, ask how they'd like to be supported.

**Be Teachable** - The young person will likely know more about being trans than you do. Be open to learning.

**Be an Advocate** - As a trusted adult, you have influence over systems and structures that a young person may not. Use it to ensure their voice is heard and their needs are met.

## Things to Change and Challenge

It's vital to respond well to individual trans young people – but even better to proactively create a safe, inclusive environment.

**Be Inclusive** - Inclusivity is about building systems where everyone feels welcome. Review your forms, policies and systems. Have space for preferred names and pronouns. Think about practical steps like gender-neutral toilets. If in doubt, ask for help from a local LGBTQ+ charity.

**Be Visible** - Visibility matters. Display LGBTQ+ symbols and include LGBTQ+ identities in your language, teaching, and storytelling. Celebrate events throughout the year that raise awareness. Avoid only referring to heterosexual relationships and gender-normative roles.

**Be Aware of Bullying** - LGBTQ+ -phobic bullying is bullying targeted at LGBTQ+ people because of their identity. It also includes bullying towards those who are perceived as being LGBTQ+. An environment where bullying goes unchallenged is an unsafe one. Don't ignore homophobic, biphobic or transphobic comments or behaviour – challenge them immediately. Educate those who bully – they may not understand the impact of their words or actions, and it may have been normalised in other places. Support those who are the targets of bullying behaviour, they need our interventions.