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# What is transgender?

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**Information Booklet  
for people with  
Learning Disabilities**



Some men want to be women.

They might wear women's clothes, women's underwear and women's shoes. They might do their hair, paint their nails or wear makeup so that they look more like women.



This is called transgender.

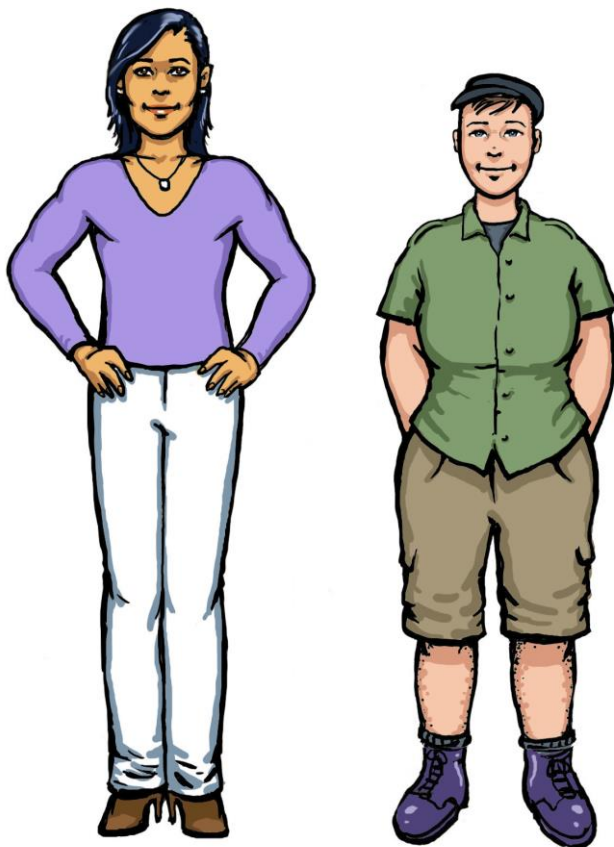
Some women want to be men.

They might wear men's clothes, and they might cut their hair so that they look more like men.



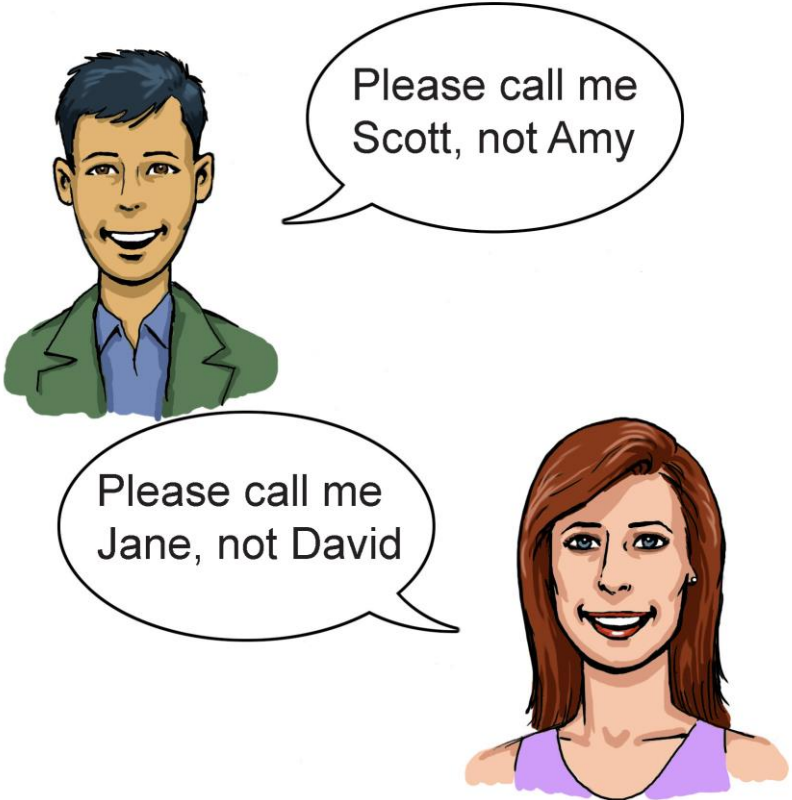
This is called transgender.

Some people don't want to be men or women.



This is also called transgender.

Some transgender people change their name.



Some transgender people might take medicine or have an operation if they want to change the way they look.



If I think I am transgender, it is important for me to talk about it with someone I know and trust.

This might be a support worker, a friend, a family member or a doctor.



If I talk to someone I know and trust, they can also find other people for me to talk to, like people in LGBT groups.



LGBT means **L**esbian, **G**ay, **B**isexual and **T**ransgender.



I can phone the LGBT helpline to speak to someone.

The phone number is: 0300 123 2523 and I can phone on Tuesdays and Wednesdays from 12pm until 9pm.



**LGBT Helpline Scotland**

Tuesdays and Wednesdays 12-9pm

**0300 123 2523**

Email Support:  
**helpline@lgbthealth.org.uk**

Sometimes, some people don't like transgender people and they might laugh at them, touch them without asking, or call them names.

This is wrong.



If someone laughs, touches me or calls me names, it is important that I talk about it with someone I know and trust, so that they can help keep me safe.



Sometimes the police can also help keep me safe.



It is okay to be transgender.



If I think I am transgender, it is important that I speak to someone I trust, because they can help me.



I can also get more information from other transgender people in LGBT groups.



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[www.lgbthealth.org.uk/online-resources](http://www.lgbthealth.org.uk/online-resources)



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