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Humber and North Yorkshire  
Health and Care Partnership



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# Transgender terminology

Keep this guide on hand for when you need it

## Transgender

People whose gender is not the same as, or does not sit comfortably with, the sex they were assigned at birth.

## Trans man

Someone who is assigned female at birth but identifies and lives as a man, regardless of gender reassignment surgery.

## Gender pronouns

Gender pronouns (he/she/they/ze etc.) specifically reference someone's gender.

## Non-binary

People whose gender identity doesn't sit comfortably with 'man' or 'woman'. Non-binary people may choose to use they/them pronouns.

## Trans woman

Someone who is assigned male at birth but identifies and lives as a woman, regardless of gender reassignment surgery.

## Gender dysphoria

A sense of unease that a person may have because of a mismatch between their biological sex and gender identity. This can have serious impact on a patient's mental health.