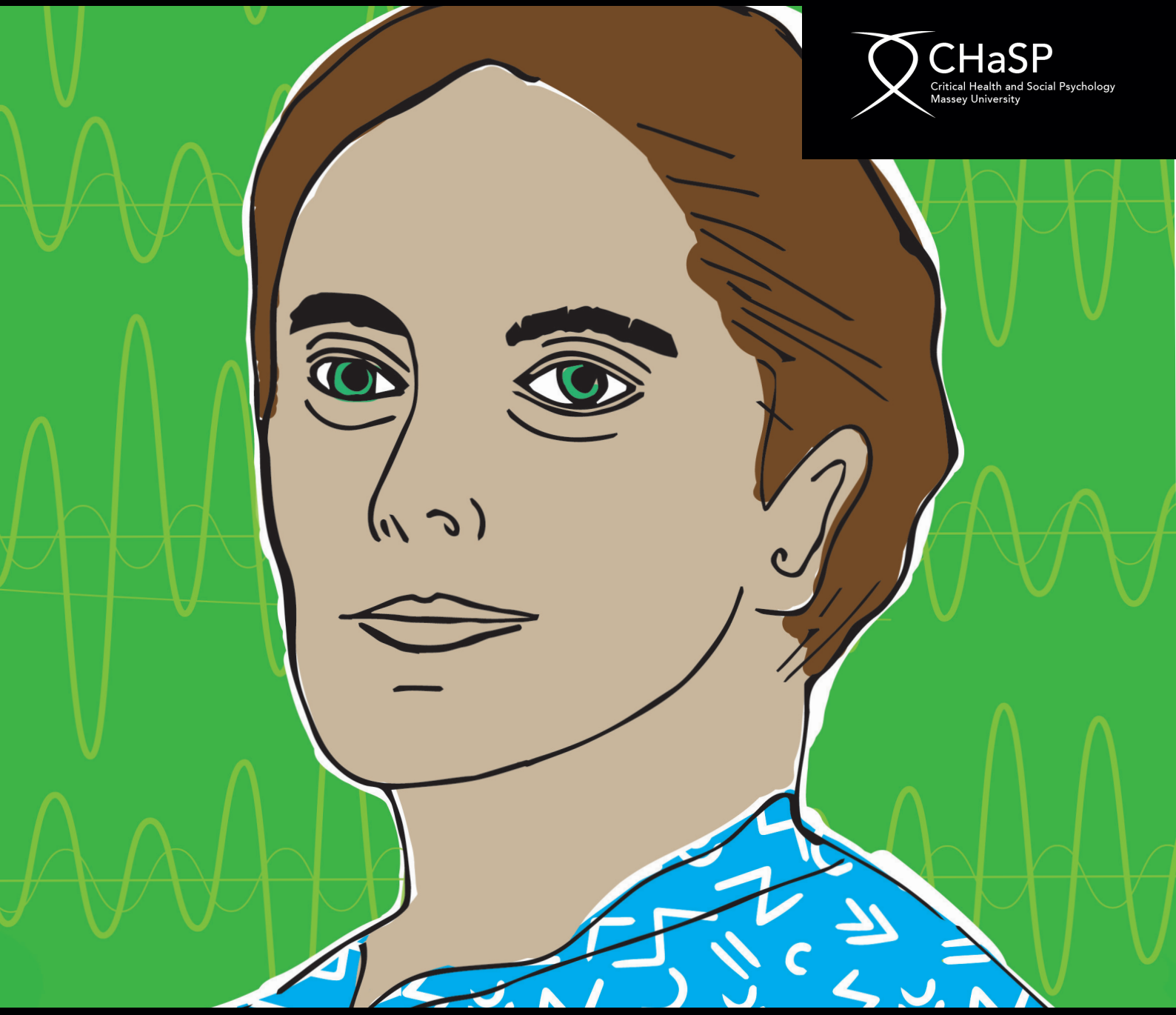
LISTEN
first and foremost

5 key ways to support transgender people and their partners

CHaSP
Critical Health and Social Psychology
Massey University



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

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.

Small acts, such as listening without judgment, can make a positive difference to partners of trans people.

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See http://mro.massey.ac.nz/handle/10179/8591 for more information.