



Registered charity 1188089

Fumble's content series: "Am I trans?" Translating sex, identity & relationships

A guide for professionals, parents/carers & trusted adults supporting trans+ youth

We're delighted to share our transformative content series, co-created with trans+ young people, for trans+ young people: ["Am I trans?" Translating sex, identity & relationships](#).

In September 2023, we surveyed over 300 trans+ and non-binary young people (aged 13-25). [We wanted to know what content we could create](#) that would support them with their relationships, identity and health. Using this data, our brilliant trans+ youth committee worked incredibly hard to co-create lots of content on important sex education topics. Everyone deserves inclusive, safe and trustworthy relationships and sex education, including trans+ and non-binary young people.

The aim of this content series is to provide support and information for trans+ and non-binary young people (aged 16-25) on topics relating to their relationships, health and wellbeing. It is free to access, and includes both written articles and blog pieces, and podcast episodes.

Discover our content:

- [Podcast: A gender journey of figuring out your identity](#)
- [Podcast: Gender euphoria – what does it feel like?](#)
- [15 tips for coping with transphobia](#)
- [What is social transitioning?](#)
- ["It gets easier, I promise": An experience of socially transitioning](#)
- [How to affirm your gender identity safely](#)
- [Gender dysphoria: You're not alone](#)
- [Making cervical screening easier if you're trans+](#)
- [I'm trans+ – so what about my sexual orientation?](#)
- [T4T relationships: Celebrating trans+ connections](#)
- [Enjoying sex & intimacy as a trans+ person](#)
- [Being trans+ & neurodivergent: Our experiences](#)
- [Navigating being trans+ in the workplace](#)
- [How to legally change your name & gender in the UK](#)
- [What does being trans+ mean to you?](#)
- [Support & resources for trans+ young people](#)

For more information on the content series, [read our FAQs here](#).

How can you use this content series to support trans+ and non-binary young people?

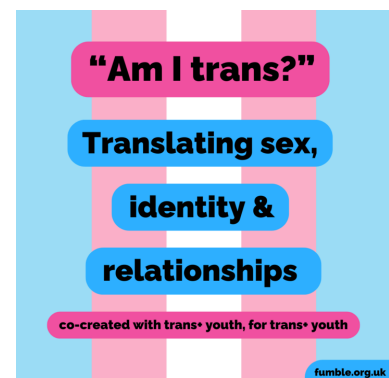
We know that there are many organisations, professionals, parents/carers and others who want to support trans+ youth, but are unsure on where to start.

Here are some suggestions of how you can use this content series:

Signpost trans+ and non-binary young people onto our content series & Fumble in general. [Download & print our FREE poster here!](#)

Educate yourself. Read this content series to gain understanding. This series includes many different perspectives and experiences from our trans+ youth committee (aged 16-25) on:

- What it's like to be a trans+ young person in the UK
- How gender identity relates to sexual orientation and/or neurodivergence
- What gender euphoria and dysphoria can feel like
- Challenges of being trans+ and non-binary in the workplace
- The varied experiences of socially transitioning and affirming gender identity
- Being in relationships with other trans+ and non-binary people
- And more!



Explore the content with the trans+ and non-binary person you're supporting and use the articles, blog pieces and podcast episodes to prompt discussions and check-ins. For example:

- Listen to the [podcast episode on gender euphoria](#), and ask if they can relate to any of the experiences. Use the questions to prompt discussion.
- Listen to the [podcast episode about figuring out your gender identity](#), and ask about their experience so far. Use the questions to prompt discussion.
- If they're struggling with experiencing transphobia, read through the article together: [15 tips for coping with transphobia](#). Discuss if any of those tips will help, or if it prompts them to think of alternative coping strategies. It may help to simply acknowledge how challenging it is to be a trans+ and non-binary young person in the UK right now.
- Follow their lead! Ask which content pieces they would like to look at together.



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