

SUPPORTING YOUR FRIEND WHO COMES OUT AS TRANS

ASK

if they'd like you to use a new name and/or pronouns.

CHECK

who they are comfortable knowing about their transition.

RESPECT

Knowing information about their medical procedures or sexual orientation is not necessary to fully support them.

SUPPORT

Inquire about the support you can give them specifically. Everyone has different experiences and needs.

LANGUAGE

Ask what language they are comfortable with, if you are unsure it is better to ask and gain clarity than avoid it and offend later.

UNDERSTAND

This will likely be a stressful time for them.



CEFNOGI EICH FFRIND SY'N DATGAN EI FOD YN DRAWS

GOFYN

Gofynnwch a fydden
nhw'n hoffi defnyddio
enw a/neu ragenwau
newydd.

GWIRIO

Gwiriwch pwy y maen
nhw'n gyfforddus iddynt
wybod eu bod yn
trawsnewid.

PARCH

Does dim rhaid
gwybod am eu
triniaethau meddygol
na'u chyfeiriadedd
rhywiol er mwyn i'w
cefnogi'n llawn.

CEFNOGI

Gofynnwch pa fath o
gymorth y gallwch ei
roi iddyn nhw'n
benodol. Mae gan
bawb brofiadau ac
anghenion gwahanol.

IAITH

Gofynnwch pa iaith
sy'n addas os ydych yn
ansicr. Mae'n well
gofyn a sicrhau na'i
hosgoi ac yna brifo nes
ymlaen.

DEALL

Mae hyn yn debygol o
fod yn gyfnod llawn
straen iddyn nhw.

