

# UNDERSTANDING GENDER TRANSITIONS

**TRANSITION:** The process of making social, legal, and/or medical changes to reflect one’s internal sense of their gender. There is no “one size fits all” approach. It is a unique personal journey and different for each person.

## WHY SUPPORT CLIENTS IN THEIR TRANSITIONS?

- Can reduce distress
- Can improve quality of life
- Can reduce suicidal thoughts, depression, and anxiety



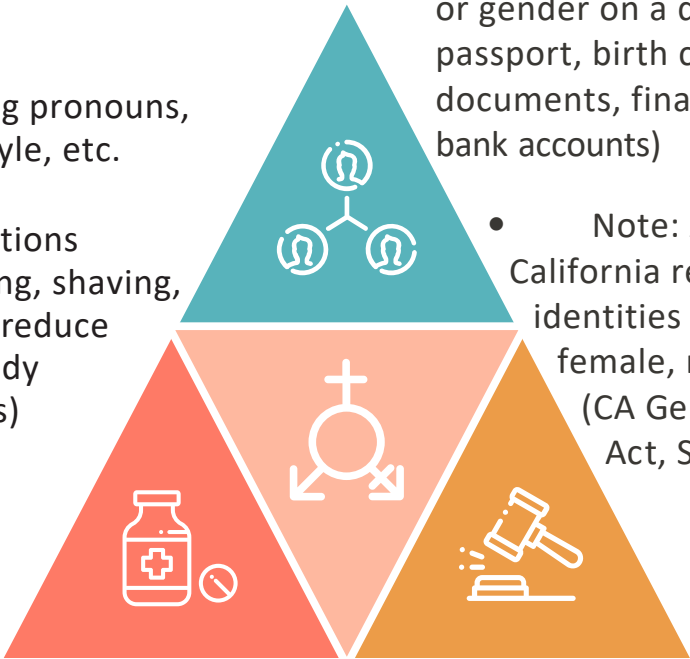
## 3 KEY TYPES OF TRANSITIONS

**Social Transition:** a person changes how they present their gender to others.

- Does not involve medical interventions
- May include: changing pronouns, name, clothes, hairstyle, etc.
- May include interventions such as: voice coaching, shaving, wearing garments to reduce the appearance of body parts (such as binders)

**Legal Transition:** a person changes their name and/or gender marker on legal and identification documents.

- May include changing one’s name and/or gender on a driver’s license, passport, birth certificate, school documents, financial documents (e.g., bank accounts)
- Note: As of 1/1/2019, California recognizes 3 gender identities on legal documents: female, male, and non-binary (CA Gender Recognition Act, SB 179)



**Medical Transition:** A person pursues interventions with medical providers to better match their physical body with the internal sense of their gender.

- Also referred to as “gender affirming care” and “medical affirming care”
- May include medications to delay/pause puberty (“puberty blockers”), hormone therapy, laser hair removal, surgery