



# Ideas for Trans Day of Visibility 2022

**Trans Day of Visibility is held every year on 31 March. It is a day to uplift the voices of trans and gender diverse people and to better understand and celebrate their lived experiences.**

## Useful Links – get connected:



### **Transhub – [transhub.org.au](https://transhub.org.au).**

This website by ACON covers the basics, provides information for community members, families, loved ones, allies and health professionals.

### **AustPath- [Auspath.org.au](https://auspath.org.au)**



AusPATH is the national peak body representing, supporting, and connecting those working to strengthen the health, rights and wellbeing of all trans people – binary and non-binary. This includes specific clinical support.

### **Parents of Gender Diverse Children - [www.pgdc.org.au](https://www.pgdc.org.au)**



Parents of  
Gender Diverse  
Children

They provide direct support to parents or those parenting a trans or gender diverse person. We can provide information, referrals, peer support and connections within this community.

### **Trans Pride Australia – [Transprideaustralia.org.au](https://transprideaustralia.org.au)**



A community-led group that fosters a sense of belonging and empower trans and gender diverse people. They hold events, education and advisory roles, Provide community connection, support parents, partners, colleagues and friends and provide trans and gender diverse-friendly resources.

## Training - Get Informed:

### **Pride in Health + Wellbeing – Trans and Gender Diverse Communities Training**

**prideinhealth**  
**+wellbeing** Ask your Relationship Manager to present this 2 hr training with your team (it is recommended you do the LGBTQ Inclusion training first) can be included in the remaining consulting hours if available.

More details here: [www.prideinhealth.com.au/pride-in-health-wellbeing-training/](http://www.prideinhealth.com.au/pride-in-health-wellbeing-training/)

### **ACON's Pride Training – Trans Vitality- Trans Affirming Practice eLearning**



Increase your knowledge, skills and confidence when working with trans people - binary and non-binary. Comprising of 4 modules, this eLearning was co-designed with medical service providers and trans community members. Fees & PIHW member discounts apply.

More details here: [www.pridetraining.org.au/collections/elearning/products/trans-vitality-trans-affirming-practice-elearning](http://www.pridetraining.org.au/collections/elearning/products/trans-vitality-trans-affirming-practice-elearning)

### **ASHM/ACON – Trans and Gender Diverse Sexual Health Care**



**ashm**

Co-designed and developed for clinicians working in a sexual health clinical setting or delivering sexual health care in primary health care settings – Free after login.

More details here: <https://lms.ashm.org.au/mod/scorm/view.php?id=4436>

## Get Involved – for you or your service users:



### **ACON: Hearing the voices of the older Trans and Gender Diverse Community**

ACON's LOVE Project, and Trans Health Equity team, and Trans Pride Australia invite you to join them for an afternoon of storytelling and exploring the experiences of older Trans and Gender Diverse people.

This event will focus on the experiences of trans people 55 plus but is open to all trans people, partners, friends and allies. Some of the issues we will unpack include social isolation, connection to community, ageing well in aged care, legal rights, mental health, building supportive networks and how people can be better trans allies.

**WHEN:** April 06, 2022 at 1:30pm - 4:30pm (AEDT)

**REGISTER HERE:** [HTTPS://WWW.LOVEPROJECT.ORG.AU/TRANSHUB\\_LOVE\\_EVENT](https://www.loveproject.org.au/transhub_love_event)

## TransHub – P4T trans Peer Navigation



P4T is a free telehealth peer navigation service for all trans people over 18 in NSW. A trans peer navigator can help your trans service users access the care, mental health and wellbeing services and community supports they need.

## Transhub – Find out more about Clubs and Community Groups



Finding your trans community- The trans community is hard to define, with widely varying tastes, social wants and needs, energy levels, accessibility needs, and more. So as much as it's about finding some community, it's also important to find the community that gathers in ways you find enjoyable and uplifting.

More details here: <https://www.transhub.org.au/clubs-and-community-groups>

## Say It Out Loud – encouraging LGBTQ Communities to have healthy relationships



Understand and recognise healthy relationships in LGBTQ+ communities, get help for unhealthy relationships and support their friends

More details here: <https://sayitoutloud.org.au/?state=all>

## Get Scientific – Read some of the latest trans-specific research

**Supportive interactions with primary care doctors are associated with better mental health among transgender people: results of a nationwide survey in Aotearoa/New Zealand**

More details here: <https://academic.oup.com/fampra/advance-article/doi/10.1093/fampra/cmab005/6534143>

**Exposure to Inclusive Language and Well-Being at Work Among Transgender Employees in Australia, 2020**

More details here: <https://doi.org/10.2105/AJPH.2021.306602>

**Barriers to Accessing Health Care in Rural Regions by Transgender, Non-Binary, and Gender Diverse People: A Case-Based Scoping Review**

More details here: [doi: 10.3389/fendo.2021.717821](https://doi.org/10.3389/fendo.2021.717821)

**RACGP Standards for general practices (5th edition) fact sheet: Collecting and recording information about patient sex, gender, variations of sex characteristics and sexual orientation**

More details here:

<https://www.racgp.org.au/FSDEDEV/media/documents/Running%20a%20practice/Practice%20standards/5th%20edition/Collecting-and-recording-information-about-patient-sex-gender.pdf>

**Pronouns Are a Public Health Issue**

More details here: <https://doi.org/10.2105/AJPH.2021.306678>