

QUESTIONS YOUNG PEOPLE HAVE

This Notepad and these questions have been produced to help open up a conversation about what matters to you. Revisit these questions and add your own at any time.



MY BODY AND ME

- Does my condition have a name, how did it happen ? How often does it happen?
- How is my body different to that of my friends?
- What does this mean for my health and everyday life, and can I do all the same things as my friends and peers?
- Is there someone else in this clinic who I can talk to about how this makes me feel?
- Do I need to tell my school/college about my condition?
- Is it normal to feel sad or down because of my condition or feel anxious and lonely because of my condition?
- Will I be able to have a 'normal' life?



Questions around medication (may not apply to all)

- Do I need to take medication because of my condition and to stay healthy? Or is this medication optional/aesthetic (e.g. to grow a bigger chest if I lack hormones to do so)?
- Do these medications have any side effects? Will I be on them forever?



Questions around vaginal dilation (may not apply to all)

- Why dilate and how do I know when I am ready?
- What do I do if I can't find a private place to dilate?
- Can I change my mind and decide to have surgery if I started dilation myself?

'BE OUTSPOKEN. BE UNAPOLOGETIC.'



RELATIONSHIPS, FRIENDSHIPS AND PEER SUPPORT

- How can I explain this to my family and friends?
- How can I explain it in a way that pays attention to my culture, and ethnicity?
- My family never talks about sex and private body parts - What if I cannot talk to them about this? What if they do not understand how this can have happened to me?
- What if my family do not agree with surgery? Or what if my family is encouraging surgery and 'it's not for me'?



RELATIONSHIPS, FRIENDSHIPS AND PEER SUPPORT

- Is anyone able to tell that I have this condition just by being around me or looking at me?
- Are there places or organisations I can go to where I can meet other people like me?
- When I get a boyfriend/girlfriend, will I need to tell them?
Can I get support from somewhere with this if I choose to tell them?
- Will sexual experiences be different because of my condition?
And will a partner know the difference? If so, how?

'DO THINGS AT YOUR OWN PACE...LIFE IS NOT A RACE.'

'REMEMBER, ALL YOU NEED TO DO IS ASK... YOUR HEALTH, YOUR BODY, YOUR PACE.'



LONG-TERM HEALTHCARE

- Do I need body examinations and can I say no?
- If my feelings change, as I grow older and my personal circumstances change, where can I go to find answers to health questions about my body and/or how I feel?
- Are there any medical procedures I may need to think about in the future?
- Will I need to keep coming back to the hospital for the rest of my life? If not, when do my appointments stop?
- Are there any health screening tests that happen for people with typical bodies, e.g. cervical or prostate screening, that I do or do not need?
How can I make sure that I'm getting the care I need?
- Will my condition affect things like menopause, or other changes to my body, as I grow older?
- I would like to understand my past care. Who can I turn to?
- How do I get a copy of my health record?

ALL MY QUESTIONS HAVE BEEN ANSWERED

YES

NO - I HAVE MORE QUESTIONS

'YOU ARE, ALWAYS HAVE BEEN, AND ALWAYS WILL BE ENOUGH.'

Other questions you may have / Notes:

'SELF CARE IS NOT SELFISH...REMEMBER TO LOOK AFTER YOURSELF.'



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