

A possible next step

5

Seek support from people who understand

You can contact a trans organisation, peer support group or trusted professional. Choose who to share with and how much to tell them.

[8]

6

You do not have to face mistreatment alone

If it feels safe, ask people to correct your name or the way they address you. You can seek support to consider your next steps.

[3, 8]

Information with sources

[3] SEISIDA · Palabras VIHsibles (2023)

[4] ONUSIDA / UNAIDS · Terminology (2024)

[8] OMS / WHO · Key populations (2022)

An information resource adapted by estigma.info. Supportive phrases are practical suggestions, not quotations or legal advice. Citing sources does not imply endorsement.



Full references and HTML version

estigma.info

Contact: Antonio Martín · MOBHOPE · antonio.martin@iisgm.com

Do not send diagnoses or personal documents to this address.

Project lead: Pablo Ryan · UCM

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Your identity deserves respect.

Information for trans and gender diverse people.

Have people used a name or form of address that does not represent you?

Being trans does not determine your health, your body or your sexual practices. You deserve to be listened to without turning your identity into the explanation for any problem.

English · estigma.info

1

Say how you want to be addressed

You can indicate your name and pronouns. If there is different administrative data, ask them to explain how they will protect your privacy.

[3, 4]

2

Your body is not a curiosity

Intimate questions should have a purpose relevant to your care. You can ask why that information is needed.

[3, 8]

3

Not everything is about being trans

The reason for your visit deserves attention in its own right. No diagnosis, practice or treatment should be assumed from your identity.

[4, 8]

4

Ask about your options

Ask for clear information about an examination or test before deciding. Explain what helps you feel comfortable and safe.

[8]

Care should focus on what you need.

You do not need to justify your identity to deserve respect. Services also have a responsibility to provide inclusive care.

You can say: “Please use this name, and let us talk in private.”

Connected with MOBHOPE · WP3: stigma and human dignity



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