

# 5 THINGS TO KNOW ABOUT YOUR TRANS PARTNER

**1 Coming out is a process.** It might seem to you like this came out of nowhere, or you might be wondering why they didn't tell you sooner. Either way, remember that coming out is a long process, and they've probably been thinking about this for a lot longer than you'll ever know.

**2 Your partner is still here.** A lot of partners of trans people report feelings of "grief", and while these feelings are common, it is important to remember that you are grieving your perception of your partner, not your actual partner.

**3 Let them choose when they want to tell others.** This is a personal experience, and they should choose when to tell others. Don't tell other people, including family, without their consent, but don't force them to keep their trans identity a secret either.

**4 Your identity does not need to change.** Your partner's experiences of their gender don't define you. If you still feel straight or still feel gay, you can still be those things. There are exceptions to every rule. If you want to explore your identity though, you can do that too.

**5 Get informed and get support.** It's your responsibility to learn and understand how transphobia and discrimination is going to impact your partner, but it's also important that you get support as you're navigating this change. Reach out to us and we'll point you in the right direction.

Each person is completely unique, and their experiences are going to be different depending on who they are as a person. Your partner might need or feel specific things, and the best thing you can do is try to talk openly with them.



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