

Purpose

Small Changes, Big Impact: Supporting Gender-Diverse Healthcare in Newfoundland & Labrador is part of Trans Support NL's **Gender-Affirming Healthcare Spaces Toolkit**.

This resource supports healthcare and social service providers in building understanding and confidence when working with gender diverse people. It offers an overview of gender diversity and identities, along with practical tips for creating more welcoming and inclusive spaces. It also provides guidance on how to respectfully support someone through their social and/or legal transition.

The goal is to help all care settings become places where everyone feels seen, respected, and safe.



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Introduction to Gender Diversity

Gender is a core part of who we are, but it's often misunderstood. Many people grow up thinking gender is just about physiology, or that there are only two: male and female. In reality, gender is much more complex. It's shaped by personal identity, culture, history, and lived experience, not just our bodies.

This section introduces key ideas to help us move beyond assumptions and better support all patients, especially those who are trans, non-binary, and gender diverse. You'll learn about sex assigned at birth, how gender roles influence our lives, and how gender has always existed in many forms across cultures.

Why This Matters in Healthcare

Every person deserves to feel seen, respected, and safe when they walk into a healthcare setting. For trans, non-binary, Two-Spirit, intersex, and gender diverse people, that isn't always the reality. Many have faced **misgendering**, invasive questions, or outright denial of care—experiences that can cause deep harm and lead people to delay or avoid seeking medical help altogether. The way you show up, your language, your presence, your care, can make all the difference.

Affirming care is about more than clinical knowledge. It's about listening with respect, using someone's name and pronouns, and creating a space where people don't have to brace themselves before every appointment. When patients feel recognized and affirmed in their identities, they're more likely to return for care, follow through with treatment, and build a trusting relationship with their provider².

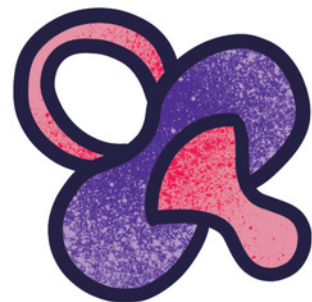
You don't need to be an expert in gender—you just need to bring curiosity, compassion, and a willingness to learn. These small acts of respect can transform healthcare into a place of healing, not harm.

“

A TSNL survey found that 69% of respondents felt providers need more training on general knowledge of gender diversity

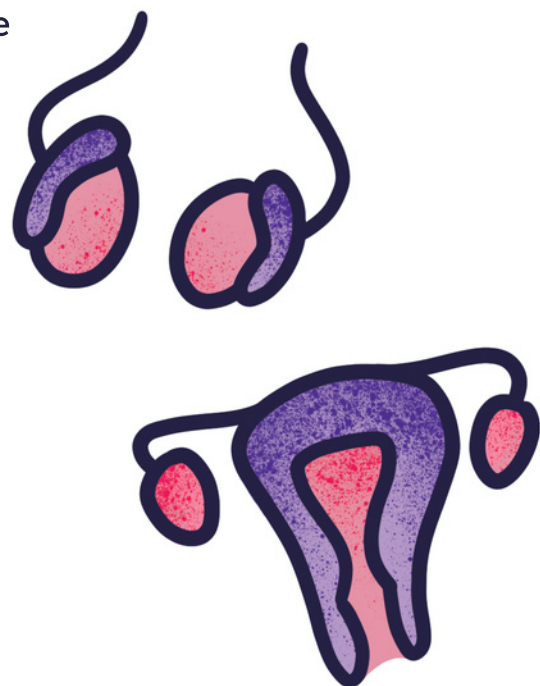
What is Sex Assigned at Birth?

Sex Assigned at Birth (SAAB) is the label—male, female, or **intersex**—given to a baby based on their genitals. This label is recorded on documents like birth certificates and is often assumed to define a person’s gender for life. But a person’s physical sex is much more than what’s visible at birth. It includes chromosomes, hormones, internal organs, and body changes that happen throughout life, all of which together shape a person’s physical traits, called their phenotype.



People who are AFAB (assigned female at birth) or AMAB (assigned male at birth) get their label based on this initial classification. However, not everyone’s body fits into the typical “male” or “female” categories. Differences of Sex Development means that some people are born with bodies that don’t match common definitions of male or female anatomy. Around 1.7% of people have DSDs, some of these differences are obvious at birth, while others may only be noticed later in life³.

While SAAB is a medical label, many systems treat it as fixed and unchangeable. This can cause real challenges for trans, non-binary, and intersex people when it comes to getting respectful healthcare, accurate IDs, and being seen and accepted for who they truly are.



Gender Roles and Expectations



From childhood, we're all taught messages about what it means to be a "boy" or a "girl." These messages shape how we're expected to dress, act, speak, and even what kinds of jobs or emotions are "acceptable." These are known as gender roles and expectations, and they affect everyone.

For gender-diverse people, these expectations can be especially harmful. Pressure to conform to gender norms that don't match one's identity can lead to exclusion, discrimination, or unsafe environments in school, at work, or even in healthcare⁴.

Things like gendered dress codes, assumptions about pronouns, or questions based on someone's appearance can all make a space feel unwelcoming. But when we challenge rigid gender rules, we create more freedom for everyone to express themselves without shame or fear.



Gender Roles in healthcare

Of course, gender impacts many aspects of healthcare as well. Women's pain and experience with chronic conditions tend to be underestimated, and men's mental health is often overlooked by both patient and provider^{5, 6}. For gender-diverse patients, negative experiences in medical settings is a common factor in medical avoidance, while those receiving gender affirming hormone therapy face "**Trans Broken Arm Syndrome**": when unrelated healthcare needs are falsely attributed to a patient's gender⁷.

Applying a gendered lens to your practice helps counteract these biases.



Gender Around the World and Through Time

Gender diversity is not new—it's been part of human history across every continent.

Many Indigenous nations across Turtle Island (North America) have long recognized **Two-Spirit** people, who hold important spiritual and community roles. In South Asia, **hijras** are recognized as a third gender and have a long history of cultural significance. In Samoa, **fa'afafine**, and in Hawai'i, **māhū**, are respected gender-diverse identities with deep roots.



Even in Europe, before strict gender norms were enforced, people with diverse gender expressions existed in many communities. Colonialism and Western medical systems played a major role in erasing these rich traditions and replacing them with a narrow, binary view of gender.

Understanding gender as diverse and deeply rooted in history helps us unlearn the myth that it's “new” or “unnatural.” With growing acceptance and access to care, more people than ever are able to identity and express their gender safely and authentically. healthcare spaces have a major role in ensuring everyone is seen, respected, and supported by care that is inclusive, affirming, and grounded in dignity.



Gender Identity and Expression

Gender identity is a person's innate, internal sense of their gender—for example, as a man, woman, both, neither, or another identity. It may or may not align with the sex assigned at birth.

Gender expression refers to the external and social ways people present their gender. This includes aspects like clothing, hairstyle, voice, name, pronouns, facial hair, body language, and more. Gender expression is shaped by personal choice, culture, context, and safety—and may change over time or in different environments. It doesn't necessarily reflect a person's gender identity.

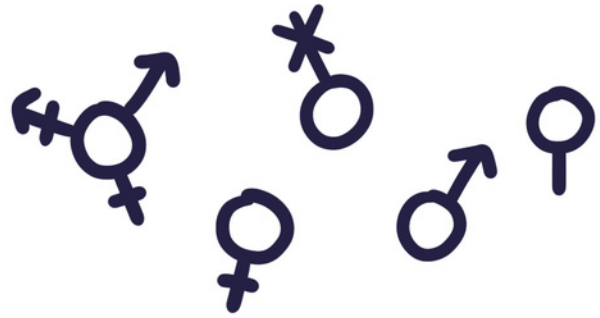


In primary care, understanding and respecting a patient's gender identity and gender expression is essential to providing affirming, person-centered care. This includes using correct names and pronouns, avoiding assumptions based on appearance, and supporting access to appropriate interventions like hormone therapy or legal document changes.

For example, a patient with a traditionally masculine presentation may identify as non-binary and use they/them pronouns, asking their name and pronouns lead fosters trust, reduces the risk of misgendering, and encourages ongoing engagement in care. Affirming care improves patient comfort, supports accurate clinical decision-making, and helps create a safer, more welcoming healthcare environment.



Gender Identities



There are many ways people identify and express their gender. Below are some common gender identity terms that can help build understanding, this list isn't exhaustive, but it's a starting point for respectful and informed care.

Cisgender (cis): A person whose gender identity matches the sex they were assigned at birth. Knowing this term helps recognize that everyone has a gender identity, cisgender isn't the "default," but one identity among many. This helps create more respectful and inclusive conversations about gender.



Transgender (trans): A person whose gender identity is different from the sex they were assigned at birth. This can include people who identify as men, women, non-binary, or in other ways. Being transgender is about knowing who you are, it's not defined by whether someone has pursued medical transition or changed legal documents.

Non-binary: A person whose gender identity doesn't fit within the categories of "man" or "woman." They may identify as both, neither, or somewhere in between. This reflects the understanding that gender is a spectrum, not a binary. Recognizing non-binary identities helps support inclusive, affirming care for people whose experiences fall outside traditional gender norms.

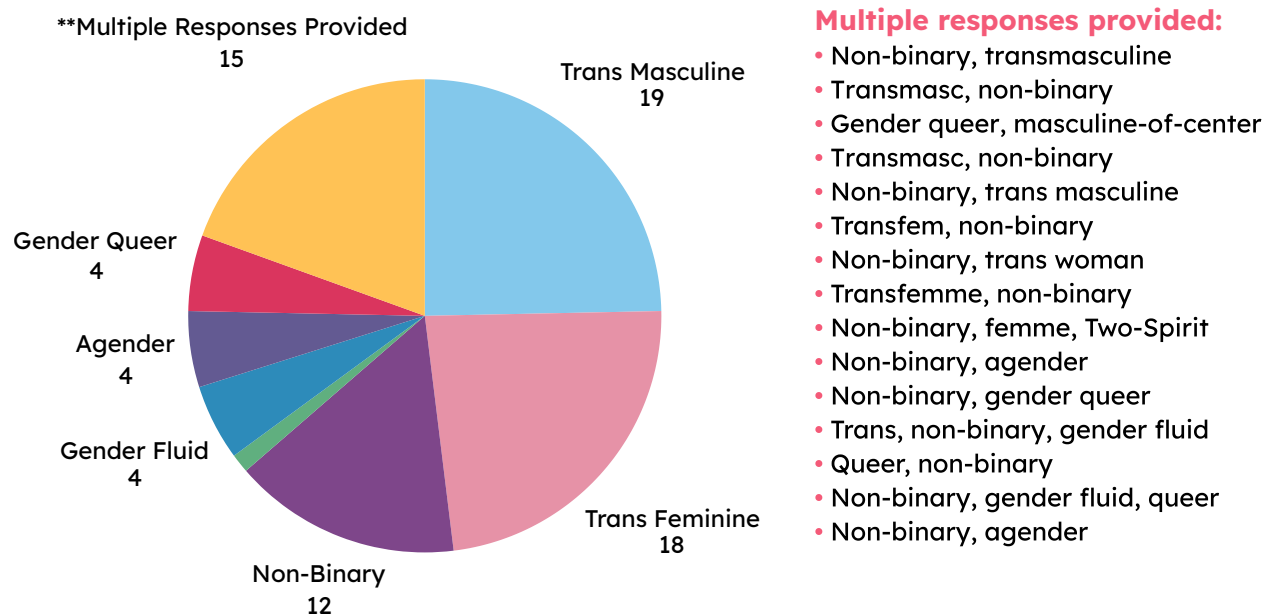
Note: gender identities are not mutually exclusive, e.g. "nonbinary women" or "two-spirit transmasculine".



Two Spirit: Two-Spirit is a term that was created in 1990 during the Indigenous LGBTQ+ North American Gathering as a way to honour and bring together different Indigenous understandings of gender, sexuality, and spiritual roles. It's used by some Indigenous people to describe identities that blend masculine and feminine qualities or hold special roles within their communities.

Many Indigenous Nations have their own names and meanings for gender and sexuality roles, rooted in their unique cultures. Some folks may choose those Nation-specific terms instead of “Two-Spirit” to honour their identity and heritage. It's important to know that not all Two-Spirit people identify as transgender, some connect this identity to their sexuality, spirituality, or community responsibilities. Using the term Two-Spirit with respect is about recognizing its cultural importance and celebrating the beautiful diversity of Indigenous gender and sexual identities.

TSNL Survey: Gender Identities in NL¹



Gender Identity – Narratives

To help understand the wide diversity of gender identities and transition experiences, here are some mock profiles that highlight different journeys and perspectives, each one unique and important.

Ava (Trans Woman, She/Her)

Ava knew she was different but didn't have the words until her late 20s. Starting HRT was life-changing, helping her feel more like herself. She legally changed her name and gender marker, easing daily life. Now, she's seeking bottom surgery but faces barriers and long waitlists. Therapy and community keep her grounded as she keeps pushing forward.

Leo (Trans Man, He/Him)

Leo came out in high school but started testosterone at 19, feeling joy as his body changed. After top surgery, he felt comfortable in his skin for the first time. He's undecided about bottom surgery and values a doctor who listens without pressure. His focus is now on living fully as himself.

Elijah (Two-Spirit, They/He)

Elijah grew up in a traditional community with limited gender talks. Meeting other Two-Spirit people helped them embrace their identity, blending masculine and feminine energies. Their journey is deeply tied to culture, and they are navigating rural healthcare challenges while feeling pride in their role and community support.



River (Non-Binary, They/Them)

River didn't fit into male or female roles and found clarity in the non-binary identity. Their transition focuses on expression, fashion, makeup, and low-dose HRT. Navigating coverage and finding understanding providers has been hard, but community support and having "X" on their passport bring strength.

Jules (Genderqueer, They/She)

Jules rejects choosing "male" or "female" and embraces fluidity, mixing masculine and feminine styles. They've faced assumptions from providers but are happy where they are, using both "they" and "she" pronouns. Queer spaces and supportive friends have been essential.

Sam (Trans Femme, She/Her)

Sam embraces femininity on her own terms and started estrogen a year ago. For her, transition is about safety and being seen, not just hormones. Makeup and dresses bring joy, and therapy helps unlearn shame. She's focused on enjoying the journey at her own pace.

Ash (Genderfluid, They/She/He)

Ash experiences gender as fluid, shifting between feminine, masculine, and in-between. Understanding this wasn't a phase was freeing. Without medical transition, Ash finds affirmation through changing pronouns and expression. Community that embraces fluidity has been life-changing.

Jordan (Trans Masc, He/Him)

Jordan came out in his late 20s and recently started testosterone. Transition, for him, is about feeling at home in his body and moving through the world with more ease. Small milestones like voice changes and facial hair bring joy. Binders, name changes, journaling, and community support help him stay grounded as he navigates dysphoria—one step at a time

Pronouns



Pronouns, like she/her, he/him, they/them, or xe/xem, are words we use in place of names. Like names, they're an essential part of how people express and affirm their identities. Using the correct pronouns shows basic respect, especially for trans, non-binary, and gender-diverse people.

Since language shapes how we think about the world, having gendered or gender-neutral structures influences how people perceive gender. Understanding these differences highlights why respecting pronouns is about more than just language, it's about affirming people's identities, challenging assumptions, and creating inclusive ways of communicating.

Sharing, using, and asking about pronouns

When we share our pronouns and use others' correctly, we help build a culture of respect and inclusion. It's a simple but meaningful way to show that everyone belongs. Whether in conversation, on name tags, or in email signatures, normalizing pronouns supports safer spaces for trans, non-binary, and gender-diverse people to be seen and respected.



What to Do If You Make a Mistake

Acknowledge and Correct: If you catch yourself using the wrong name or misgendering someone, simply correct yourself and continue.

Correct Others Respectfully: If you notice a colleague using the wrong name or pronoun for someone, you can gently correct them without creating an uncomfortable situation.

Apologize, But Don't Overdo It: If someone corrects you, acknowledge the mistake and move on. Over-apologizing can make the situation uncomfortable for the individual by putting the focus on your feelings rather than their dignity.

Avoid Excuses: Statements like “I’m just not used to it” or “This is hard for me” shift responsibility onto the individual. Instead, focus on making the necessary adjustments.

Commit to Improve: If you make frequent mistakes, take steps to practice using the correct name and pronouns.

- Repeat the name and pronouns in your head.
- Mutually support and remind those around you.
- Write affirmations like, “Xi’s pronouns are he/him”.



She—sorry—they have an appointment.

Thank you for correcting me. I’ll work to get it right.

Actually, Jordan uses she/they pronouns.





Welcoming Spaces

Navigating public spaces can be unpredictable, and sometimes unsafe, for gender diverse people. From misgendering at the front desk to gendered restrooms that don't fit, small moments can have a big impact.

In healthcare, where people are already vulnerable, feeling unsafe or unseen can lead to avoidance, mistrust, and poorer health outcomes. Often, it's not just about the care itself, but the environment in which it's offered.

For patients, especially those with past negative experiences, even small gestures of respect help build trust.

This chapter offers simple, tangible ways to help make sure your space is gender inclusive. These steps may seem trivial at first, but a little goes a long way.

Welcoming Spaces

Newfoundland & Labrador is widely known for its welcoming, warm hospitality. Though for gender diverse patients, feeling welcomed and safe can be a challenge: experiences or fears of being misgendered, outed, judged, or misunderstood pose significant barriers to care and are major sources of medical avoidance.

A study of Emergency Department usage by trans patients in Ontario reported that **over half of the respondents experienced trans-specific negative experiences**, including misgendering and refusal of care, and that **1-in-5 avoided the ED due to identity-based concerns**⁸. Another survey found that, among trans patients with a family physician, **37% reported discomfort discussing trans-specific health issues**⁹.

TSNL's Patient Outreach Survey identified several common barriers to disclosing gender identity to healthcare providers:

- 76%** Fear of being judged
- 64%** Insufficient trust in their provider
- 58%** Concerns about the provider's limited knowledge of gender-affirming care
- 41%** Previous discriminatory experiences in healthcare settings



Inclusive Documentation

Forms are often the first point of contact a patient has with a healthcare provider, and they should reflect gender diversity. Some things you can include when making forms are:

Pronouns

Provide common options (she/her, he/him, they/them) as “select all that apply” with space for other options

Name and Legal Name

Provide fields for both name and legal name, clearly labelled, to support respectful and accurate communication.

Gender Identity

Provide common options (man, woman, non-binary, Two-Spirit) as “select all that apply,” with space for self-identification.

Sex Assigned at Birth

If required for care, provide options for sex assigned at birth (e.g., female, male, intersex) with an explanation of why it’s being collected.

Inclusive Patient Management

Creating inclusive healthcare spaces involves more than just respectful conversations—it also means making sure internal documentation and communication reflect a patient’s identity wherever possible.

Documenting and Using Correct Names & Pronouns

Ensure your forms and records collect the name a patient goes by and their pronouns. Find ways to organize your documentation to make it easy for staff to use them consistently. Importantly, use the correct name and pronouns at all times, even when the patient isn’t present. Consistency shows respect, prevents assumptions, and builds trust.

Making Inclusive Referrals

When referring patients to other providers, pass on relevant identity information. This can be as simple as writing, “This patient goes by [Name] and uses [Pronouns].” Including this in referral notes—especially when legal documents do not reflect them—helps set the tone for inclusive care and reduces the burden on patients to repeatedly correct others.

Explaining System Limitations

Your clinic’s systems or external EMRs might not allow changes to name or gender markers. These limitations can be frustrating or even harmful to patients. When faced with this, explain what your clinic can do, what it can’t, and how you will offer affirming care within these constraints. This helps patients feel informed and supported, even when systems fall short.

Gender Neutral Facilities



Public washrooms have become politicized spaces for gender diverse people. In one Ontario survey, **up to 70% of trans people** reported some sort of negative reaction when accessing a public bathroom and **57% of respondents** have avoided using public washrooms for fear of harassment¹⁰. Avoiding bathroom use can result in health conditions ranging from urinary tract infections to kidney problems.

Single unit washrooms can be easily converted from gender-specific facilities to gender-neutral ones with simple signage.

Figure 1. Example of gender-inclusive washroom guidance¹⁰.



Reception Practices

Always use a patient's correct name and pronouns, even if they differ from what's on legal documents. Intake forms should clearly distinguish between legal name and chosen name to support this practice.

Ask open-ended questions instead of making assumptions about someone's gender or reason for visiting. For example, "How can I help you today?" is more inclusive than "Are you here for a women's health appointment?"

Avoid gendered language and honorifics like "Sir" or "Ma'am," which may feel dysphoric or distressing for some patients. Even overhearing others being referred to with gendered terms can create anxiety for trans and non-binary people.

Use gender-neutral pronouns such as they/them if a patient's pronouns are unknown, and avoid assumptions. Calling patients by last name only can also help prevent misgendering or deadnaming.

Ensure privacy when discussing names, pronouns, or gender identity, especially in shared spaces like waiting rooms. Ask these questions discreetly and only when needed for care or respectful communication.

Have policies in place for respectful corrections. If a patient is misnamed or misgendered a quick, calm correction is often enough. There's no need to over-apologize—just acknowledging the mistake and moving forward respectfully helps build trust.



Visual Signals of Inclusion



While visual signs of inclusion don't make your practice inclusive on their own, they serve as signal to patients and a reminder to staff of your commitment to gender-affirming practices.

Use inclusive images and materials. Move beyond visuals that only show cisgender people. Include posters, brochures, and educational content that feature transgender, non-binary, and Two-Spirit people.

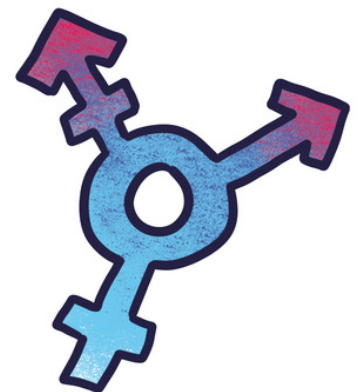
Display Pride symbols—like flags, stickers, or pins—to show support.

Make gender-affirming care information easily accessible. Place materials in waiting areas, exam rooms, and online so patients can find what they need without having to ask.

Include clear affirming statements on your website, signage, and promotional materials to signal your commitment to inclusive care.

Share & display 2SLGBTQ+ resources. Featuring materials from community groups shows support and strengthens partnerships.

Review practices & policies. Don't stop at signalling inclusivity: evaluate your clinic's values, practices, and policies. When raised, address issues in a prompt and systemic way. “**Rainbow washing**” the practice of displaying 2SLGBTQIA+ symbols or messages without meaningful action behind them - makes the world a more uncertain place for 2SLGBTQIA+ people. Enshrine inclusivity in your mission mandate, and share it prominently in your spaces.





Social and Legal Transition

Everyone expresses gender. Choices about clothes, hair, voice, name, pronouns, and even ID are personal and shaped by who we are and where we come from. There's no one "right" way.

For people who are transitioning, things like using a binder, changing their name or gender marker on ID, or doing voice training can be important ways to feel more seen and safe.

This chapter looks at how people express and affirm their gender, socially and legally. Whether it's helping with forms or sourcing gender affirming gear, small acts can make a big difference.

Social Transition

Social transition is the process of expressing and living in alignment with one's gender identity in everyday life. It's personal, flexible, and looks different for everyone. Unlike medical or legal transition, social transition doesn't require hormones, surgeries, or paperwork, it's about making changes that feel right for the individual. At its heart, social transition is about feeling seen, safe, and affirmed. It can include things like:

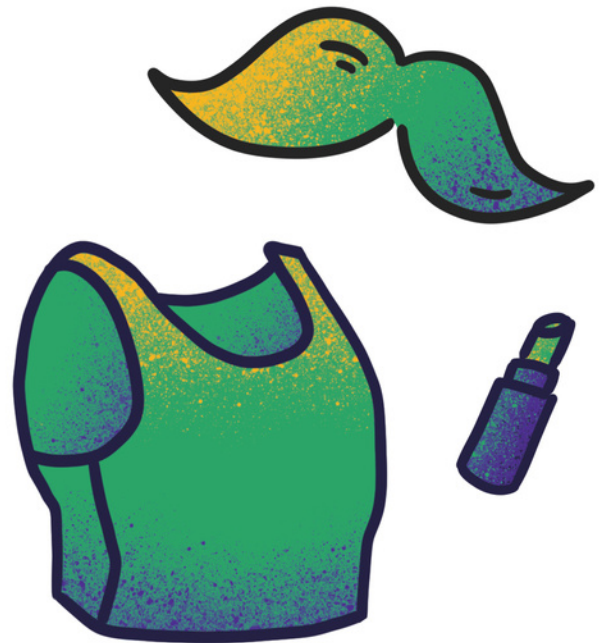
Using a name and pronouns that reflect one's gender identity

Wearing clothing, hairstyle, or makeup

Using gender-congruent bathrooms or changing rooms

Coming out to friends, family, coworkers, or teachers

Adopting gendered behaviours like mannerisms and vocal patterns



For some, social transition is the only kind of transition they pursue. For others, it's one part of a broader journey that may include medical or legal steps. There's no right or wrong way to socially transition. People may express their gender differently depending on the setting, and the process can evolve over time. What matters most is that each person is supported in living as their true self.

Gender Affirming Gear

Binding, packing, tucking, and padding are common gender-affirming practices that help trans, non-binary, and gender-diverse people shape how their bodies look and feel, supporting alignment with their gender identity in daily life. These methods can reduce gender dysphoria, especially when medical interventions like hormones or surgery are not accessible, desired, or possible. While not used by everyone, they can be powerful tools for comfort, confidence, and self-expression across social, professional, and public settings to provide both temporary relief and long-term affirmation¹¹.

Binding

Flattening the torso with compression garments to reduce curves.

Packing

Wearing a prosthetic or padded item in the pants to create a bulge.

Tucking

Positioning or securing the genitals to create a flatter appearance in the groin.

Padding

Adding shape to areas like the hips, chest, or buttocks to enhance curves.

Paramedical Options

Paramedical services can help align gender expression with identity. Some of these services may be covered by private insurance.

Hair Removal

Laser hair removal, electrolysis, or waxing helps people align their appearance and identity. Working with a licensed provider experienced in gender-affirming care helps ensure safe, respectful, and effective results.



Voice Training



Voice-based misgendering is a common cause of dysphoria. With guidance from a speech-language pathologist or voice coach, people can explore pitch, resonance, speech patterns, and vocal health.

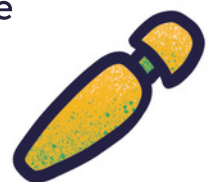
Counselling



Counselling offers space to explore identity, relationships, stress, and transition experiences. Some counsellors have a 2SLGBTQ+ focus, and may draw on lived experiences similar to those of the patient.

Sexologist

Sexologists help people explore sexual health, pleasure, and intimacy in affirming ways. For gender-diverse individuals, this might include navigating dysphoria, desire, or communication with partners.



Legal Transition



Legal transition involves updating official documents like IDs, birth certificates, and health cards, to reflect a person's gender identity. For many trans, non-binary, and gender-diverse people it's a vital step toward recognition, safety, and access.

Legal Changes in Newfoundland & Labrador



The first step in the legal name or sex designation change process is applying through the the provincial government's Vital Statistics Division. An applicant must have been a resident of the province for 3 months, and must be at least 16 years of age to apply without parental consent. Applications for birth certificate changes must be filed with the issuing jurisdiction, and is required for provincial name and birth marker change.

Sex designation changes are based on the applicant's birth certificate, and people born outside of the province may encounter additional barriers depending on the jurisdiction that issued their birth certificate.

The application must be notarized by a Commissioner of Oaths, Justice of the Peace, or Notary Public. Additionally for a name change, a criminal record check must be obtained from the RNC, RCMP, or the Commissionaires.

Once approved, the name change certificate must be provided to other institutions and agencies separately (MCP, CRA, Elections Canada, etc.)

The costs range from \$175-\$210 including name change fee (\$100), birth certificate (\$30), authorized witness (\$25-60), and record check (\$20).

**QR to Name
Change website**

Glossary

agender: an identity in which a person has no gender

binding: flattening one's chest for gender affirmation

bottom surgery: any gender-affirming surgery on the genitals

cisgender (cis): gender identity congruent with sex assigned at birth

deadnaming: misgendering someone by using their pre-transition name

discrimination: actions, approaches, or language that do not respect a person, or their care needs, because of their gender identity or expression

gatekeeping: creating unnecessary barriers to gender-affirming care

gender affirmation: an experience that acknowledges and supports one's gender identity

gender affirming care: care that acknowledges and supports patients' gender identity, including care related to medical aspects of transition

gender affirming gear: items worn to support gender expression by changing bodily appearance (e.g. binding, tucking, packing, padding)

gender binary: an entrenched perspective in many systems that ignores or seeks to constrain gender diversity

gender diverse: any gender identity that is not cisgender

gender diversity: the full, open-ended range of gender identities

gender dysphoria: distress caused by incongruence between one's gender identity and sex assigned at birth

Glossary

gender euphoria: joy or contentment from gender-affirming experiences

gender expression: how a person outwardly presents their gender

gender fluid: a person whose gender identity changes over time and does not become fixed

gender identity: a person's internal sense of their gender, whether simple or complex, conscious or unconscious, fixed or fluid

gender neutrality: behaviours, language, and systems that avoid assumptions about gender

gender roles: expectations for how a person will behave, look, or speak, based on their gender

genderqueer: a nonbinary gender identity that resists gender norms

harm reduction: an approach that prioritizes reducing harm to patients

inclusivity: behaviours, language, and systems that include everyone regardless of gender

informed consent: an ethical principle requiring care providers to ensure that patients make free, informed choices about their care

invasive questions: medically unnecessary questions potentially violating patient privacy or trust

minority stress: chronic stress experienced by members of stigmatized minorities, including gender diverse people

misgendering: treating someone in words or actions as though they were of an incorrect gender (commonly their sex assigned at birth)

name (correct): the name a person uses and by which they are called

Glossary

name (former/deadname): may persist in documentation but is incorrect

name (legal): appears on identity documents; may be incorrect

non-binary: any gender identity outside the binary of male and female

packing: wearing a prosthesis or padding to create a bulge in the pants

padding: wearing gender-affirming gear to add shape to areas like the hips, chest, or buttocks

pronouns: functional words used in place of a person's name; care providers should only use names or gender-neutral pronouns unless a patient has indicated which gendered pronouns are correct

queer: an umbrella term including all gender identities and sexual orientations that differ from cisgender and heterosexuality

sex assigned at birth: the sex indicated on one's initial birth registration

sex designation: the M, F, or X indicator on one's identity documents; sometimes called a "gender marker"

stigma: the discriminatory association of a quality, such as gender diversity, with deviancy or shame

top surgery: any gender-affirming surgery on the chest

trans broken arm syndrome: when unrelated healthcare needs are falsely attributed to a patient's gender diversity

transfeminine (transfem): a transgender identity leaning towards femininity

transmasculine (transmasc): a transgender identity leaning towards masculinity

Glossary

transgender (trans): a gender identity that differs from one's sex assigned at birth

transition: a period of conscious and profound change in one's gender expression; may have social, legal, and medical aspects

trauma-informed: an approach to care that focuses on creating a safe, respectful, and affirming environment

tucking: wearing gender-affirming gear to flatten one's genitals

Two-Spirit: a term used by some Indigenous people to describe gender identities, sexualities, or roles that blend masculine and feminine qualities



Local Resources for Patients

Trans Support NL

Mending Mondays: Free counselling for gender-diverse people & families.
tsnl.org/mending-mondays

Peer Support: Monthly meetings in St. John's and Corner Brook.
tsnl.org/peer-support-group

Binder Swap: Free chest binders available across the province.
tsnl.org/gender-affirming-gear

Quadrangle NL

Quadrangle & Jacob Puddister Foundation: Free 2SLGBTQ+ counselling
thequadnl.com/counselling

Trans Navigator: systems, documents, and resources navigation
thequadnl.com/trans-navigator

Planned Parenthood

Warm Line: Peer support line for 2SLGBTQ+ community.
plannedparenthoodnlshc.com/warmline

Trans Youth NL

Peer Support: Monthly meetings for parents and youth
transyouthnl.ca

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