



# **Student Support Quick Guide: A student is trans/transgender and is seeking advice and support**

## **What should you look out for?**

It is estimated that there are between 300,000 and 500,000 trans people in the UK and, whilst not all will transition gender, a large proportion will look for advice and assistance at some point. Given the number of trans people in the UK, it is likely we will have trans students here at Edinburgh Napier and we have both legal and moral responsibilities to ensure they are effectively supported. For some students, coming to university may be the first time they have been able to safely express themselves in their gender, and it may be that they are living with 'dual identities' between term time, and periods when they return home for the holidays.

It is important to note that everyone is different; some people will transition from one gender to another with ease and others will not, some will access surgery whereas others will live as their gender full-time without taking this step.

Many younger trans people in particular will not to transition fully for a variety of reasons such as finance or lack of autonomy from their parents. It is possible that a student may come to you seeking advice either because they are questioning their gender identity or because they have made the decision to transition gender.

You must respect the confidentiality of the individual student and always seek agreement from the student before sharing any information with anyone else.

# Student Support Quick Guide

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### What should you do?

- Signpost to Wellbeing and Inclusion service and to the University's [trans guidance on My Napier: https://my.napier.ac.uk/wellbeing-support-and-inclusion/your-health/gender-transitioning-guidance](https://my.napier.ac.uk/wellbeing-support-and-inclusion/your-health/gender-transitioning-guidance)
- Ask them what their pronouns are. [Stonewall have guidance on pronouns](#) which you may find helpful.
- Reassure them that there is support to navigate a gender transition during their time at university, and that there is a named person who can support them with this.
- If the student discloses that they have experienced any bullying, harassment or discrimination based on their trans status, signpost them to [Report + Support, the university's online reporting portal](#).

### What happens next?

A confidential appointment will be held with a practitioner from Wellbeing and Inclusion Team will support the student and discuss their circumstances with them.

If they are experiencing difficulty with exploring their gender identity, they will be signposted to specialist local support services who can provide further advice and guidance.

If they have made the decision to transition, then the practitioner will discuss this with them and develop, as part of their support package, a plan which will agree how their transition will be managed from a University perspective. This will include amongst other things:

- any necessary changes needed to their University records and identification,
- any amendments to their accommodation and
- any adjustments required to ensure continued engagement with their programme.

The Team will liaise with departments across the University to coordinate the actions required to support the student and this may require further input from yourself or your colleagues.

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For further information or to provide feedback about this Quick Guide, please [contact dlte@napier.ac.uk](mailto:contact_dlte@napier.ac.uk)



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