

The Ambulance Service Trans Toolkit



Book 1 - Understanding Trans People: Test Your Knowledge

- 1. What percentage of non-binary people have experienced inappropriate curiosity from healthcare staff?**
 - a. 12%
 - b. 22%
 - c. 63%
 - d. 36%
- 2. What are the two main types of gender dysphoria someone can experience?**
 - a. Emotional and physical
 - b. Body and social
 - c. Life and mental
 - d. Physical and mental
- 3. What is the maximum time some trans people have had to wait to attend their first appointment at a gender clinic?**
 - a. 12 months
 - b. 2 years
 - c. 36 months
 - d. 4 years
- 4. What percentage of trans people opt to begin hormone replacement therapy?**
 - a. 61%
 - b. 92%
 - c. 73%
 - d. 81%
- 5. After a trans male applies testosterone in gel form how long must he wait until he goes swimming?**
 - a. 30 minutes
 - b. 6 hours
 - c. 8 hours
 - d. 1 hour
- 6. You are interacting with a patient and you are not sure how to address them correctly or what pronouns to use. What should you do?**
 - a. Try and make a best guess about which pronouns they use.
 - b. Try to avoid using pronouns all together.
 - c. Politely ask the person how they wish to be addressed or what pronouns to use.
 - d. Check the records you have for them and address them according to their gender on their record.

7. Currently how many Gender Identity Services are there for adults in England?

- a. 7
- b. 9
- c. 16
- d. 12

8. Which of these feminising effects may happen to a trans woman within three to six months of her beginning feminising hormones?

- a. Higher pitch of voice
- b. Thinning and slowed growth of body and facial hair
- c. Body fat redistribution
- d. Mood swings

9. Which of these masculinising effects may happen to a trans man within three to twelve months of him beginning masculinising hormones?

- a. Scalp hair loss
- b. Anger
- c. Softer skin
- d. Deepened voice

10. It's easy to tell if someone is trans.

- a. True
- b. False

