



## National Ambulance LGBT Network

### Transgender Day of Visibility

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**Each year on 31 March it is Transgender Day of Visibility, and we have put together this factsheet to look at the levels of discrimination faced by trans and non-binary people face worldwide.**

Last year the global statistics about discrimination against trans and non-binary people make for a sobering read. A total of 350 trans people were killed, with the average age being 31 and the youngest just 16. The statistics show that 22 percent were killed inside their own home.

2020 saw the most violent attacks against trans community since records began. In the United Kingdom transphobic hate crime reports have quadrupled over the last five years. Forbes reported that trans rights have regressed since 2017 and named the United Kingdom amongst other countries such as the USA and New Zealand as places where trans rights have either stalled or regressed.

In the United Kingdom Stonewall reports that 32 percent of trans patients report unequal treatment by healthcare services. Alarming, 18 percent of trans people have experienced 'inappropriate curiosity' from healthcare staff.

In the United Kingdom our ambulance services are leading the way in educating staff about trans inequality and identifying what people can do to work more inclusively.

## Personal Reflection

For me growing up I knew from a very early age that I did not fit in and that I didn't conform to society's expectation of me as I was born male but so desperately wished to be female. When I get asked, 'Did I choose to be female?', I find that so insulting. It is like asking non right-handed people why they choose to write with their left hand. This was not a conscious decision but rather who I am.

Many trans people, myself included, fear rejection and seek comfort from friends, family and colleagues who they can confide in. It is believed that up to three percent of the population do not identify with the gender that they are born with. Up to two percent of these people continue to hide their true identity for fear of rejection or ridicule.

It is for this reason that I ask each and every one of you to make a commitment to think of how you would challenge unwanted banter if you saw it happening, and to be a true ally to all LGB and trans people.

## Learn More: The Ambulance Service Trans Toolkit

In July 2020 the National Ambulance LGBT Network released a new professional development resource to help ambulance staff work more inclusively with trans people. This is already received great reviews and you can gain certificates for your professional development portfolio. Access to the resources and certification is free.



[www.ambulancelgbt.org/resources/professional-development/the-ambulance-service-trans-toolkit/](http://www.ambulancelgbt.org/resources/professional-development/the-ambulance-service-trans-toolkit/)

## Latest Information: Hidden Figures

In March 2020 the LGBT Foundation released a new report which updates health inequality information across the LGBT spectrum. It is well worth a read will help you to understand the impact our services have if we don't get things right. For emergency ambulance services we know we are often called at times of distress for people. We have a responsibility to ensure we don't make things worse.



[www.ambulancelgbt.org/media/1660/hidden-figures-report-march-2020.pdf](http://www.ambulancelgbt.org/media/1660/hidden-figures-report-march-2020.pdf)

## The Trans Star of Life



In 2018 the National Ambulance LGBT Network launched the trans star of life to raise awareness of, and show support for, the trans community. The trans star of life is a fusion of the trans flag and the internationally recognised symbol of emergency pre-hospital care.

## What Can You Do?

- On or near to 31 March, arrange an event to raise awareness of trans people and provide useful information to your workforce.
- You can support staff networks and help to raise awareness and challenge transphobia in the workplace. Some Ambulance Services have 'allies' programmes for staff who do not identify as LGBT. A list of staff networks can be found at [www.ambulanceLGBT.org/networks](http://www.ambulanceLGBT.org/networks).
- Wear the rainbow or trans star of life badges with pride, so that colleagues, patients and their loved ones know that you are a safe person to talk to. It's much more than just a badge!
- Increase your trans awareness and understanding. There's a new handy pocket sized resource (right) that was developed by the National Ambulance LGBT Network. You can print it off and carry in your pocket \*.



\* Find these resources at [www.ambulanceLGBT.org/resources/supporting-trans-people](http://www.ambulanceLGBT.org/resources/supporting-trans-people).

## Find Out More

Some other useful information can be found at:

- United Kingdom based organisations like GIRES ([www.gires.org.uk](http://www.gires.org.uk)) and TransBareAll ([www.transbareall.co.uk](http://www.transbareall.co.uk)) have some excellent information leaflets.
- You can find a lot of information about trans equality on the Stonewall website ([www.stonewall.org.uk](http://www.stonewall.org.uk)) including the Trans Report from 2017.
- You can find information and presentations for ambulance staff on the National Ambulance LGBT network website, at [www.ambulanceLGBT.org](http://www.ambulanceLGBT.org).