

# SUPPORTING YOUR FRIEND WHO COMES OUT AS TRANS

## ASK

if they'd like you to use a new name and/or pronouns.

## CHECK

who they are comfortable knowing about their transition.

## RESPECT

Knowing information about their medical procedures or sexual orientation is not necessary to fully support them.

## SUPPORT

Inquire about the support you can give them specifically. Everyone has different experiences and needs.

## LANGUAGE

Ask what language they are comfortable with, if you are unsure it is better to ask and gain clarity than avoid it and offend later.

## UNDERSTAND

This will likely be a stressful time for them.



# CEFNOGI EICH FFRIND SY'N DATGAN EI FOD YN DRAWS

## GOFYN

Gofynnwch a fydden nhw'n hoffi defnyddio enw a/neu ragenwau newydd.

## GWIRIO

Gwiriwch pwy y maen nhw'n gyfforddus iddynt wybod eu bod yn trawsnewid.

## PARCH

Does dim rhaid gwybod am eu triniaethau meddygol na'u chyfeiriadedd rhywiol er mwyn i'w cefnogi'n llawn.

## CEFNOGI

Gofynnwch pa fath o gymorth y gallwch ei roi iddyn nhw'n benodol. Mae gan bawb brofiadau ac anghenion gwahanol.

## IAITH

Gofynnwch pa iaith sy'n addas os ydych yn ansicr. Mae'n well gofyn a sicrhau na'i hosgoi ac yna brifo nes ymlaen.

## DEALL

Mae hyn yn debygol o fod yn gyfnod llawn straen iddyn nhw.

