

Pronouns

A pronoun is a word we use to talk about someone without using their name. He and she are pronouns.

It is important to use the pronoun that matches a person's gender identity.

If a person identifies as **female** we use the pronouns
→ **she, her** and **hers**

If a person identifies as **male** we use the pronouns
→ **he, him** and **his**

If a person identifies as **non-binary** we use the pronouns
→ **they, them** and **their**

! It is okay to tell people what pronoun they should use for you.

Choice

Only you can know what your gender is.

It is okay if you:

- ✓ are not sure
- ✓ change your mind
- ✓ do not tell people



Need more information?

Talk to someone you trust.
Contact a service on the back of this brochure.

Where to get help

SECCA

SECCA is a NDIS registered service provider that supports people that live with a disability and their families and carers to provide education and counselling about sexual health, relationships and sexual expression.

SECCA develops free resources that support sexuality and relationship education. Available on the website.
City West Lotteries House
2 Delhi St
West Perth WA
Phone (08) 9420 7226
admin@secca.org.au
secca.org.au

Transfolk of WA
transfolkofwa.org

QLife
Phone 1800 184 527
qlife.org.au

Freedom Centre
freedom.org.au

Perth Children's Hospital Gender Diversity Service

Phone 6456 0202

Youthlink Gender Pathways Service

Phone 9227 4300

Gender Diversity

Information about sex, gender and identity.



SECCA Ability Relationships Sexuality

Sex

When people ask you what your sex is they usually mean what is recorded on your birth certificate. On a form you often have a choice to tick 'F' for female or 'M' for male.

When we are born a doctor looks at our body parts and records our sex.

Babies with a vagina are usually recorded as female and babies with a penis are usually recorded as male.

This is sometimes called our **sex assigned at birth**.



F



M



Gender

Gender means whether you feel like a girl or a boy or neither of these. It can also mean the way people expect us to dress and behave.

If you feel like a girl and choose to tell people you are a girl that is called having a **female gender identity**.

If you feel like a boy and choose to tell people you are a boy that is called having a **male gender identity**.



Non-binary

Some people feel like they are not a girl or a boy. That is sometimes called having a non-binary gender identity.

Some people with a non-binary gender identity call themselves **genderqueer** or **gender fluid** or **agender**.



! It's okay to use any gender word that feels right to you.

Transgender

Transgender is when a person's gender identity does not match the sex recorded on their birth certificate.

If someone was assigned female at birth but they identify as male or as non-binary then they are **transgender**.

If someone was assigned male at birth but they identify as female or as non-binary then they are **transgender**.

A person who is not transgender is called **cisgender**.

