

## What is Transphobia?

Transphobia is a dislike for, prejudice against, or hate towards trans or non-binary people. Remember non-binary people can be victims of transphobia, and are protected under the Equality Act.

Transphobia could also be considered a **hate incident** or a **hate crime**.

## What can Transphobia look like?

Transphobia can take many forms. This includes, but is not limited to:

**Using incorrect pronouns or names:** Intentionally referring to a transgender person using pronouns or their birth name (deadnaming) after they have stated their correct pronouns and name.

**Making derogatory jokes or comments:** Telling jokes or making offensive remarks about transgender people, their identities, or their bodies.

**Questioning someone's gender identity:** Asking intrusive or unnecessary questions about a transgender person's body, medical history, or transition.

**Social exclusion or misgendering in social situations:** Deliberately excluding a transgender person from social activities or consistently misgendering them within a group.

**Spreading misinformation or stereotypes:** Sharing false or harmful information about transgender people or perpetuating negative stereotypes.

**Online harassment:** Sending hateful or offensive messages, images, or videos targeting someone because they are transgender. This can include misgendering them online or making transphobic comments on their posts.

**Physical intimidation or threats:** A student threatening or physically intimidating someone because they are transgender or perceived to be transgender.

**Microaggressions:** Subtle but offensive comments that reflect underlying transphobic bias, such as expressing surprise that a transgender person has certain interests or skills, or making assumptions about their personality based on stereotypes.

**Invalidating someone's identity:** Saying things like "You'll never really be a [gender]" or trying to deny their lived experience.

## Support on Transphobia

If you think you have experienced transphobia you can get advice from the Equality & Diversity Specialist by contacting [equalityanddiversity@cambria.ac.uk](mailto:equalityanddiversity@cambria.ac.uk)

There are organisations and groups that can offer support on transphobia:

[Galop](#)  
[Stonewall](#)  
[Kaleidoscope](#)  
[Mermaids](#)