

Life as a trans+ student

Comms Pack

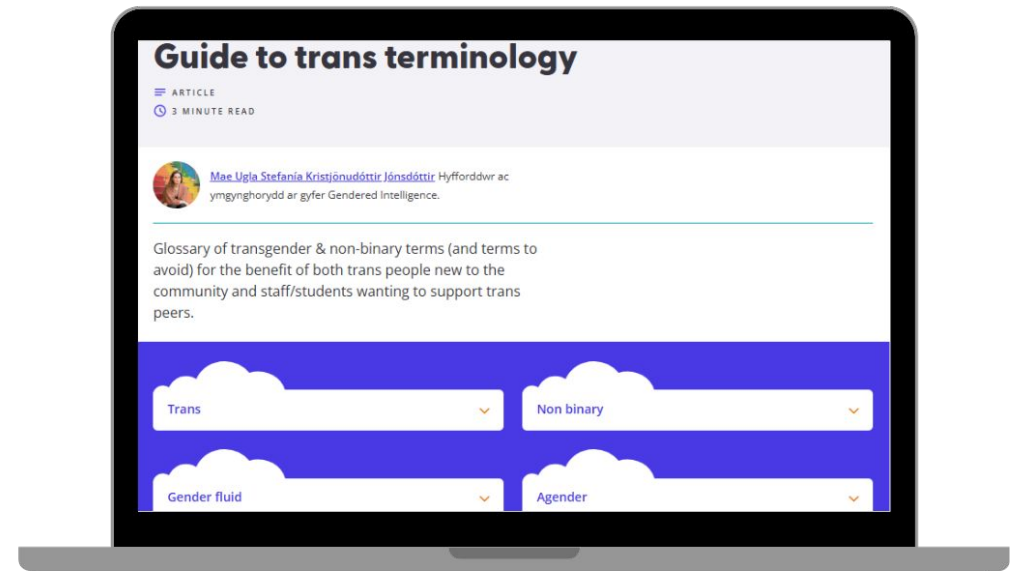
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Life as a trans+ at university

What do we mean by a trans+ student?

- We use the term 'trans+' as a broad and inclusive term to define a wide range of transgender (trans) and non-binary identities.
- The "+" in trans+ serves the same purpose as the "+" found in LBGTQ+ .
- This term was chosen for the package by trans+ students themselves.
- Example of trans and non-binary identities include:
 - Trans men
 - Trans women
 - Non-binary person



Please read our [guide to trans terminology](#) to find out more.

Life as a trans+ student at university

- Research has shown that trans and non-binary students are more likely to report experiencing mental illness, low life satisfaction and loneliness.
- Trans+ students also consistently report facing barriers in relation to:
 - Mental health
 - Community and belonging
 - Academic experience
 - Relationships and support
 - Safety
- Through our research and working with trans+ students and experts it became apparent that trans+ students would benefit from a package of tailored, co-created support.
- The content in this package was co-created by experts with lived experience and a steering group of 8 trans and non-binary students. Gendered Intelligence led the website content creation, with All Things Mental Health leading on the production of the podcast series.

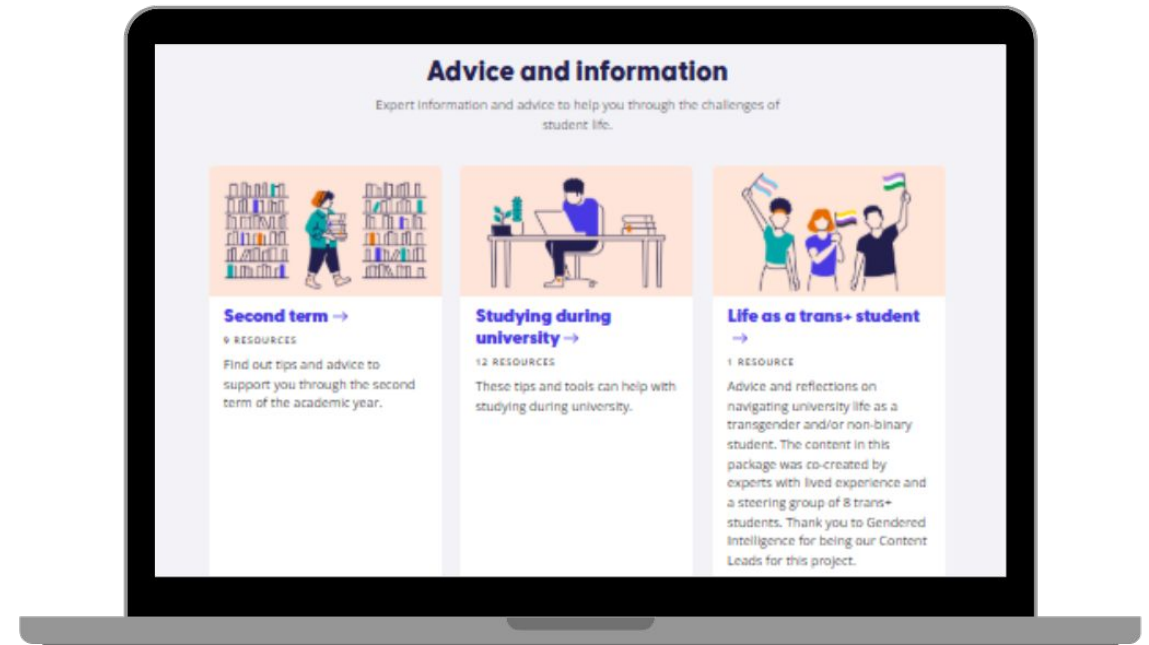
[You can read more about the experience of trans+ students, research and recommendations in our insights report.](#)

What is Student Space?

Student Space is here to make it easier for students to **find the support that they need**. Whether it's their mental health, studies or relationships. We are here to support students 24/7 through the uncertainty of student life.

The platform support students in three key ways:

- Sharing [information, tools](#) and [student stories](#) on navigating university life
- Helping students find what [support is available at their university](#)
- Providing access to dedicated [support services](#).



Resources in Life as a trans+ student

Support for trans+ students at university

Student Space: Life as a trans+ student

- [Guide to administrative gender recognition at uni](#)
- [Managing difficult conversations about transness at university](#)
- [Guide to trans terminology](#)
- [Healthcare pathways mapping](#)
- [Tips for people early in their transition](#)
- [Tips for people planning on coming out soon](#)
- [The unknown realities of transgender BAME students](#)
- [The 'non-binary' identity: navigating the challenges that come with being a non-binary student](#)
- [The in-between of being non-binary - where do we fit?](#)
- [Not feeling trans enough: navigating imposter syndrome as a non-binary student](#)
- [Tips for non-binary students from non-binary students](#)
- [Avoiding burnout as a trans activist](#)
- [Balancing identities as a Black queer student: navigating white LGBTQ+ spaces and cis-het Black spaces](#)
- [Getting started with trans activism](#)
- [Tackling loneliness through my LGBTQIA+ society](#)

Support trans+ students at university

Life as a trans+ student podcast

- On the 5th of March, with All Things Mental Health we are going to be launching our first episode of the 'Life as a trans+ student' podcast.
- Episodes will be released on a weekly basis. Keep an eye out on our '[Life as a trans+ student](#)' page for our new podcast episodes.
- Episodes will include:
 - Advocacy and activism
 - Coming out stories
 - Living a double life at university



Sharing support for trans+ students

How can you share Student Space?

We want to improve the experience of trans+ students at university through informative and validating resources. It's important that we work together to help students navigate university life as a trans+ student.

Top ways to share Student Space:

- 1) Post and signpost on social media
- 2) Send an email/newsletter/text sharing support for students
- 3) Signpost to [Student Space](#) support on your website

If you share one message in support of Student Space, please share this:

Navigating life as a trans+ student? Finding it hard? @StudentMindsOrg have resources to help. Explore articles, toolkits, videos and podcast episodes created and curated with trans+ students and experts: <https://ow.ly/pLHW50SSYII>

Messages to share across internal and external comms

Short

Navigating life as a trans+ student? Finding it hard? Student Space, run by Student Minds has [tailor-made resources for and by trans+ students](#).

Medium

Navigating life as a trans+ student? Finding it hard? Student Space, run by Student Minds has tailor-made resources for and by trans+ students and experts.

[Explore our resources to help you navigate university life as a trans+](#) student with articles, toolkits, videos and podcast episodes.

Long

Navigating life as a trans+ student? Supporting a friend who is trans+? Student Space, run by Student Minds has tailor-made resources for and by trans+ students and experts - [Life as a trans+ student](#).

Created and curated by a steering group of trans+ students, experts at Gendered Intelligence and All Things Mental Health.

Explore our resources to help you navigate university life as a trans+ student:

- Managing difficult conversations about transness at university
- The 'non-binary' identity: navigating the challenges that come with being a non-binary student
- Getting started with trans activism

Share on social media

Life as a trans+ student

- .@StudentMinds_Org have resources to help you navigate uni life as a trans+ student. Explore articles, toolkits, videos and podcast episodes created and curated with trans+ students and experts: <https://ow.ly/UI5q50UT368>
- Feeling uncertain about navigating university life as a trans+ student? @StudentMindsOrg have resources to help. Explore articles, toolkits, videos and podcast episodes created and curated with trans+ students and experts: <https://ow.ly/UI5q50UT368>
- The UK's student mental health charity @StudentMindsOrg have resources to help you navigate university life as a trans+ student. Created and curated by a steering group of trans+ students, Gendered Intelligence and All Things Mental Health, the 'Life as a trans+ student' resources on Student Space feature articles, toolkits, videos and podcast episodes: <https://ow.ly/UI5q50UT368>
- For more advice and reflections on navigating university life as a trans+ student, check out the 'Life as a trans+ student' resources by @StudentMindsOrg on the Student Space: <https://ow.ly/UI5q50UT368>

Student Minds Social Media

Instagram: [@StudentMindsOrg](https://www.instagram.com/StudentMindsOrg) Twitter: [@StudentMindsOrg](https://twitter.com/StudentMindsOrg) Facebook: [Student Minds](https://www.facebook.com/StudentMinds)

LinkedIn: [Student Minds](https://www.linkedin.com/company/studentminds) TikTok: [@studentmindsorg](https://www.tiktok.com/@studentmindsorg) Blue Sky: [@studentmindsorg.bsky.social](https://bsky.app/profile/studentmindsorg.bsky.social)

Share on social media - specific support

Life as a trans+ student

- Feeling overwhelmed trying to accessing health care as a trans+ student? Want to know how to start a conversation with your GP? Or what kind of services are available at gender clinics? @StudentMindsOrg have a helpful guide written by and for trans+ student and experts: <https://ow.ly/qkYG50UZrgx>
- Are you navigating university life as a non-binary student? Read about the experience of 3 non-binary students, the difficulties they have faced and how they have dealt with them: <https://ow.ly/ZC4950UZrm2>
- Do you want to get involved in trans+ activism? Not sure where to start? Want to protect your own mental health at the same time as creating change? Listen to Avery's top tips today: <https://ow.ly/islH50UZroP>

Share by email

Newsletter

Navigating life as a trans+ student? Finding it hard?

Student Space, run by Student Minds, has tailor-made resources for and by trans+ students - [Life as a trans+ student](#). Created and curated by a steering group of trans students, Gendered Intelligence and All Things Mental Health.

Explore the articles, toolkits, videos and podcast episodes to help you navigate university life as a trans+ student:

- Managing difficult conversations about transness at university
- The 'non-binary' identity: navigating the challenges that come with being a non-binary student
- Getting started with trans activism

Whether you're stressed about finding a community, unsure how to access support, fed up of being misgendered or working through the pile of admin you have to complete, you don't have to struggle on your own. Student Minds are here for you.

Email

'Hello [X],

Have you heard of [Student Space](#)?

It is a website run by Student Minds, the UK's student mental health charity.

They have recently released new resources curated and created by and for trans+ students to help you navigate university life. Their [Life as a trans+ student](#) resource includes articles, toolkits, videos and podcast episodes including:

- Managing difficult conversations about transness at university
- The 'non-binary' identity: navigating the challenges that come with being a non-binary student
- Getting started with trans activism

Best wishes,
[X]'

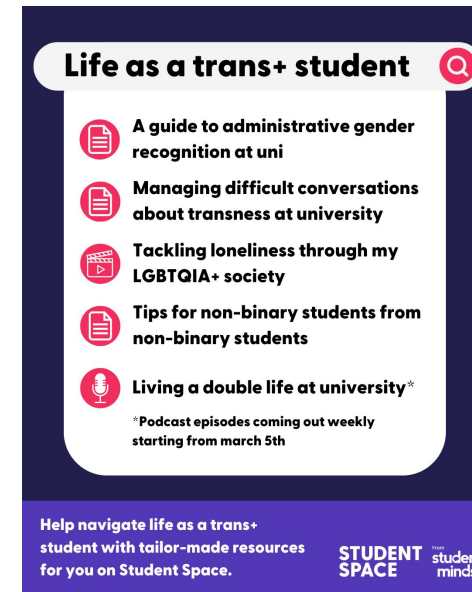
Assets to use

We have a range of assets, including images translated into Welsh, for you to use such as:

- [Social media images](#)
- [Posters](#)
- [Business cards](#)

Our drive folder now includes a dedicated area of new assets to support trans+ students to navigate university life.

If there is an asset you'd like to see included let us know.



[DOWNLOAD ASSETS TO SPREAD THE MESSAGE](#)

Find out more about our partners

Gendered Intelligence

Gendered Intelligence is a trans-led and trans-involving charity that works to increase understandings of gender diversity and improve the lives of trans people.

Website: <https://genderedintelligence.co.uk/>

Social media: [Instagram](#), [Twitter](#), [Facebook](#), [LinkedIn](#)



All Things Mental Health is a young minds podcast. They bridge the gap between research and young people's lived experience of navigating their mental health, creating space for new dialogue to emerge through centring the voice of young minds. All Things Mental Health is in the top 15% of podcasts shared globally.

Spotify: <https://open.spotify.com/show/1bU1x2CWskVsJA7UtXzW0O>

Social media: [Instagram](#), [Twitter](#)

Need support right now as a trans+ student?

- [Gendered Intelligence](#) - Direct support through email, WhatsApp, or phone, for people waiting for gender-affirmative healthcare. Support for trans people, their friends and family and professionals directly impacted by gender healthcare waiting lists.
 - Phone: 0800 640 8046
 - WhatsApp: 07592 650 496
 - Email: supportline@genderedintelligence.co.uk
- [Switchboard](#): National LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. We can discuss anything related to sexuality and gender identity. Whether it's sexual health, relationships or just the way you're feeling. This is your space – to explore, talk and be truly heard.
 - Phone: 0800 0119 100
 - Email: hello@switchboard.lgbt
 - Chat: <https://switchboard.lgbt/>
- [Trans Actual](#): sources of support list for LGBTQ+ people.

Thank you for your support!

Together we can improve the
experience of trans+ students as they
navigate university life.

If you have any questions or would like support with sharing student space, get in touch with our Communications Lead:

Grace Anderson
(comms@studentminds.org.uk)

If you have general questions about the Student Space programme please contact:

studentspace@studentminds.org.uk