

# YOUNG MINDS

Provides free 24/7 support  
Text: YM to 85258  
Provides lots of information and advice



Provides lots of information, advice and young peoples stories



Provides free 24/7 support  
Call for free  
Live messenger

A series of self-help, learning and signposting avenues of support for students and families of The Fen Rivers Academy

## People

Safe relationships,  
Good people are you.

## Purpose

A purpose in life,  
A great education built for you.

## Place

A good place to live,  
A safe place to learn in.

Please get in touch if any of the following professionals could support with you with questions or concerns further: SENCo, Mental Health First Aider, Pastoral team, DSL

The Fen Rivers Academy  
Kilhams Way  
King's Lynn  
Norfolk  
PE30 2HU  
01553 887330



# The Fen Rivers Academy

Part of the Catch22  
Multi Academies Trust

'Every interaction a conscious intervention'



## Gender Identity confusion



## All about gender identity

Gender identity is the way that a person describes their gender.

When a person is born they are referred to as male or female because of their physical and biological body parts (penis and vagina )

Just because a person is a certain sex (has specific body parts) does not mean that they identify with the same gender.

A person might explore their gender at different points in their life. A common time for a person to do this is during puberty.

### What terms do people use when talking about gender?

-trans/transgender (someone whose gender identity is different to the one they were assigned at birth).

-non binary/gender queer (someone who doesn't feel like they are a boy or girl)

-cisgender (someone whose gender identity matches the gender they were assigned at birth)

### Why am I questioning my gender identity?

There is no answer as to why people question their gender identity.

No one other than you knows how you feel.

Some people can take a while to work out their gender identity.

Some people can feel a strong dislike towards their genitals. They may feel a need to hide signs of their gender.

Some people can feel pressured to behave or dress in a certain way. This can affect your mental health.

Feeling confused can have a negative effect on your mental health. If you experience any of the following it would be a good idea to speak to someone you trust to get some support.

- feeling misunderstood
- feeling self-conscious
- feeling scared to be who you are
- hiding your identity
- feeling distressed
- feeling alone
- wanting to hurt yourself
- feeling unsupported
- having people call you names or treat you differently.

### What other support is there ?

Remember you are not alone. There is lots of support out there and people can help get things better for you again.



Helpline, web chat, email support  
Text mermaids to 85258  
Lots of support and advice

## childline

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

Childline are here to talk to you  
24/7

Chat online  
Call free