

TRANSITION GOAL MAPPING

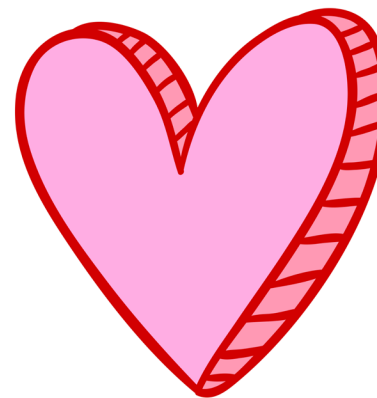
This guide is meant to be a living document that can change as your goals and needs do. It can help you decide what aspects of transition are relevant to you, serve as a guideline to map your transition, and help you make plans to achieve your transition related goals. It's not perfect and won't encapsulate the entirety of what transition can mean or look like, but it's meant to be broad enough that you can adapt it to fit your needs.

If you get stuck at any point and want help or resources, contact us at:

transhealth@khjn.org

(502) 694-2227

www.kentuckyhealthjusticenetwork.org/trans-health



Sample Transition Goals To Consider

Physical:

Medical:

- HRT
- Electrolysis
- Top surgery
- Bottom Surgery
- Facial Masculinization/Feminization Surgery

Non-medical:

- Clothing (including binders/gaffs/the like)
- Hair
- Make Up
- Muscle Mass

Social:

- Change pronouns used for self
- Tell Partner(s)
- Tell friends
- Tell Family
- Tell work
- Name change

Legal:

- Name change
- Gender Marker Change
- Other Document Updates

TRANSITION GOAL MAP

Legal



Social

Guides detailing surgical options for trans folks are included in our digital resource guide at kentuckyhealthjusticenetwork.org/trans-health-resources

Of the transition goals you marked as aspects of your transition:

Which feels most pressing?

Which feels easiest to start?

Which are related to one another?

(Come back to these after you list out your goal steps)

If these all still feel far out, what are some things you can do to affirm yourself in the meantime?

What are your first steps? What can you get started on this week?

Goal 1:

Steps:

Goal 2:

Steps

Goal 3:

Steps:

Goal 4:

Steps

For Advocacy, Support, Guidance, or Financial Assistance:

www.kentuckyhealthjusticenetwork.org/trans-health

(502) 694-2227

transhealth@khjn.org

Digital Resource Guide:

www.kentuckyhealthjusticenetwork.org/trans-health-resources