



HIM SELF-ADVOCACY RESOURCE FOR GENDER DIVERSE POEPL

HIM is a space designed for the communities of self-identified GBQ men, Two Spirit, and Gender Diverse people. We welcome TN2S into this space, and we're happy to have you here!

YOUR RIGHTS AS A CLIENT

HIM health centers serve all genders; no one is turned away.

It doesn't matter what name or sex marker is on your ID, the medical team at HIM should use the name and pronouns you use for yourself.

You have the right to refuse any tests or services offered to you.

You don't have to answer questions about being trans in order to get tested. Nurses may need to ask about your body, but they don't need to know how you identify in order to see you.

If you like, you can invite a support person to be in the room with you for your appointment.

You have the right to privacy and confidentiality around your gender identity. Our doctors and nurses will not disclose your gender identity to anyone else, including other service providers (like social workers) without your consent.

You should not have to educate medical practitioners about trans people. They are here to support you, not the other way around.

GETTING TESTED

HIM health centers should have testing available for your body.

Because of the ways T changes the body, people taking T might need smaller speculums and more lubrication.

People who have had vaginoplasty might need more lubrication.

Our doctors and nurses will support you to swab yourself if it's more comfortable for you.

You are allowed to stop any tests or procedures at any time, and decline any tests or procedures that are offered to you.

ACCESSING HORMONES

Gender affirming care should be available from any nurse practitioner or physician. However, doctors and nurses are allowed to refuse to prescribe hormones if they don't know enough about it; in this case, they should refer you to a doctor who does. Systemic transphobia sometimes means that medical care is not as accessible to TN2S people.

Hormones are prescribed by an informed consent model. This means that you don't need to 'prove' you're trans, only that you know what hormones will do to your body and that you're able to follow a treatment plan. Your doctor can tell you more about accessing hormones. Being trans is healthy, normal, and not a mental health disorder. A diagnosis of Gender Identity Disorder is no longer needed to access hormones.

HIM does not currently offer direct access to hormones in our health centres. Please continue to hold us accountable as we advocate for more services.

The page features decorative geometric shapes in the corners. The top right corner contains a black triangle, a grey triangle, and a green triangle. The bottom right corner contains a brown triangle and a black triangle.

GET IN TOUCH

If you have a comment or concern about the care you received today, we would like to hear from you. Please send an email to office@checkhimout.ca and someone will get back to you as soon as possible.



HiM | HEALTH
INITIATIVE
FOR MEN
www.checkhimout.ca