

# Gender Affirmation Checklist

## Support for self

### I have ...

- Read the Gender Affirmation Guide and I am aware of the diverse support services provided internally and externally.
- Contacted the Student Wellbeing Case Manager to assist me with my gender affirmation process.
- contacted my HDR Supervisor/Coordinator to discuss my needs and any impact on studies, if applicable.
- considered contacting other professional and support services and checking resources for guidance and support.
- considered a support network to help me navigate this situation.
- considered my financial situation and contemplated the need to inform my funding scheme providers of my gender affirmation process, if applicable.

## Communication

### I have ...

- considered what and how I want to communicate about my gender affirmation with others, if I want to disclose this information with others.
- chosen name, title, pronouns.

## Gender Affirmation Planning

### I have ...

- decided to make / to not make a formal gender affirmation plan.

## Preparing for discussions

### I have ...

- been informed about my rights as a person affirming their gender.
- been informed about the access to internal and external support services for me in case I experience discrimination or other forms of mistreatment.
- considered the need to change my records and have been informed if I need official documents to do so.
- submitted requests and supporting evidence for name, title, and/or gender change.
- considered taking a break from studies, its duration and the expected dates.
- identified any educational adjustments required e.g., exam/assessment deadlines or extensions.