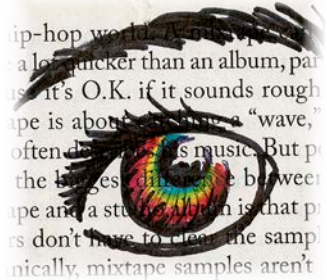




This leaflet provides information about NHS services in Scotland for young people who are experiencing distress and / or uncertainty about their gender identity.

The Young People's Gender Service is a multi-disciplinary team based in Glasgow who specialise in working with young people up to the age of 18, experiencing uncertainty or distress about their gender. The Service provides clinical input for young people and their families from across Scotland, as well as consultation and training to professionals and other agencies.



## Referral process

Referrals are accepted from a variety of sources, including GPs, Child and Adolescent Mental Health Services (CAMHS), schools and social work. The service also accepts self-referrals, either by email or phone call. However, it can be useful to speak with a GP about a referral first, as there may be other stressors or difficulties that they could help with at the same time. For example, some young people may also benefit from a referral to their local CAMHS if they are feeling low, anxious, or are at risk of self-harming.

## Coming to the service

### What will happen during the first appointment?

Your first appointment in the service will be a Choice appointment. A Choice appointment is a person's first contact with the YP Gender Service. A Choice appointment is a one-off assessment appointment that involves meeting with one of the clinical team. The clinician will want to get to know a bit about you including how you spend your time day to day, what you like to do and enjoy, and how you may be coping with any possible difficulties. They will also ask you about gender and what you hope the service can help you with (it is ok if you don't know for sure).

By the end of the Choice appointment, we hope to be able to discuss with you a few ideas about what might help and give you our opinion on what we think might work best. Some of these ideas might involve you coming for more appointments in the service to complete a more detailed assessment and exploration of gender. We will link you up with the clinician who is best suited to help you. Some of these ideas might involve you going to a different service. Some of these ideas might involve you trying things for yourself. Once you have all your options you can make the best choice for you.

### What will we cover in an assessment?

If you do choose to progress in the service you may engage in a detailed assessment and exploration of gender identity. The clinician will ask about gender identity and its development. They will ask about lots of other things, too, such as a young person's interests, how they spend their time, their relationships and their strengths. They will also ask about growing up and a young person's physical health. The clinician will be interested to know more about your family and how things are going at school. Time will also be spent talking about a young person's hopes and goals for the future. You may be asked to complete some questionnaires. The assessment will take place over a number of months. Time between appointments will allow each person an opportunity to reflect on what has been covered and also, for some people, enable them to take steps to move forward.



## What happens next?

When the assessment has been completed there may be a number of outcomes, including individual or family psychological exploration of gender identity, expression and development, occupational therapy input, referral to another service, referral to a specialist in hormone treatments for children (Paediatric Endocrinology) or referral for further assessment for hormone therapy. Sometimes all of these things are suggested. Each person's care is tailored to their needs.

## What types of support does the Service offer?



The Service offers a range of different supports to young people and their families. Everyone is different so each plan is individualised based upon their assessment. The service may provide individual and group support to young people to help them think through different aspects of their gender identity, helping them to make sense of their experiences. We sometimes offer support to parents or whole families to understand gender identity development and help them to communicate with each other about this. The Service can provide support and advice to schools.

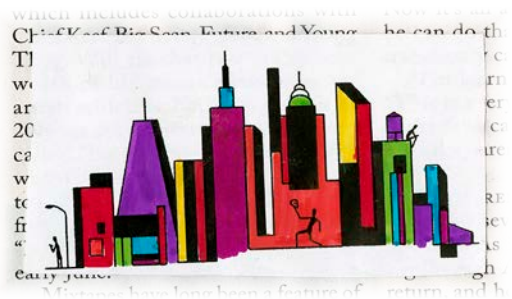
We want to help our young people to keep well and live healthy and rewarding lives.

## Counselling and support services

Sandyford Counselling & Support Services (SCASS) provides a Counselling Service for young people, aged 13-17 years, who are exploring / questioning their Gender Identity or considering transition. SCASS works alongside the Young People's Gender Service and provides a safe space for young people to explore their gender concerns and issues with a qualified Counsellor.

You can be referred to the service by yourself, your GP or another service and can contact us on **0141 211 6700**.

Sandyford Counselling & Support Services (SCASS) is based within NHS Sexual Health Services.



### **What are puberty blockers and will they be offered?**

Following assessment, some young people may be referred to an Endocrinologist for further assessment to consider if puberty blockers would be helpful. Puberty blockers suppress the sex hormones naturally produced by the body. This means that puberty is effectively paused. Puberty blockers will only be considered if puberty has already started and assessment shows that the young person is experiencing clear, persistent and consistent gender dysphoria.

If a young person is referred for puberty blockers they will continue to meet for regular review appointments with the Gender Service, as well as attending Endocrinology.




There is a lack of good quality research into the long term effects and unknown consequences of puberty blockers when used with young people who have Gender Dysphoria. Whilst some people report they have a positive effect, more and better quality research is needed.

Although puberty blockers are suggested in clinical guidelines as a helpful intervention for some people, they have also been described as experimental. If a young person is referred for blockers you will be able to discuss this further with the Endocrinologist. Puberty blockers are a separate intervention to hormone therapy. Any young person who is being considered for puberty blockers will have the opportunity to discuss the benefits, risks and possible unknown consequences of this decision. A young person can stop puberty blockers without progressing onto further treatment.

### Having periods is distressing for me, what can I do?

For young people experiencing distress in relation to their periods and wishing to pause them, we suggest that they speak with their GPs about their options. There are various options including the progestogen-only pill, injection and implant. We are happy to provide further consultation to GPs on this.



for sale there is little cause for alarm. Will put out five of them before “Ransom,” in 2014. Fans have been waiting—impatiently, if Twitter comments are any indication—for “Ransom 2,” which was supposed to drop on January 29th. One reason for the delay is that, unlike the previous mixtapes, which were “leaked” for free over the Internet, “Ransom 2” will actually be for sale, which is part of Wu’s partnership with Interscope. Wu doesn’t seem all that

ble car wash. That night, A Plus was having a birthday party in a club. Will got a start—about one-fifteen in the morning. As he entered the club with retinue, he was immediately shouted out by the d.j.: “Mike Will Made in the building!” Everyone looked around. The place was a cleaned-but-store, with bare concrete floors and walls, so furniture scattered about. It was a lo

## What are gender affirming hormones and will they be offered?

Gender affirming hormones may be prescribed to a young person with gender dysphoria. These hormones help affirm the gender the young person feels is correct for them by changing their body. For example, a young person who was assigned female at birth but who identifies as male may be prescribed masculinising hormones. For another young person who was assigned male at birth (testosterone) but who identifies as female, they may be prescribed feminising hormones (oestrogen).

In Scotland a young person needs to be at least 16 to be started on gender affirming hormones. A young person will undertake two separate assessments within the Gender Service before hormone therapy can be commenced.

## Our Confidentiality Promise

A professional has a 'duty of confidentiality'. At Sandyford Services, this means we must not disclose anything learned about a young person without their agreement. We will have an open chat about confidentiality as we know how important it is not to break trust. You can be sure that anything discussed with the Gender Service – the doctors, clinical psychologists, counsellors, nurses, the occupational therapist or receptionists – will stay confidential. The only reason why we might have to consider passing on confidential information without permission would be to protect a young person or someone else from serious harm. We would always try to discuss this first though. If you have any worries about confidentiality, please talk to us about this.

## Contact details for the Young People's Gender Service:

2-6 Sandyford Place  
Glasgow  
G3 7NB

Telephone: 0141 211 8618

✉ [youngpeoplegender.sandyford@ggc.scot.nhs.uk](mailto:youngpeoplegender.sandyford@ggc.scot.nhs.uk)

🌐 <http://www.sandyford.org/>

