



Put the T+ in teams with

MERMAIDS TRAINING



ABOUT Mermaids



Who are we?

Mermaids supports transgender, non-binary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care.

Transgender, non-binary and gender-diverse children and teens need support and understanding, as well as the freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face.

Mermaids has been supporting transgender, non-binary and gender-diverse children, young people, and their families since 1995.

Back at the start, we were a small group of concerned parents sitting around the kitchen table, coming together to share experiences, find answers and look for ways to keep our children safe and happy.

Today, Mermaids has evolved into one of the UK's leading LGBTQ+ charities, empowering thousands of people with its secure online communities, local community groups, helpline services, web resources, events and residential weekends.

We also seek to educate and inform wider society on gender identity by helping professionals and others accommodate and reassure gender-diverse young people.

Over the years, we've seen many changes in the language and understanding surrounding gender issues but one thing remains the same: transgender, non-binary and gender-diverse children deserve the freedom and confidence to explore their gender identity wherever their journey takes them, free from fear, isolation and discrimination.

Where do we work?

Mermaids works to support children, young people, families and professionals right across the UK. As well as direct support we also work to make life better for trans, non-binary and gender-diverse children, young people and their families through campaigning, consultancy, training and advocacy.

For more information

Visit our website: mermaidsuk.org.uk

Email us at info@mermaidsuk.org.uk for general enquiries or at virtualtraining@mermaidsuk.org.uk for training enquiries.



Why Mermaids Training?

Mermaids is proud to offer our tailored, CPD Accredited suite of training modules to professionals seeking a better understanding of gender issues. Our training aims to empower professionals, through increased knowledge and resources, to create a trans inclusive ethos.

Equipping professionals with the most up to date and relevant information, enabling them to be confident in supporting gender-diverse communities and embracing all members of the trans population within their organisation.

Training and Presentations

Mermaids offers interactive training for groups of up to 30 people and presentations for larger groups. We can offer these sessions either virtually or in person. Whilst we have a suite of off the shelf materials we can also create sessions bespoke to your needs. Simply contact the team to arrange sessions that suit you and your organisation.

Not organising training for a group? Mermaids also offers places on our “individuals sessions”. These offer individuals the chance to attend training with other individuals so you still get the opportunity to take advantage of our interactive sessions. These sessions run on a regular basis throughout the year.

CPD Accredited Training

Supporting Trans, Non-Binary and Gender Diverse Young People

Duration: 2.5 hours

- Understanding gender identity and gender diversity: what it means to be trans or gender diverse
- Trans terminology including pronoun use
- Challenges faced by trans young people: isolation, bullying and discrimination, family issues, social situations, mental health, transitioning while in education/workplace etc.
- Transition pathways, including healthcare
- Changing names, systems and forms
- Legal responsibilities: the Equality Act, hate crime incidents, transphobia
- Improving trans equity and diversity: policies, guidance, recommended resources

Neurodiversity and Trans Identities

Duration: 1.5 hours

- Overview of different neurodiverse conditions
- Testimonies from neurodiverse trans people
- Reflections on the latest research into neurodiversity and gender diversity
- The challenges and barriers faced by neurodiverse trans people
- Supporting neurodiverse trans people

LGBTQ+ Healthcare

Duration: 1.5 hours

- The needs of LGBTQ+ people accessing healthcare
- The barriers preventing LGBTQ+ people accessing healthcare
- The implications of negative experiences of healthcare
- Health inequalities faced by LGBTQ+ people

LGBTQ+ Mental Health

Duration: 1.5 hours

- The barriers faced by LGBTQ+ people accessing mental healthcare
- The implications of LGBTQ+ people not addressing mental health concerns
- Why LGBTQ+ people may be at higher risk of poor mental health outcomes

Service Agreements

All of our training activity is carried out under a service agreement between Mermaids and the organisation. This is a simple document that covers costs and expectations from both parties.



Questions?

For more information on our pricing, content or to book a place please contact virtualtraining@mermaidsuk.org.uk or visit our website www.mermaidsuk.org.uk

WHAT OUR PARTICIPANTS SAID



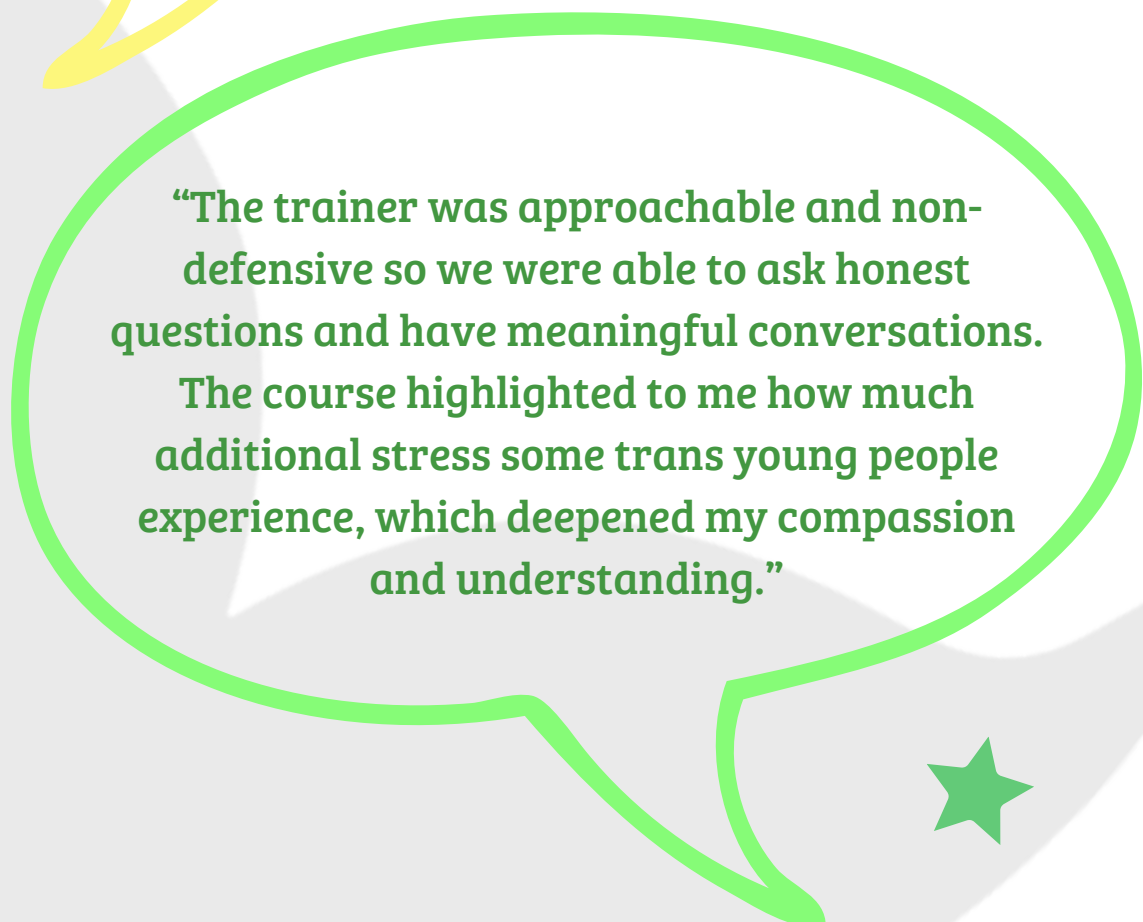
"The trainer was great, really clear and helpful. I felt at ease to share and talk without fear of judgement. I learnt an incredible amount. I would highly recommend to any professionals working in Education."




"I really enjoyed the training, it was informative, delivered well and enthusiastically and I came away feeling I had a better understanding of what young people go through; plus I now feel more confident talking about this with our students. Thank you."



"The training was incredibly helpful in understanding the importance of gender identity and how we can support everyone with transitions and their mental health. Really well delivered. The trainer was really informative. They kept us engaged and encouraged us to share our thoughts. Incredible training."



"The trainer was approachable and non-defensive so we were able to ask honest questions and have meaningful conversations. The course highlighted to me how much additional stress some trans young people experience, which deepened my compassion and understanding."





Mermaids

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MermaidsGender



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