

Queer- Related Resources and Guides

Resources in Peterborough

Four County Crisis Line:
A great resource for any mental
health crisis you or your friends
may have

[cmhahkpr.ca/programs-
services/four-county-crisis/](https://cmhahkpr.ca/programs-services/four-county-crisis/)

Gender Journeys:
Provides support groups and
education to trans people their
families, and their partners.

[cmhahkpr.ca/programs-
services/gender-journeys/](https://cmhahkpr.ca/programs-services/gender-journeys/)



Trent Health Centre

Offers:

- Birth control counselling
- Pap testing
- STI testing, information, treatment, and follow-up
- Prescription renewals
- Wart treatment
- Immunizations, TB testing and other injections (allergy, B12, Depo, etc.)
- Referrals and/or information to dentists, physiotherapists, massage therapists, psychologists, optometrists, and other specialists
- Mental health assessments & treatment
- And more!

www.trentu.ca/wellness/health

Inclusive Language:

Gender inclusive language for addressing groups or your non-binary pals

[www.phsa.ca/transcarebc/Documents/HealthProf/Gender Inclusive Language for Everyone.pdf](http://www.phsa.ca/transcarebc/Documents/HealthProf/Gender%20Inclusive%20Language%20for%20Everyone.pdf)

What to do when you make pronoun mistakes

[www.phsa.ca/transcarebc/Documents/HealthProf/Making Mistakes Everyone.pdf](http://www.phsa.ca/transcarebc/Documents/HealthProf/Making%20Mistakes%20Everyone.pdf)

She/Her

They/Them

Ze/Zir

Xe/Xem

He/Him



A Career Guide for Trans* Students

sgdo.utoronto.ca/resources/your-journey-guide/

A guide for the Families of Trans* People

ctys.org/wp-content/uploads/CTYS-FIT-Guide-2020-English-1.pdf



How to Create an Inclusive Workspace

thehub.utoronto.ca/family/wp-content/uploads/2018/03/LGBT-Infographic.pdf

Mental Health:

Good2Talk:

Confidential and anonymous support
line for post-secondary students
good2talk.ca/

BounceBack:

A skill-building program made to help you manage
low-mood, depression, anxiety, stress, and worry
bouncebackontario.ca/



Sexual Health:

Peterborough Sexual Health Clinic:
www.peterboroughpublichealth.ca/your-health/sex-sexuality/sexual-health-clinic/

Ontario Sexual Health Resources:
sexualhealthontario.ca/en/home

Canada Sexual Health Resources:
www.canada.ca/en/public-health/services/sexual-health.html

HIV Testing, and Treatment:
parn.ca/

HIV Prevention:
www.prepclinic.ca/



Information for Supporting Others

“Black Trans Women and Black Trans Femmes: Leading & Living Fiercely” by the Transgender Law Center:

<https://transgenderlawcenter.org/black-trans-women-black-trans-femmes-leading-living-fiercely>

“A Guide to Being an Ally to Transgender and Nonbinary Youth” by The Trevor Project:

<https://www.thetrevorproject.org/resources/trevor-support-center/a-guide-to-being-an-ally-to-transgender-and-nonbinary-youth/>

“Understanding Non-Binary People: How to Be Respectful and Supportive” by The National Center for Transgender Equality:

<https://transequality.org/issues/resources/understanding-non-binary-people-how-to-be-respectful-and-supportive>



Sex Education, Guidance, and Advice

How to Have Sex if You're Queer: What to Know About Protection, Consent, and What Queer Sex Means by Yana Tallon-Hicks:

<https://www.teenvogue.com/story/how-to-have-queer-sex>

A Sex Educator Explains What To Know Before Having Sex With Your Trans Partner by Emma McGowan:

<https://www.bustle.com/p/what-to-know-before-having-sex-with-your-trans-partner-22983068>

Sex With Trans Women 101: A Guide for Queer Cis Women by Ana Valens

- Content warning: Contains sexually explicit language and content:

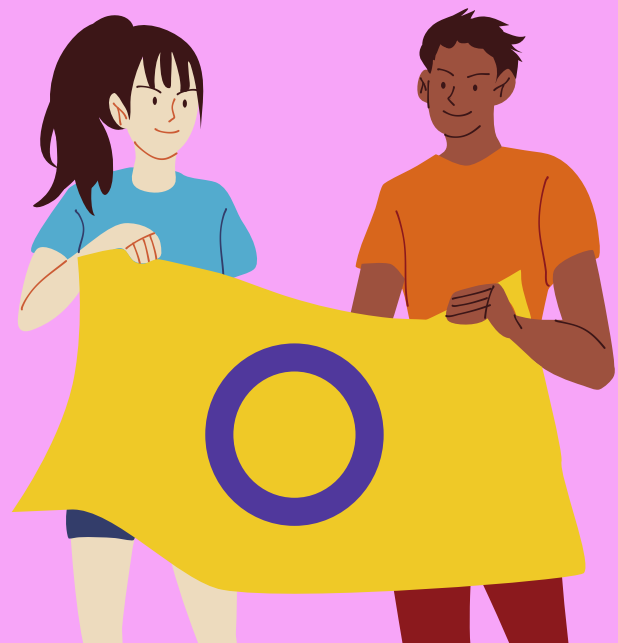
<https://www.allure.com/story/guide-to-sex-with-trans-women-for-cis-women?fbclid=IwAR066aORQ3VBy9LQjVc-AC14LKTiuaxP6xfiatDtCwOWS-6bP6NU5w8mpZY>

Why You Can't Find Any Real Queer Porn On Free Websites by Kasandra Brabaw

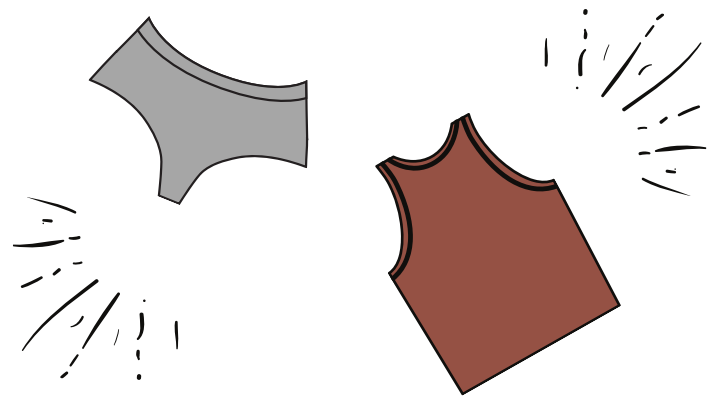
<https://www.refinery29.com/en-us/ethical-queer-porn-not-free>

Your First Time: A Sexual Guide for Trans Men by Mitch Kellaway:

<https://everydayfeminism.com/2015/01/sexual-guide-for-trans-men/>



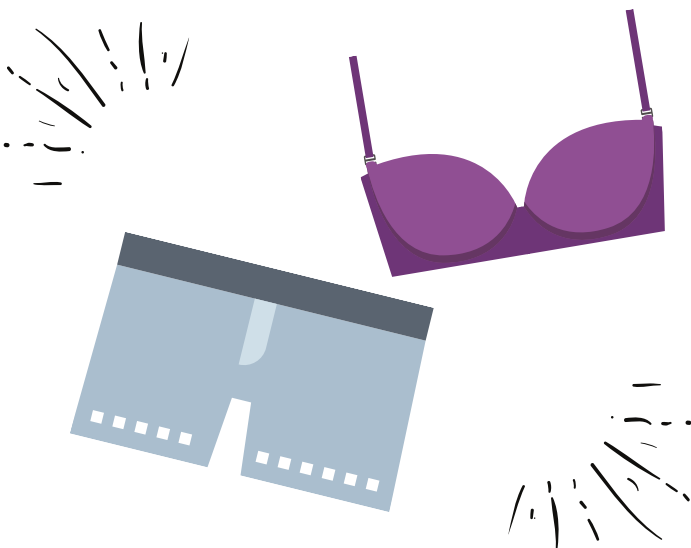
Binders, Gaffs, and other Gender Gear



Underworks:
Sells binders, hip enhancers, and other shapewear. Their store is not trans-specific or owned but they're less expensive and are still good quality, but they should not be worn swimming or to be active.
www.underworks.com/

GenderGear:
A Canada based store that sells everything from gaffs to pumps. If you're questioning or just came out, their education section will teach you about all their products. They also run a binder recycling program in case you can't afford a new one.
www.gendergear.ca/

gc2b:
Trans BIPOC owned and sells exclusively binders. Binders are good quality and can be worn while swimming or while working out. Also sells a wide variety of skin tones and other colors.
www.gc2b.co/

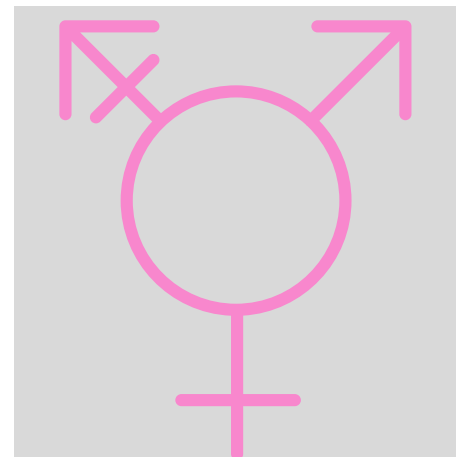




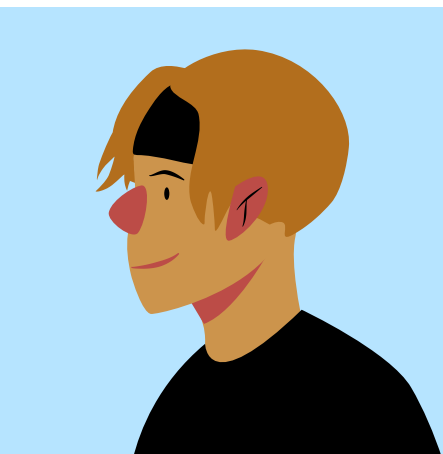
HORMONE REPLACEMENT THERAPY



MTF Hormone Guide
https://d31kydh6n6r5j5.cloudfront.net/uploads/sites/161/2019/08/hormones_MTF.pdf



FTM Hormone Guide
https://d31kydh6n6r5j5.cloudfront.net/uploads/sites/161/2019/08/hormones_FTM.pdf





Office of the Registrar PREFERRED FIRST NAME REQUEST

Students may use this form to request to use a first name other than their legal name for internal communications such as class lists, student ID card, email address, etc. Legal name will be used on all official academic records unless documentation of a legal name change is provided.

Name change requests cannot be accepted through third-parties.

Name as CURRENTLY recorded at Trent University		
Last name	First name	Middle name(s)

New preferred first name as you would like it displayed		
Preferred first name		

Are you currently registered in courses?	<input type="checkbox"/> YES
	<input type="checkbox"/> NO

Would you like to be issued a new student ID card with your preferred first name?	<input type="checkbox"/> YES
	<input type="checkbox"/> NO

Student No.	Date
Signature	

You will be contacted directly by IT to update your email address and myTrent login.

Fax, mail or drop off this form and supporting documentation to:

Office of the Registrar
Trent University
1600 West Bank Drive
Peterborough, Ontario K9J 7B8
FAX: 705-748-1629

Ontario Sex Designation Change Form:

www.ontario.ca/page/changing-your-sex-designation-your-birth-registration-and-birth-certificate

Form:

[www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=11325&NO=007-11325E)

[OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=11325&NO=007-11325E](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=11325&NO=007-11325E)

Requirements:

- A signed letter from a doctor or psychologist saying you are the gender you say you are
- All your previous birth certificates
- A filled application form for a birth certificate, with the application fee

[www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=11076E&NO=007-11076E)

[OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=11076E&NO=007-11076E](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=11076E&NO=007-11076E)

- Statutory Declaration for a Change of Sex Designation on a Birth Registration of an Adult, signed in front of a commissioner of oaths

[www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=11324&NO=007-11324E)

[OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=11324&NO=007-11324E](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=11324&NO=007-11324E)

Name Change:

www.ontario.ca/page/change-name

Form:

[www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=name+change&NO=007-11155E)

[OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=name+change&NO=007-11155E](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=name+change&NO=007-11155E)

Requirements:

- Police Record Check (if necessary):

[www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=&ENV=WWE&TIT=002-5349&NO=002-5349E)

[OpenForm&ACT=RDR&TAB=PROFILE&SRCH=&ENV=WWE&TIT=002-5349&NO=002-5349E](http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RDR&TAB=PROFILE&SRCH=&ENV=WWE&TIT=002-5349&NO=002-5349E)

Note! If you're changing your name **and** gender marker send all forms in at the same time to avoid getting two different half changed birth certificates.