

Gender diversity: planning your transition

Transitioning is a unique journey for each person. This guide intends only to provide you with a general plan for successful transition while you are at JCU.

Transitioning refers to the period where a person commences living, behaving, and expressing themselves as a member of another gender other than their birth gender. This is also known as affirming one's gender because the person is living and behaving as their personally experienced sense of gender (i.e. their gender identity).

Do you want support?

There are an increasing number of young people in our community exploring and questioning their gender identity. Remember that you are not alone. If you want to talk through any questions or concerns about your gender identity there are people who can help and support you.

On campus, JCU Student Equity and Wellbeing offers a free and confidential service that can support you with your gender transition and connect you with others who can help you manage any university related issues. This could include both on and off campus contacts/services. Visit the Student Equity and Wellbeing website for additional support contacts: <https://www.jcu.edu.au/student-equity-and-wellbeing>

What to consider

1. How much support do you want or need to manage the process of transitioning at university? It may help to identify the key support people who can assist you, such as a trusted friend, academic staff, JCU counsellors, halls of residence supervisors, or other on/off campus support.
2. A transitioning student may require flexibility for medical appointments and surgery. Gender incongruence is a recognised medical condition and relevant JCU policies apply.
3. You can access support from JCU prior to presenting as your affirmed gender. This ensures appropriate supports and effective communication plans are in place.
4. Do you require any leave from study? If so, how will leave affect your studies? Do you need to

talk to your course coordinator about due dates, exams or extensions? Keep in mind the following JCU policies:

- Withdrawal without financial penalty process <https://www.jcu.edu.au/students/fees-and-financial-support/withdrawal-without-financial-penalty-special-circumstances>
- Withdrawal from subjects or your course <https://www.jcu.edu.au/students/enrolment/withdraw-from-subjects>

Have you considered your return-to-study arrangements?

5. What might you need to discuss with relevant support persons or services? Topics might include:
 - Presenting as affirmed gender. Is there a set date, or a preference for transition to occur over time?
 - Timeframe for any hormone, medical, and/or gender affirmation procedures
 - Facilities usage arrangements:
 - Change of university records, including your Student Record, Student ID Card (photo and/or name), profile webpages (if relevant), email address, finance system records, research systems records, memberships, LearnJCU profile, etc.
 - Changing of gender and/or name for legal purposes, e.g. Human Services, Medicare, Queensland Driver's Licence, Australian or other passport.

The Student Center can assist with making changes to student records and with the coordination of other administrative processes.

JCU may require proof of identity to verify/confirm a change of identity against recorded information; however, evidence of gender affirmation surgery or treatment is never a requirement.

For further information, see the requirements to change personal details (<https://www.jcu.edu.au/students/student-forms/change-of-personal-details>) on student records including name, title, and/or gender, or contact the Student Centre for help:

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<https://www.jcu.edu.au/jcu-contact-information/student-centre>

6. Do you want any messages delivered on your behalf to other students, academic staff, etc. regarding your transition? For example, you might seek support to advise others of your personal pronoun and/or how you would like others to address you. Below are some questions that might further guide your thinking:

- **What** would you like to say?
- **Who** would you like to ask to deliver the message(s)?
- **How** would you like the message(s) delivered?
- **When** would you like the message(s) delivered?

Concerns

Do you need to raise any concerns about your gender transition? If so, you may contact JCU Student Equity and Wellbeing:

<https://www.jcu.edu.au/student-equity-and-wellbeing>.

If you are concerned about a friend or family member, talk with them about what is going on, listen to their experience, and seek help together.

Further information and support

See our Resources webpage under Sexual and Gender Diversity

<https://www.jcu.edu.au/student-equity-and-wellbeing/resources>

Student Equity and Wellbeing

James Cook University

Web <https://www.jcu.edu.au/student-equity-and-wellbeing>

Email studentwellbeing@jcu.edu.au

Phone Townsville (07) 478 14711 or Cairns (07) 423 21150

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