



# Detransitioning voices

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# Why was this problem chosen?

**01**

A widely taboo topic around the world. As society's understanding of gender identity and expression evolves, so too does the discourse around detransitioning.

**02**

This topic is crucial to address as it reflects the complexities of the modern gender landscape.

**03**

Discussions about transitioning and transgender experiences, detransitioning voices are often marginalized.

# What actually is detransitioning?

Refers to the process in which an individual who has previously undergone a gender transition returns to their original or assigned birth gender. This typically involves discontinuing the use of gender-affirming treatments, surgeries, or changes in presentation and identity to align with their birth-assigned sex or gender identity.

# Main goal

Our main goal was to make people who are currently in the process of detransitioning feel like they are accepted, appreciated and empowered. Together with our site we wanted to provide various resources for mental health support as well as create an atmosphere that is welcoming.

# Landing page features

## **Meditation**

Three different types of meditation: Guided, Lofi and Ocean vibes. A visitor can choose whichever one according to their own personal preferences. The music was originally created for this platform.

## **Anonymous Q&A**

In order to protect an individual's privacy, we came up with a concept of anonymous questions. Any visitor can submit a question and every Tuesday of the week we will answer it in the "Community Speaks" section.

## **Dance Therapy**

After an in depth research as well as a talk with dance movement therapists we have come with a dance therapy exercises, which any one of us can use. this work was specifically presented by Ugnė Sasnauskaitė a dance movement therapist.

## **SOS button**

The emergency button currently disguised as "Connect right now" offers a functionality to be immediately connected to a licensed therapist, which is there for you to talk about your feelings or just in general vent.

## **FAQs**

We also provided a list of most commonly asked questions around this topic, this way if the question is already answered and individual just could browse it on our website.

# Real life experiences

Alex, USA:

Alex transitioned to female in his late teens but later chose to detransition. He discusses the emotional struggles he faced during the detransitioning process, including feelings of isolation and confusion. Alex's story highlights the significance of finding support from mental health professionals and communities of detransitioners.

Charlie, Canada:

Charlie detransitioned after several years of identifying as transgender. He shares his story online, emphasizing the importance of mental health support during and after detransition. Charlie discusses the emotional toll of detransitioning, including the reactions of friends and family, and highlights the need for understanding and empathy.

Keira, Australia:

Keira's story revolves around her experience of transitioning to male, living as a man for years, and then deciding to detransition. She speaks openly about the complexities of identity and the challenges of reintegrating into society after detransitioning. Keira emphasizes the importance of self-acceptance and self-compassion throughout the detransitioning process. Alex transitioned to female in his late teens but later chose to detransition. He discusses the emotional struggles he faced during the detransitioning process, including feelings of isolation and confusion. Alex's story highlights the significance of finding support from mental health professionals and communities of detransitioners.

# Conclusion

Our team has chosen a sensitive topic, which could trigger many people out there. However as our main goal stated we are trying to create a safe space environment. As well as mentioned in our video presentation we would also like to encourage everyone to be more conscious and understanding around such an in-depth issue. This is why “Detransitioning Voices” was created.

# Thank You!

"Detransitioning voices matter because every individual's journey is valid, and understanding the diverse experiences within the detransitioning community enriches our collective understanding of identity and resilience."

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