

# Aotearoa New Zealand Trans & Non-Binary Health Survey

**WHAT:** This is a comprehensive, anonymous survey on the health and wellbeing of trans and non-binary people living in Aotearoa New Zealand.

This is the second wave of *Counting Ourselves*. We ask some of the same questions as 2018 to see what changes may have happened since then. Other questions are new, based on feedback about other issues important to our communities.

**WHO:** This survey is for all trans and non-binary people aged 14 years or older and currently living in Aotearoa NZ.

It does not matter whether you use the specific terms 'trans' or 'non-binary' to describe yourself, whether you have taken medical steps to affirm your gender, or plan to do so.

There are many terms that people in our communities use. For example, these include:

- trans, transgender, transsexual, takatāpui, or irawhiti
- trans woman, transfeminine, or whakawahine
- fa'afafine, fakaleiti or leiti, fakafifine, akava'ine, or vakasalewalewa
- trans man, transmasculine, tangata ira tāne, fa'atama, or akatāne
- non-binary, tāhine, genderqueer, irakē, gender fluid, irahuri, gender diverse, irahuhua, cross-dresser, bi-gender, pangender, demi-gender, agender or irakore

Trans people might also identify as simply a woman or as a man.

**We want to hear from all of you.**



The survey is live from

**1 September —  
30 November, 2022**

**WHY:** We hope the survey findings help to improve the health of trans and non-binary people in Aotearoa NZ.

**HOW:** The simplest way is to fill the survey out online on our website. You can also email us for a paper copy and a self-addressed envelope to return the completed survey.

## Some Topics in the Survey

- Emotional and physical health
- Experiences accessing general and gender affirming healthcare
- Conversion practice experiences
- Being indigenous, a person of colour or from an ethnic community
- Stigma, discrimination, and violence
- Being a Deaf or disabled trans or non-binary person
- Social support and connections (including from peers, family, whānau, cultural or other communities)