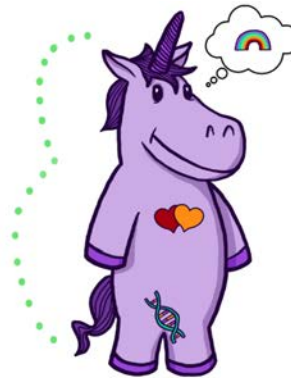


Using Gender Affirming Care to Teach Emotional Intelligence

	Self	Social
Regulation	Self Awareness	Social Awareness
	Self-Confidence Emotional Self Awareness Accurate Self Assessment	Empathy Organisational Awareness Understanding the environment
	Self Management	Social Skills
	Self-Control Trustworthiness Conscientiousness Adaptability Drive and motivation Initiative	Influence Inspirational Leadership Developing others Influence Building bonds Team Work and Collaboration



To learn more, go to: www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

Gender Identity

- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression

- Feminine
- Masculine
- Other

Sex Assigned at Birth

- Female
- Male
- Other/Intersex

Physically Attracted to

- Women
- Men
- Other Gender(s)

Emotionally Attracted to

- Women
- Men
- Other Gender(s)

Four Areas Of Emotional Intelligence			
Self Awareness	Self Management	Social Awareness	Relationship Management
*Know your story & how it affects you	*Learn skills for breathing & relaxation	*Understand nonverbal social signals	*Develop skills for reflective listening & empathy
*Make peace with your past	*Complete your basic emotional healing work	*Develop a positive view of others	*Learn skills for healthy assertiveness
*Know your beliefs, your emotions & your behavior patterns	*Learn skills for soothing & motivating yourself	*Understand basic human emotional needs	*Learn conflict resolution skills
*Know your relationship patterns	*Maintain healthy eating & exercise	*Understand "games" & personal integrity	*Develop skills for support & affirmation of others



<http://transhealth.ucsf.edu/protocols>



<https://www.wpath.org/publications/soc>