



# COUNTING OURSELVES

## Aotearoa New Zealand Trans and 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.

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

It does not matter whether you use the specific terms 'trans' or 'non-binary' to describe yourself, whether you have transitioned, or even plan to transition. There are many other terms that people in our communities use including transgender, transsexual, whakawahine, tāhine, tangata ira tane, takatāpui, fa'afafine, fa'afatama, fakaleiti, fakafifine, akava'ine, aikāne, vakasalewalewa, genderqueer, gender diverse, bi-gender, cross-dresser, pangender, demi-gender, agender, trans woman, trans feminine, trans man, or trans masculine. Trans people filling out the survey might also identify as simply a woman or as a man. We want to hear from all of you.

**WHY:** We hope this survey will provide information that will improve the health of trans and non-binary people in Aotearoa New Zealand.

**WHEN:** The survey is live until September 30th.

**HOW:** The easiest way to complete the survey is online, through our website [<http://countingourselves.nz>]. If you want to fill it out by hand, send your postal address to [trans-survey@waikato.ac.nz](mailto:trans-survey@waikato.ac.nz). We will send you a print-out of the survey, and a stamped, addressed envelope to return the completed survey to us. Your postal address and email address will be deleted once we have sent you the survey.

### Topics in the Survey

- a) Emotional and physical health
- b) Experiences of stigma, discrimination and violence
- c) Experiences of accessing general and gender-affirming healthcare
- d) Social support factors (including from peers, family, whānau, cultural or other communities)

This study has been approved by the Health and Disability Ethics Committees (Approval no: 18/NTB/66)

### Contact us

Email: [trans-survey@waikato.ac.nz](mailto:trans-survey@waikato.ac.nz)

Website:  
<http://countingourselves.nz>

Facebook page:  
<https://www.facebook.com/NZTransHealthSurvey/>