

COUNTING OURSELVES

AOTEAROA NEW ZEALAND TRANS AND NON-BINARY HEALTH SURVEY

Participant Information Sheet

Principal Investigator: Dr Jaimie Veale +64 7 837 9216 or <u>iveale@waikato.ac.nz</u> Ethics committee ref: 2022 FULL 12683

Kia ora, mālō e lelei, talofa lava, namaste, kia orana, nisa bula vinaka, nín hǎo, welcome.

Thank you for your interest in taking part in Counting Ourselves, the Aotearoa New Zealand Trans and Non-binary Health Survey.

Participation in this study is voluntary and it is important you read this information so you can decide whether you want to participate. Before you decide, you may want to talk about the study with other people, such as friends, family, whānau, or healthcare providers. Feel free to do this. You may contact us if you have any questions about the survey by emailing <u>kiaora@countingourselves.nz</u> or by phoning us on **07 837 9216**. You may also contact us if you want a **paper copy** of the survey to fill out, instead of doing this online. We will post out a paper copy and a return prepaid envelope.

If you agree to take part in this survey, you will be asked to consent at the bottom of this page. Please make sure you have read and understood all the information.

Who are we?

We are a research team based at the Transgender Health Research Lab at the University of Waikato who work to improve the health and wellbeing of trans and non-binary people.

Our research team is led by our Principal Investigator Dr Jaimie Veale and our Co-Principal Investigator Jack Byrne. Both Jack and Jaimie are trans and have many years' experience conducting trans health and human rights research, including the first Counting Ourselves survey in 2018. Our core project team and associate investigators are listed below with further information available on our website <u>countingourselves.nz</u>

Principal Investigator

• Dr Jaime Veale

Co-Investigators

• Dr Kyle Tan

Students

- Ryan Bentham (PhD)
- Sofia Gonzalez (Masters)
- Harry Jones (Masters; University of Canterbury)
- Taine Polkinghorne (Masters; University of Auckland)

Co-Principal Investigator

• Jack Byrne

Lab Manager

• Ashe Yee

Associate Investigators

- Ahi Wi-Hongi
- Phylesha Brown-Acton
- Dr Elizabeth Kerekere
- Prof Gareth Treharne
- Dr George Parker
- Dr John Fenaughty
- Dr Rona Carroll



Voluntary participation and withdrawal from this study

Participation in the survey is voluntary. The only questions that we require you to answer are in the first section, where we check you can participate in the study by asking if you are trans or non-binary, live in Aotearoa, and are at least 14 years old. Otherwise, you can skip any other questions, for any reason.

You can withdraw from the survey at any time for any reason. If you start the survey and then wish to withdraw, you can return to this page at any time using the "Previous" button and click on the option asking for all your responses to be erased. Because the survey is anonymous, once you have submitted your response you cannot withdraw from the study.

What is the purpose of the study?

Counting Ourselves is an anonymous survey asking about trans and non-binary people's health and wellbeing. This is the second wave of Counting Ourselves - we conducted the first survey in 2018. We are asking some of the same questions from 2018 to see what changes may have happened since then. Other questions are new, based on feedback about issues important to our communities.

We hope that this survey can collect information that will improve the lives of people in our communities, by showing us:

- how well trans and non-binary people are doing in our mental health and physical health compared to the rest of the population
- the stigma, discrimination, and violence we experience as trans and non-binary people, as well as how racism and others forms of discrimination impact us
- our experiences in doctors' clinics, hospitals, and other healthcare settings; this could be for gender affirming care, such as hormones or surgeries, or when we see someone about our general health
- how support from our friends, family, whānau, and others might protect us against the impacts of stigma, discrimination, and violence that trans and non-binary people face

How is the study designed?

The study is designed as an anonymous survey with many questions taken from large Aotearoa New Zealand surveys so we can compare our experiences against the wider population. Some of the questions were the same as Counting Ourselves 2018 so that we can keep track of changes over time.

Who can take part in the study?

This survey is for trans and non-binary people. This means anyone whose gender is different from their sex assigned at birth, whatever term you use to describe your identity. We want to hear from all of you!

You are eligible to take part in this survey if you are:

- trans or non-binary
- aged 14 years or older and
- currently living in Aotearoa New Zealand

If you do not meet these eligibility criteria, you cannot take part in this survey.

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, bigender, cross-dresser, pangender, demi-gender, agender or irakore
- trans people filling out the survey might also identify as simply a woman or as a man.



What will my participation in the study involve?

We expect the survey to take about 70 minutes for you to complete, but this may be less if you skip some sections or more if you decide to write more about your experiences.

During the survey, you will be asked for your responses to questions on a broad range of topics. For most questions, you just need to tick boxes to indicate your response, but some questions allow you to write in more details.

What are the possible risks of this study?

Due to the survey length, you might be at risk of fatigue. To help you manage this risk, you can take a break from the survey and return at a later time to complete it. If you need to take a break, you can complete the survey in multiple sessions by exiting the survey and returning within 3 months and before the survey closes. This function works provided you use the same computer and browser, have allowed cookies in your browser, and haven't cleared or deleted the cookies in the browser before you return to the survey. Click <u>here</u> to see further information about cookies and how to enable them.

We only ask questions about things that are important for our communities to know. Some of these questions are about difficult topics that might be hard for you to answer. For example, there are questions about hurting yourself, suicide, and experiences of being treated badly by other people, including emotional, physical, sexual violence and conversion practices. This means that you might be at risk of emotional harm or discomfort. To help you manage this risk:

- Before we ask you these sensitive questions, we will ask you if you would like to skip them.
- We provide you with a list of support services you can contact if you need help.
- We undertook extensive consultation about our questions to ensure that they are really necessary for achieving the study objectives and are beneficial to our communities.

Remember, it is your choice whether you answer these or any other questions.

What are the possible benefits of this study?

By taking part in the survey, you are helping us understand the health and wellbeing of trans and nonbinary people in Aotearoa New Zealand. Your experiences, no matter how ordinary or extraordinary, are valuable. The study is unlikely to provide individual benefits to you, though we hope it improves the situation for our communities.

What if something goes wrong?

You can contact the research team by emailing <u>kiaora@countingourselves.nz</u> or by phoning us on **07 837 9216**.

If you want to talk to someone about some of the sensitive issues raised in the survey, you can text or call **1737** to reach a counsellor 24 hours a day through the National Telehealth Service. You can also contact OutLineNZ's confidential Rainbow helpline every evening from 6pm-9pm (Phone: **0800 688 5643**; Email: **info@outline.org.nz**).

We have listed some other helplines next to specific questions too. You can see a full list of other support services on our website at: <u>countingourselves.nz/support/</u>.



What will happen to my information?

The information you provide in this survey is anonymous. We do not collect your name or any other information that might be able to identify you as an individual.

Future research using your information

If you consent to participate in this study, your anonymous data will be used by the research team for research on the health and wellbeing of trans and non-binary people. We may make parts of our anonymous data available to other researchers on request for them to conduct their own studies. Before granting other researchers access to the data, the Counting Ourselves team must be satisfied that appropriate data management plans are in place and that ethical approval for its use has been obtained in accordance with local laws and regulations.

Security and storage of your information

- Everyone's individual anonymous responses will be stored on two-factor authenticated password-protected University of Waikato accounts and computers. Only the research team, including staff, students, and Co-Investigators, will have access to these. All storage will comply with local data security guidelines.
- Data will be kept until it is no longer required. The PI and Co-PI (Dr Jaimie Veale and Mr Jack Byrne) will be responsible for deleting the data.
- We will collect your IP address, which is a unique number based on your internet connection. It does not identify you or your current physical address. We will only use IP addresses to double check for multiple responses from the same person, and then will delete all IP addresses.
- We will not publish any information where the number of responses is so small or the comments made are so specific that someone could possibly guess who made them. When making these decisions, we keep in mind that the sizes of trans and non-binary communities are small.
- If you contact us asking for a printed copy of the survey, we will delete your contact details once we have posted the survey to you. If you fill out the paper copy of the survey, we will put your answers into the computer anonymously and then shred your paper survey.

<u>Risks</u>

- All efforts will be made to protect your privacy. However, absolute confidentiality of information cannot be guaranteed, even with anonymous information. There is a very small risk that if someone who already knew you accessed your full survey response, they may guess your identity from all the information you supplied. Because our team includes experienced researchers and we have data management protocols in place, the risk of people accessing your information, identifying you, and misusing your information is currently very small, especially as this is an anonymous survey. This risk may increase in the future as people find new ways of tracing information. All our survey responses are kept on secure, password-protected university servers and we will continue to work with the university technical experts to reduce any risks that might emerge in the future.
- The 2018 Counting Ourselves survey results have been used successfully to advocate for the health, wellbeing and human rights of trans and non-binary people. However, it is also possible that others may use the research findings inappropriately to support negative stereotypes, stigmatise, or discriminate against parts of our communities, including those that you identify with. The Counting Ourselves project team takes our responsibility to minimise this risk very seriously when deciding what findings to publish and whether we will collaborate with other researchers to analyse our survey data.

Rights to access or withdraw your information

Because the survey is anonymous, once you have submitted your responses you will not be able to access, correct or withdraw your information, even if you change your mind about it being used.

If you have any questions about the collection and use of information about you, you should contact Dr Jaimie Veale.



Data-linking

Some survey participants have completed the 2018 Counting Ourselves survey or the 2021 identify survey (<u>www.identifysurvey.nz</u>). We give those people the option of allowing us to link their responses to those surveys to their answers in this second Counting Ourselves survey. This is called 'data-linking'.

Data-linking in this study is optional and only occurs if people provide non-identifying details by responding to three optional questions asking the day of the month you were born on, the first letter of the town you were born in, and the first two letters of your first pet. These details will help us to determine which, if any, responses are from the same person across the data sets from these three surveys. We will confirm this match using demographic details such as age, gender, and ethnicity. These details and this process will still keep your individual identity anonymous.

You can agree to your data being linked by completing the relevant questions.

Māori data sovereignty

Māori data sovereignty is about protecting information or knowledge that is about (or comes from) Māori. We recognise the taonga of the data collected for this study. To help protect this taonga:

- We have consulted with our Māori Investigators about the collection, ownership, and use of study data.
- We welcome Māori researchers and organisations requesting access to our anonymous data, including access to responses from Māori participants. Any requests for access to this data will be considered in consultation with our Māori Associate Investigators.

What happens after the study

When the data collection period is complete, we will analyse the data and make the results available in a community report, academic journal articles, fact sheets, conferences and community presentations, and other publications.

Can I find out the results of the study?

We will keep the community informed about the results of the study through our website, <u>countingourselves.nz</u>, and our Facebook and Twitter pages. If you would like to receive email updates, then you can subscribe to our mailing list by visiting our website <u>countingourselves.nz</u>.

Who is funding the study?

We have received funding from the Royal Society Te Apārangi to do this research.

Who has approved the study?

This study has been approved by an independent group of people called a Health and Disability Ethics Committee (HDEC), who check that studies meet established ethical standards. The Southern HDEC has approved this study (Approval no: 2022 FULL 12683).



Who do I contact for more information or if I have concerns?

If you have any questions, concerns or complaints about the study at any stage, you can contact:

Dr Jaimie Veale (Principal Investigator) +64 7 837 9216 or jveale@waikato.ac.nz

If you want to talk to someone who isn't involved with the study, you can contact an independent health and disability advocate on

Phone: 0800 555 050 Fax: 0800 2 SUPPORT (0800 2787 7678) Email: <u>advocacy@advocacy.org.nz</u> Website: <u>https://www.advocacy.org.nz/</u>

You can also contact support services or community groups for help, support and information including those supporting Māori, Pasifika people, and other specific groups. We have a list of contacts available on our website at: <u>countingourselves.nz/support/</u>. These include Gender Minorities Aotearoa, the national trans organisation that operates within the kaupapa Māori public health framework, Te Pae Māhutonga

Phone: 04 385 0611 Email: <u>support@genderminorities.com</u> Website: <u>https://genderminorities.com/</u>

You can also contact the health and disability ethics committee (HDEC) that approved this study on:

Phone: 0800 4 ETHIC (0800 438 442) Email: <u>hdecs@health.govt.nz</u>

O I have read the information above and agree that I understand my rights and what the survey involves and I agree to take part in the study. > Continue onto the next section.

O I do not agree to participate in this study and would like any information I have already provided to be

erased. > Please do not complete the rest of the survey, you may securely dispose of this copy yourself, or mail it back to the Counting Ourselves project team for secure disposal. We will not use your responses.



1: Demographics

1.1 What is your age in years?

We only have approval to ask people who are 14 or older to complete the survey. If you are aged less than 14, thank you for your interest in the survey, but unfortunately, we will not be able to include your response. Please do not complete the rest of the survey if you are aged less than 14.

1.2 Do you live in Aotearoa New Zealand?

If you do not live in Aotearoa New Zealand, thank you for your interest in the survey, but unfortunately we will not be able to include your response.

O Tes	OYes	O No
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1.3 Which region of Aotearoa New Zealand do you live in?

There is a map included on the following page to help with your selection if needed.

O Northland region/ Te Tai Tokerau	O Auckland region / Tāmaki-Makaurau region
O Waikato	O Bay of Plenty region/ Te Moana-a-Toi region
O Gisborne region/ Te Tai Rāwhiti region	O Hawke's Bay region / Te Mātau-a-Māui
O Taranaki	O Manawatu-Whanganui
O Wellington region/ Te Whanganui-a-Tara	O Tasman region/ Te Tai-o-Aorere
O Nelson region/ Whakatū	O Marlborough region / Te Tauihu-o-te-waka
O West Coast region / Te Tai o Poutini	O Canterbury region / Waitaha
O Otago region/ Ōtākou	O Southland region/ Murihiku
O Other region, <i>Please specify</i>	





Map of New Zealand territorial authorities by Korakys is licensed under CC BY-SA 4.0.

https://en.wikipedia.org/wiki/Territorial authorities of New Zealand#/media/File:NZ Regional Councils and Territorial Authorities 2017.svg https://commons.wikimedia.org/wiki/User:Korakys https://creativecommons.org/licenses/by-sa/4.0/



1.4 Which of the following best describes where you live?

O A major city (e.g., Auckland, Wellington, Christchurch, Dunedin, Hamilton, Tauranga)

O A large city (e.g., Palmerston North, Whangārei, Nelson, Invercargill)

O A medium-sized town or city (e.g., Ōamaru, Taupō, Masterton, Queenstown)

O A small town or rural area (e.g., Ōtaki, Hokitika, Kerikeri, Lyttelton)

O I don't know

1.5 What term or terms do you use to describe your gender? *Select all that apply.*

u woman / girl	🔲 man / boy
☐ trans woman	☐ trans man
Genderqueer	Gender fluid
Gender diverse	non-binary
D bi-gender	Cross-dresser
D pangender	agender
demigirl / demiwoman / demifemale person	Gemiboy / demiman / demimale person
🔲 irawhiti	☐ tāhine
U whakawahine	tangata ira wahine
tangata ira tane	🖵 takatāpui
☐ fa'afafine	🖵 faʻatama
Gakaleiti or leiti	Gakafifine
akava'ine	vakasalewalewa
❑ kua xing bie (跨性别)	Please specify any terms you use to describe your gender (including terms from your language / culture) that are not listed

1.6 Recognising that we are giving you limited options, if you had to select one response that best describes your current gender (or equivalent gender in English), what would it be?

Counting Ourselves will report the wide range of terms that survey participants use to describe their gender identity. In addition, often we are checking whether some of our findings vary between different parts of our communities, including based on gender. For that statistical analysis, we often use the broad categories of trans women, trans men, and non-binary people to compare responses. We prefer for you to decide which of these is the closest fit for your gender.

O non-binary, genderqueer,	O trans woman, woman, or girl	O trans man, man, or boy
agender, or similar identity	- · · · · · · · · · · · · · · · · · · ·	- · · · · · · · · · · · · · · · · · · ·

>Answer the following question if you selected any of these responses in question 1.5: Whakawahine; Tangata ira tāne; Takatāpui; Tāhine; Fa'afafine; Fa'afatama; Leitī or fakaleitī; Fakafifine; Akava'ine; Tangata ira wahine; or My gender(s) are not listed above. Otherwise, please skip to question 1.8.

- **1.7** Do you identify more with a culturally specific term (such as fa'afafine or takatāpui) than with English language or 'Western' terms (such as trans or non-binary)?
 - O Yes, I identify more with my culturally specific term

O I have no preference

O No, I don't prefer a culturally specific term

 ${
m O}$ This does not apply because I don't identify with any culturally specific term



1.8 Do you have an intersex variation (otherwise known as a variation of sex characteristics or a difference of sex development)?

Intersex is an umbrella term that describes a range of innate (from birth) sex characteristics that are not generally accepted as what is normal for female or male bodies. Sometimes intersex is described as 'innate variations of sex characteristics' (VSC) or 'differences / disorders in sex development' (DSD). There are up to 40 different gonadal, chromosomal, and reproductive variations of sex characteristics. Intersex people who responded to a 2015 Australian study used more than 35 of these terms to describe themselves. They were: 5-alpha-reductase deficiency, complete and partial androgen insensitivity syndrome (AIS), bladder exstrophy, clitoromegaly, congenital adrenal hyperplasia (CAH), cryptorchidism, De la Chapelle (XX Male) syndrome, epispadias, Fraser syndrome, gonadal dysgenesis, hyperandrogenism, hypospadias, Kallmann syndrome, Klinefelter syndrome / XXY, leydig cell hypoplasia, Mayer- Rokitansky-Küster-Hauser syndrome (MRKH, mullerian agenesis, vaginal agenesis), micropenis, mosaicism involving sex chromosomes, mullerian (duct) aplasia, ovo-testes, progestin induced virilisation, Swyer syndrome, Turner's syndrome / XX).

O Yes >Go to 1.10	
O No >Go to 1.10	
O Don't know >Go to 1.9	

If you are intersex and want more information and community connection, contact Intersex Aotearoa: email <u>info@intersexaotearoa.org</u> or on Facebook.

1.9 When we asked if you have a variation of sex characteristics (an intersex variation), you selected 'Don't know'. Could you tell us more about why you made this selection? *Select all that apply.*

I am not sure what intersex is
□ I think I may have an intersex variation
A health professional told me I may have an intersex variation
I am not sure about the differences between being trans and being intersex
Other reason, <i>please specify</i>

1.10 What sex were you assigned at birth?

For example, what sex was recorded on your original birth certificate?

O Male O Female



1.11 How would you answer the following question from Stats NZ? 'Are you transgender?'

Transgender is an umbrella term that refers to people whose gender is different to the sex recorded at their birth. Identities that may fall under this include trans, non-binary genders, transsexual, takatāpui, fa'afafine, genderqueer, and many more. Some people who come under this umbrella term as it is defined may not use the term transgender to describe themselves.

O Yes	O No
O Don't Know	O Prefer Not to Say

1.12 The next question is to double-check that this survey is for you. Which of the statements below apply to you?

Select all that apply.

I think of myself as trans or as non-binary
□ I <u>identify</u> as a gender different from the sex I was assigned at birth
I identify as more than one gender or as no gender
□ I live in a gender that is different from the one assigned to me at birth
Someday in the future I want to live in a gender that is different from the one assigned to me at birth
I have seriously thought about living as a gender that is different from the one assigned to be at birth
□ I live part of the time in one gender and part of the time in another gender
None of the above statements apply to me
If you selected this statement, this survey is not for you and you do not need to fill out the rest. You can still follow what is happening with the survey on the Counting Ourselves website or Facebook page.

1.13 At about what age (in years) did you start to identify as trans or non-binary (even if you did not know the word for it)?

1.14 At about what age did you first start to tell others that you were trans or non-binary (even if you did not use those words)?

Age:	${ m O}$ I have not told others that I am trans or non-
	binary



1.15 What gender pronouns do you ask people to use to refer to you? Select all that apply.

He / him	Generation She / her
They / them	🖵 la
No pronouns; I ask people only to use my name	I don't ask people to use specific pronouns
Pronouns not listed above. <i>Please specify</i>	

1.16 These are some more questions that tell us about the diversity of people answering this survey. Which ethnic group or groups do you belong to? *Select all that apply.*

🔲 New Zealand European / Pākehā	🔲 Māori
☐ Sāmoan	Cook Island Māori
🖵 Tongan	🔲 Niuean
Chinese	🔲 Indian
Other (e.g., Dutch, Japanese, Tokelauan), <i>please specify</i>	

>Answer the following question if you selected Māori in question 1.16. Otherwise, please skip to question 1.18.

1.17 Do you know the name(s) of your iwi (tribe or tribes)?

🖵 lwi	
Region	
Don't know	

1.18 Which country were you born in?

Aotearoa New Zealand >Go to 1.24	D Australia
United Kingdom	China (People's Republic of)
🖵 India	South Africa
☐ Sāmoa	Cook Islands
Other country, please specify	
Don't know	



1.19 Which of the following best currently describes you?

O New Zealand Citizen	O New Zealand Permanent Resident
O Resident Visa holder	O Work Visa holder
O Student Visa holder	O Visitor Visa holder
O Don't know	O Other status, <i>please specify</i>

1.20 When did you first arrive to live in New Zealand?

Please use your best guess if you don't remember exactly when you arrived.

O Month	O Year

1.21 What were your reason(s) for coming to live in Aotearoa New Zealand? *Select all that apply.*

I thought Aotearoa New Zealand would be more accepting of trans and non-binary people	□ To leave a country where my family did not support me being open about my gender identity or expression, my sexual orientation, or about being intersex
☐ To move to where I could be more open about my gender identity or expression (e.g., at work, school, or in public spaces)	To be in a new country where people do not know who I was before I transitioned
□ To be in a country where trans and non-binary people can access more opportunities (e.g., for work or study)	To leave a country where trans and non-binary people experienced discrimination
To leave a country where it was unsafe for me to be trans or non-binary	☐ To leave a country where it was unsafe to be lesbian, gay, bisexual, or queer (LGBQ+), or an intersex person
To leave an abusive partner or family member	To get away from my religious background
To move to a country where I can freely express my religious beliefs	□ To leave a country where it was unsafe for me for other reasons (e.g., my political opinion, my race, or I was fleeing war or conflict)
To explore gender affirming healthcare options	So I could be open about my current (or any future) partner and I could legally marry a person of any gender
My family made the decision to come here to live	I came to live in Aotearoa New Zealand for other reasons, <i>please specify</i>



1.22 Are you a refugee or have you sought asylum in Aotearoa New Zealand?

O Yes

O No >Go to 1.24.

1.23 Was part of the reason that you applied to be a refugee or sought asylum because it is unsafe for you to be trans or non-binary in your country of origin?

1.24 Do you identify as being neurodivergent or as having any of the following forms of neurodiversity?

You do not need to have had a diagnosis. Select all that apply.

D Autism	
Other neurodiversity, <i>please specify</i>	None of the above

1.25 Do you identify as Deaf, disabled, or as having a disability or impairment?

You don't need to have been formally diagnosed as having this disability or impairment. If you are neurodivergent you might also identify as disabled.

Yes, I am Deaf	☐ Yes, I am disabled or have a disability. <i>Please</i> <i>list any disabilities or impairments you have. It's</i> <i>your choice whether you provide these details</i>
No, I am neither Deaf nor disabled	

2: Unique Identifiers

If you answer the following questions, it means we can link any responses you made in our 2018 survey to your responses to this 2022 survey. To do this, we use your answers to the next three questions to create and individual anonymous code of you. This means that we will have no way of knowing who you are as an individual.

Remember, you do not have to answer any of these questions.

2.1 What is the day of the month you were born on	?
(e.g., '15' if you were born on the 15th of May).	

Day	O Don't know
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2.2 What is the first letter of the city or town you were born in? (e.g., 'N' for Nelson).

2.3 What are the first and second letters of the name of your first pet? (e.g., 'NG' for Ngeru).

First letter	Second letter

2.4 If you completed the <u>Identify survey</u>, do you consent for us to use your responses to the questions above so we can link and share your Counting Ourselves survey responses with the Identify survey research team?

Identify was an anonymous online survey available to takatāpui, MVPFAFF+, LGBTQIA+ young people, and friends and allies aged between 14 and 26 years (inclusive) in Aotearoa New Zealand. See <u>https://identifysurvey.nz/</u> for further details.

Your responses will still be kept anonymous and stored securely on a password-protected account. This will help the Identify research team to understand how things are going for trans and non-binary young people.

This is completely optional.

☐ Yes	
□ No	
I did not complete the Identify survey	

3: Gender Affirming Care

These next questions are about the types of healthcare that trans and non-binary people might seek to affirm their gender or sex. We use 'gender affirming healthcare' to describe these types of healthcare.



3.1 Have you had or do you want any of the healthcare listed below to affirm your gender?

	Had this and paid for it myself (or my family, friends, or partner paid)	Had this and did not pay for it myself (and my family, friends, or a partner did not pay)	Want this, but have not had it	Not sure if I want this	Do not want this
Counselling or psychological support	0	0	0	0	0
Voice therapy, including from a speech therapist or vocal coach	0	0	0	0	0
Hair removal using laser or electrolysis	0	0	0	0	0
Another type of gender affirming healthcare (not including hormones or surgeries – we will ask about those later), <i>please specify</i>	О	О	0	О	О



We do not want to make assumptions about anyone's bodies, so the next question shows you all possible types of fertility preservation options. You can choose to say this is not relevant to my body for any of those response options.

3.2 Have you had or do you want any of the healthcare listed below to affirm your gender?

	Had this and paid for it myself (or my family, friends, or partner paid)	Had this and did not pay for it myself (and my family, friends, or a partner did not pay)	Want this, but have not had it	Not sure if I want this	Do not want this	This is not relevant to my body
Freezing sperm (for fertility preservation)	0	0	0	0	0	0
Storing eggs or ovarian tissue (for fertility preservation)	0	0	0	0	0	0



> Please answer the following question if you selected "Have had this and paid myself"; "Have had this and did not pay myself"; or "Want this, but have not had it" for any of the health services listed in questions 3.1 or 3.2. Otherwise, you can skip this question.

3.3 Have you received or tried to receive these gender affirming health services through the Aotearoa NZ public health system (e.g., through a public hospital)?

	Have had it	Have tried to get this but have not had it	Have not tried to get this
Counselling or psychological support	0	0	0
Freezing sperm (for fertility preservation)	0	0	0
Storing eggs or ovarian tissue (for fertility preservation)	0	0	0
Voice therapy, including from a speech therapist or vocal coach	0	0	0
Hair removal using laser or electrolysis	0	0	0
Another type of gender affirming healthcare (not including hormones or surgeries – we will ask about those later), <i>please</i> <i>specify</i>	0	0	0

> Please answer the following question if you selected "Want this, but have not had it" for any of the health services in question 3.1 or 3.2. Otherwise, please skip to question 3.6.

3.4 Why have you not accessed these healthcare services?

Select all that apply. Please note that the following table is split over two pages and that the statements at the top are different on each page.



	I cannot afford this	l'm afraid to	I can't afford the direct costs or to take time off work for this	I do not have confidence in the service provided	I might be treated badly by the provider for being trans or non-binary	I do not know where to go
Counselling or psychological support						
Freezing sperm (for fertility preservation)						
Storing eggs or ovarian tissue (for fertility preservation)						
Voice therapy, including from a speech therapist or vocal coach						
Hair removal using laser or electrolysis						
Another type of gender affirming healthcare (not including hormones or surgeries – we will ask about those later), <i>please</i> <i>specify</i>						



	I don't have enough support from my family or from a partner	It takes too much time to get a referral, on a waiting list, or an appointment	I am on a waiting list to get an appointment	I do not know what to expect or I'm not familiar with the procedures	I might want to in the future, but I have not yet	Other reason
Counselling or psychological support						
Freezing sperm (for fertility preservation)						
Storing eggs or ovarian tissue (for fertility preservation)						
Voice therapy, including from a speech therapist or vocal coach						
Hair removal using laser or electrolysis						
Another type of gender affirming healthcare (not including hormones or surgeries – we will ask about those later), <i>please</i> <i>specify</i>						

> Please answer the following question if you selected "Other reason" for any of the health service options in question 3.4. Otherwise, please skip to question 3.6.

3.5 You stated in the previous question that there were other reasons why you haven't accessed the health services that you would like. What are these other reasons?

We are now going to ask you questions about gender affirming hormones. We mean hormones that you choose to take to affirm or embody your gender.

3.6 Have you <u>ever</u> received puberty blockers for gender affirming care (e.g., Lucrin® injections or Zoladex® pellets)? These are also known as blockers and usually used by people aged 9–16. *This does not include hormones taken for other medical reasons.*

O Yes	O No >Go to 3.8	O Don't know >Go to 3.8
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3.7 At what age (in years) did you begin taking puberty blockers for gender affirming care (e.g., Lucrin® injections or Zoladex® pellets)? These are also known as blockers and usually used by people aged 9–16.

This does not include hormones taken for other medical reasons.

3.8 Have you had, or do you want, gender affirming hormones, including estrogen, testosterone, or anti-androgens?

This does not include hormones taken for other medical reasons.

To avoid confusion, we have used 'estrogen' rather than 'oestrogen' as it is often spelt this way by trans or non-binary people in Aotearoa.

Some common brands in Aotearoa include:

- Estrogen (Progynova® tablets or Estradot® patches)
- Testosterone (Reandron® or Sustanon® injections or Androderm® patches)
- Anti-androgens (Procur® or Androcur® tablets or Spiractin® pills)

${ m O}$ Yes, I am taking hormones or have	${ m O}$ I want to take hormones, but I have not been able to
taken hormones >Go to 3.10	yet
O I am not sure if I want to take	O I do not want to take hormones >Go to 3.14
hormones	



3.9 Why have you not accessed gender affirming hormones (this includes estrogen, testosterone, and anti-androgens)?

Select all that apply.

I cannot afford it (including the cost of doctor appointments and assessments)	☐ I'm afraid to
I do not have confidence in the service provided	I might be treated badly by the provider for being trans or non-binary
I do not know where to go	I don't have enough support from my family or from a partner
It takes too much time to get a referral, on a waiting list, or an appointment	I am on a waiting list to get an appointment
I do not know what to expect or I'm not familiar with the procedures	I might want to in the future, but I have not yet
I was told I was not able to because of my gender identity or	I was told I was not able to because of my age
□ I was told I was not able to because of my body size, weight, or BMI	I was told I was not able to because of my mental health
I was told I was not able to because of my mental health	I was told I was not able to because of my autism
I was told I was not able to because of my disability	Another reason, <i>please</i>

3.10 Right now, are you avoiding telling health professionals something about your physical or mental health because you fear it would affect your access to gender affirming hormones?

	Ο	Yes, please specif	V
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O No

3.11 Are you currently taking gender affirming hormones (this includes testosterone, estrogen, and anti-androgens)?

This does not include hormones taken for other medical reasons.

OYes	O No	O Don't know
------	------	--------------



3.12 At what age did you begin to take gender affirming hormones (this includes testosterone, estrogen, and anti-androgens)?

This does not include hormones taken for other medical reasons.

3.13 Who wrote your first prescription for gender affirming hormones?

This does not include hormones taken for other medical reasons.

A GP	A nurse practitioner	
An endocrinologist	A sexual health doctor	
A youth health doctor (e.g., paediatrician)	Don't know	
Other health professional, <i>please specify</i>		

3.14 In the <u>last 4 years</u>, have you visited a doctor or nurse practitioner about beginning gender affirming hormones for the first time?

O Yes	O No >Go to 3.18
-------	------------------

3.15 In the <u>last 4 years</u>, which of the following services did you use to access gender affirming hormones for the first time?

Select all that apply.

An endocrinologist	A sexual health service
A primary care clinic that was not my regular provider (e.g., a provider who is known to have expertise in gender affirming care)	My regular primary care provider (GP or nurse practitioner
Don't know	Other service, <i>please specify</i>

3.16 Before getting prescribed hormones for the first time, were you required to see a mental health professional (e.g., a psychologist or psychiatrist) to access the hormones?

This is sometimes called a readiness assessment.



3.17 Did you receive or try to receive this service through the Aotearoa NZ health system (e.g., through a public hospital)?

O Have had it	O Have tried to get this but have	O Have not tried to get this		
	not had it			

>Please answer the following question if you answered "yes" to question 3.11(currently taking gender affirming hormones). If you are not currently taking hormones, please skip to question 3.20.

3.18 Where do you currently get your hormones?

Select all that apply.		
As a prescription from a licensed professional in Aotearoa NZ (like a doctor, endocrinologist, or nurse practitioner)	Without a prescription from an Aotearoa NZ herbalist, pharmacy, or Chinese medicine practice	
Buying online from a pharmacy or drugstore overseas	Given From friends	
□ From other sources, <i>please specify</i>		

3.19 Which of the following types of gender affirming hormones are you currently taking? Select all that apply.

This does not include hormones taken for other medical reasons. Only some of these are funded in Aotearoa New Zealand.

D Puberty blocker injections (e.g., Lucrin®)	D Puberty blocker pellets (e.g., Zoladex®)
Cyproterone acetate tablets (e.g., Siterone®, Androcur®, or Procur®)	☐ Spironolactone pills (e.g., Spiractin®)
Bicalutamide pill (e.g., Binarex®, Bicalox®, or Cosudex®)	Micronised Progesterone capsules (Utrogestan® or Prometrium®)
Estrogen tablets (e.g., Progynova®)	Estrogen patches (e.g., Estradot®)
☐ Micronised Estrogen (e.g., Estrofem®)	Estrogen gel
Estrogen injections	Testosterone injections (e.g., Sustanon [®] , Reandron [®] , or Depo-Testosterone)
☐ Testosterone patches (e.g., Androderm®)	Testosterone gel or cream
Testosterone pellets	Another type of gender affirming hormone. Please specify



3.20 Which of the following types of gender affirming hormones would you like to be taking? *Select all that apply.*

D Puberty blocker injections (e.g., Lucrin®)	D Puberty blocker pellets (e.g., Zoladex®)
Cyproterone acetate tablets (e.g., Siterone®, Androcur®, or Procur®)	☐ Spironolactone pills (e.g., Spiractin®)
Bicalutamide pill (e.g., Binarex®, Bicalox®, or Cosudex®)	Micronised Progesterone capsules (Utrogestan® or Prometrium®)
Estrogen tablets (e.g., Progynova®)	Estrogen patches (e.g., Estradot®)
☐ Micronised Estrogen (e.g., Estrofem®)	Estrogen gel
Estrogen injections	Testosterone injections (e.g., Sustanon [®] , Reandron [®] , or Depo-Testosterone)
Testosterone patches (e.g., Androderm®)	Testosterone gel or cream
Testosterone pellets	Another type of gender affirming hormone,
□ None of the above	please specify

>Please answer the following question if you answered "testosterone injections";

"testosterone patches"; "testosterone gel or cream"; or "testosterone pellets" to question 3.19. If you are not taking any testosterone, please skip to question 3.22.

3.21 After starting testosterone, did you experience pain in your abdomen or pelvis (this is the area below the chest and above the pubic bone)?

Yes, new pain started	Yes, existing pain got worse
🖵 No	Don't know



>Please answer the following question if you answered "as a prescription from a licensed professional in Aotearoa NZ (like a doctor, endocrinologist, or nurse practitioner) in question 3.18. Otherwise, skip to 3.25.

3.22 To what extent do you agree with the following statements? *If you have had more than one healthcare provider prescribe you gender affirming hormones, please answer about your current or most recent provider.*

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I have been informed by my healthcare provider about the different types of hormone that I could take	0	0	0	0	0
My views were taken seriously by my healthcare provider when deciding the type(s) of hormones that I am on	0	0	0	0	0
My views were taken seriously by my healthcare provider when deciding the dosage of hormones that I am on	0	0	0	0	0
My healthcare provider discussed the risks and benefits of hormones with me	0	0	0	0	0
I am taking the type(s) of prescribed hormones that I want to take	0	0	0	0	0
I am taking the dosage(s) of prescribed hormones that I want to take	0	0	0	0	0

3.23 Have you <u>ever</u> requested to change the type or dose of gender affirming hormones but were declined?

3.24 Why were you not able to change the type or dose of hormones that you requested? *Select all that apply.*

I was told the type of hormones or dose was	I was told the type of hormones or dose was
too high to be safe	too low to be safe
□ I was told there was not enough evidence showing this was useful for trans or non-binary people	I was told the type of hormones or dosage was not available in Aotearoa NZ
I was told that I could not change my hormones	I was told that I could not change my hormones
due to my mental health	due to my autism
Don't know	Other reason, <i>please</i> specify



3.25 Is there anything else about barriers to accessing your preferred dosage, administration method, or type of gender affirming hormones that you would like to share with us?

3.26 Are you currently taking anti-androgens or puberty blockers for gender affirming care and not taking estrogen or testosterone? This does not include hormones taken for other medical reasons.

3.27 How long have you been taking anti-androgens or puberty blockers for gender affirming care and not been taking estrogen or testosterone? This does not include hormones taken for other medical reasons.

O Length of time	O Don't know
------------------	--------------

3.28 Do you intend to take estrogen or testosterone in the future? (This could be a micro dose / low dose, or a higher dose).

OYes	O No	O Don't know
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3.29 Is there anything else you would like to share about your experiences with hormones?



We are now going to ask you questions about gender affirming surgeries. We mean surgeries that you choose to have to affirm or embody your gender.

We do not want to make assumptions about people's bodies, so the next question shows you all possible types of surgeries. You can choose to say this is not relevant to my body for any of those response options.

3.30 Have you had or do you want any of the surgeries listed below to affirm your gender?

	Have had this surgery	Want this surgery, but have not had it	Not sure if I want this surgery	Do not want this surgery	This is not relevant to my body
Chest reconstruction surgery (mastectomy)					
Surgery to make breasts larger (breast augmentation)					
Removal of uterus / ovaries (hysterectomy / oophorectomy)					
Removal of testes (orchidectomy)					
Genital reconstruction surgery (vaginoplasty, metoidioplasty, phalloplasty)					
Reshaping or removal of Adam's apple (tracheal or laryngeal shave)					
Facial feminising surgeries					
Voice surgery					
Other surgery, <i>please specify</i>					



>Please answer the following question if you answered "Have had this surgery"; or "want this surgery, but have not had it" for any of the surgeries in question 3.30. Otherwise, please skip to question 3.38.

3.31 Have you received or tried to receive these gender affirming health surgeries <u>through the</u> <u>Aotearoa New Zealand public health system</u> (e.g., through a public hospital)?

	Have had it	Have tried to get this but have not had it	Have not tried to get this
Chest reconstruction surgery (mastectomy)	0	0	0
Surgery to make breasts larger (breast augmentation)	0	0	0
Removal of uterus / ovaries (hysterectomy / oophorectomy)	0	0	0
Removal of testes (orchidectomy)	0	0	0
Genital reconstruction surgery (vaginoplasty, metoidioplasty, phalloplasty)	0	0	0
Reshaping of Adam's apple (laryngeal or tracheal shave)	0	0	0
Facial feminising surgeries	0	0	0
Voice surgery	0	0	0
Other surgery, <i>please</i> specify	0	0	0



>Please answer the following question if you answered "Have had this surgery" in question 3.30. If your surgery was paid for through the Aotearoa New Zealand public health system. ("Have had it" in question 3.31), or you have never had a gender affirming surgery, please skip to question 3.34.

3.32 How did you pay for the following surgeries that you had to affirm your gender? *Select all that apply.*

	I paid for it myself or my family, friends, or partner paid	It was paid for by Aotearoa New Zealand health insurance	It was paid for by an overseas public health system and / or overseas insurance	I paid for this another way (e.g., fundraising)
Chest reconstruction surgery (mastectomy)				
Surgery to make breasts larger (breast augmentation)				
Removal of uterus / ovaries (hysterectomy / oophorectomy)				
Removal of testes (orchidectomy)				
Genital reconstruction surgery (vaginoplasty, metoidioplasty, phalloplasty)				
Reshaping of Adam's apple (tracheal or laryngeal shave)				
Facial feminising surgeries				
Voice surgery				
Other surgery, <i>please specify</i>				

>Please answer the following question if you selected "I paid for it myself, or my family, friends, or partner paid" for any of the gender affirming surgeries in 3.32. Otherwise, please skip to 3.34.

3.33 How much have you, your family, or your friends paid for in total for all of your gender affirming surgeries (excluding travel and accommodation)?

O Amount in Aotearoa	O Don't know
NZD	



>Please answer the following question if you selected have had a "genital reconstruction surgery (vaginoplasty, metoidioplasty, phalloplasty)" in question 3.30. If you have never had a genital reconstruction surgery, please skip to question 3.38.

3.34 Where did you have your genital reconstruction surgery?

O I had this surgery while living overseas >Go to 3.36	O I had this surgery overseas while living in Aotearoa New Zealand	O I had this surgery in Aotearoa New Zealand >Go to 3.36
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3.35 Did any health professionals in Aotearoa New Zealand support you before or after your genital reconstruction surgery overseas?

Please note that for this question we are interested in whether health professionals in Aotearoa New Zealand are helping trans people who go overseas for surgeries, so please only respond about any overseas surgery.

O Yes	O No	O Don't know
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>Please answer the following question if you selected "I had this surgery overseas while living in Aotearoa New Zealand" or "I had this surgery overseas while living overseas" for question 3.34. Otherwise, please skip to question 3.37.

3.36 Have you needed to see a health professional in Aotearoa New Zealand for a problem or complication resulting from an overseas gender affirming surgery?

OYes	O No	O Don't know
------	------	--------------

3.37 Since you had your vaginoplasty, have you <u>ever</u> received a gynaecological exam from either a gynaecologist or your primary provider?

Select all that apply.

O Yes, for a specific	O Yes, for a regular	O No	O This is not relevant
health concern	gynaecological check-		to my body
ficaliti concern	up		

>Please answer this question if you selected "want this surgery, but have not had it" for any of the gender affirming surgeries in question 3.30. Otherwise, please skip to 3.40.

3.38 Why have you not accessed these surgeries? *Select all that apply.*

Answer the question below if you want any of these surgeries, but have not had them yet. *Note that the question is quite large and spreads over 4 pages.*



	Chest reconstruction surgery (mastectomy)	Surgery to make breasts larger (breast augmentation)	Removal of uterus / ovaries (hysterectomy / oophorectomy)	Removal of testes (orchidectomy)	Genital reconstruction surgery (vaginoplasty, phalloplasty, metoidioplasty)	Reshaping of Adam's apple (laryngeal or tracheal shave)	Facial feminising surgeries	Voice surgery	Other surgery, please specify
I cannot afford this									
I'm afraid to									
I do not have confidence in the service provided									
I might be treated badly by the provider for being trans or non-binary									
I do not know where to go									
I don't have enough support from my family or from a partner									
This is not available in Aotearoa New Zealand									



	Chest reconstruction surgery (mastectomy)	Surgery to make breasts larger (breast augmentation)	Removal of uterus / ovaries (hysterectomy / oophorectomy)	Removal of testes (orchidectomy)	Genital reconstruction surgery (vaginoplasty, phalloplasty, metoidioplasty)	Reshaping of Adam's apple (laryngeal or tracheal shave)	Facial feminising surgeries	Voice surgery	Other surgery, please specify
Because of my wish to have children									
It takes too much time to get a referral, on a waiting list, or an appointment									
I am on a waiting list for an appointment									
I do not know what to expect or I'm not familiar with the procedures									
The process is too complicated									
My doctor(s) do not have enough knowledge about this									



	Chest reconstruction surgery (mastectomy)	Surgery to make breasts larger (breast augmentation)	Removal of uterus / ovaries (hysterectomy / oophorectomy)	Removal of testes (orchidectomy)	Genital reconstruction surgery (vaginoplasty, phalloplasty, metoidioplasty)	Reshaping of Adam's apple (laryngeal or tracheal shave)	Facial feminising surgeries	Voice surgery	Other surgery, please specify
A health professional told me I need to be on gender affirming hormones first									
I was told I was not able to because of my gender identity or expression									
I was told I was not able to because of my age									
I was told I was not able to because of my body size, weight, or BMI									
I was told I was not able to because of my mental health									



	Chest reconstruction surgery (mastectomy)	Surgery to make breasts larger (breast augmentation)	Removal of uterus / ovaries (hysterectomy / oophorectomy)	Removal of testes (orchidectomy)	Genital reconstruction surgery (vaginoplasty, phalloplasty, metoidioplasty)	Reshaping of Adam's apple (laryngeal or tracheal shave)	Facial feminising surgeries	Voice surgery	Other surgery, please specify
I was told I was not able to because I am autistic or neurodivergent									
I was told I was not able to because of a disability									
I might want to in the future, but I have not yet									
Another reason									



>Please answer the following question if you selected "another reason" in question 3.38. Otherwise, please skip to question 3.40.

3.39 You stated in the previous question that there were other reasons why you haven't accessed the surgeries that you would like. What are these other reasons?

3.40 In the <u>last 4 years</u>, have you moved to another part of Aotearoa New Zealand to access gender affirming healthcare that was not available where you had been living before in Aotearoa New Zealand?

O Yes

O No

3.41 Are you aware of the Ministry of Health's Gender Affirming (Genital) Surgery Service (GAGGS)? (This was previously accessed through the High Cost Treatment Pool.)

O Yes	O No >Go to 3.47

3.42 Have you applied for gender affirming genital surgery through the Gender Affirming (Genital) Surgery Service or High Cost Treatment Pool?

3.43 What has been the response to your application to the High Cost Treatment Pool or Gender Affirming (Genital) Surgery Service?

O I have received gender-affirming surgeries through the Gender Affirming (Genital) Surgery Service or High Cost Treatment Pool

O My application was accepted and I am on the waiting list >Go to 3.45

O My application was declined **>Go to 3.46**

O I am still waiting for a response to my application **>Go to 3.46**

O My application was accepted but I am no longer interested in receiving surgery through the Gender Affirming (Genital) Surgery Service **>Go to 3.46**

O Something else, please specify _____

>Go to 3.46



3.44 How long did you have to wait from your application being submitted before you received your first genital reconstruction surgery?

O Length of time	O Don't know
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3.45 How long have you been on the waiting list of the Gender Affirming (Genital) Surgery Service or High Cost Treatment Pool?

O Length of time	O Don't know
------------------	--------------

>Please answer this question if you answered "no"; or "don't know" to question 3.42. Otherwise, please skip to question 3.47.

3.46 Why have you not applied to the Gender Affirming (Genital) Surgery Service or High Cost Treatment Pool?

Select all that apply.

\Box I do not think it is worth applying because of the length of the waiting list		
I did not know how to apply to the Gender Affirming (Genital) Surgery Service or High Cost Treatment		
Pool		
I did not have the money to pay for the pre-assessments		
igsquire I have wanted this type of surgery, but not from the surgeon that this service would pay for		
I could not find a DHB specialist who would complete the application for me		
I have had these procedures already, paid through personal funding		
I have been told I am not eligible for the waiting list		
I had these procedures already, paid through public funding		
I have never wanted this type of surgery		
Other reasons. Please specify		

3.47 Is there anything else you want to share about the Gender Affirming (Genital) Surgery Service or High Cost Treatment Pool?



3.48 Have you <u>ever</u> retransitioned (sometimes called detransitioned)? In other words, have you ever gone back to living as the gender you were assigned at birth or raised as, at least for a while?

O Yes	O No >Go to 3.51	O I have never transitioned >Go to 3.51

3.49 Why did you retransition?

Select all that apply.

Pressure from a parent	Pressure from spouse or partner
Pressure from other family members	Pressure from friends
Pressure or stigma I faced in the community	Pressure from my employer
Pressure from a mental health professional	I had trouble getting a job
I had trouble finding a place to live	Pressure from religion
Changes in my identity or desire	I faced too much harassment/discrimination
My initial transition did not reflect the complexity of my gender identity	This was linked to my intersex variation or related medication I was taking
This does not apply to me	
Other reason, <i>please specify</i>	

3.50 What support was, or would have been, useful for you when you retransitioned?



The next few questions are about medical specialists you may have seen for gender affirming healthcare. By medical specialist we mean the kind of doctor that people go to for a particular health condition, problem, or service, not a general practitioner (GP). You may have seen the medical specialist as an outpatient in a hospital or at their private rooms or clinic.

3.51 Which of these medical specialists have you <u>ever</u> seen in Aotearoa New Zealand about your gender affirming healthcare needs?

Select all that apply.

Endocrinologist – An endocrinologist is a medical professional who specialises in the endrocrine glands, and the hormones that they produce.

Surgeon – A surgeon is a medical professional who performs operations. Surgeons can specialise in different areas, like cosmetic surgery or cardiac surgery.

Urologist – A urologist is a medical professional who specialises in the urinary system, including your kidneys, bladder, and urethra. Urologists are also experts on the reproductive systems of people assigned male at birth.

Obstetrician or gynaecologist – An obstetrician is a medical professional who specialises in delivering babies, and caring for people before, during, and after pregnancy and birth. A gynaecologist is a medical professional who specialises in the reproductive system of people assigned female at birth.

Psychiatrist – A psychiatrist is a medical professional who specialises in mental health. Psychiatrists are different from psychologists because they have studied medicine and are also able to prescribe medication.

Sexual health physician – A sexual health physician is a medical professional who specialises in sexuality, sexual relations, sexually transmitted infections, and contraception. Sexual health physicians may also specialise in providing gender affirming care.

Fertility expert – A fertility expert is a medical professional who specialises in fertility issues, including ovulation problems and low sperm count, and fertility treatments, like IVF. A fertility expert can have a background in a number of medical fields, like urology, obstetrics, gynaecology, or reproductive endocrinology.

Youth health specialist or paediatrician – A youth health specialist, or a paediatrician, is a medical professional who specialises in the health of infants, children, and adolescents.

Endocrinologist	Surgeon		
Urologist	Obstetrician or gynaecologist		
Psychiatrist	Sexual health physician		
Given Specialist	Youth health specialist or paediatrician		
Other specialist, <i>please specify</i>			
□ I have never seen any specialist for gender-affirming care >Go to 3.54			

3.52 Thinking about your last visit to each of these medical specialists for gender affirming healthcare, how good was the specialist at <u>involving you in decisions</u> about your gender affirming care, such as discussing different treatment options? *Please only answer for specialists that you selected in question 3.51.*

	Very good	Good	Neither good nor bad	Poor	Very poor	Don't know	This does not apply
Endocrinologist	0	0	0	0	0	0	0
Surgeon	0	0	0	0	0	0	0
Urologist	0	0	0	0	0	0	0
Obstetrician or gynaecologist	0	0	0	0	0	0	0
Psychiatrist	0	0	0	0	0	0	0
Sexual health physician	0	0	0	0	0	0	0
Fertility specialist	0	0	0	0	0	0	0
Youth health specialist or paediatrician	0	0	0	0	0	0	0
Other specialist, please specify	0	0	0	0	0	0	0

3.53 Thinking about your last visit to each of these medical specialists for gender affirming healthcare, how good was the specialist at <u>treating you with respect and dignity</u>? *Please only answer for specialists that you selected in question 3.51.*

	Very good	Good	Neither good nor bad	Poor	Very poor	Don't know	This does not apply
Endocrinologist	0	0	0	0	0	0	0
Surgeon	0	0	0	0	0	0	0
Urologist	0	0	0	0	0	0	0
Obstetrician or gynaecologist	0	0	0	0	0	0	0
Psychiatrist	0	0	0	0	0	0	0
Sexual health physician	0	0	0	0	0	0	0
Fertility specialist	0	0	0	0	0	0	0
Youth health specialist or paediatrician	0	0	0	0	0	0	0
Other specialist, please specify	0	0	0	0	0	0	0



3.54 In the <u>last 4 years</u>, was there a time when a doctor or nurse practitioner <u>referred</u> you to a <u>specialist</u> but you did not go for any of the following reasons? This includes both general and gender affirming care.

Select all that apply.

Cost	Dislike or fear of the treatment
Difficult to take time off work	No transport or too far to travel
Could not arrange childcare or care for a dependent adult	Didn't have a carer, support person, or interpreter to go with me
Hospital or specialist doctor didn't accept the referral	No longer needed or issue was resolved
None of the above	I have not been referred to a specialist in the past five years
Don't know	Another reason. <i>Please specify</i>

3.55 Is there anything else that you would like to share about your experiences of accessing gender affirming healthcare through the Aotearoa New Zealand public health system?

4: Care Competency

4.1 Who is the main healthcare provider you usually go to for gender affirming healthcare, such as hormone prescriptions or surgery referrals? *This is someone who can authorise prescriptions or make referrals to other health services.*

O General practitioner (GP)	O Endocrinologist			
O Sexual health doctor	O Paediatrician			
O Nurse practitioner	O Mental health professional (e.g., psychiatrist)			
O I don't have a healthcare provider for gender affirming care right now >Go to 4.3				
O Other provider, <i>please specify</i>				



4.2 Thinking about this healthcare provider who you usually go to for gender affirming healthcare. How much do they know about providing healthcare for trans or non-binary people?

O They know almost everything about trans or non-binary healthcare

O They know most things about trans or non-binary healthcare

O They know some things about trans or non-binary healthcare

O They know very little or nothing about trans or non-binary healthcare

These next questions are about whether you have been treated with respect and supported, as a trans or non-binary person accessing healthcare.

4.3 Have you <u>ever</u> needed to see a doctor or nurse practitioner but did not because you thought you would be disrespected or mistreated as a trans or non-binary person? Note that this could have been for any kind of care, including gender affirming, general, or routine healthcare.

OYes	O No >Go to 4.5	O Don't know >Go to 4.5
------	-----------------	-----------------------------------

4.4 Did this occur within the <u>last 12 months?</u>

O Yes O No O Don't know

4.5 How comfortable are you discussing being trans or non-binary with your usual primary care provider, such as a general practitioner (GP) or nurse practitioner?

Very uncomfortable	Uncomfortable	Neither comfortable nor uncomfortable	Comfortable	Very comfortable	I do not have a primary care doctor or GP
0	0	0	0	0	0



4.6 How comfortable are you discussing that you are trans or non-binary in these healthcare settings?

	Very comfortable	Comfortable	Neither comfortable nor uncomfortable	Uncomfortable	Very uncomfortable	This does not apply to me
With a receptionist in a health clinic	0	0	0	0	0	0
In emergency care	0	0	0	0	0	0
In a hospital ward or cubicle	0	0	0	0	0	0
With a mental health provider (e.g., a psychologist, psychiatrist, or counsellor)	0	0	0	0	0	0
With a physiotherapist	0	0	0	0	0	0
With a speech and language therapist	0	0	0	0	0	0
With a midwife	0	0	0	0	0	0



4.7 Have you <u>ever</u> had any of these things happen to you when you were trying to access healthcare? Please include experiences with any person(s) involved with your care including doctors, nurses, mental health professionals, and administrative staff. *Select all that apply.*

I had to teach a healthcare provider about trans or non-binary people so that I could get
appropriate care
□ I was asked unnecessary or invasive questions about being trans or non-binary that were not related to the reason for my visit
□ I was refused care or had care ended because I am trans or non-binary
A healthcare provider used hurtful or insulting language about trans or non-binary people
A healthcare provider refused to discuss or address gender affirming healthcare
A healthcare provider told me I had to wait before I could start my transition
A healthcare provider told me that I was not really trans or non-binary
A healthcare provider told me they don't know enough about gender affirming care to provide it
A healthcare provider belittled or ridiculed me for being trans or non-binary
A healthcare provider thought the gender listed on my ID or forms was a mistake even though it was correct
A healthcare provider knowingly referred to me by the wrong gender, either in person or in a referral
A healthcare provider knowingly used an old name that I am no longer comfortable with
A healthcare provider refused to provide me with a referral for gender affirming care
I could not access an appropriate bathroom
□ None of these things have happened to me >Go to 4.9
□ None of my healthcare providers are aware that I am trans or non-binary, so these do not apply to me >Go to 4.9



4.8 Have any of these things happened to you in the <u>last 12 months</u>, as a trans or non-binary person, when you were trying to access healthcare? Please include experiences with any person(s) involved with your care including doctors, nurses, mental health professionals, and administrative staff.

Select all that apply.

□ I had to teach a healthcare provider about trans or non-binary people so that I could get
appropriate care
igsquirin I was asked unnecessary or invasive questions about being trans or non-binary that were not
related to the reason for my visit
I was refused care or had care ended because I am trans or non-binary
A healthcare provider used hurtful or insulting language about trans or non-binary people
A healthcare provider refused to discuss or address gender affirming healthcare
A healthcare provider told me I had to wait before I could start my transition
A healthcare provider told me that I was not really trans or non-binary
A healthcare provider told me they don't know enough about gender affirming care to provide it
A healthcare provider belittled or ridiculed me for being trans or non-binary
A healthcare provider thought the gender listed on my ID or forms was a mistake even though it
was correct
\Box A healthcare provider knowingly used an old name that I am no longer comfortable with
A healthcare provider refused to provide me with a referral for gender affirming care
I could not access an appropriate bathroom
□ None of the above

4.9 How have GPs and nurse practitioners <u>ever</u> been supportive of you? Select all that apply.
□ Shown they knew a lot about gender affirming care
Shown they were open to discussing gender affirming care
Been supportive of my needs relating to gender affirming care
Been good at navigating services and referring me to the appropriate people
Been good at advocating for my care
Always used my correct gender pronouns, with me and in referrals
Always used my current name, with me and in referrals
Managed my medical records appropriately. For example, listed my correct name, pronouns, and gender in medical records
Shown they were willing to educate themselves on gender affirming care, if necessary
Treated me the same as any other patient when my needs were not directly related to gender affirming care
Been able to clearly explain why any and all examinations were necessary
Took steps to make physical exams more comfortable for me
Encouraged me to bring whānau or support people to my appointments
□ Some of my healthcare providers were aware that I am trans or non-binary, but have not been supportive of me in any ways
□ None of my healthcare providers are aware that I am trans or non-binary, therefore, these do not apply to me >Go to 4.11
□ None of the above >Go to 4.11
Other ways, <i>please specify</i>

4.10 How have GPs and nurse practitioners been supportive of you in the <u>last 12 months?</u> Select all that apply.
Shown they knew a lot about gender affirming care
Shown they were open to discussing gender affirming care
Been supportive of my needs relating to gender affirming care
Been good at navigating services and referring me to the appropriate people
Been good at advocating for my care
Always used my correct gender pronouns, with me and in referrals
Always used my current name, with me and in referrals
Anaged my medical records appropriately. For example, listed my correct name, pronouns, and gender in medical records
□ Shown they were willing to educate themselves on gender affirming care, if necessary
□ Treated me the same as any other patient when my needs were not directly related to gender affirming care
Been able to clearly explain why any and all examinations were necessary
Took steps to make physical exams more comfortable for me
Encouraged me to bring whānau or support people to my appointments
Some of my healthcare providers were aware that I am trans or non-binary, but have not been supportive of me in any ways
□ None of the above
Other ways, <i>please specify</i>



4.11 Have healthcare providers <u>ever</u> helped to make you feel more safe or comfortable to discuss being trans or non-binary in any of the following ways? *Select all that apply.*

They introduced themselves with their own pronouns, or they had included their pronouns on an
email or letter
D There were items within their waiting room, clinic, office space (e.g., flags, posters) or on them
(e.g., badges) which allowed me to identify them as trans friendly
They specifically invited me to talk about my gender affirming healthcare needs
They were identifiable as trans or non-binary themself
□ None of the above >Go to 4.13

4.12 In the <u>last 12 months</u>, have healthcare providers helped to make you feel more safe or comfortable to discuss being trans or non-binary in any of the following ways? *Select all that apply.*

They introduced themselves with their own pronouns, or they had included their pronouns on an
email or letter
There were items within their waiting room, clinic, office space (e.g., flags, posters) or on them
(e.g., badges) which allowed me to identify them as trans friendly
They specifically invited me to talk about my gender affirming healthcare needs

They were identifiable as trans or non-binary themself

None of the above

4.13 Is there anything else you want to share about the level of support or respect you have received, as a trans or non-binary person accessing healthcare?





5: General Healthcare

These next questions are about seeing your general practitioners (GPs) or family doctor. This can be at your usual medical centre or somewhere else, including any video or phone appointments. All these questions are about your use of health services, for your own health, including gender affirming healthcare and general or routine healthcare.

5.1 Do you have a GP clinic or medical centre that you <u>usually</u> go to when you are feeling unwell or are injured?

O Yes	O No >Go to 5.5	O Don't know
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5.2 How did you choose your GP clinic or medical centre?

Select all that apply.

O It is local and easy to get to
O It is low cost
O It is the clinic or medical centre that my family attends
${\rm O}$ I was told that it was trans friendly by another trans or non-binary person
O I was told that it was trans friendly by another medical practitioner
O Other reason, please specify

5.3 In the <u>last 12 months</u>, how helpful have you found the receptionists at your usual medical centre?

Very helpful	Helpful	Neither helpful or unhelpful	Unhelpful	Very unhelpful	Don't know
0	0	0	0	0	0

5.4 Overall, how satisfied are you with the care you got at your usual medical centre in the <u>last 12</u> <u>months?</u> This includes all staff, not just the GP.

Very satisfied	Satisfied	Neither satisfied nor dissatisfied	Dissatisfied	Very dissatisfied	Don't know
0	0	0	0	0	0

5.5 Thinking about your last visit to a GP, how good was the GP at explaining your health conditions and treatments in a way that you could understand?

Very good	Good	Neither good nor bad	Poor	Very poor	Don't know	This doesn't apply to me	I have never seen a GP >Go to 5.10
0	0	0	0	0	0	0	0



5.6 How good was the GP at involving you in decisions about your care, such as discussing different treatment options?

Very good	Good	Neither good nor bad	Poor	Very poor	Don't know	This doesn't apply to me
0	0	0	0	0	0	0

5.7 Still thinking about your last visit to a GP, how good was the GP at treating you with respect and dignity?

Very good	Good	Neither good nor bad	Poor	Very poor	Don't know	This doesn't apply to me
0	0	0	0	0	0	0

5.8 Still thinking about your last visit to a GP, how do you rate the quality of care you received from the GP?

Very good	Good	Neither good nor bad	Poor	Very poor	Don't know
0	0	0	0	0	0

5.9 Did you have confidence and trust in the GP you saw?

Yes, definitely	Yes, to some extent	No, not at all	Don't know
0	0	0	0

5.10 In the <u>last 12 months</u>, have you seen or talked to a <u>nurse</u> at a GP clinic or medical centre, about your own health?

A GP clinic or medical centre can include student / youth health services, Māori or Pacific health clinics, Accident and Medical Centres, GP clinics located within a hospital, and air force / army / navy GPs.

O Yes O No	O Don't know
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5.11 Thinking about your last visit to a <u>nurse</u> at a GP clinic or medical centre, how good was the nurse at involving you in decisions about your care, such as discussing different treatment options?

Very good	Good	Neither good nor bad	Poor	Very poor	Don't know	This doesn't apply to me	I have never seen a nurse at a GP clinic or medical centre >Go to 5.13
0	0	0	0	0	0	0	0



5.12 Still thinking about your last visit to a <u>nurse</u> at a GP clinic or medical centre, how good was the nurse at treating you with respect and dignity?

Very good	Good	Neither good nor bad	Poor	Very poor	Don't know	This doesn't apply to me
0	0	0	0	0	0	0

5.13 Was there a time when you had a medical problem but did not visit a GP because of cost?

OYes	O No >Go to 5.15	O Don't know >Go to 5.15
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5.14 Did this occur within the <u>last 12 months?</u>

5.15 In the <u>last 12 months</u>, was there a time when you had a medical problem but did not visit a GP for any of the following reasons?

Select all that apply.

Time taken to get an appointment too long	Owed money to the medical centre
Dislike or fear of the GP	Difficult to take time off work
No transport or too far to travel	Could not arrange childcare or care for a dependent adult
Didn't have a carer, support person, or interpreter to go with me	Fear of how I would be treated for being trans or non-binary
Could not due to the COVID-19 restrictions or policies	Don't know
None of the above	
Another reason, <i>please specify</i>	

5.16 Have you <u>ever</u> travelled outside of your city or township to see a primary healthcare provider who is known to be more trans friendly?

A primary healthcare provider can include GPs, NPs, registered nurses, pharmacists, and other non-emergency health professionals.

5.17 Did this occur within the last 12 months?

O Yes O No O Don't know

5.18 Is there anything else about your experiences with primary healthcare providers (e.g., doctors and nurses at GP clinics and medical centres) that you would like to share with us?

A primary healthcare provider can include GPs, nurse practitioners, registered nurses, pharmacists, and other non-emergency health professionals.

The next questions are about your use and experience of emergency departments at public hospitals for your own health.

5.19 Have you <u>ever</u> avoided going to the hospital emergency department (when you needed care) because you are trans or non-binary?

O Yes	O No >Go to 5.21
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5.20 In the <u>last 12 months</u>, have you avoided going to the hospital emergency department (when you needed care) because you are trans or non-binary?

O Yes O No

5.21 Have you ever gone to an emergency department at a public hospital about your own health?

O Yes	O No >Go to 5.24	
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5.22 Thinking about your last visit to a hospital emergency department for your own health, how good were the doctors at treating you with respect and dignity?

Very good	Good	Neither good nor bad	Poor	Very poor	I did not see any doctors	Don't know	This does not apply
0	0	0	0	0	0	0	0

5.23 Still thinking about your last visit to a hospital emergency department for your own health, how do you rate the quality of care you received at the hospital emergency department?

Very good	Good	Neither good nor bad	Poor	Very poor	Don't know
0	0	0	0	0	0

The next questions are about cancer screening.

The National Cervical Screening Programme recommends that all people with a cervix (including trans and non-binary people) aged 25–69 who have ever had sex should get regular cervical cancer screening (also called a pap smear).

The Breast Cancer Foundation recommends that people who are assigned female at birth and <u>not</u> taking testosterone, and that people assigned male at birth who <u>are</u> taking gender affirming hormones, should consider enrolling in the free national breast screening programme from age 45 to 69. Other trans and non-binary people should talk to their doctor if they have any concerns about changes to their breast / chest tissue, or about their cancer risk.

For more information on the unique breast cancer risk that trans and non-binary people have, please see: <u>https://www.breastcancerfoundation.org.nz/breast-cancer/types-of-breast-cancer/breast-cancer-in-the-lgbtig-community</u>

Some screens will not be relevant for you personally. To avoid assumptions about anyone's body, all participants are asked to identify services that could be appropriate.

5.24 In the <u>last 3 years</u>, did any of the following happen to you regarding cervical cancer screening (also called a pap smear)? Answer this question if you think you would need cervical cancer screening.

Select all that apply.

I have received a cervical cancer screening

□ I delayed or decided to not get cervical cancer screening because I was worried about how I would be treated as a trans or non-binary person

I delayed or decided to not get cervical cancer screening because of another reason, *please explain* further_____

I have not gotten a cervical cancer screening because of my age

I have not gotten a cervical cancer screening because it is not relevant to my body **>Go to 5.26**

5.25 Would you be more likely to get a cervical screen if there was an option to self-test (a genital swab you can do yourself in private)?

O Yes	O No	O Unsure
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5.26 In the <u>last 12 months</u>, did any of the following happen to you regarding breast cancer screening test (also called a mammogram)? Answer this question if you think you would need breast cancer screening.

Select all that apply.

I have received a mammogram
I delayed or decided to not get a mammogram because I was worried about how I would be treated as a trans or non-binary person
I delayed or decided to not get a mammogram because of another reason, <i>please explain further</i>
□ This is not relevant to me because of my age or other breast cancer risk factors
This is not relevant to my body

5.27 Is there anything else about your experiences accessing healthcare that you would like to share with us here?

The next questions are about your use of mental health services where gender affirming care was not the main reason for accessing them. For example, do not include any assessment by a mental health professional that was required solely to start hormones or get a surgery referral.

5.28 In the <u>last 12 months</u>, did you ever feel that you needed professional help for your emotions, stress, mental health, or substance use, but you didn't receive that help?

This could have been because of personal reasons (for example, it cost too much) or reasons you couldn't control (for example, no appointments available).

O Yes	O No >5.31	O Don't know >5.31
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5.29 Thinking about the most recent time when you felt you needed this professional help for your mental health or substance use but didn't receive it, why was that? *Select all that apply.*

Wanted to handle it alone and / or with the support of family, whanau, and friends	Couldn't spare the time
Costs too much	Problems with transportation or childcare
Unsure where to go or who to see	Couldn't get an appointment at a suitable time
Time taken to get an appointment too long	Available services did not meet my cultural or language needs
Health professionals unhelpful or unwilling to help	Not satisfied with available services
Didn't think treatment would work	Concerned what others might think
Don't know	None of the above
Another reason. <i>Please specify</i>	

5.30 Thinking again about the most recent time when you felt you needed this professional help for your mental health or substance use but didn't receive it, which of the following reasons apply to you? (These are specific to being trans or non-binary.)

Select all	that apply.

Did not trust them with personal information about me being trans or non-binary	Afraid that health professionals did not have enough understanding of trans and non-binary people		
Afraid that health professionals did not have enough understanding of the difficult experiences (such as being treated unfairly or harassed) that trans and non-binary people often face	Afraid my gender identity would be seen as a mental health issue or as the cause for any mental health issue		
Afraid that I would be misgendered or that incorrect names would be used to refer to me	Afraid that offensive language would be used or that I would be verbally harassed for being trans or non-binary		
Afraid of how I might be treated by other patients or users for being trans or non-binary	None of the above		
Afraid I might be mistreated in other ways, <i>please specify</i>			

Т



5.31 In the <u>last 12 months</u>, have you received help for concerns about your emotions, stress, mental health, or substance use from any of the following? *Select all that apply.*

Hospital emergency department or an after- hours medical centre	☐ Hospital ward		
Crisis mental health team	Māori health service (including Māori mental health or addictions services)		
Pasifika health service (including Pasifika mental health or addictions services)	Community mental health or addictions service (including hospital outpatient appointments)		
Inpatient or residential mental health services (e.g., mental health unit, addiction residential service)	Trans, rainbow, or takatāpui community service		
Private mental health professional or clinic	Given Service or Sexual violence service		
Other community support services, such as a "youth one-stop-shop"	Programme in prison or a youth justice centre		
□ None of the above >Go to 5.33			
Other service, <i>please specify</i>			



5.32 You said that you have received help for concerns about emotion, stress, mental health, or substance use from at least one mental health service provider. How satisfied have you been with these mental health service providers? **Mark only those service providers you said you have seen in the last 12 months in question 5.31.**

 Wental health service providers can include psychologists, psychiatrists, therapists, counsellors, etc.

 Very
satisfied
 Very
satisfied or
dissatisfied
 Neither
Dissatisfied
 Very
dissatisfied

satisfied		dissatisfied		dissatistied
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
0	0	0	0	0
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0	0	0	0	0
		$ \begin{array}{c c} 0 & 0 \\ 0 & $	$\begin{array}{c c c c c c c c c c c c c c c c c c c $	O O

5.33 Is there anything else about your experiences accessing mental healthcare services that you would like to share with us?



6: Mental Health

The next sections of the survey are about your current state of mental health. These questions are from the New Zealand Health Survey. This will allow us to compare trans and non-binary people's health to the total New Zealand population on these specific measures.

Some people may find these questions to be sensitive or stressful to answer. If you need any help or support, you can contact these services:

Getting Help If you are in immediate physical danger, call 111. If you want to talk to someone about some of the sensitive issues raised in the survey or the community report, below is a list of some of the services that are available for support, information, and help.

Crisis Support If you are worried about your risk of suicide, call your local mental health crisis assessment team or go to the emergency department (ED) at your nearest hospital.

Suicide Crisis Helpline 0800 TAUTOKO (0800 828 865) A free, nationwide service available 24 hours a day, 7 days a week. If you think you, or someone you know, may be thinking about suicide, call the Suicide Crisis Helpline for support.

Helplines

Lifeline 0800 LIFELINE (0800 543 354) or free text HELP (4357) For free, confidential support – 24 hours a day, 7 days a week. Whatever the issue, they're here to listen.

1737 Need to talk? Free call or text 1737 any time for support from a trained counsellor.

The Lowdown 0800 111 757, text 5626 The Lowdown is a website to help young New Zealanders recognise and understand depression or anxiety. Through encouraging early recognition and help for depression or anxiety they intend to reduce the impact depression or anxiety has on the lives of young New Zealanders, now and throughout their adult lives. A 24/7 helpline (text, email and webchat). 'Whatever's going on you'll find ideas and people who can help you get unstuck'.

For a full list of places for help, refer to the help page on our website: <u>https://countingourselves.nz/support/</u>

6.1 In general, would you say your mental health is ...?

Excellent	Very good	Good	Fair	Poor
0	0	0	0	0

6.2 Overall, how satisfied are you with life as a whole these days?

Very satisfied	Satisfied	Neither satisfied nor dissatisfied	Dissatisfied	Very dissatisfied	Don't know
0	0	0	0	0	0



6.3 How much do you agree or disagree with the following statement: I am able to cope with everyday stresses of life.

None of the time	A little of the time	Some of the time	Most of the time	All of the time
0	0	0	0	0

6.4 The next questions are about how you have been feeling during the last 4 weeks.

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
How often did you feel tired out for no good reason?	0	0	0	0	0
How often did you feel nervous?	0	0	0	0	0
How often did you feel hopeless?	0	0	0	0	0
How often did you feel restless or fidgety?	0	0	0	0	0
How often did you feel depressed?	0	0	0	0	0
How often did you feel that everything was an effort?	0	0	0	0	0
How often did you feel worthless?	0	0	0	0	0
How often did you feel lonely?	0	0	0	0	0

>Please answer the following question if you selected "A little of the time"; "Some of the time"; "Most of the time"; or "All of the time" for the statement "How often did you feel nervous?" in question 6.4. Otherwise, please skip to question 6.6.

6.5 How often did you feel so nervous that nothing could calm you down?

None of the time	A little of the time	Some of the time	Most of the time	All of the time
0	0	0	0	0



>Please answer the following question if you selected "A little of the time"; "Some of the time"; "Most of the time"; or "All of the time" for the statement "How often did you feel restless or fidgety?" in question 6.4. Otherwise, please skip to question 6.7.

6.6 How often did you feel so restless you could not sit still?

None of the time	A little of the time	Some of the time	Most of the time	All of the time
0	0	0	0	0

>Please answer the following question if you selected "A little of the time"; "Some of the time"; "Most of the time"; or "All of the time" for the statement "How often did you feel depressed?" in question 6.4. Otherwise, please skip to question 6.8.

6.7 How often did you feel so depressed that nothing could cheer you up?

ſ	None of the time	A little of the time	Some of the time	Most of the time	All of the time
	0	0	0	0	0

6.8 Thinking about the problems you've reported in this section of the questionnaire that have been bothering you...

How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

ſ	Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
	0	0	0	0

6.9 In the last 4 weeks, have you had an anxiety attack - suddenly feeling fear or panic?

O.	Yes
----	-----

O No

6.10 Have you ever been told by a doctor that you have depression?

O Yes O No	O Don't know
------------	--------------

6.11 Have you <u>ever</u> been told by a doctor that you have anxiety disorder? This includes panic attacks, phobia, post-traumatic stress disorder, and obsessive compulsive disorder?

OYes	S	O No	O Don't know
------	---	------	--------------

The next few questions ask about your experiences with food, weight, and weight loss.

Some people may find these questions sensitive or stressful to answer. If you need help and support, refer to the help page on our website: <u>https://countingourselves.nz/support/</u>

6.12 Do you make yourself sick because you feel uncomfortably full?

O Yes	O No
-------	------

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6.13 Do you worry you have lost control over how muc	ch you eat?

O Yes	O No
-------	------

6.14 Have you recently lost more than 1 stone (6.35 kg) in a three-month period?

6.15 Do you believe yourself to be fat when others say you are too thin?

O Yes	O No
-------	------

6.16 Would you say food dominates your life?

O Yes	O No

6.17 These next questions ask about self-harm and suicide. Some people may find these questions to be sensitive or stressful to answer. If you think these questions might be too upsetting for you, you can choose to skip them. **If you would like to skip these questions, please go to question 6.22. Otherwise, please continue as normal.**

6.18 During the <u>last 12 months</u>, have you deliberately hurt yourself or done anything you knew might have harmed you (but not kill you)?

Not at all	Yes – once	Yes – 2 times	Yes – 3-5 times	More than 5 times
0	0	0	0	0

6.19 Over the <u>last 2 weeks</u>, how often have you had thoughts that you would be better off dead or of hurting yourself in some way?

Not at all	Several days	More than half of the days	Nearly every day
0	0	0	0

6.20 Have you ever ...

	Yes	No
Seriously thought about killing yourself (attempting suicide)?	0	0
Made a plan about how you would kill yourself (attempt suicide)?	0	0
Tried to kill yourself (attempted suicide)?	0	0

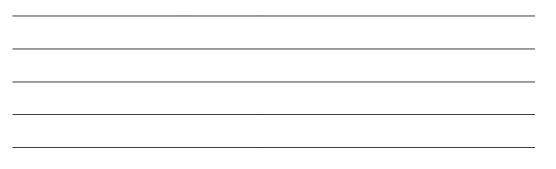


> Please answer the following question if you selected "Yes" to any of the statements in question 6.20. Otherwise, please skip to 6.22.

6.21 In the last 12 months, have you...

	Never	One or twice	Three or more times
Seriously thought about killing yourself (attempting suicide)?	0	0	0
Made a plan about how you would kill yourself (attempt suicide)?	0	0	0
Tried to kill yourself (attempted suicide)?	0	0	0

6.22 Is there anything you would like to share about how your experiences as a trans or non-binary person are related to your mental health?



If you need someone to talk to, you may contact one of the helplines listed at the beginning of this section or from the help page on our website <u>https://countingourselves.nz/support/</u>.

7: General Health

This section is about your general physical health and long-term health conditions. Many of these questions are from the New Zealand Health Survey and will allow us to compare trans and non-binary people's health to everyone in New Zealand.

7.1 In general, would you say your health is...

Excellent	Very good	Good	Fair	Poor
0	0	0	0	0

7.2 Have you <u>ever</u> been told by a doctor or nurse practitioner that you have had a heart attack? Please do not include high blood pressure or high blood cholesterol here, as we will ask you about those later.

Oyes	O No >Go to 7.4
------	-----------------



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O Yes O No O Don't know	7.3 Was this in the last 12 months?		
	OYes	O No	O Don't know

7.4 Have you <u>ever</u> been told by a doctor or nurse practitioner that you have had a stroke? Please do not include 'mini-stroke' or transient ischaemic attack (TIA).

O Yes	O No
-------	------

O No

7.5 Have you <u>ever</u> been told by a doctor or nurse practitioner that you have diabetes? Please do not include diabetes during pregnancy if pregnancy is relevant to your body.

O Yes

7.6 Have you <u>ever</u> been told by a doctor or nurse practitioner that you have high blood pressure? Please do not include high blood pressure you may have had during pregnancy if pregnancy is relevant to your body.

2	
OYes	O No

7.7 Have you <u>ever</u> been told by a doctor or nurse practitioner that you have high cholesterol levels in your blood?

O Yes	O No
-------	------

7.8 Have you ever been told by a doctor or nurse practitioner that you have asthma?

O Yes O No	O Don't know
------------	--------------

7.9 In the last 12 months, have you had an attack of asthma?

O Yes O No O Don't know	
-------------------------	--

7.10 Have you <u>ever</u> been told by a doctor or nurse practitioner that you have arthritis? Please include gout, lupus, and psoriatic arthritis.

O Yes O No	O Don't know
------------	--------------

7.11 Do you experience chronic pain? This is pain that is present almost every day, but the intensity of the pain may vary. Please only include pain that has lasted, or is expected to last, for more than 6 months.

This includes chronic pain that is reduced by treatment.

O Yes O No O Don't know			
-------------------------	--	--	--

The following questions are asked by Statistics New Zealand in their surveys. We have included them here so we can compare trans and non-binary people's experiences against those of the overall population of disabled people in Aotearoa New Zealand. They are followed by some specific questions for neurodivergent people as neurodiversity is not included in this measure. We acknowledge that these questions don't align with the social model of disability or the way that many disabled people describe their identity.

7.12 Do you have a disability, long-term condition, or mental health condition that limits your ability to carry out everyday activities?

O Yes 0	O No
---------	------

7.13 The next questions ask about difficulties you may have doing certain activities because of a health problem.

	No, no difficulty	Yes, some difficulty	Yes, a lot of difficulty	Cannot do at all
Do you have difficulty seeing, even if wearing glasses?	0	0	0	0
Do you have difficulty hearing, even if using a hearing aid?	0	0	0	0
Do you have difficulty walking or climbing steps?	0	0	0	0
Do you have difficulty remembering or concentrating?	0	0	0	0
Do you have difficulty (with self-care such as) washing all over or dressing?	0	0	0	0
Using your usual (customary) language, do you have difficulty communicating, for example understanding or being understood?	0	0	0	0

>Please answer the following question if you selected "Autism"; "ADHD"; or "Other neurodiversity, *please specify"* for question 1.24 (forms of neurodiversity). Otherwise, please skip to question 7.16.

7.14 Have you <u>ever</u> been told by a health professional (e.g., a doctor or psychologist) that you have this form of neurodiversity?

This includes older terms for some forms of autism, such as Asperger's. Select all that apply.

Autism (suspected diagnosis)	Autism (formal diagnosis) >Go to 7.16
ADHD (suspected diagnosis)	ADHD (formal diagnosis) >Go to 7.16
□ None of the above >Go to 7.16	A suspected diagnosis of another form of neurodiversity, <i>please specify</i>



7.15 Have you tried to obtain or would you like to get a formal diagnosis of your neurodiversity? *Select all that apply.*

Yes, but I cannot afford to pay for this	Yes, I have not been able to get a referral to get it through the public health system
No, because I don't trust how I would be	No, because I am worried if I have a diagnosis I
treated as a trans or non-binary person	will not get referred for gender affirming healthcare
No, because I don't trust how I would be	No, because I don't trust medical professionals
treated as a neurodivergent person	have the expertise to give me a correct diagnosis
No, because I don't believe that I need one	Other reason, please specify

The next few questions are about home support, including personal support you have received. This means formal assistance that you receive at home from a paid support worker because of a health condition or limitation that affects your daily life.

7.16 Have you <u>ever</u> received support from a home support worker since identifying as trans or nonbinary?

This may include support linked to a disability or an illness or injury.

	${ m O}$ Yes, but the support worker	O No
OYes	was not aware that I was trans or	
	non-binary	

>Please answer the following question if you selected "Yes, I am Deaf"; or "Yes, I am disabled or have a disability" for question 1.25, OR "Autism"; "ADHD"; "Other neurodiversity" for question 1.24 (forms of neurodiversity), OR "Yes" to question 7.16. > If you are not Deaf, disabled, or neurodivergent, please skip to question 7.18.

7.17 Have you received these types of formalised, paid support because you are Deaf, disabled, or neurodivergent? *Select all that apply.*

Personal care	☐ Home support
Education support	Employment support
No formalised, paid support	
Other support, <i>please specify</i>	



>Please answer the following question if you selected "Yes" for question 7.16. Otherwise, please skip to question 7.20.

7.18 If you receive or have received personal care or home support services, were the support workers respectful of your gender identity or expression while:

	Yes	No	I have not received this type of support
Helping you dress, bathe, or use the toilet	0	0	0
Providing medical care such as giving medication or changing bandages	0	0	0
Supporting you in other ways	0	0	0

7.19 Please explain how well these personal care or home support services respected your needs as a trans or non-binary person.

>Please answer the following question if you are aged 50 or older. Otherwise, please skip to question 8.1.

7.20 As you get older, how important is it to live independently in your own home (i.e. 'aging in place')?

Very important	Somewhat important	Not very important	Not at all important
0	0	0	0

7.21 Have you <u>ever</u> used aged care services for yourself or explored this as an option for yourself in the near future? This could be home care services, a rest home, nursing home, retirement village, or other aged care service.

O Yes, I have used aged care	O Yes, I have explored using	O No >Go to 7.24
services	aged care services for myself >Go to 7.24	



7.22 Have you <u>ever</u> felt you needed to change how you express your gender, to avoid being treated unfairly by an aged care service?

O Yes, please		O Aged care workers were not
specify	O No	aware that I am trans or non-binary,
		so this does not apply to me

7.23 Please explain how well these aged care services have respected your needs as a trans or non-binary person.



>Please answer the following question if you selected "Yes, I have explored using aged care services for myself" in question 7.21. Otherwise, please skip to 7.25.

7.24 If you were to move to an aged care facility, rest home, nursing home, or a retirement village, how well do you think that aged care workers would respect your gender identity or expression while providing the following types of support:

	Very well	Well	Okay / neutral	Not very well	Not at all	Aged care workers would not be aware that I am trans or non- binary, therefore, this does not apply to me
Helping you dress, bathe, or use the toilet	0	0	0	0	0	0
Providing medical care such as giving medication or changing bandages	0	0	0	0	0	0
Supporting you in other ways	0	0	0	0	0	0



>Please answer the following question if you selected "Yes, I have used aged care services" in question 7.21. Otherwise, please skip to question 8.1.

7.25 Overall, how well have aged care workers respected your gender identity or expression while providing the following types of support:

	Very well	Well	Okay / neutral	Not very well	Not at all	Aged care workers are not aware that I am trans or non- binary, therefore, this does not apply to me
Helping you dress, bathe, or use the toilet	0	0	0	0	0	0
Providing medical care such as giving medication or changing bandages	0	0	0	0	0	0
Supporting you in other ways	0	0	0	0	0	0

8: Sexual Health and Pregnancy

This section is about your sexuality, sexual experiences, sexual health, and pregnancy. Some of these questions are personal. Remember, your responses are anonymous and you can choose to not respond to any questions.

If you need any help or support, you can contact these services:

Outline

0800 OUTLINE (0800 688 5463)

All-ages rainbow mental health organisation providing support to the rainbow community, their friends, whānau, and those questioning. OutLine provides a nationwide, free, and confidential support line and online chat service at outline.org.nz/chat between 6pm - 9pm every evening. They also provide specialist rainbow counselling and an Auckland based trans and non-binary peer support service.

Safe to Talk

0800 044 334, text 4334 Phone, text, or online chat to someone for confidential advice for sexual harm issues.

RainbowYOUTH

A national youth-led organisation dedicated to supporting queer, gender diverse and intersex young people, as well as their whānau and wider communities. RainbowYOUTH runs drop-in centres in Auckland, Tauranga, and New Plymouth, operates peer support groups in Auckland, Northland, Bay of Plenty, Taranaki, and online, provides one-on-one support to young people around gender and sexuality, and publishes a range of information resources and websites.

Burnett Foundation Aotearoa

0800 802 437



Provides HIV and STI testing, counselling, group support, and other services at local centres as well as remotely for people anywhere in New Zealand (Formerly the New Zealand AIDS Foundation).

Te Whāriki Takapou info@tewhariki.org.nz

A Māori organisation providing Māori sexual and reproductive health promotion, research, and policy and advisory services.

For a full list of places for help, refer to the help page on our website: <u>https://countingourselves.nz/support/</u>

8.1 Which of the following best describe your sexuality?

Select all that apply.

🖵 Takatāpui	Queer
Gay	Lesbian
Bisexual	Pansexual
Heterosexual / straight	Mostly straight
Asexual	Demisexual
Fluid / it changes	Pacific cultural term(s) (e.g., fa'afafine, fakaleiti or leiti), <i>please specify</i>
I am questioning / exploring my sexuality	Don't know
Other sexuality, <i>please specify</i>	<u>.</u>

8.2 Have you ever had sex with another person? However you choose to define sex.

8.3 Have you had sex within the <u>last 12 months</u>? However you choose to define sex.

O Yes O No >Go to 8.7

8.4 Thinking about sex with your regular or casual partners in the <u>last 12 months</u>, have you had vaginal (or front hole) or anal sex with genitals? This does not include fingers, hands, or toys.

O Yes	O No >Go to 8.7	O Don't know >Go to 8.7
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8.5 Did you use a protective barrier (e.g., a condom)?

O Yes, always O Sometimes O No, never O Don't know	
--	--



8.6 Did you know if your partner(s) had a sexual transmitted infection (STI)?				
	O Yes, I always knew	O Sometimes I knew	O No, I never knew	O I don't know

8.7 Have you <u>ever</u> been told by a doctor or other healthcare professional that you had any of the following?

Select all that apply.

Chlamydia	Gonorrhoea
Genital or anal warts	Genital or anal herpes
Trichomonas vaginalis (Trich, TV)	☐ Syphilis
Non Specific Urethritis (NSU)	Human Papillomavirus (HPV)
Hepatitis A	Hepatitis B
Hepatitis C	HIV or AIDS
☐ Shigella	Crabs / Pubic Lice
Thrush / Candida	Mycoplasm Genitalium
Bacterial vaginosis (BV)	I was told I had one or more of the above but
	can't remember which one(s)
None of the above	

8.8 Are you currently taking HIV pre-exposure prophylaxis ('PrEP') to prevent infection?

O Yes, I am currently taking	O No, but I have taken	${\rm O}$ No, I am not, and have never taken
PrEP	PrEP in the past	PrEP

8.9 Are you a parent, whatever this means to you? This may include, for example, fostering, adopting, or co-parenting children.

This question includes being a foster caregiver or matua whāngai too, even though these roles are legal guardians rather than parents.

8.10 Which of these statements best describes the way you feel about having a child or more children in the future?

${ m O}$ I would definitely like a child or more children,	${ m O}$ I would definitely like a child or more children,
and I'm currently trying	but I'm not currently trying
${ m O}$ I might like a child or more children – I'm not	${ m O}$ I would definitely not like a child or more
sure yet	children
O Don't know	



We do not want to make assumptions about people's bodies, so the next question asks about pregnancy. You can choose to say this is not relevant to my body.

>Please answer the following question if you selected "female" in question 1.10 (sex assigned at birth), or "Yes" in question 1.8. If you selected "male" in question 1.10, please skip to question 8.19.

8.11 Have you been pregnant since identifying as trans or non-binary? This includes pregnancies that ended in miscarriage, stillbirth, or abortion.

O Yes	O No, but I was pregnant before I identified as	
	trans or non-binary	
O No, I have never been pregnant	O Unsure	
O This is not relevant to my body >Go to 8.19		

8.12 Would you like to get pregnant in the future?

O Yes	O No
O Don't know	${ m O}$ This does not apply to me as I am not able to
	get pregnant

>Please answer the following question if you selected "Yes"; "No, but I was pregnant before I identified as trans or non-binary"; or "Unsure", in question 8.11. Otherwise, please skip to question 8.19.

8.13 Have you ever experienced pregnancy loss (such as a miscarriage or stillbirth)?

O Yes	O No
-------	------

8.14 About how long ago was your most recent pregnancy?

${\rm O}$ Less than 1 year ago	O Between 1 and 4 years ago	${ m O}$ More than 4 years ago
--------------------------------	-----------------------------	--------------------------------

>Please answer the following question if you selected "Yes" in question 8.11. Otherwise, please skip to question 8.19.

8.15 Overall, how affirming do you feel your main pregnancy or birth care provider was of your gender?

If you have been pregnant more than once, please answer this question thinking about the most recent time you were pregnant.

Very affirming	Affirming	Neutral	Not very affirming	Not affirming at all	Not applicable
0	0	0	0	0	0



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8.16 Have you experienced a miscarriage or stillbirth since identifying as trans or non-binary?

O Yes

O No

8.17 Have you experienced an abortion since identifying as trans or non-binary?

8.18 Overall, how affirming do you feel the abortion service was of your gender? If you have experienced an abortion more than once, please answer this question thinking about your most recent experience.

Very affirming	Affirming	Neutral	Not very affirming	Not affirming at all	Not applicable
0	0	0	0	0	0

8.19 Have any of your partners been pregnant since you started identifying as trans or non-binary? This includes pregnancies that ended in miscarriage, stillbirth, or abortion.

O Yes O No >Go to 8.21

8.20 Overall, how well did care providers include you in the healthcare your partner(s) received for their pregnancy or birth care?

Very well	Well	Okay / Neutral	Not very well	Not at all
0	0	0	0	0

>Please answer the following question if you selected "yes" to question 8.11, or "yes" to question 8.19. Otherwise, please skip to question 8.24.

8.21 Please tell us about the information and support you received about infant feeding and whether or not it meet your needs.

8.22 Can you think of any ways that pregnancy and birth care providers could improve the care they provide to trans or non-binary people and their whānau?



8.23 Is there anything else you'd like to share about your interactions with pregnancy and / or birth care as a trans or non-binary person?

The next questions are about sex work. Remember all of your answers are anonymous and confidential.

>Please answer the following question if you are aged 18 or older. If you are younger than 18, please skip to question 8.26.

8.24 Have you <u>ever</u> engaged in sexual activity for money (sex work) or had paid work in the sex industry (such as erotic dancing, webcam work, or creating pornographic videos or images)?

O Yes	O No >Go to 8.26
-------	------------------

8.25 Have you done this in the	last 12 months?
--------------------------------	-----------------

O Yes	O No

8.26 How have the following things affected your enjoyment of sex or masturbation?

	This has made sex / masturbation more enjoyable	This has not affected my enjoyment of sex / masturbation	This has made sex / masturbation less enjoyable	This does not apply to me
Identifying as trans or non- binary	0	0	0	0
Receiving gender affirming hormones	0	0	0	0
Receiving gender affirming surgery	0	0	0	0



These questions ask about your sexual wellbeing in the last 4 weeks. The questions are personal; please take your time and remember that you don't have to answer questions you find difficult.

We use the term 'sex life', which includes your sexual thoughts, sexual feelings, sexual activity and sexual relationships.

You can answer these questions even if you have not had sex with another person.

8.27 Thinking about your sex life over the <u>last 4 weeks</u>, please read the statements below carefully and tell us to what extend you agree or disagree.

	Strongly agree	Somewh at agree	Neither agree nor disagree	Somewh at disagree	Strongly disagree
I feel comfortable with my sexual identity and preferences	0	0	0	0	0
I feel in control of my sexual thoughts and desires	0	0	0	0	0
People close to me accept my sexual identity and preferences	0	0	0	0	0
Some of my sexual thoughts and desires make me feel ashamed	0	0	0	0	0
My sex life is pleasurable	0	0	0	0	0
I have someone I can talk to openly about my sex life	0	0	0	0	0
I felt upset with myself about mistakes I made in my sexual past	0	0	0	0	0
I felt upset with others about things they did to me in my sexual past	0	0	0	0	0
I worry about what might happen to me in my future sex life	0	0	0	0	0

8.28 The following question uses the term sexual activities. This includes activities that you do on your own (such as masturbation) or with another person (such as kissing, touching, oral, anal, or vaginal sex).

Thinking about your sex life over the <u>last 4 weeks</u>, please read the statement below carefully and tell us to what extent you agree or disagree.

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
I only do sexual activities that I really want to do	0	0	0	0	0



>Please answer the following question if you selected "Yes" in question 8.2 (ever had sex) and 8.3 (had sex in the last 12 months). Otherwise, please skip to question 9.1.

8.29 Have you had sex within the last 4 weeks? However you choose to define sex.

O Yes	O No >Go to 9.1
-------	---------------------------

8.30 The following questions use the term sex. This includes vaginal, oral, or anal sex, or any other contact involving the genital area. Thinking about the time(s) you had sex over the <u>last 4 weeks</u>, please read the statements below carefully and tell us to what extent you agree or disagree.

	Strongly	Somewhat	Neither agree	Somewhat	Strongly
	agree	agree	nor disagree	disagree	disagree
I felt able to be 'in the moment' and focused during sex	0	0	0	0	0
I had unwanted thoughts during sex	0	0	0	0	0
During sex, I felt vulnerable when I did not want to be	0	0	0	0	0

9: School

9.1 Do you currently go to secondary school / high school?

O Yes	O No >Go to 10.1
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9.2 Which of the following is your school or education situation?

Select all that apply.

Public school	Private or integrated school
Wharekura or kura kaupapa Māori	Religious or faith-based school (for instance, a Catholic school, or an Islamic character school, etc)
I usually learn from home (home schooling)	Te Kura (formerly the Correspondence School)
AltEd (Alternative Education) provider	I'm at another type of school, <i>please specify</i>

9.3 Do you attend a single gender school or a mixed gender school?

O Single gender school	O Mixed gender school	O Not applicable to my
	generation of the second se	school

9.4 How do you feel about school?

I like school a lot	I like school a bit	It's OK	l don't like school	l don't like school at all
0	0	0	0	0



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9.5 Do you feel safe in your school / course?

Yes, all of the time	Yes, most of the time	Sometimes	No, mostly not	Not at all
0	0	0	0	0

9.6 Do you feel like you are part of your school?

O Yes	O No
-------	------

9.7 How well do you do at school (how good are your school results)?

Near the top	Above the middle	About the middle	Below the middle	Near the bottom
0	0	0	0	0

9.8 Do you belong to any school sports teams?

9.9 How supportive are adults at your school of trans or non-binary students (for example, teachers, coaches, counsellors, or other school staff)?

All the adults at my school are supportive	Most of the adults at my school are supportive	About half of the adults at my school are supportive	Most of the adults at my school are <u>not</u> supportive	All of adults at my school are <u>not</u> supportive	l don't know
0	0	0	0	0	0

9.10 How supportive are your classmates of you being trans or non-binary?

All of my classmates are supportive	Most of my classmates are supportive	About half of my classmates are supportive	Most of my classmates are <u>not</u> supportive	All of my classmates are <u>not</u> supportive	l don't know	My classmate do not know that I am trans or non-binary
0	0	0	0	0	0	0

9.11 Do other students at your school know your correct name, pronoun, or gender but refuse to use it?

Always	Most of the time	About half of the time	Sometimes	Never	This does not apply to me
0	0	0	0	0	0

9.12 Do teachers at your school know your correct name, pronoun, or gender but refuse to use it?

Always	Most of the time	About half of the time	Sometimes	Never	This does not apply to me
0	0	0	0	0	0



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9.13 Does your current school have a Rainbow Diversity Group or Queer-Straight Alliance (QSA)?

O Yes	O No >Go to 9.15	O Don't know	
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9.14 If you have been involved in any of these groups, how has that been for you?

9.15 Have you <u>ever</u> had to leave a school because you were concerned about others having a problem with your gender? You may have had to change school, or start correspondence or home schooling.

O Yes

O No

9.16 In the last 12 months, how often have you been bullied in school?

Bullying is when <u>another student or group of students</u> say, write, text, or message nasty and unpleasant things to another student, or the student is hit, kicked, threatened, pushed, or shoved around. Bullying also means when a group of students completely ignores somebody and leaves them out of things on purpose. NetSafe provides advice about how what to do if you are bullied online at <u>www.netsafe.org.nz</u>.

I haven't been bullied in school >Go to 9.18	I haven't been bullied in the last 12 months >Go to 9.18	It has happened once or twice	About once a week	Several times a week	Most days
0	0	0	0	0	0

9.17 In the last 12 months, have you been bullied for being trans or non-binary?

O Yes	O No	O Unsure
-------	------	----------

9.18 In the <u>last 12 months</u>, has any teacher harassed or attacked you (e.g., made slurs at you, ridiculed you, physically attacked you, or sexually harassed you)?

No, I have never been harassed or attacked by a teacher >Go to 9.20	No, not in the last 12 months >Go to 9.20	Yes, it has happened once or twice in the last 12 months	Yes, about once a week	Yes, several times a week	Yes, most days
0	0	0	0	0	0



9.19 Was the harassment or attack b	v a teacher hecause v	vou are trans (or non-hinary?
9.19 Was the halassment of attack b	y a leacher because	you are trains o	or non-binary?

Always	Most of the time	About half of the time	Sometimes	Never	Don't know
0	0	0	0	0	0

9.20 In <u>the last month</u>, how many times have you not gone to school because you were afraid someone might hurt, tease, or bully you?

Not at all	Not in the last month	Once	2 or 3 times	4 or more times
0	0	0	0	0

9.21 How much do you agree with the following statements about your current school?

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Don't know	Not applicable
It is safe to use a toilet or changing room that matches your gender (e.g., a trans boy can use the male toilets safely)	0	0	0	0	0	0	0
Students can participate in any school activity, including female only or male only events, based on their gender	0	0	0	0	0	0	0
Students at the school are educated about what it means to be trans or non-binary	0	0	0	0	0	0	0
The school respects students' privacy and does not disclose if students are trans or non-binary without their consent	0	0	0	0	0	0	0
The school makes it clear that it does not tolerate bullying of students for being trans or non-binary	0	0	0	0	0	0	0
The rules and regulations at my school support trans and non- binary students	0	0	0	0	0	0	0



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	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Don't know	Not applicable
I know there is someone at school who I can complain to if a teacher says negative things about what it means to be trans or non-binary	0	0	0	0	0	0	0
Trans and non-binary students are supported to participate in sports at school	0	0	0	0	0	0	0

9.22 Does the gender and sexuality education you have received at secondary school include learning about trans and non-binary topics and experiences?

O Yes	O No
O I am not sure	O My school does not have sexuality or gender education >Go to 9.24

9.23 How much do you agree with the following statement: The gender and sexuality education you received at your secondary school represented trans and non-binary people in an accurate way? (e.g., it used gender inclusive language for body parts)?

Strongly agree	Somewhat agree			Strongly disagree	Not applicable	
0	0	0	0	0	0	

9.24 Is there anything more that you want to share about your experiences at school?



10: Substance Use

This next section asks about use of cigarettes, alcohol, and other drugs.

10.1 Have you <u>ever</u> smoked cigarettes or other forms of tobacco at all, even just a few puffs? Please include pipes and cigars, but not electronic cigarettes or vaping devices, which we ask about later.

O Yes	O No >Go to 10.3	O Don't know >Go to 10.3
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10.2 On average, how many cigarettes do you smoke a day?

None – I don't smoke now	Less than 1 per day	1 - 5 per day	6 - 10 per day	11 - 15 per day	16 - 20 per day	21 - 25 per day	26 - 30 per day	31 or more a day
0	0	0	0	0	0	0	0	0

10.3 Have you ever tried an electronic cigarette or vaping device, even just a puff or 'vape'?

O Yes	O No > Go to 10.5	O Don't know > Go to 10.5
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10.4 How often do you vape or use e-cigarettes now?

I don't use them now	At least once a day	At least once a week	At least once a month	Less often than once a month	Don't know
0	0	0	0	0	0

10.5 Have you had a drink containing alcohol in the last 12 months?

Oyes	O No >Go to 10.10	O Don't know >Go to 10.10
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10.6 How often do you have a drink containing alcohol?

Monthly or less	Up to 4 times a month	Up to 3 times a week	4 or more times a week
0	0	0	0



10.7 For the next question, refer to the picture below for examples of the number of standard drinks in different alcoholic drinks. How often do you have 6 or more standard drinks on one occasion?

Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
0	0	0	0	0	

Standard drinks picture showcard:





10.8 How often during the last 12 months have you...

	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	Don't know
Found that you were not able to stop drinking once you had started?	0	0	0	0	0	0
Failed to do what was normally expected from you because of drinking?	0	0	0	0	0	0
Needed a first drink in the morning to get yourself going after a heavy drinking session?	0	0	0	0	0	0
Had a feeling of guilt or remorse after drinking?	0	0	0	0	0	0
Been unable to remember what happened the night before because you had been drinking?	0	0	0	0	0	0

10.9 Has a relative or friend, or a doctor or other health worker, been concerned about your drinking or suggested you cut down?

O Yes, but not in the last year O Yes, during the last year O No O Don't know

The next questions are about your experience of using other drugs. These substances can be smoked, swallowed, snorted, inhaled, injected, or taken in the form of pills. Please do not include medicine that you have used for the purpose it was prescribed for, by your doctor. Please include prescribed medicine that you have taken for other reasons, such as to get high, or taken more frequently or at a higher dose than specified. Remember that this survey is anonymous.

10.10 In the <u>last 12 months</u>, have you used any of the following substances? *Select all that apply.*

Cannabis (marijuana, hash, weed, etc)	Cocaine (coke, crack, etc)	
Ecstasy / MDMA	Amphetamine type stimulants (P, speed, ice, Ritalin®, ecstasy, MDMA, etc)	
Inhalants (NOS, glue, petrol, poppers, etc)	Sedatives or sleeping pills (Valium, diazepam, etc)	
Hallucinogens (LSD, mushrooms, ketamine, etc)	Opioids (heroin, morphine, methadone, codeine, fentanyl, etc)	
Don't know	No, none of the above	
Other (synthetic cannabinoids, 'synnies', GHB, GBL, etc), <i>please specify</i>		



>Please answer the following question if you are aged between 14 and 17, or answered "Yes" to question 9.1 (currently attending school), AND if you selected any of the substances listed in question 10.10, e.g., "Cannabis" or "Inhalants". Otherwise, please skip to question 10.12. 10.11 In the last 12 months, have you got into trouble or done something you regretted (like unsafe sex, been injured) because you had been using...

Note: You only need to answer for substances you selected in question 10.10.

	Yes	No
Cannabis (marijuana, hash, weed, etc)	0	0
Cocaine (coke, crack, etc)	0	0
Amphetamine type stimulants (P, speed, ice, Ritalin®, ecstasy, MDMA, etc)	0	0
Sedatives or sleeping pills (Valium, diazepam, etc)	0	0
Inhalants (NOS, glue, petrol, poppers, etc)	0	0
Hallucinogens (LSD, mushrooms, ketamine, etc)	0	0
Opioids (heroin, homebake, morphine, methadone, codeine, fentanyl, etc)	0	0
Other (synthetic cannabinoids, 'synnies', GHB, GBL, etc), <i>please specify</i>	0	0

>>Please answer the following question if you selected any of the substances listed in question 10.10, e.g., "Cannabis". Otherwise, please skip to question 10.16.

10.12 In the last 3 months, how often have you used the substances you mentioned?

	Never	Once or twice	Monthly	Weekly	Daily or almost daily
Cannabis (marijuana, hash, weed, etc)	0	0	0	0	0
Cocaine (coke, crack, etc)	0	0	0	0	0
Amphetamine type stimulants (P, speed, ice, Ritalin®, ecstasy, MDMA, etc)	0	0	0	0	0
Sedatives or sleeping pills (Valium, diazepam, etc)	0	0	0	0	0
Inhalants (NOS, glue, petrol, poppers, etc)	0	0	0	0	0
Hallucinogens (LSD, mushrooms, ketamine, etc)	0	0	0	0	0
Opioids (heroin, homebake, morphine, methadone, codeine, fentanyl, etc)	0	0	0	0	0
Other (synthetic cannabinoids, 'synnies', GHB, GBL, etc), <i>please</i> <i>specify</i>	0	0	0	0	0



>Please answer the following question if you selected "Once or twice"; "Monthly"; "Weekly"; or "Daily or almost daily" for any of the substances listed in question 10.12. If you have not used any substances in the last 3 months, please skip to question 10.16.

10.13 During the <u>last 3 months</u>, how often have you had a strong desire or urge to use the substances you mentioned?

	Never	Once or twice	Monthly	Weekly	Daily or almost daily
Cannabis (marijuana, hash, weed, etc)	0	0	0	0	0
Cocaine (coke, crack, etc)	0	0	0	0	0
Amphetamine type stimulants (P, speed, ice, Ritalin®, ecstasy, MDMA, etc)	0	0	0	0	0
Sedatives or sleeping pills (Valium, diazepam, etc)	0	0	0	0	0
Inhalants (NOS, glue, petrol, poppers, etc)	0	0	0	0	0
Hallucinogens (LSD, mushrooms, ketamine, etc)	0	0	0	0	0
Opioids (heroin, homebake, morphine, methadone, codeine, fentanyl, etc)	0	0	0	0	0
Other (synthetic cannabinoids, 'synnies', GHB, GBL, etc), <i>please specify</i>	0	0	0	0	0

10.14 During the last 3 months, how often has your use of the substances you mentioned led to health, social, legal, or financial problems?

	Never	Once or twice	Monthly	Weekly	Daily or almost daily
Cannabis (marijuana, hash, weed, etc)	0	0	0	0	0
Cocaine (coke, crack, etc)	0	0	0	0	0
Amphetamine type stimulants (P, speed, ice, Ritalin®, ecstasy, MDMA, etc)	0	0	0	0	0
Sedatives or sleeping pills (Valium, diazepam, etc)	0	0	0	0	0
Inhalants (NOS, glue, petrol, poppers, etc)	0	0	0	0	0
Hallucinogens (LSD, mushrooms, ketamine, etc)	0	0	0	0	0
Opioids (heroin, homebake, morphine, methadone, codeine, fentanyl, etc)	0	0	0	0	0
Other (synthetic cannabinoids, 'synnies', GHB, GBL, etc), <i>please specify</i>	0	0	0	0	0



10.15 During the last 3 months, how often have you failed to do what was normally expected of you because of your use of the substances you mentioned?

	Never	Once or twice	Monthly	Weekly	Daily or almost daily
Cannabis (marijuana, hash, weed, etc)	0	0	0	0	0
Cocaine (coke, crack, etc)	0	0	0	0	0
Amphetamine type stimulants (P, speed, ice, Ritalin®, ecstasy, MDMA, etc)	0	0	0	0	0
Sedatives or sleeping pills (Valium, diazepam, etc)	0	0	0	0	0
Inhalants (NOS, glue, petrol, poppers, etc)	0	0	0	0	0
Hallucinogens (LSD, mushrooms, ketamine, etc)	0	0	0	0	0
Opioids (heroin, homebake, morphine, methadone, codeine, fentanyl, etc)	0	0	0	0	0
Other (synthetic cannabinoids, 'synnies', GHB, GBL, etc), <i>please</i> <i>specify</i>	0	0	0	0	0

10.16 Has a friend or relative or anyone else <u>ever</u> expressed concern about your use of the following substances?

	No, never	Yes, in the past 3 months	Yes, but not in the past 3 months
Cannabis (marijuana, hash, weed, etc)	0	0	0
Cocaine (coke, crack, etc)	0	0	0
Amphetamine type stimulants (P, speed, ice, Ritalin®, ecstasy, MDMA, etc)	0	0	0
Sedatives or sleeping pills (Valium, diazepam, etc)	0	0	0
Inhalants (NOS, glue, petrol, poppers, etc)	0	0	0
Hallucinogens (LSD, mushrooms, ketamine, etc)	0	0	0
Opioids (heroin, homebake, morphine, methadone, codeine, fentanyl, etc)	0	0	0
Other (synthetic cannabinoids, 'synnies', GHB, GBL, etc.). <i>Please specify</i>	0	0	0



10.17 Have you ever sought support from any of the following places for problems related to your substance use?

Select all that apply.

Counsellor or other mental health professional	GP
12-step programme (such as Alcoholics Anonymous or Narcotics Anonymous)	The Alcohol Drug Helpline
Community alcohol and drug services (CADS) (including hospital outpatient appointments)	Inpatient or residential addictions service
Trans, rainbow, or takatāpui community service	Māori health or addictions services
Pasifika health or addictions services	Private addiction professional or clinic
Addictions programme in prison or a youth justice centre	I haven't needed support
Other support, please specify	

10.18 Do you have anything to share about your experiences with these support services?

10.19 Is there anything else that you want to share with us about your alcohol or other substance use?



11: Income and Employment

These questions are about your income and your work experiences.

11.1 What is the total income that you yourself got from all sources, before tax or anything was taken out of it, in the <u>last 12 months?</u>

O Loss	O Zero income	O \$1 - \$5,000
O \$5,001 – \$10,000	O \$10,001 – \$15,000	O \$15,001 - \$20,000
O \$20,001 – \$25,000	O \$25,001 – \$30,000	O \$30,001 – \$35,000
O \$35,001 – \$40,000	O \$40,001 - \$50,000	O \$50,001 – \$60,000
O \$60,001 - \$70,000	O \$70,001 – \$100,000	O \$100,001 – \$150,000
O \$150,001 or more	O Don't know	

11.2 This question gives examples of things some people are forced to do to keep costs down. It is not about just choosing to spend less. In the <u>last 12 months</u>, to what extent have you had to do any of the following things to keep costs down?

	Not at all	A little	A lot	Don't know
Gone without fresh fruit or vegetables	0	0	0	0
Postponed or put off visits to the doctor	0	0	0	0
Postponed or put off visits to the dentist	0	0	0	0
Done without, or cut back on, trips to the shops or other local places	0	0	0	0
Spent less on hobbies or other special interests than I would like	0	0	0	0
Delayed replacing or repairing broken or damaged appliances	0	0	0	0



11.3 Do you think that being trans or non-binary makes it hard for you to get paid work? *Select all that apply.*

Yes, if I have to show a qualification, work visa, or ID document with my old name or gender marker	Yes, it is hard to share a previous work history that is under another name or gender
Yes, when the application form questions force me to disclose I am trans or non-binary	Yes, I worry that interviewers will discriminate against me if they realise I am trans or non-binary
Yes, because of my gender expression or appearance	🖵 No
Don't know	☐ Job recruiters and / or employers are not aware that I am trans or non-binary, so this does not apply to me
This does not apply to me, as I am not trying to get paid work	☐ Yes, for other reasons. <i>Please specify</i>

11.4 When applying for a job in the <u>last 4 years</u>, have you avoided providing a reference or referee from a previous job because it would disclose that you are trans or non-binary?

O Yes	O No
${\rm O}$ I have not applied for a job in the last 4 years	O All of my previous work history is with my current or correct name or gender, so this does not apply to me

11.5 Which of these statements best describes your current work situation?

O Working in paid employment (includes self-employment)
O Not in paid work and looking for a job >Go to 11.14
${ m O}$ Not in paid work and not looking for a job (for any reason, such as being retired, a homemake
unpaid caregiver, or full-time student) >Go to 11.14

O Don't know **>Go to 11.14**

O Other situation, *please specify*

>Go to 11.14

11.6 How many hours a week do you usually work, counting all of your jobs?

Number of hours, please specify	O Don't know

11.7 At this time, would you like to work more paid hours than you currently do?

O Yes O No	
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11.8 Thinking about your main paid job in the <u>last 4 weeks</u>, were you self-employed or working for someone else?

Your main job is the one where you work the most hours. If you work equal hours at more than one job, select the job that is more important to you.

O Self-employed >Go to 11.11	O Employee, working for someone else
------------------------------	--------------------------------------

11.9 Thinking about your main job in the last 4 weeks, is it a permanent job?

A permanent job means it will continue unless you decide to leave or are made redundant. Select all that apply.

Yes, it is a permanent job >Go to 11.11	No, it is a fixed-term contract
No, I was hired to work until a task or project was finished	No, I was hired to temporarily replace another worker
No, it is a seasonal job that is only available at certain times of the year	No, it is a casual job with no guarantee of regular work
I don't know	

11.10 Would you prefer your main job to be a permanent ongoing job or to continue working fixed term, casual, short-term, or seasonal jobs as you currently do?

O I would prefer my main job to be permanent

O I would prefer my main job to not be permanent (e.g., a fixed term contract or casual, short-term or seasonal work)

O I don't know

11.11 On average, how supportive are your current co-workers of you being trans or non-binary?

All of my co- workers are supportive	Most of my co-workers are supportive	About half of my co- workers are supportive	Most of my co-workers are <u>not</u> supportive	All of my co- workers are <u>not</u> supportive	My co- workers are not aware that I am trans or non- binary	l do not have co-workers
0	0	0	0	0	0	0

11.12 Please think about the <u>last 4 weeks</u> in your main job. How do you feel about that job? Your main job is the job that you worked the most hours in over the last 4 weeks.

Very satisfied	Satisfied	No feeling either way	Dissatisfied	Very dissatisfied	Don't know
0	0	0	0	0	0



>If you selected "My co-workers are not aware that I am trans or non-binary" in question 11.11, please skip to question 11.14. If your co-workers are aware that you are trans and non-binary, please answer this question.

11.13 Thinking about your main job, how often do these people at your work refuse to use your correct name, pronoun, or gender, even though they know it?

	Never	Sometimes	About half of the time	Most of the time	Always	This does not apply to me
Your Employer	0	0	0	0	0	0
Your manager / supervisor	0	0	0	0	0	0
Other people you work with. <i>This can</i> <i>include your co-</i> <i>workers, customers,</i> <i>or suppliers.</i>	0	0	0	0	0	0



11.14 Have any of the following things <u>ever</u> happened to you at work because you are trans or non-binary?

Select all that apply.

I delayed steps in my gender transition, because I worried about how I would be treated at work	I did not disclose that I was trans or non-binary because I feared discrimination
I was given worse pay or conditions than co- workers	My employer / boss or co-workers shared information about me or my transition that they should not have
Co-workers made unwanted comments about me or talked about me in ways I didn't like	I was not allowed to use the workplace bathroom that matched my gender
I was removed from direct contact with clients, customers, or patients	I was denied promotion at a job
I transitioned at work with the support of my employer	I was treated fairly and with respect at work after disclosing I was trans or non-binary
Co-workers added their pronouns to emails signatures or name tags	□ I knew there was support available at work if I faced discrimination or harassment because I am trans or non-binary
My workplace included information about trans and non-binary people in its diversity resources or events	I stayed in a job I would prefer to leave
I stayed in a job that I was overqualified for	I quit a job because of how I was treated as trans or non-binary person
I lost a job, was fired, or was forced to resign	□ None of the above >Go to 11.16
☐ No-one at any of my jobs has ever known I am trans or non-binary >Go to 11.16	□ I have never worked or had a job >Go to 11.16
Other experience, <i>please specify</i>	·



11.15 Did any of these things happen in the <u>last 12 months</u> because you are trans or non-binary? *Select all that apply.*

I delayed steps in my gender transition, because I worried about how I would be treated at work	I did not disclose that I was trans or non-binary because I feared discrimination
I was given worse pay or conditions than co- workers	My employer / boss or co-workers shared information about me or my transition that they should not have
Co-workers made unwanted comments about me or talked about me in ways I didn't like	I was not allowed to use the workplace bathroom that matched my gender
I was removed from direct contact with clients, customers, or patients	I was denied promotion at a job
I transitioned at work with the support of my employer	I was treated fairly and with respect at work after disclosing I was trans or non-binary
Co-workers added their pronouns to emails signatures or name tags	I knew there was support available at work if I faced discrimination or harassment because I am trans or non-binary
☐ My workplace included information about trans and non-binary people in its diversity resources or events	I stayed in a job I would prefer to leave
I stayed in a job that I was overqualified for	I quit a job because of how I was treated as trans or non-binary person
\Box I lost a job, was fired, or was forced to resign	None of the above
Other experience, <i>please specify</i>	

11.16 Is there anything else you want to share about your experiences looking for a job or when you have had paid or unpaid work?





12: State Institutions

These next questions are about your experiences with police, adult prisons, or youth justice residences in Aotearoa New Zealand.

12.1 In the <u>last 4 years</u>, do you believe the police or other law enforcement officers you interacted with thought or knew you were trans or non-binary?

All of the officers thought or knew I was	Some officers thought or knew I was trans or non-
trans or non-binary	binary, some did not
None of the officers thought or knew I was	I have not interacted with the police or other law
trans or non-binary >Go to 12.3	enforcement officers in the last 4 years >Go to 12.3

12.2 In the <u>last 4 years</u>, when you interacted with police or other law enforcement officers, were you treated with respect?

${ m O}$ I was always treated with	${\rm O}$ I was sometimes treated with	O I was never treated with
respect	respect	respect

12.3 In the last 4 years, have you avoided contacting the police when you needed police services?

O Yes	O No	O Don't know	${\rm O}$ I have not needed
0 103			police services

12.4 Have you been detained, held in custody, arrested, or charged by the police since identifying as trans or non-binary?

Select all that apply.

\Box I was detained or held in custody	L was arrested
I was charged with an offence	□ I have not been detained, held in custody, arrested, or charged with an offence since identifying as trans or non-binary Go to 12.12
I have never been arrested or charged with an offence Go to 12.12	



12.5 Did any of the following things <u>ever</u> happen to you when you were detained, held in custody, arrested, or charged by the <u>police</u>?

	Yes	No	Not applicable
Police asked me what was the right name, pronoun, or gender to use	0	0	0
Police knew my correct name, pronoun, or gender but would not use it	0	0	0
Police put me in a cell with other people where I did not feel safe as a trans or non-binary person	0	0	0
Police gave me the choice of a cell with women, with men, or on my own	0	0	0
Police gave me a choice about the gender of the officer who searched me	0	0	0
I had access to a shower that was safe for me to use as a trans or non-binary person	0	0	0
Police harassed or assaulted me because I am trans or non-binary	0	0	0

>Please answer the following question if you selected "Yes" to any of the options in question 12.5. Otherwise, please skip to question 12.7.

12.6 In the <u>last 12 months</u>, did any of the following things happen to you when you were detained, held in custody, arrested, or charged by the police?

	Yes	No	Not applicable
Police asked me what was the right name, pronoun, or gender to use	0	0	0
Police knew my correct name, pronoun, or gender but would not use it	0	0	0
Police put me in a cell with other people where I did not feel safe as a trans or non-binary person	0	0	0
Police gave me the choice of a cell with women, with men, or on my own	0	0	0
Police gave me a choice about the gender of the officer who searched me	0	0	0
I had access to a shower that was safe for me to use as a trans or non-binary person	0	0	0
Police harassed or assaulted me because I am trans or non-binary	0	0	0

12.7 Is there anything else you would like to tell us about any of your experiences with police, whether that happened in the last 12 months or earlier?

12.8 Have you <u>ever</u> been detained or held in custody in an adult prison or a youth detention facility? *Select all that apply.*

O Yes, in an adult prison	${ m O}$ Yes, in a youth detention facility (e.g., a	O No >Go to 12.12
	borstal, or a youth justice residence)	

12.9 Was this in the <u>last 4 years?</u>

O Yes

O No >Go to 12.11

12.10 In the <u>last 4 years</u>, did any of the following things happen to you in prison, borstal, a youth justice

	Yes	No	Not applicable
I was not given any choice about whether I was placed in a men's or women's facility	0	0	0
Staff explained that trans people can apply to move to a jail / detention facility that matches their gender	0	0	0
Staff knew my correct name, pronoun, or gender but would not use it	0	0	0
I was given a choice about the gender of the officer who searched me	0	0	0
Staff put me in a cell, room, or shared living space with other people where I did not feel safe as a trans or non-binary person	0	0	0
I had access to a shower that was safe for me to use as a trans or non-binary person	0	0	0
The prison / detention facility would not let me start taking prescribed hormones	0	0	0
I was allowed to have personal items that you needed as a trans / non-binary person (like a bra or chest binder, a packer, or tweezers to remove hair)	0	0	0
Staff took my prescribed hormones away from me or stopped me from using them	0	0	0
I was kept isolated from other people because I am trans or non- binary	0	0	0
Staff harassed or assaulted me because I am trans or non-binary	0	0	0



>Please answer the following question if you selected "Yes, in an adult prison"; or "Yes, in a youth detention facility (e.g., a borstal, or a youth justice residence) in question 12.8. Otherwise, please skip to question 12.12.

12.11 Is there anything else you would like to tell us about any of your experiences with prisons, or youth justice residences, whether that happened in the <u>last 4 years or earlier?</u>

12.12 The following question is about whether you have trust in various institutions in Aotearoa New Zealand. Even if you have had very little or no contact with these institutions, please base your answer on your general impression of these institutions.

How much do you trust:

,	Not at	all								Com	pletely
	0	1	2	3	4	5	6	7	8	9	10
Police	0	0	0	0	0	0	0	0	0	0	0
Education system	0	0	0	0	0	0	0	0	0	0	0
Media	0	0	0	0	0	0	0	0	0	0	0
Courts	0	0	0	0	0	0	0	0	0	0	0
Parliament	0	0	0	0	0	0	0	0	0	0	0

13: Housing

Homelessness is defined by Stats NZ as a living situation where people with no other options to acquire safe and secure housing are: without shelter (e.g., sleeping without a roof over your head, or in your car) in temporary accommodation (e.g., renting a room at a motel, or staying at a homeless shelter) sharing accommodation with a household (e.g., couch surfing at friends' homes) living in uninhabitable housing

13.1 Have you ever experienced homelessness?

O Yes	O No >Go to 13.6
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13.2 How old were you when you first became homeless?

O 12 years or younger	O Between 13 and 17 years old
O Between 18 and 25 years old	O 25 years or older



O Don't know

13.3 What is the longest time that you have ever been homeless for (including if you are currently homeless)?

O Less than 1 week	O Between 1 week and 1 month
O More than 1 month and up to 3 months	${ m O}$ More than 3 months and up to 6 months
O More than 6 months and up to 12 months	O More than 12 months
O Don't know	

13.4 Where did you mainly sleep while you were homeless? *Select all that apply.*

Uninhabitable housing is when people live in a place that is falling apart and is not safe or clean. The surroundings might be messy and overgrown, the roof might not be good, the doors and windows might be broken or not secure, and there might be vandalism. Sometimes people's water or electricity gets cut off too. Uninhabitable housing does not include places that are just cold, damp, or not insulated.

Outside (e.g., street, park)	Couch or spare room
Uvehicle (e.g., car, van, bus)	Garage / shed
A temporary room in a hotel or hostel	Shelter or emergency housing
Transitional housing	Staying with another household
Living in uninhabitable housing	Other place, please specify

13.5 What role, if any, has being trans or non-binary played in your experience of being homeless?



13.6 Have any of the following housing situations ever happened to you?

	Yes, this happened to me because I am trans or non-binary	This happened to me, but I am unsure if it was due to me being trans or non- binary	This happened to me but not because I am trans or non- binary	This has never happened to me	This does not apply to me
I was evicted from my home / apartment	0	0	0	0	0
I had to leave my home / apartment because I did not feel safe	0	0	0	0	0
I was denied a home / apartment	0	0	0	0	0
I had to move back in with family members or friends	0	0	0	0	0
I had to move into a less expensive home / apartment	0	0	0	0	0
I was homeless because of violence from a partner or family member	0	0	0	0	0

>Please answer the following question if you selected "Yes, this happened to me because I am trans or non-binary" for any of the housing situations in question 13.6. Otherwise, please skip to question 13.8.

13.7 Have any of the following housing situations happened to you in the <u>last 4 years</u> because you are trans or non-binary?

Select all that apply.

I was evicted from or asked to leave my home /	□ I had to leave my home / apartment because
apartment	I did not feel safe
I was denied a home / apartment	I had to move back in with family members or friends
I had to move into a less expensive home / apartment	I was homeless because of violence from a partner or family member
None of the above	



The following questions are about your experiences with emergency housing in Aotearoa New Zealand.

13.8 Have you <u>ever</u> tried to access an organisation for emergency housing, including a shelter or refuge?

Select all that apply.

Yes, and I stayed at one or more shelters or	Yes, but I was denied access to one or more
refuges >Go to 13.10	shelters because I am trans or non-binary
 Yes, but I was denied access to one or more shelters for reasons other than my gender >Go to 13.11 	No, because I feared I would be mistreated as a trans or non-binary person >Go to 13.11
No, because there were no shelters available near where I lived >Go to 13.11	I have never needed to stay at a shelter or refuge >Go to 13.11
□ No, for other reasons. <i>Please specify</i>	>Go to 13.11

13.9 Do you believe that you have been denied access to a shelter or refuge in the <u>last 12 months</u> because you are trans or non-binary?

O Yes O No

13.10 Have any of these things <u>ever</u> happened to you in a shelter or refuge because you are trans or non-binary?

Select all that apply.

\square I decided to dress / present as the wrong	They required me to dress / present as the
gender to feel safe in a shelter or refuge	wrong gender in the shelter or refuge
I was verbally harassed	I was physically attacked
I experienced unwanted sexual contact (such as fondling, sexual assault, or rape)	□ I decided to leave a shelter because of poor treatment or unsafe conditions, even though I had no place to go
I was thrown out after they learned I was trans or non-binary	□ None of the above >Go to 13.12



13.11 In the <u>last 12 months</u>, have any of these things happened to you in a shelter or refuge because you are trans or non-binary?

Select all that apply.

□ I decided to dress / present as the wrong	igsquired They required me to dress / present as the	
gender to feel safe in a shelter or refuge	wrong gender in the shelter or refuge	
I was verbally harassed	I was physically attacked	
I experienced unwanted sexual contact (such as fondling, sexual assault, or rape)	I decided to leave a shelter because of poor treatment or unsafe conditions, even though I had no place to go	
I was thrown out after they learned I was trans or non-binary	None of the above	

13.12 Have you ever moved towns or cities in Aotearoa New Zealand, to feel safer as a trans or non-binary person?

O Yes	O No
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14: Discrimination

Some of the earlier questions have asked if you were treated unfairly because you are trans or nonbinary. We have a few more questions about discrimination you may have faced in Aotearoa New Zealand. Some are about being treated unfairly for any reason, not just because you are trans or non-binary. We also ask questions about trans and non-binary people's experiences in different places.

14.1 Have you ever experienced discrimination?

By discrimination we mean being treated unfairly or differently compared to other people. Some reasons for discrimination include: age, skin colour, way of dress or appearance, race or ethnic group, accent or language spoken, gender, sexual orientation, religious beliefs, disability, or health issues.

O Yes O No >Go to 14.6 O Don't know >Go to 14.6

14.2 In the last 12 months have you been discriminated against?

O Yes	O No >Go to 14.5	O Don't know >Go to 14.5
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14.3 Were you discriminated against in any of these situations in the <u>last 12 months?</u> Select all that apply.

In a shop or restaurant	On the street or in a public place
Seeking medical care	Dealing with the police
Trying to get a job	At work
Trying to rent housing	At school
Other situation, <i>please specify</i>	

14.4 Why do you think you were discriminated against in the <u>last 12 months?</u> Select all that apply.

Skin colour
Race or ethnic group
Gender
Sexual orientation
Disability or health issues

>Please answer the following question if you selected "Yes" in question 14.1. Otherwise please skip to question 14.6.

14.5 In the last 4 years, have you been discriminated against for being trans or non-binary?

O Yes	O No	O Don't know
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14.6 Have you <u>ever</u> avoided any of these places because you thought you would be mistreated for being trans or non-binary?

	Yes	No	I have never needed this service or place	People at this place are not aware that I am trans or non-binary, so this does not apply to me
Drug or alcohol treatment programme	0	0	0	0
Driver licensing services	0	0	0	0
Work and Income or MSD to apply for a benefit or entitlement (including StudyLink, Senior Services, and Heartland Services)	0	0	0	0
Gym / pool	0	0	0	0
Legal services from a lawyer, clinic, or legal professional	0	0	0	0
Court / courthouse	0	0	0	0
Sports clubs or team	0	0	0	0
A bank	0	0	0	0
Aged care (e.g., rest home, retirement village, supported care / in home support care)	0	0	0	0
Public transport (such as bus, train, taxi, Uber)	0	0	0	0
Retail store	0	0	0	0
Restaurant, hotel, theatre	0	0	0	0
Church or other place of faith / worship	0	0	0	0



>Please answer the following question if you selected "Yes" to any of the places listed in question 14.6. Otherwise, please skip to question 14.10.

14.7 In the <u>last 12 months</u>, have you avoided any of these places because you thought you would be mistreated for being trans or non-binary?

Select all that apply.

Drug or alcohol treatment programme
Driver licensing services
Work and Income or MSD to apply for a benefit or entitlement (including StudyLink, Senior Services, and Heartland Services)
Gym / pool
Legal services from a lawyer, clinic, or legal professional
Court / courthouse
□ Sports clubs or team
A bank
Aged care (e.g., rest home, retirement village, supported care / in home support care)
Public transport (such as bus, train, taxi, Uber)
Retail store
Restaurant, hotel, theatre
Church or other place of faith / worship
None of the above



>Please answer the following question if you selected "Yes"; "No"; or "People at this place are not aware that I am trans or non-binary, so this does not apply to me" in question 14.6. Otherwise, please skip to question 14.10.

14.8 Have any of these things <u>ever</u> happened to you because you are trans or non-binary when you visited or used services at these places? *Select all that apply.*

	Treated unfairly	Verbally harassed	Physically attacked	One or more of these things happened to me, but I'm not sure if it was because I am trans or non-binary	None of these things happened to me at this place	People at this place are not aware that I am trans or non-binary, therefore, this does not apply to me
Drug or alcohol treatment program						
Driver licensing services						
Work and Income or MSD to apply for a benefit or entitlement (including StudyLink, Senior Services, and Heartland Services)						
Gym / pool						
Legal services from a lawyer, clinic, or legal professional						
Court / courthouse						
Sports clubs or team						
A bank						
Aged care (e.g., rest home, retirement village, supported care / in home support care)						
Public transport (such as bus, train, taxi, Uber)						



	Treated unfairly	Verbally harassed	Physically attacked	One or more of these things happened to me, but I'm not sure if it was because I am trans or non-binary	None of these things happened to me at this place	People at this place are not aware that I am trans or non-binary, therefore, this does not apply to me
Retail store						
Restaurant, hotel, theatre						
Church or other place of faith / worship						

>Please answer the following question if you selected "Treated unfairly"; "Verbally harassed"; or "Physically attacked" for any of the places in question 14.8. Otherwise, please skip to question 14.10.

14.9 In the <u>last 4 years</u>, have any of these things happened to you because you are trans or non-binary when you visited or used services at these places?

Select all that apply.

	Treated unfairly	Verbally harassed	Physically attacked	One or more of these things happened to me, but I'm not sure if it was because I am trans or non-binary	None of these things happened to me at this place	People at this place are not aware that I am trans or non-binary, therefore, this does not apply to me
Drug or alcohol treatment program						
Driver licensing services						
Work and Income or MSD to apply for a benefit or entitlement (including StudyLink, Senior Services, and Heartland Services)						
Gym / pool						



	Treated unfairly	Verbally harassed	Physically attacked	One or more of these things happened to me, but I'm not sure if it was because I am trans or non-binary	None of these things happened to me at this place	People at this place are not aware that I am trans or non-binary, therefore, this does not apply to me
Legal services from a lawyer, clinic, or legal professional						
Court / courthouse						
Sports clubs or team						
A bank						
Aged care (e.g., rest home, retirement village, supported care / in home support care)						
Public transport (such as bus, train, taxi, Uber)						
Retail store						
Restaurant, hotel, theatre						
Church or other place of faith / worship						



These questions are about your experiences using shared or public bathrooms.

14.10 Has anyone <u>ever</u> done these things to you when you have tried to use a shared or public bathroom?

Select all that apply.

Told or asked me if I was using the wrong bathroom	Stopped me entering a bathroom
Verbally harassed me when I tried to use a public bathroom	Physically attacked me when I tried to use a public bathroom
Sexually harassed me when I tried to use a public bathroom	□ I have never been visibly trans or non-binary while using a bathroom, so this does not apply to me >Go to 14.12
□ None of the above >Go to 14.12	

14.11 In the <u>last 12 months</u>, did anyone do these things to you when you have tried to use a shared or public bathroom?

Select all that apply.

Told or asked me if I was using the wrong bathroom	Stopped me entering a bathroom
Verbally harassed me when I tried to use a public bathroom	Physically attacked me when I tried to use a public bathroom
Sexually harassed me when I tried to use a public bathroom	□ None of the above

14.12 In the <u>last 12 months</u>, how often have you avoided going to a shared or public bathroom because you are afraid of having problems using it, because you are trans or non-binary?

					-	-
					Strangers are not	I have not used public
Novor	Dorohy	Somotimoo	Otton	Alwaya	aware that I am trans	bathrooms in the last 12
Never	Rarely	Sometimes	Often	Always	or non-binary, so this	months, so this does not
					does not apply to me	apply to me
0	0	0	0	0	0	0
0)	•)	<u> </u>)	e



14.13 In the <u>last 4 years</u>, have you avoided any of the following situations or spaces because of fear of how you would be treated for being trans or non-binary?

Select all that apply.

Bar or nightclub	Church, synagogue, temple, mosque, or other religious venue
Gym or pool	Public event
Party or private event	D Public space (e.g., park, street.
D Public transport	Public bathroom
Public changing room	Cultural centre
School or university	Shop or restaurant
Support group	Travelling internationally
Travelling within Aotearoa	None of the above
People at these places are not aware that I am	Other situation or space, <i>please specify</i>
trans or non-binary, therefore, this does not apply to me	

14.14 How often in the <u>last 12 months</u> have you seen negative messages related to trans or nonbinary people on:

	1	1					
	Not in the last 12 months	A few times in the last 12 months	Once a month or less	A few times a month	Once a week	A few times a week	Every day
Online news websites (e.g., <i>NZ Herald</i> , Stuff)	0	0	0	0	0	0	0
Social media (e.g., Facebook, Twitter, Instagram, YouTube, TikTok)	0	0	0	0	0	0	0
Radio (including online radio)	0	0	0	0	0	0	0
Printed newspapers or magazines	0	0	0	0	0	0	0
TV news	0	0	0	0	0	0	0
Podcasts	0	0	0	0	0	0	0



15: Safety, Harassment, and Violence

This section is about safety, harassment and violence. Remember all of your answers to this survey are completely anonymous and confidential.

Sometimes we ask if you have ever had these experiences, while other times we ask if it has happened in the last 4 years or the last 12 months. There are specific reasons why we ask the questions in these different ways. If this is the first Counting Ourselves survey that asks this question, we often ask if this has ever happened to you. Other times we want to know if something has happened since the last Counting Ourselves survey 4 years ago. Often we have to ask questions about the last 12 months to compare with another survey's statistics for other people in Aotearoa.

If you would like to talk to someone about harassment or violence you have experienced, you can call or **text 1737** any time for free to get support from a trained counsellor. You can also contact OutLine, a confidential rainbow community helpline, each evening on: **0800 OUTLINE 688 5463** or http://www.outline.org.nz/.

For a full list of places for help, refer to the help page on our website: <u>https://countingourselves.nz/support/</u>

	Very unsafe	Unsafe	Neither safe nor unsafe	Safe	Very safe	This does not apply to me
At home by yourself at night	0	0	0	0	0	0
Walking alone in your neighbourhood after dark	0	0	0	0	0	0
Waiting for or using public transport such as buses and trains at night	0	0	0	0	0	0
Using the internet for online transactions	0	0	0	0	0	0
Dating and socialising	0	0	0	0	0	0

15.1 Thinking about crime in Aotearoa New Zealand, how safe or unsafe do you feel...?

15.2 In the last 12 months, has anyone acted in a way that caused you fear, alarm, or distress?

For example, by following or confronting you, lurking outside your home or workplace, putting threatening information on the internet, or making a series of threatening or silent phone calls to you?

Include if this was done by partners, family / whānau members, other people you know, or strangers, and also if this happened in your job. Only include messages or phone calls when you have received more than one from the same person.

O Yes	O No	O Don't know
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15.3 In the <u>last 4 years</u>, have you been verbally harassed for being trans or non-binary (e.g., hostile comments or put-downs that make fun of your gender)?

O Yes	O No

The next 2 questions are about someone physically harming you in any way, or threatening or attempting to do that. This includes physical harm from partners, family / whānau members, other people you know, and strangers, including if the physical violence happened in your job. Don't include any incidents where there was a sexual element to the violence, as we will be asking separate questions about sexual violence.

15.4 Has anyone <u>ever deliberately used force</u> or <u>violence</u> on you, or <u>physically harmed</u> you in any way?

Examples of violence can include being shoved, slapped, punched, kicked, grabbed or hit with a weapon or other object. *This includes incidents when you were intoxicated, or when you were drugged, sedated, or made unconscious.*

O Yes	O No	O Don't know
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15.5 Has anyone <u>ever tried</u> to <u>use force</u> or <u>violence</u> on you, or <u>tried</u> to <u>physically harm</u> you, in any way?

For example, someone trying to punch you, but missing or being restrained, throwing something at you but missing, etc.

O Yes	O No	O Don't know
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15.6 Has anyone <u>ever threatened</u> to <u>use force</u> or <u>violence</u> on you, or to <u>physically harm</u> you in a way that <u>actually frightened</u> you?

Threats of violence can include threats to shove, slap, punch, kick, or grab you or to hit you with something. *This includes threats made to you directly (face-to-face, phone, email, text message etc.), or via someone else.*

O Yes	O No	O Don't know
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The next question is about whether you think this violence happened to you because you are trans or non-binary.

Like the previous question, include physical harm from partners, family / whānau members, other people you know, and strangers, including if it happened in your job. Don't include any incidents where there was a sexual element to the violence.



>Please answer the following question if you selected "Yes" in question 15.4. Otherwise, please skip to question 15.8.

15.7 In the <u>last 4 years</u>, has anyone <u>deliberately used force</u> or <u>violence</u> on you, or <u>physically harmed</u> you in any way because you are trans or non-binary?

Examples of violence can include being shoved, slapped, punched, kicked, grabbed, or hit with a weapon or other object. This includes incidents when you were intoxicated, or when you were drugged, sedated, or made unconscious.

O Yes	O No	O Don't know
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>Please answer the following question if you selected "Yes" in question 15.5. Otherwise, please skip to question 15.9.

15.8 In the <u>last four years</u>, has anyone <u>tried</u> to <u>use force</u> or <u>violence</u> on you, or <u>tried</u> to <u>physically</u> <u>harm</u> you, in any way because you are trans or non-binary?

For example, someone trying to punch you, but missing or being restrained, throwing something at you but missing, etc.

O Yes	O No	O Don't know
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>Please answer the following question if you selected "Yes" to question 15.6. Otherwise, please skip to question 15.10.

15.9 In the <u>last four years</u>, has anyone <u>threatened</u> to <u>use force</u> or <u>violence</u> on you, or to physically harm you in a way that actually frightened you because you are trans or non-binary?

Threats of violence can include threats to shove, slap, punch, kick, or grab you or to hit you with something. This includes threats made to you directly (face-to-face, phone, email, text message etc.), or via someone else.

O Yes	O No	O Don't know
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The next question is about whether any partner or ex-partner has ever physically harmed you or threatened to physically harm you.

15.10 In your whole life, has any partner, or ex-partner, <u>ever deliberately</u> used <u>force</u> or <u>violence</u> on you, or <u>physically harmed</u> you in any way?

Examples of violence can include being shoved, slapped, punched, kicked, grabbed, or hit with a weapon or other object. This includes incidents when you were intoxicated, or when you were drugged, sedated, or made unconscious.

O Yes O No O Don't know	
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15.11 In your whole life, has any partner, or ex-partner, <u>ever tried</u> to <u>use force</u> or <u>violence</u> on you, or <u>physically harm</u> you in any way?

Examples of violence can include being shoved, slapped, punched, kicked, grabbed, or hit with a weapon or other object.

O Yes	O No	O Don't know
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15.12 In your whole life, has any partner, or ex-partner, <u>ever threatened</u> to <u>use force</u> or <u>violence</u> on you, or to <u>physically harm</u> you in a way that actually frightened you?

Threats of violence can include threats to shove, slap, punch, kick, or grab you, or to hit you with something. This includes threats made to you directly (face-to-face, phone, email, text message etc.), or via someone else.

O Yes	O No	O Don't know
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The next few questions are about sexual violence, including sexual harassment. If you would like to talk to someone about sexual violence you have experienced, contact Safe To Talk's free, confidential helpline any time by phoning **0800 044 334 4334** or texting **4334** (https://safetotalk.nz). You can also contact OutLine, a confidential rainbow community phone helpline each evening on: **0800 OUTLINE 688 5463** (http://www.outline.org.nz/).

15.13 These next questions ask about sexual harassment. Some people may find these questions to be sensitive or stressful to answer. If you think these questions might be too upsetting for you, you can choose to skip them.

Would you like to continue or to skip the sexual harrassment questions?

15.14 In the <u>last 4 years</u>, have any of the following things happened to you because you are trans or non-binary?

	Yes	No	Don't know
I was sent nasty or threatening messages	0	0	0
I was sent unwanted sexual messages designed to harm or upset me (such as pornographic pictures, videos, or words)	0	0	0
Someone has shared intimate images or recordings of me without my consent	0	0	0
Someone has used technology or social media to monitor and control my activities	0	0	0

These are some things you can do if you have been harassed or bullied through texts, emails, websites, apps, or social media posts:

https://communitylaw.org.nz/community-law-manual/chapter-28-harassment-andbullying/cyberbullying-protections-against-online-digital-harassment/



countingourselves.nz

15.15 Have you ever experienced any of these types of sexual harassment?

	Yes	No	Don't know
Unwanted or offensive sexual comments, gestures, or sexual harassment through sexual 'jokes' directed to me	0	0	0
Unwanted or offensive sexual contact (e.g., another person touching, grabbing, pinching, or brushing up against you in a sexual way)	0	0	0
Another type of sexual harassment	0	0	0

>Please answer the following question if you are aged 15 or older. If you are 14 years old, please skip to question 16.1.

15.16 These next questions ask about sexual violence. Some people may find these questions to be sensitive or stressful to answer. If you think these questions might be too upsetting for you, you can choose to skip them.

Would you like to continue or to skip the sexual violence questions?

15.17 <u>In your whole life</u>, has anyone forced you, or tried to force you, to have sexual intercourse when you did not want to?

This includes:

- partners, family / whānau members, other people you know, and strangers

- when you were intoxicated, or when you were drugged or sedated

- if this happened in your job.

This question is from the New Zealand Crime and Victims Survey which defines forced sexual intercourse as forced oral sex, or forced penetration of the vagina or anus by any part of the human body, or by any object.

O Yes	O No >Go to 15.19	O Don't know >Go to 15.19
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15.18 In the <u>last 12 months</u>, has anyone forced you, or tried to force you, to have sexual intercourse when you did not want to?



15.19 Apart from the incidents you've already mentioned in the last question, has anyone forced you, or tried to force you, to perform any other sexual act, when you did not want to?

Again, this includes:

- partners, family / whānau members, other people you know, and strangers
- when you were intoxicated, or when you were drugged or sedated
- if this happened in your job.

	Yes	No	Don't know
Ever, in my whole life	0	0	0
In the last 12 months	0	0	0

15.20 Apart from the incidents you've already mentioned in the last question, has anyone touched you sexually, or tried to touch you sexually, when you did not want them to?

Again, this includes:

- partners, family / whānau members, other people you know, and strangers
- when you were intoxicated, or when you were drugged or sedated
- if this happened in your job.

	Yes	No	Don't know
Ever, in my whole life	0	0	0
In the last 12 months	0	0	0

15.21 Apart from the incidents you've already mentioned in the last question, has anyone threatened you face-to-face, to do something to you of a sexual nature, that actually frightened you?

Again, this includes:

- partners, family / whānau members, other people you know, and strangers

- when you were intoxicated, or when you were drugged or sedated

- if this happened in your job.

	Yes	No	Don't know
Ever, in my whole life	0	0	0
In the last 12 months	0	0	0

Thank you for answering these hard questions. Remember you can take a break and come back to finish the survey questions later.



16: Intersectionality

16.1 Do you identify as Indigenous, as a person of colour, or from an ethnic community?

Person of colour refers to someone whose ethnicity is not solely European, who may experience racism in Aotearoa New Zealand due to being Indigenous or from an ethnic community.

O Yes	O No >Go to 16.8
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Trans and non-binary people's experiences here in Aotearoa New Zealand are related to not only our gender but also how that intersects with other parts of our identity. The questions in this section are for people who identify as takatāpui; MVPFAFF+; or trans or non-binary <u>and</u> as Indigenous, a person of colour or from an ethnic community.

Takatāpui is a Māori term traditionally meaning 'intimate companion of the same sex'. The term has evolved to embrace all Māori who identify with diverse genders, sexualities, and sex characteristics.

MVPFAFF+ is a term created by Phylesha Brown-Acton to encompass some of the many Indigenous Pasifika terms for people of diverse genders including mahu, vakasalewalewa, palopa, fa'afafine, akava'ine, fakaleiti (leiti), and fakafifine.

Person of colour refers to someone whose ethnicity is not solely European, who may experience racism in Aotearoa New Zealand due to being Indigenous or from an ethnic community.

16.2 Please select how much you agree or disagree with each of the following statements about being takatāpui; MVPFAFF+; or trans or non-binary <u>and</u> Indigenous, a person of colour, or from an ethnic community.

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
I am proud to have this identity	0	0	0	0	0
This identity makes me resilient	0	0	0	0	0
This identity helps me feel connected to both my cultural identity and my gender identity	0	0	0	0	0
This identity makes me feel connected to other people who share both my cultural identity and my gender identity	0	0	0	0	0
This identity helps me feel connected to my family	0	0	0	0	0
This identity makes me feel special and unique	0	0	0	0	0

If your experiences vary in different contexts, think about how much you agree with each statement overall.



16.3 Please select how much you agree or disagree with each of the statements below. If your experiences vary in different contexts, think about how much you agree with each statement overall.

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
My culture is not respected by many trans and non-binary people	0	0	0	0	0
I can't be open about my gender identity within my Indigenous and / or ethnic community	0	0	0	0	0
I feel pressured to explain my cultural identity to trans and non-binary people who do not share this identity	0	0	0	0	0
Often I feel unwelcome within my Indigenous or ethnic communities because of my gender identity	0	0	0	0	0

In another part of this survey, everyone is asked to think about whether the following things have happened to them because they are trans or non-binary. We also want to know if they have happened to you <u>because of your ethnicity or cultural identity.</u>

16.4 Have any of these types of discrimination <u>ever</u> happened to you because you are Indigenous, a person of colour, or from an ethnic community background?

	Yes	No	Not applicable
I was treated unfairly when using public transport (such as a bus, train, taxi, Uber)	0	0	0
I was treated unfairly when visiting a retail store	0	0	0
I was treated unfairly when visiting a restaurant, hotel, or theatre	0	0	0
I was denied a promotion at a job	0	0	0
I was given worse pay or conditions than co- workers	0	0	0

16.5 The following question includes a reference to sexual harassment. Some people may find this question to be sensitive or stressful to answer. If you think it might be too upsetting for you, you can choose to skip it.

Would you like to continue or to skip the sexual harassment question?

${\sf O}$ I would like to continue	$O\$ I would like to skip these question >Go to 16.7
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If you would like to talk to someone about sexual harassment you have experienced, you can contact:



Safe to Talk

0800 044 334, text 4334

Phone, text or online chat to someone for confidential advice for sexual harm issues.

OutLine

0800 OUTLINE (0800 688 5463)

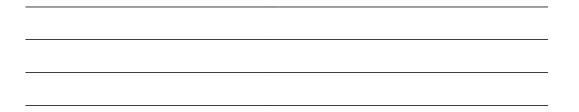
An all-ages rainbow mental health organisation providing support to the rainbow community, their friends, whānau, and those questioning. OutLine provides a nationwide, free, and confidential support line and online chat service at outline.org.nz/chat between 6pm and 9pm every evening. They also provide specialist rainbow counselling and an Auckland based trans and non-binary peer support service.

For a full list of places for help, refer to the help page on our website: <u>https://countingourselves.nz/support/</u>

16.6 Have any of these types of prejudice or harassment <u>ever</u> happened to you because you are Indigenous, a person of colour, or from an ethnic community?

	Yes	No	Don't know
Someone told me they don't date or have partners from my cultural background	0	0	0
I was sent nasty or threatening messages	0	0	0
I was sent unwanted sexual messages designed to harm or upset me (such as pornographic pictures, videos, or words)	0	0	0

16.7 Is there anything else you would like to tell us about your experiences as someone who identifies as takatāpui; MVPFAFF+; or trans or non-binary <u>and</u> as Indigenous, a person of colour, or from an ethnic community background?



Trans and non-binary people's experiences in Aotearoa New Zealand are related to not only our gender but also how that intersects with other parts of our identity. These questions in this section are for people who identify as trans or non-binary and as Deaf or disabled.

>Please answer the following question if you selected "Yes, I am Deaf" or "Yes, I am disabled or have a disability" in question 1.25 (Deaf or have a disability). If you are not Deaf and you do not have a disability, please skip to question 17.1.



16.8 Each statement below is about your experiences in Aotearoa New Zealand as someone who is trans or non-binary and Deaf or disabled.

Please select how much you agree or disagree with each of the statements below. If your experiences vary in different contexts, think about how much you agree with each statement overall.

	Strongly agree	Somewha t agree	Neither agree nor disagree	Somewha t disagree	Strongly disagree	I have not tried to access any of these
Many rainbow / takatāpui community events or spaces are not accessible to me, as a Deaf or disabled person	0	0	0	0	0	0

16.9 Please select how much you agree or disagree with each of the statements below.

If your experiences vary in different contexts, think about how much you agree with each statement overall.

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
Deaf and disabled people are invisible within many trans and non-binary communities	0	0	0	0	0
I feel connected to a Deaf or disabled community	0	0	0	0	0
I can't be open about my gender identity within my Deaf or disabled community	0	0	0	0	0
Often I feel unwelcome within my Deaf or disabled community because of my gender identity	0	0	0	0	0

16.10 Please share examples of any barriers that you or others have experienced as Deaf or disabled people trying to access rainbow, takatāpui, or trans and non-binary community events or spaces.



16.11 Is there anything else you would like to tell us about your experiences as a Deaf or disabled person who is trans or non-binary?

17: Cultural Participation

The next 2 questions are about your sense of connection to different communities, including other trans and non-binary people.

	No se	No sense of belonging				Very strong sense of belonging					
	0	1	2	3	4	5	6	7	8	9	10
My neighbourhood	0	0	0	0	0	0	0	0	0	0	0
The company or organisation I work the most hours for	0	0	0	0	0	0	0	0	0	0	0
My ethnic group	0	0	0	0	0	0	0	0	0	0	0
Trans or non-binary spaces in person	0	0	0	0	0	0	0	0	0	0	0
Trans or non-binary spaces online	0	0	0	0	0	0	0	0	0	0	0
LGBTIAQ+ / rainbow, takatāpui, and MVPFAFF+ communities	0	0	0	0	0	0	0	0	0	0	0

17.1 On the scale of 0 to 10, how would you describe your sense of belonging to:

17.2 In the <u>last 4 years</u>, have you been rejected from a group or community that you care about because you are trans or non-binary? For example, this might be a friend group, a religious community, or a community organisation or club, or a support group such as a sober group.

O Yes

O No

These next questions are about your sense of connection to your culture or ethnic background.



	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
I have spent time trying to find out more about my ethnic background, such as its history, traditions, and customs	0	0	0	0	0
I feel connected to my cultural / ethnic identities or communities when I hear or speak my language	0	0	0	0	0
I understand pretty well what belonging to my ethnic group(s) means to me	0	0	0	0	0
I have often done things that will help me understand my ethnic background better	0	0	0	0	0
I have often talked to other people in order to learn more about my ethnic background	0	0	0	0	0
I feel a strong attachment to the land that underpins my ethnic or cultural identity or identities	0	0	0	0	0

>Please answer the following question if you selected "Māori" in question 1.16. Otherwise, please skip to question 17.6.

17.4 Does being connected to any of these things help you feel connected to your culture or ethnic background?

Select all that apply.

🛛 Kāinga / home	🔲 Moana / ocean	Roto / lake
Maunga / mountain	Awa / river	🔲 Māra / garden
🖵 Whenua / land	Tūrangawaewae	□ None of the above
Other land, <i>please specify</i>		



17.5 Now we are going to ask you about Te Ao Māori (the Māori world):

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree	l don't understand
I feel comfortable in Māori social surroundings, events or gatherings (e.g., hui, sports etc.)	0	0	0	0	0	0
I feel comfortable in formal Māori social surroundings, events or gatherings (e.g., tangi, speechmaking or whaikorero, etc.)	0	0	0	0	0	0
When I hear, understand, learn or speak te reo Māori, it gives me a sense of belonging	0	0	0	0	0	0
It is important to me that others respect and value our status as tangata whenua	0	0	0	0	0	0
When I participate in activities like kapa haka, waka ama, sports, wānanga, and other activities with Māori friends and whānau, I feel a sense of pride	0	0	0	0	0	0
I am proud to be Māori	0	0	0	0	0	0
Māori values are important to me (things like generosity, kindness, being a good host, manaakitanga, tika, pono and aroha)	0	0	0	0	0	0
I believe it is important to be kaitiaki to protect our environment for future generations (e.g., keep our sea clean so we can swim and safely collect seafood to eat in the future)	0	0	0	0	0	0
I often feel the presence of my tīpuna or tūpuna (my ancestors and my whānau who have died)	0	0	0	0	0	0

17.6 Is there anything else you would like to share about your sense of belonging or connection to a community or communities? For example, this could include your connection to others from your ethnic background, to other trans and non-binary or LGBTQIA+ / takatāpui people or groups, or people who share other similar life experiences or interests to you.



18: Conversion Practices

You may have heard of 'conversion therapy' or 'conversion practices'. These include when someone tries to stop you being trans or non-binary, by trying to convince you to be cisgender. Conversion practices can also be about trying to make someone who is lesbian, gay, queer, bisexual, or pansexual to identify as straight or heterosexual.

The questions in this section are about whether you have ever experienced conversion practices because someone has tried to change or suppress your: gender identity or gender expression, sexual orientation, or variation of sex characteristics.

Support

If you or someone you know, has experienced conversion practices and would like support, you can contact:

OutLine

0800 OUTLINE (0800 688 5463)

An all-ages rainbow mental health organisation providing support to the rainbow community, their friends, whānau, and those questioning. OutLine provides a nationwide, free, and confidential support line and online chat service at outline.org.nz/chat between 6pm and 9pm every evening. They also provide specialist rainbow counselling and an Auckland based trans and non-binary peer support service.

Lifeline

0800 LIFELINE (0800 543 354) or free text HELP (4357)

For free, confidential support – 24 hours a day, 7 days a week. Whatever the issue, they're here to listen.

Suicide Crisis Helpline

0800 TAUTOKO (0800 828 865)

A free, nationwide service available 24 hours a day, 7 days a week. If you think you, or someone you know, may be thinking about suicide, call the Suicide Crisis Helpline for support.

For a full list of places for help, refer to the help page on our website: https://countingourselves.nz/support/

18.1 These next questions ask about your experience and knowledge of conversion practices. Some people may find these questions to be sensitive or stressful to answer. If you think these questions might be too upsetting for you, you can choose to skip them. Would you like to continue or to skip the conversion practices questions?

O I would like to continue	O I would like to skip these question >Go to 19.1
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18.2 Has anyone <u>ever</u> tried to stop you being trans or non-binary? This could be trying to make you change or suppress your gender identity or also your gender expression (your clothing, hairstyle, or the way you talk or move).

Select all that apply.

Many people try to stop being trans or non-binary because they have been told this means they arebad, evil, or sick. This is not your fault. Trans and non-binary people do not need to be changed or fixed.

Yes, someone tried to stop me being trans or non-binary at first, even though they changed their mind later	Yes, someone tried to teach me to be something else instead (e.g., more manly, more womanly, or a cisgender gay man or lesbian)	
Yes, someone tried to get me to pretend that I wasn't trans or non-binary	Yes, someone tried to shame or coerce me into gender-conforming behaviour	
Yes, someone tried to make me believe that my gender identity or expression was a defect that needed to change	Yes, someone told me I had to stop being trans or non-binary if I wanted to practise my religion	
Yes, a health professional told me I was too young to be trans or non-binary	Yes, I tried to stop myself being trans or non- binary	
□ No >Go to 18.5	I'm not sure	
Yes, someone tried to stop me being trans or non-binary in other ways, <i>please specify</i>		

18.3 Which of the following people or groups have <u>ever</u> tried to stop you being trans or non-binary? *Select all that apply.*

A family member	A friend
A teacher	□ A GP or nurse practitioner
A mental health professional (such as a psychologist, psychiatrist, or counsellor)	Other health professionals (such as a nurse, midwife, endocrinologist, or other specialist, or surgeon)
A religious or faith-based organisation or person (e.g., a religious leader, chaplain, counsellor, volunteer, or someone else who identifies as religious	I have tried to stop myself from being trans or non-binary
None of the above	Another person or group, <i>please specify</i>



18.4 In the <u>last 4 years</u>, has anyone tried to stop you being trans or non-binary? *Select all that apply.*

Yes, someone tried to change or supress my gender identity (to try and make me cisgender)	Yes, someone else tried to change my gender expression (my clothing, hairstyle, or the way I talked or moved
Yes, I tried to do this to myself	□ No
☐ I'm not sure	

18.5 Has anyone <u>ever</u> tried to change or suppress your <u>sexual orientation</u>? This might include trying to make you change your gender expression (for example, your clothing, hairstyle, or the way you talk or move) so that others would think you were heterosexual / straight. *Select all that apply.*

Many people try to stop being lesbian, gay, bisexual, or queer, because they have been told this means they are bad, evil, or sick. This is not your fault. LGBQ+ people do not need to be changed or fixed.

Yes, they tried to make me heterosexual /	Yes, someone tried to teach me to be
straight at first, even though they changed their mind later	something else instead (e.g., to be more 'straight acting')
Yes, someone tried to get me to pretend that I was straight	Yes, someone tried to shame or coerce me so that I would not be attracted to someone of the same sex
Yes, someone tried to make me believe that my sexual orientation was a defect or disorder that needed to change	Yes, someone told me that I had to change or suppress my sexual orientation if I wanted to practice my religion
Yes, I have tried to change or suppress my sexual orientation	□ No >Go to 18.7
I'm not sure	☐ Yes, someone tried to change or suppress my sexual orientation in other ways, <i>please specify</i>



18.6 Which of the following people or groups have <u>ever</u> tried to change or suppress your sexual orientation?

Select all that apply.

☐ A family member	A friend
A teacher	A GP or nurse practitioner
A mental health professional (such as a psychologist, psychiatrist, or counsellor)	Other health professionals (such as a nurse, midwife, endocrinologist, or other specialist, or surgeon)
A religious or faith-based organisation or person	I have tried to make myself be
(e.g., a religious leader, chaplain, counsellor, volunteer, or someone else who identifies as religious	heterosexual / straight or change my gender expression
None of the above	Another person or group, <i>please</i>

The next 2 questions are about conversion practices that intersex people may have experienced because of their variations of sex characteristics.

>Please answer the following question if you selected "Yes" in question 1.8 (do you have an intersex variation). If you are not intersex, please skip to 18.9.

18.7 Has anyone <u>ever</u> tried to make you change or suppress your variation of sex characteristics (or intersex variation)? *Select all that apply.*

Some intersex people feel pressured or forced to change their body because they have been told this is medically necessary. This is very rarely true, and those diagnoses are based on social stigma and discrimination, not on medical need. Intersex people's variations of sex characteristics do not need to be changed or fixed. Supportive healthcare may be required to assist in aspects of the health and wellbeing of some people with intersex variations.

Yes, someone tried to make me or my family	Yes, someone tried to shame or coerce me or
believe that my variation of sex characteristics was a defect that needed to be changed	my family to change or suppress my variation of sex characteristics
☐ Yes, someone advised me or my family to take steps to change or suppress my variation of sex characteristics	Yes, I had medical or surgical steps to change or suppress my variation of sex characteristics, when I was too young to give consent
I have tried to change or suppress my variation of sex characteristics	□ No >Go to 18.9
I'm not sure	☐ Yes, someone tried to change or suppress my variation of sex characteristics in other ways, <i>please specify</i>



18.8 Which of the following people or groups have <u>ever</u> tried to change or suppress your variation of sex characteristics?

Select all that apply.

A GP or nurse practitioner	A mental health professional (such as a psychologist, psychiatrist, or counsellor)
A family member	A friend
A teacher	An endocrinologist, surgeon, gynaecologist, paediatrician or other specialist
Other health professionals (such as a nurse or midwife)	A religious or faith-based person or organization (e.g., a religious leader, chaplain, counsellor, volunteer, or someone else who identifies as religious)
I have tried to change or suppress my variation of sex characteristics	None of the above
Another person or group, <i>please specify</i>	

The following questions refer to the types of conversion practices that are banned in Aotearoa New Zealand. That law does not refer to variations of sex characteristics.

>Please answer the following question if you selected any of the "Yes" or "I'm not sure" statements for question 18.2, 18.5, or 18.7. Otherwise, please skip to question 18.10.

18.9 How would you describe your <u>experience</u> with conversion practices that try to change or suppress your gender identity, gender expression or sexual orientation? *Select all that apply.*

I am currently experiencing a conversion practice		
I experienced a conversion practice in the last 4 years		
□ I experienced a conversion practice more than 4 years ago		
I think that I have experienced a conversion practice, but I'm not sure		
Another experience not mentioned above, <i>please</i>		
specify		



18.10 How would you describe your <u>knowledge</u> of conversion practices that try to change or suppress gender identity, gender expression, or sexual orientation? Select all that apply.

I know someone who is currently experiencing a conversion practice in Aotearoa New Zealand
I know specific health professionals in Aotearoa New Zealand who try to change a person's gender identity, gender expression, or sexual orientation
I know specific religious organisations or individuals in Aotearoa New Zealand that try to change a person's gender identity, gender expression, or sexual orientation
I am aware that conversion practices happen in Aotearoa New Zealand, but I don't know any specific person or organisation that does this
I did not know that conversion practices happen in Aotearoa New Zealand

>Please answer the following question if you selected "I am currently experiencing a conversion practice"; "I experienced a conversion practice in the last 4 years"; "I experienced a conversion practice more than 4 years ago"; or "I think I have experienced a conversion practice, but I'm not sure" in question 18.9. Otherwise, please skip to question 19.1.

18.11 How old were you when someone first tried to change or suppress your gender identity, gender expression, or sexual orientation? Please use your best guess if you don't remember exactly how old you were.

O Age_____ O I don't know

18.12 What has been the impact on you of experiencing conversion practices, including at the time and since then?



18.13 What support did you (or do you) <u>need</u> because of your experiences of conversion practices? *Select all that apply.*

	I needed this when it happened	I needed it after this happened	l need this now	I did not need this
Information about the harm of conversion practices including who I could complain to about what has happened to me				
Support from others who have experienced conversion practices in the past				
Support to accept my gender identity, gender expression, or sexual orientation				
Support for my family to accept my gender identity, gender expression, or sexual orientation				
Resources on Indigenous, pre- colonial, or other traditional views that accept takatāpui, MVPFAFF+, and / or other rainbow people				
Somewhere I could practise my religion or faith where trans, non- binary, and other rainbow people were accepted				
Resources for ethnic communities about the harm of conversion practices and about supporting trans, non-binary, and other rainbow people				
Information, in languages other than English, about the harm of conversion practices and support available for those experiencing it				
Other forms of support, <i>please</i> <i>specify</i>				



>Please answer the following question if you selected "I needed this when it happened" or "I need this now" for any of the statements in question 18.13. Otherwise, please skip to question.

18.14 What support did you (or do you) <u>receive</u> because of your experiences of conversion practices?

Select all that apply.

	I received this when it happened	I needed this after it happened	I am receiving this now	I did not receive this
Information about the harm of conversion practices including who I could complain to about what has happened to me				
Support from others who have experienced conversion practices in the past				
Support to accept my gender identity, gender expression, or sexual orientation				
Support for my family to accept my gender identity, gender expression, or sexual orientation				
Resources on Indigenous, pre- colonial, or other traditional views that accept takatāpui, MVPFAFF+, and / or other rainbow people				
Somewhere I could practise my religion or faith where trans, non- binary, and other rainbow people were accepted				
Resources for ethnic communities about the harm of conversion practices and about supporting trans, non-binary, and other rainbow people				
Information, in languages other than English, about the harm of conversion practices and support available for those experiencing it				
Other forms of support, <i>please</i> <i>specify</i>				



>Please answer the following question if you selected "I am currently experiencing a conversion practice"; "I experienced a conversion practice in the last 4 years"; "I experienced a conversion practice more than 4 years ago"; or "I think that I have experienced a conversion practice, but I'm not sure" in question 18.9. Otherwise, please skip to question 19.1.

18.15 Is there anything else you want to tell us about the support you needed or received because you experienced conversion practices?



19: COVID-19

This section of the survey is about your experiences since February 2020 due to COVID-19.

19.1 Have you received a COVID-19 vaccine?

O Yes - 1 dose	O Yes - 2 doses
O Yes - more than 2 doses	O No >Go to 19.3
O Don't know >Go to 19.3	

19.2 What, if anything, made it hard for you to get a COVID-19 vaccine? *Select all that apply.*

Nothing; it wasn't hard	The vaccination site was too far away, or I didn't have transport
The time available were inconvenient	The booking system was hard to use, or I couldn't access it
Getting time off work for my vaccination	I was worried the vaccine might interact badly with my gender affirming healthcare (e.g., hormones, surgery)
The booking system might not use my correct	Health care workers may not treat me
name or gender	respectfully because I am trans or non-binary
Don't know	Other reason, <i>please specify</i>

19.3 Have you received the annual flu vaccine in 2022? You may also know this as a 'flu jab'.

O Yes	O No	O Don't know



19.4 During the COVID-19 pandemic (since February 2020), has your financial situation been affected for any of these reasons? *Select all that apply.*

I worked for someone else and lost my job due to the pandemic	I work for someone else, and my permanent hours were cut due to the pandemic		
I work for someone else, and my casual hours were cut due to the pandemic	□ I work for someone else, and my pay rate or salary was cut due to the pandemic		
I worked for myself and had to close my business due to the pandemic	I work for myself and got less work due to the pandemic		
I work for myself and was paid a lower rate for some or all of my work due to the pandemic	I had to leave my job for health reasons due to the pandemic		
I had to leave my job because I am not vaccinated	I had to leave school earlier than I had expected, to get work to support myself or my family		
None of the above			
U My income dropped for another reason, <i>please specify</i>			

19.5 Was there a time when you needed to seek COVID-19 vaccination, testing, diagnosis, or treatment but did not because you thought you would be disrespected or mistreated as a trans or non-binary person?

19.6 Did you delay or not receive any of the following types of healthcare because of the COVID-19 pandemic?

Select all that apply.

Gender affirming hormones	Gender affirming surgeries
Hair removal (electrolysis or laser treatment)	Counselling or mental health support
HIV-related health care	Routine healthcare (e.g., a medical checkup, flu shot, diabetes test, etc.)
None of the above	Other healthcare, <i>please specify</i>



19.7 How do you feel the COVID-19 pandemic affected your mental health? The COVID-19 pandemic has overall made my mental health...

Much better	A bit better	About the same	A bit worse	Much worse	l don't know
0	0	0	0	0	0

19.8 These situations are about your living situation during the COVID-19 pandemic. Did you have any of these experiences because you are trans or non-binary? *Select all that apply.*

During the pandemic...

I had to live with a household member who did not support me being trans or non-binary	I had to live with a household member who made me feel unsafe or afraid as a trans or non- binary person
I had to hide that I was trans or non-binary	I lived alone and felt isolated
I felt supported as a trans and non-binary person in all my living situations	I felt safe as a trans and non-binary person in all my living situations
□ None of these	

19.9 Are there any other negative or positive impacts of the COVID-19 pandemic on you or your family that you would like to share? For example, could you access the support that you needed? *Please write them below.*

20: Spiritual Health

20.1 What is your religion?

Select all that apply.

Christian	Buddhist			
🖵 Hindu	Muslim			
Jewish	No religion			
Other religion, <i>please specify</i>				



We now have some questions about any spiritual or religious community you have participated in. For example, this might include attending a temple, church, mosque, or other place of worship.

O Very important	0	O Somewhat important			O Not important			
20.3 Are you currently	y a member of a sp	iritual or religiou	s communit	y?				
O Yes			O No >Go to 20.5					
20.4 Do people at your church, mosque, or temple respect you?								

20.5 Have you <u>ever</u> left a spiritual or religious community because you were <u>afraid</u> they might reject you because you are trans or non-binary?

O Yes O No >Go to 20.7	O My spiritual or religious community is or was not aware that I am trans or non-binary, so this does not apply to me >Go to 20.7
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20.6 In the <u>last 12 months</u>, have you left a spiritual or religious community because you were <u>afraid</u> they might reject you because you are trans or non-binary?

O Yes	O No
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>Please answer the following question if you selected "Yes" or "No" in question 20.5. Otherwise, please skip to question 20.9.

20.7 Have you <u>ever</u> left a spiritual / religious community because they <u>did</u> reject you because you are trans or non-binary?

O Yes	O No >Go to 20.9
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20.8 In the <u>last 12 months</u>, have you left a spiritual / religious community because they <u>did</u> reject you because you are trans or non-binary?

O Yes	O No
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20.9 Now we would like to ask some questions about your spiritual relationships to people, places, and the environment.

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
I believe it is important to protect our environment for future generations (e.g., land, river, and sea)	0	0	0	0	0
I have a strong spiritual connection to certain places (e.g., my church / mosque / shrine, or places such as mountains, the bush, the sea, etc.)	0	0	0	0	0
I often feel a spiritual connection to people (e.g., friends, family, church members)	0	0	0	0	0

21: Whānau and Family

21.1 Where 0 means extremely badly and 10 means extremely well, how would you rate how your whānau / family is doing these days in general? Include all areas of life for your family. Your family is the group of people that you think of as your family.

Extr	emely	/ badl	у					Extre	emely	well		l don't	l can't
0	1	2	3	4	5	6	7	8	9	10	l don't know	have a whānau / family	define my whānau / family
0	0	0	0	0	0	0	0	0	0	0	0	0	0

21.2 On average, how supportive of you being trans or non-binary are the family you grew up with?

None of them know that I am trans or non- binary >Go to 21.6	All of my family are supportive	Most of my family are supportive	About half of my family are supportive	Most of my family are <u>unsupportive</u>	All of my family are <u>unsupportive</u>	I have no people like this in my life, so this does not apply to me >Go to 21.6
0	0	0	0	0	0	0



21.3 Did any of your family members who you grew up with <u>ever</u> do these things to you because you are trans or non-binary?

Select all that apply.

Stopped speaking to me for a long time or ended our relationship	Insulted, mocked, or put me down
Excluded me from family events	Were violent towards me
Given a contract the House	Did not allow me to wear the clothes that matched my gender
□ Ignored me	Made comments about me of a sexual nature
□ I did not grow up with a family >Go to 21.6	□ None of the above >Go to 21.5

21.4 In the <u>last 4 years</u>, did any of your family members who you grew up with do these things to you because you are trans or non-binary? *Select all that apply.*

Stopped speaking to me for a long time or ended our relationship	Insulted, mocked, or put me down
Excluded me from family events	Were violent towards me
Given a contract the House Kicked me out of the house	Did not allow me to wear the clothes that matched my gender
□ Ignored me	Made comments about me of a sexual nature
None of the above	

21.5 Did any of your family members you grew up with do these things to support you? *Select all that apply.*

Told me that they respect and / or support me	Used my preferred name
Used my correct pronouns (such as he / she / they / ia)	Lent or gave me money to help with any part of my gender transition
Helped me change my name and / or gender on my identity documents (ID), such as doing things like filling out papers or going with me to court	Did research to learn how to best support me (such as reading books, using online information, or attending a conference)
Stood up for me with whānau, family, friends, or others	None of the above

21.6 Do you have a friend or friends that you can talk to about anything?

O Yes

O No >Go to 21.8



21.7 How much do you feel your friends care about you?

Not at all	Some	A lot	l don't know
0	0	0	0

21.8 Suppose you urgently needed a place to stay. How easy or hard would it be to ask someone you know to stay with them?

Very easy	Easy	Sometimes easy, sometimes hard	Hard	Very hard	I would not ask to stay with anyone
0	0	0	0	0	0

21.9 Do you currently live with a pet or companion animal, e.g., a dog, cat, bird, fish?

O Yes	O No >Go to 21.11
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21.10 Do you consider your pet to be a member of your family?

O Yes O No	
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21.11 Have you ever had a romantic, dating, or sexual partner?

O Yes	O No >Go to 21.14
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21.12 These questions are about your experiences with a partner in a romantic, dating, or sexual relationship. Has a partner <u>ever</u> done any of the following things to you?

	Yes	No	Not applicable
Threatened to 'out' me / disclose that I am trans or non- binary to others without my consent	0	0	0
Avoided introducing me to friends and family	0	0	0
Objectified my body (seeing me only as an object and not a person)	0	0	0
Done things to me sexually that I did not want	0	0	0
Deliberately used a past name or pronoun I've said I don't use	0	0	0
Stopped me from telling others I am trans or non-binary, or threatened to leave me if I am 'out'	0	0	0
Told me they don't date or have partners who are trans or non-binary	0	0	0
Criticised, questioned, or tried to shame me about my gender expression	0	0	0
Interfered with my gender affirming medical care	0	0	0
Stood up to people who put me down because I am trans or non-binary	0	0	0
Helped pay for things that are important to my identity as a trans or non-binary person	0	0	0
Helped me with my gender affirming care	0	0	0
Told others to use my correct name or pronouns	0	0	0
Reduced contact with people who were not supportive of my gender	0	0	0



>Please answer the following question if you selected "Yes" for any of the statements listed in question 21.12. Otherwise, please skip to question 21.14.

21.13 In the last 12 months, has a partner ever done any of the following things to you?

	Yes	No	Not applicable
Threatened to 'out' me / disclose that I am trans or non- binary to others without my consent	0	0	0
Avoided introducing me to friends and family	0	0	0
Objectified my body (seeing me only as an object and not a person)	0	0	0
Done things to me sexually that I did not want	0	0	0
Deliberately used a past name or pronoun I've said I don't use	0	0	0
Stopped me from telling others I am trans or non-binary, or threatened to leave me if I am 'out'	0	0	0
Told me they don't date or have partners who are trans or non-binary	0	0	0
Criticised, questioned, or tried to shame me about my gender expression	0	0	0
Interfered with my gender affirming medical care	0	0	0
Stood up to people who put me down because I am trans or non-binary	0	0	0
Helped pay for things that are important to my identity as a trans or non-binary person	0	0	0
Helped me with my gender affirming care	0	0	0
Told others to use my correct name or pronouns	0	0	0
Reduced contact with people who were not supportive of my gender	0	0	0



21.14 Thinking about your partner(s), ex-partner(s), and other family or whānau members: In the <u>last 12 months</u>, how often have you experienced the following because of how they behaved, or how you thought they might react?

	All of	Most of	Some	A little	None	Not
	the time	the time	of the time	of the time	of the time	applicable
Changed my routine, behaviour, or appearance	0	0	0	0	0	0
Were unable to contact family, whānau, or friends	0	0	0	0	0	0
Felt ashamed or bad about yourself	0	0	0	0	0	0
Worried about your own safety or wellbeing	0	0	0	0	0	0
Worried about the safety of your child or dependents	0	0	0	0	0	0
Worried about the safety of a pet	0	0	0	0	0	0
Feared damage to your reputation, or the reputation of your family or whānau	0	0	0	0	0	0

21.15 Is there anything else you would like to share with us about your interactions with friends, whānau, and family members?

22: Legal Gender Recognition

These questions are about changing your name, sex, or gender on official Aotearoa New Zealand identity documents (IDs) or records. This could be on your birth certificate, passport, health records, driver licence, student records, or other official documents that have your name and gender on them.



22.1 How is your gender listed on the following IDs and records?

	The correct gender is listed	The incorrect gender is listed	There is no gender listed	I do not have one of these	I do not know what gender is listed
New Zealand birth certificate	0	0	0	0	0
An overseas birth certificate	0	0	0	0	0
New Zealand passport	0	0	0	0	0
An overseas passport	0	0	0	0	0
New Zealand driver licence	0	0	0	0	0
National Health Index (NHI) record	0	0	0	0	0
New Zealand student records (for your current institution or the last one you attended)	0	0	0	0	0

>Please answer the following question if you selected "The incorrect gender is listed" for any of the identity documents listed in 22.1 Otherwise, please skip to question 22.3.

22.2 You said that the gender listed on your some of your documents is incorrect. What are the reasons for this?

Select all that apply.

I do not want to change my gender marker	The gender options that are available (male or female) do not fit my gender
I plan to but have not tried to change my	One or more requests to change my gender
gender details yet	details were denied
I cannot afford it	It is not possible to change my gender on my overseas identity documents
□ I believe I am not allowed to change my gender marker, because I am not a NZ citizen or permanent resident	□ I am not allowed to change my gender on some documents because I have not taken medical transition steps
I am not ready yet to change these	I am worried that changing my gender would put me at risk of harm or discrimination
I do not know how to do this	Another reason, <i>please specify</i>
A reason not listed above. <i>Please specify</i>	·



>Please answer the following question if you were not born in Aotearoa New Zealand. If you were born in Aotearoa New Zealand, please skip to question 22.5.

22.3 As someone born overseas, do you have any official documents that were issued by an NZ government agency? Examples might be a passport, driver licence, citizenship certificate, certificate of identity, or refugee travel document.

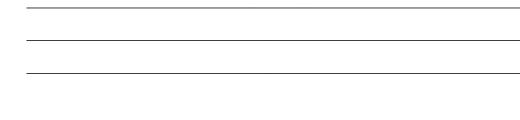
O Yes

O No >Go to 22.5

22.4 Do any of your official New Zealand documents have the following correct details on them? *Select all that apply.*

	Corre	ct details	If yes, please specify which
	Yes	No	documents
Your correct name, gender, and photo	0	0	
Your correct name and gender (but no photo)	0	0	
Just your correct name and photo	0	0	
Just your correct gender and photo	0	0	

22.5 Is there anything else you want to share about your experiences with identity documents or other official records?





23: Study and Qualifications

23.1 Qualifications and Tertiary Study What is your highest completed qualification?

O None
O Level 1 Certificate
O Level 2 Certificate
O Level 3 Certificate (including School Certificate)
O Level 4 Certificate (including Sixth Form Certificate)
O Trade Certificate
O Level 5 Diploma (including University Entrance / Bursary)
O Level 6 Diploma
O Bachelor's Degree or Level 7 qualification
O Bachelor's Honours Degree or Postgraduate Certificate / Diploma
O Master's Degree
O Doctoral Degree
O Other qualification, <i>please</i>
specify

23.2 Do you currently attend any of the following?

University	D Polytechnic		
U Whare wānanga	□ No, I am not currently studying >Go to 24.1		
Another tertiary education provider. <i>Please describe</i>			

23.3 In general, how supportive would you say your current place of study is for trans or non-binary students?

Very supportive	Supportive	Sometimes supportive, sometimes not supportive	Not supportive	Not at all supportive	Don't know
0	0	0	0	0	0



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23.4 Overall, do you agree that trans and non-binary people, history, and topics have been represented appropriately or fairly in your current course content?

Strongly agree	Agree	Neither agree nor disagree	Disagree	Strong disagree	Don't know	This does not apply (I have not been taught about this)
0	0	0	0	0	0	0

24: Resilience

These questions ask how you feel about being trans or non-binary and your sense of connection to other trans or non-binary people or communities – whatever terms you use to describe your gender diversity. These include culturally specific terms such as whakawahine, tāhine, tangata ira tāne, takatāpui, fa'afafine, fa'atama, fakaleiti or leiti, fakafifine, akava'ine, aikāne, vakasalewalewa, two-spirit, hijra, or any others. You might also identify as simply a woman or a man.

24.1 Please indicate how much you agree with the following statements.

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
Being trans or non-binary makes me feel special and unique	0	0	0	0	0
I am proud to be a trans or non-binary person	0	0	0	0	0
Being trans or non-binary is a gift	0	0	0	0	0
I am like other people, but I am also special because I am trans or non-binary	0	0	0	0	0
I feel part of a community of trans or non- binary people	0	0	0	0	0
I feel connected to other trans or non- binary people	0	0	0	0	0

24.2 Please indicate how much you agree with the following statements.

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
I wish I wasn't trans or non-binary	0	0	0	0	0
I feel that being trans or non-binary is a personal shortcoming for me	0	0	0	0	0
I wish that I could identify more closely with the sex I was assigned at birth	0	0	0	0	0



24.3 Is there anything else you would like to share about how you feel about being trans or nonbinary (e.g., something you love)?

24.4 These questions are about things that you might have done for other trans and non-binary people. How much do you agree with the following statements?

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
I have spent a lot of time providing support to other trans and non-binary people	0	0	0	0	0
I have tried to make things better for other trans and non-binary people	0	0	0	0	0

24.5 How do you socialise with other trans or non-binary people? *Select all that apply.*

In political activism	Socialising in person
Socialising online (such as Facebook, Twitter, Instagram, or TikTok)	☐ In support groups
I don't socialise with other trans or non-binary people	Not listed above, <i>please specify</i>



25: Sport and Physical Activity

25.1 Now thinking about sport and active recreation. In the <u>last 4 weeks</u>, how often have you done any of the following?

	Every day	At least once a week	At least once a fortnight	At least once in the last 4 weeks	Not at all
Competitions, events, or other organised activities, such as playing bowls, soccer practice, or netball games	0	0	0	0	0
Any exercise or training by yourself, such as walking, running, or weight training	0	0	0	0	0
Any active recreation, such as kicking a ball or cycling in the park	0	0	0	0	0
Any dance or movement classes, such as kapa haka, yoga, or ballet	0	0	0	0	0

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25.2 Has being trans or non-binary affected your ability to exercise or participate in

recreational sport in any of these ways?

Select all	that apply

I have avoided exercise or recreational sport because I was worried about how teammates would treat me as a trans or non-binary person	□ I have avoided exercise or recreational sport because I was worried about how opponents, spectators, or referees would treat me as a trans or non-binary person		
I have avoided gender-segregated exercise or recreational sport because I did not know if trans or non-binary people were welcome	I have avoided exercise or recreational sport because of concerns about accessing a bathroom or changing room		
I have felt unsafe or unwelcome as a trans or non-binary person when exercising or playing recreational sport	I have had no problems exercising or playing recreational sport as a trans or non-binary person		
Exercise or recreational sport has been a positive way for me to be 'in my body' and express my gender	I have avoided exercise or recreational sport because there was not a category I was comfortable participating in as a non-binary person		
I would be more likely to participate in exercise or recreational sport if gender was not an issue	People do not know I am trans or non-binary when I participate in exercise or recreational sport and I choose not to tell them		
I do not participate in recreational sport			
Other experiences not listed above. <i>Please specify</i>			



25.3 Has being trans or non-binary affected your ability to participate in <u>competitive</u> sport in Aotearoa New Zealand?

Select all that apply.

Yes, I have not participated in competitive sport because I was worried about how I would be treated as a trans or non-binary person	Yes, I was told I had to play competitive sport based on my sex assigned at birth		
Yes, I was told I must have hormone treatment before I could play competitive sport based on my gender	Yes, I have not participated in competitive sport because there was not a category I was comfortable competing in as a non-binary person		
No, I have had no problems playing competitive sport as a trans or non-binary person	No, I do not want to or I have not tried to participate in competitive sport		
Other experiences, <i>please specify</i>			

25.4 Thinking about the sports or active recreational activities you have participated in, what has made you feel included as a trans or non-binary person? *Select all that apply.*

I can be myself around other participants	I know other trans or non-binary people also participate
□ I know information about this sport or activity is inclusive of trans and non-binary people	I can participate under my correct name and gender, in the gender category that best matches my identity
□ I know there is a policy or procedure to support trans and non-binary people's inclusion	I know if anyone questions my participation, there is someone I can contact for support
I chose a solo sport or activity so I wasn't affected by other people's attitudes to trans and non-binary people	No-one knows I am trans or non-binary
I don't feel included as a trans or non-binary person	I have never participated in sports or active recreational activities
I feel included in other ways, <i>please specify</i>	



26: Ending

Thank You! You have reached the final section!

26.1 Are there additional questions that you would like us to ask trans or non-binary people in future studies? If so, please specify.

26.2 How did you hear about this survey?

Select all that apply.

Email from an organisation (including listserv, e-newsletter)	Social networking site (such as Facebook)
Organisation website	□ I was told about it in person (at an organisation, event, or support group)
Given advertisement	Word of mouth (e-mail from a friend, a friend told me about it)
I was told by a health professional	I was told about it in person (at an organisation, event, or support group)
□ Not listed above. <i>Please specify</i>	· · · · · · · · · · · · · · · · · · ·

26.3 The next questions will ask you about your experience of the survey process.

Please rate the following on a scale of 1–5, where 1 is absolutely not acceptable and 5 is highly acceptable.

	1	2	3	4	5
Survey length	0	0	0	0	0
The number of questions	0	0	0	0	0
Complexity of questions	0	0	0	0	0
Intrusiveness of questions	0	0	0	0	0

26.4 Do you have any additional comments?

This is the final place to make comments within the survey.

Thank you very much for your participation in the 2022 Counting Ourselves survey.

Please return your completed survey to the Counting Ourselves team for us to anonymously enter your data into our survey software.

If you would like to follow along with the results you can do so on: our website: <u>http://countingourselves.nz/</u>, our Facebook: <u>https://www.facebook.com/CountingOurselves/</u>, or you can sign up to the mailing list on our website.

If you want to talk to someone about some of the sensitive issues raised in the survey, you can text or call **1737** to reach a counsellor 24 hours a day through the National Telehealth Service. You can also contact OUTLineNZ's confidential Rainbow Helpline (Phone: **0800 688 5463**; Email: info@outline.org.nz). Or, a full list of services are available on our website: <u>https://countingourselves.nz/support/</u>

> If you would like to contact the project team we can be contacted at kiaora@countingourselves.nz.

> > Many thanks,

Jaimie, Jack, Ashe, Kyle, Ryan, Sofia, Harry, Taine and all the Counting Ourselves team