

Rules & Questions

- You are going to interview one another in your pairs. You have **15 minutes** for each interview, with a short **break** in between.
- Please take a moment to decide who will go first.
- Share with your partner **where in your body you can feel stress** or tension. How do you know that a question is not okay for you?
- Take good care of yourselves and each other and try to **feel your boundaries in your body**. You don't have to answer any question you don't like.
- **Read the questions before the interview starts** and cross out the ones you don't want to answer. You can also **highlight** your favourite questions. If a question is asked that you don't want to answer, you can say "skip".
- The questions are merely suggestions – if you want to add something else to your answers, you are welcome to.
- The person asking the questions tries to **listen actively** and can ask follow-up questions, especially if they don't understand something.
- **Be aware of your own and each others needs**. Both the interviewee and the interviewer are allowed and encouraged to communicate boundaries if difficult topics come up.
- **Please watch the time together**. It can help to set a timer.
- The interview **starts** with a couple of standard questions for everyone. Then you can move on to the pool of questions from which you **choose** the ones you want to answer. The interview **ends** with another question for everyone.

Name of the interviewee

Questions to get started

- ◆ By what name would you like to be called today?
- ◆ What are your pronouns today?
- ◆ How old are you (roughly)? (E.g. “in my early forties”)
- ◆ Which labels, if any, do you use for yourself?
- ◆ How many years ago did you first start thinking about being trans*/non-binary?

Questions to choose from

- ◆ Do you remember a specific moment of “coming out to yourself” as trans*/non-binary? How did that feel for you?
- ◆ How do you experience your own trans*/non-binary identity?
- ◆ Who or what was important or supportive to you in finding your trans*/non-binary identity?
- ◆ How do you deal with everyday transphobia?
- ◆ Were there positive or negative surprises in your life as a trans*/non-binary person so far?
- ◆ Are there other trans*/non-binary people that had an impact on your life?
- ◆ What is one of your favourite memories with other trans*/non-binary people?
- ◆ What does community mean to you? How did community influence your coming out to yourself or others?
- ◆ Which communities are your home? Why?
- ◆ If you could give the trans* community a magical gift, what would it be?

Final question

- ◆ What would you like to tell young people thinking about their own trans*/non-binary identity?