

A Message of Support for Trans Youth

IN PARTNERSHIP: MINUS18 x TRANS JUSTICE PROJECT

Printable or Digital Postcard Activity

Show your solidarity with trans young people by creating a personalised message of support. These messages can be printed and pinned up in your workplace for internal visibility, or completed digitally to share online as individuals or as an organisation.

This activity is designed to be flexible, accessible, and easy to complete—whether you're participating at your desk, during a team meeting, at an event, or during a dedicated moment of reflection and community care.

How to Use This Activity

Print (Internal Visibility)

- Print out the postcard template on A5 or A6 paper.
- Team members can hand-write their message of support.
- Display the completed postcards around the office—on noticeboards, communal spaces, or desks—to create a visible wall of solidarity within your organisation.
- This helps foster an inclusive and affirming environment where trans young people, colleagues, and visitors can see meaningful support in action.

Online (External Visibility)

- Fill in the digital version of the postcard using the editable text fields.
- Save as an image or PDF to share on your personal or organisational social media, newsletters, website, or internal comms channels.
- This is a great way to publicly stand with trans youth and amplify messages of care, hope, and visibility

Postcard Guide

Your message of support can include three simple parts:

1. **Why do you care about supporting trans youth?**
Think about your values, your community, or the people in your life.
2. **Why is support for trans youth so important right now?**
Name what's happening, or speak to the impact on young people.
3. **What is your message of hope or action?**
This could be encouragement, solidarity, or a call for meaningful change.

Remember: Be warm, clear, and compassionate. Your voice matters.

Example Messages

You deserve to grow up feeling safe, supported, and celebrated for who you are. I care deeply about making sure you have access to the care, respect, and community you need to thrive.

Right now, so many of you are facing unfair barriers and hurtful messages about your identities. That isn't right—and it doesn't reflect the love and strength I see in you every day.

My message to you is this: you matter. Your identity is real. Your future is bright. I stand with you, and I'll keep speaking up to make sure you get the care, dignity, and affirmation that every young person deserves.

Make it your own!