

## 1. Personal and Health

*Sleeping and Eating:  
what, where, when, and  
how much.*

*Medications, hormones,  
surgical decisions, self  
care, time alone*

*Declining to be a partner's sole  
source of support, or having  
boundaries to the support you  
can personally provide*

*Where to go and who to  
spend time with*

*Social reputation,  
which information is  
shared with whom*

*Ability to say no: to sexual activities and  
physical intimacy, alcohol and other drug use,  
unsafe situations like drinking and driving or  
transphobic social situations*

## 2. Interpersonal and Social

## 3. Privacy and Security

*Diary, journal,  
passwords*

*Important documents  
eg. tenancy,  
immigration, work,  
school, WINZ,  
identification, passport*

*Private communication  
and support networks,  
such as social media,  
email, phone, personal  
messages*

*Personal expression:  
clothing, hairstyle,  
language and  
mannerisms*

*Income: how it's made,  
how it's used, and who  
can access it*

## 4. Other Essentials

*Culture, cultural knowledge,  
values, language, history,  
beliefs, spiritual or religious  
practice*

**It's Your  
Choice**