

Supplementary materials

Overview of codes and categories identified through thematic analysis

Improving the quality and availability of gender-affirmative care

- Improving access to gender-affirmative care
- Respectful gender-affirmative care
- Qualified professional support for family and loved ones of trans people
- Support for parents of trans children
- Professional support for communities and self-help organisations

Support for trans people by cis people

- Lobbying for human rights
- Setting an example, setting values
- Setting boundaries to transphobia
- Showing and promoting respect
- Speaking out against untruth
- Standing up for trans and non-binary persons

Popularisation of the topic in the media and literature

- Better visibility through literature
- Communication with the media on the topic
- Popularisation of the topic in the media
- Positive media representation
- Relevant facts and sources of information are easily understandable

Educational activities

- Educating people with a neutral attitude
- Education in schools
- Education of authorities, professionals
- Education towards respect in schools
- Educational support through materials from the government and non-profit organisations
- Self-education of trans people

Brief description of the first three categories:

The initial topic centres on the quality and accessibility of gender-affirming care, which is paramount for the well-being of gender-diverse individuals. It is also crucial that such care is delivered with due respect and acceptance: *“Because these people often do not know where to turn, where they will be accepted, where they will not be looked down upon.”* This need extends beyond professional care for gender-diverse individuals themselves, encompassing close relations and particularly the parents of transgender children: *“It is beneficial to have someone who can offer*

support and who can subsequently engage with the entire family, so that the topic is not taboo, and so that the topic is not perpetually a source of significant conflict.”

Support for transgender individuals by cisgender people entails being an active ally, participating in lobbying efforts for the equal rights of gender-diverse persons, and challenging misinformation: *“To argue with verified facts and not to let it pass.”* The aim is to serve as a role model and to promote values such as diversity, equity, and inclusivity. It also involves being unafraid to set boundaries against expressions of transphobia: *“Our responsibility is to be observant and to perceive these matters, such as intervening.”*

Popularisation of this topic in the media or literature can lead to better visibility for transgender individuals and topics within society. Positive media representation is of particular importance: *“So that young people have role models within their generation, and that older transgender people appear in the media, are visible, and are given a platform by the media. This allows young people to identify with them or make comparisons, and to have hope for a good life.”* In this context, it is also beneficial for gender-diverse individuals to provide feedback to the media and to establish communication with them, as information concerning these individuals and topics is frequently misrepresented. Furthermore, the facts presented in the media should be comprehensible and readily understandable: *“I am not aware of any transgender support books that are equally accessible in terms of language, concepts, and content. Simply put, I believe popularisation is important, and I think there is more negative content than positive.”*