



## SCHOOLS CAMPS & EXCURSIONS FACTSHEET

### WHAT'S THE ISSUE?

School camps and excursions can present a range of barriers for transgender, gender diverse, and intersex students. Sleeping arrangements, access to showers, toilets, and changeroom facilities, clothing/uniform options for set activities, and the formation of groups may need to be considered to support students in these settings.

Without consideration and appropriate accommodations, school camps and excursions may be considered too challenging or distressing for transgender, gender diverse, and intersex students. These students may feel that they are required to participate in ways that do not respect and uphold their identity.

They also may feel the need, or expectation, to wear clothing they find uncomfortable or restrictive, which may not correspond with their gender (such as fitted swimwear, climbing harnesses, etc.).

### SLEEPING ARRANGEMENTS

Sleeping arrangements are often the presenting issue for school camps. Traditionally, most student accommodation is sex-segregated, and while this is appropriate for most students, it does not universally offer the best or safest options for everyone. Students may need special consideration regarding sleeping arrangements for many reasons, including medical monitoring, bed-wetting, night terrors, trauma, cultural or religious reasons, bullying and harassment, as well as gender identity, experiences of gender dysphoria or gender affirmation.

Students who affirm their gender may engage in affirmation practices involving tight or restrictive garments. These minimise the appearance of breasts ('binding') or genitals ('tucking'). Ideally this is achieved using specialised undergarments such as binders, tucking underwear or specialised adhesive tapes.

Many young people however, may use unsafe methods such as compression bandages or other adhesive tapes.

These garments are not designed to be worn while sleeping or during rigorous exercise, and guidance states to not exceed ~8 hours of continuous use. Exceeding this risks physical damage to the skin, muscles, bone and internal organs.

For students using options such as these, safe and comfortable sleeping arrangements are essential to allow them to take breaks and sleep safely.

### HOW TO ADDRESS THIS ISSUE?

Suitable sleeping arrangements may include a small private room or a cabin with their close, supportive friends (with parental permission). This may involve a mixed-gender group or a gendered group of peers that may differ from a sex-segregated approach and does not need to apply to all students.

Our fact sheets on **Uniforms, School Sport and Physical Education & Toilets and Change Facilities** may also be useful.

### THINGS TO CONSIDER

- The needs of transgender, gender diverse and intersex students are considered in school camp and excursion policies.
- Camp and excursion facilities have been thoroughly researched and key staff are aware of the available facilities and amenities.
- Communication with the student and their family/caregivers has occurred prior to the excursion, camp, or activity to discuss their options and preferences, arrangements for the activity and any accommodations that may be required.
- The organisation of sleeping arrangements accounts for the full range of student needs. This process allows a clear and direct pathway for those who require alternate arrangements.
- Transgender, gender diverse and intersex students are supported to be accommodated in, and to access the facilities that align with their gender identity or other preferences.