

# GENDER DYSPHORIA

*Julia Mutch*

School was always hard for Abby, but it was especially difficult in her junior year. She was struggling with her mental health and had been told she was a burden to her family and friends. She was also struggling to find her sexuality and gender identity, and she was feeling more and more isolated.

She had a few friends, avery, angel, parker, quinn, morgan and remmy, they were so nice to her but she never really opened up to them at all, she was scared they would call her weird for having depression or liking the same gender, really she hasn't told anyone and she didn't plan to.

But One day after school things took a turn for the worst abby got home and went straight to her room thinking “what have i done”  
“Why can't i just be normal” “There are too many people in my head. I claw at my body to get them out, to peel out the blackness spreading inside me. I'm running blind, ghosts swallowing me”

She scrambled to her draw and rummaged through it until she found what she needed, she took a deep breath and pressed hard down across her wrist again and again and again until she went too far she cut too deep, she started to bleed out, although she didn't tell anyone, she just wrapped it up and went to sleep, thinking “i'll just wear a jumper no one will know what i've done”

The next morning Abby was found unconscious on her bed, who knows how long she had been there. Her mum rushed to get her phone to call an ambulance, her phone was on 1% she couldn't call in that amount of time, she quickly picked up Abby and rushed her to the car.



When Abby woke up in the hospital, she was overwhelmed with emotion but at the same time didn't know what happened and where she was. She was surrounded by family and friends who wanted to help her. Abby then realised she wasn't alone and that people cared for her.

After being in hospital for a while longer, Abby went back to school. She was more determined than ever to find her identity and be comfortable in her own skin. She started to see a therapist, and she started to explore her sexuality and gender identity.

Abby's friend Avery wanted to help her so started showing Abby pages about the LGBTQ+ and they were very supportive towards Abby and even told Abby that they were asexual and non-binary, the first person Avery has told.

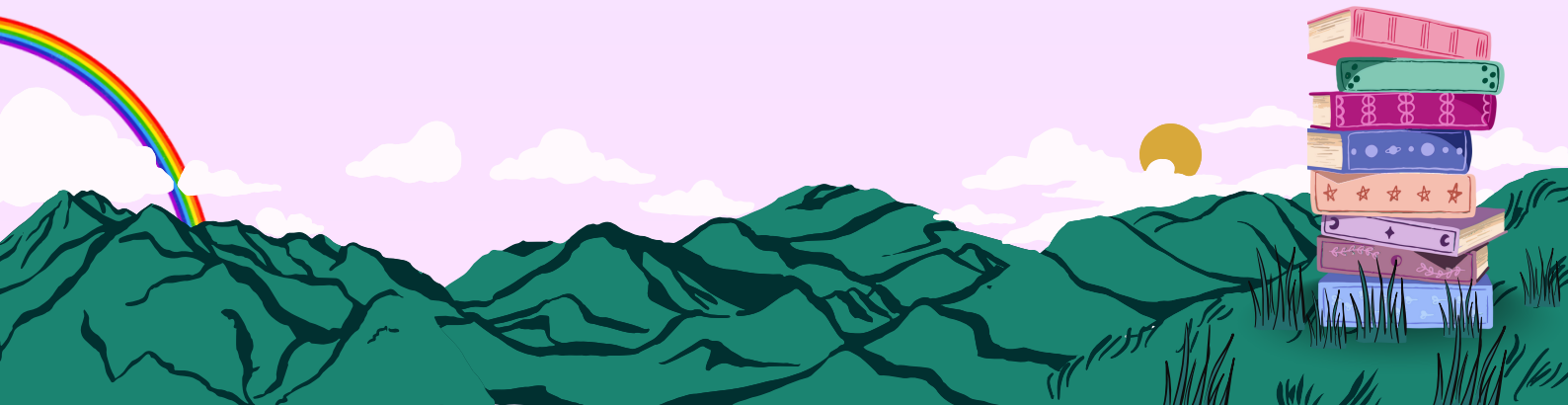
Abby soon found that she was queer and bisexual, she did some research and found that there were clubs and other cool things going on with the LGBTQ+, they joined an LGBTQ writing club, and LGBTQ group therapy, finding that so many others related to them and she was not alone at all.

Abby eventually found their voice and became more confident in their identity. They were no longer scared to be their true self and started to be more open about their sexuality and gender identity.

After being out as bisexual for 3 years they got a partner whose name was Avery they were non-binary, Abby also started to play hockey, started to do theatre and joined the choir.

She was finally feeling happy with who she was and her progress.

It was a long journey for Abby, but eventually, they were able to find their identity and be more comfortable with who they were,



Although their depression was not completely cured, they started thinking of the more positive aspect of things and went out on nice walks to calm themselves down.

they look at their scars and see something else: a teen who was trying to cope with something horrible that they should never have had to live through at all.

scars show pain and suffering, but they also show your will to survive. They're part of your history that'll always be there.

