

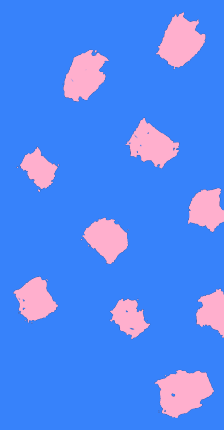


CREATE  
CONNECT

# Just Another Day as Myself!

## Create/Connect: 1-Day Diary Workbook

The Everyday Experiences of Trans and Gender  
Diverse Young People in the UK



# What is Create/Connect?

Create/Connect is a research project working together with young people and youth organisations to find out how community belonging supports trans and gender diverse young people's wellbeing, and how we use our creativity to build collective resilience when facing societal challenges.

You can learn more about us at our project website:  
[www.createconnectproject.co.uk](http://www.createconnectproject.co.uk)



# What is the Mass Observation Archive and the 1-Day Diary?

The Mass Observation Archive is a collection of materials that provide a unique insight into everyday life in Britain. The archive lives at the University of Sussex and contains materials like diaries, photos, food menus, protest flyers and much more.

Every year on the 12th of May the Mass Observation Archive invite people to write a diary entry about their day creating a wonderful glimpse into the everyday lives of people in the UK. This is where you can play a part!

May 12th is likely to be quite an ordinary day. And that is the point of the diary event, to capture a glimpse of everyday life. Often trans voices are lost in history and not included in archives. The Create Connect research project and the Mass Observation Archive want to change this and include more trans voices through the 1-Day Diary so that trans histories can be remembered and researched and so the everyday lived experiences of trans and gender diverse young people can be seen and celebrated! Your voice is so important and we want to hear from you!



## Creating your 1-Day Diary

For your 1 Day Diary you can share whatever you would like about an ordinary day in your life as a trans or non binary young person.

Maybe you want to tell us about what you had for breakfast or maybe you want to tell us about your favourite music at the moment, what TV shows and YouTube videos or TikToks you have been watching, what video game you have just started playing. Maybe you would like to tell us what you had for lunch, what you did in the afternoon. Or what has been on your mind today. Something that caught your attention or made you smile. Or maybe you want to tell us how you are feeling about today, what your hopes are for the future or what brings you joy in your day. Maybe you want to tell us about spending time with your pet or hanging out with your friends. It is completely up to you what you share! We want to hear what you have to share!

And your diary does not have to be written! It can be a collage or a drawing, a video or pictures, however you want to share your day, we want to see it. Your diary will be completely anonymous (no one will know it is you) so you do not need to put your name or any personal information in.



# Submitting your 1-Day Diary

When you submit your diary you can decide if you want it to be included in the Create Connect Research Project and if you would like it to be archived in the Mass Observation Archive.

If you decide you want your diary included in the research project, we will use your diary to understand more about the lived experiences of trans and gender diverse young people and to better understand and celebrate everyday lived experiences.

If you decide to also archive your diary in the Mass Observation Archive, your diary will be stored safely for researchers to use in the future to understand what life was like for trans and gender diverse young people today in the UK.

## If you are 16-25, you can submit your 1-Day Diary in a few different ways:

**1)** Upload a digital copy of your diary on our website: <https://www.createconnectproject.co.uk>. Here you will be able to choose if you want to participate in the project and/or archive your diary.

**2)** Post your physical diary back to us: Community, Creativity and Resilience, Winchester School of Art, University of Southampton, Park Ave, Winchester SO23 8DL. By submitting your 1-day diary you agree to participate in the Create/Connect project. If you want the Mass Observatory Archive to keep your 1-day diary write MOA on it.

Please note that because diaries are anonymous, once your 1-day diary is submitted, you can't request to withdraw it. You need to be 16+ to submit your diary on your own.

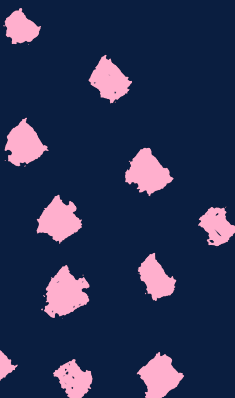
**3)** If you take part in the activity with your youth group your youth worker will make sure it gets to us safely! Youth workers can upload group diaries collectively, confirming consent for all participants on our project website.

You can upload your diary using this QR code!





# Thank you!



You can learn more about the Create/Connect Research Project at our project website: [www.createconnectproject.co.uk](http://www.createconnectproject.co.uk) and see all the other ways to get involved! This workbook was developed together with young people from Allsorts Youth Project in Brighton.

You can learn more about the Mass Observation Archive at their website: <https://massobs.org.uk/>

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