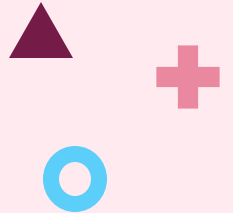


Transitioning 101



Welcome!

This presentation was created to help anyone in the early stages of figuring out their gender identity and/or the processes that follow. Not being too sure on how you identify can be confusing, overwhelming, and scary—but, you do not have to go through it alone. The following slides will provide some insight on gender exploration and understanding and will hopefully help you in your own journey! No one's journey is ever linear, nor is it a race, so explore this area at your pace and utilize the resources provided to help you seek support and community if needed!



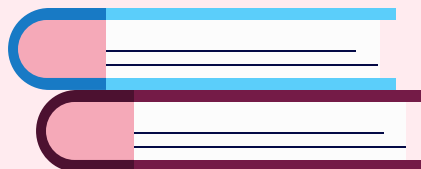


What is transgender and gender identity?



Transgender is a broad term that can be used to describe **people whose gender identity is different from the gender they were thought to be when they were born.** “Trans” is often used as shorthand for transgender.

Gender identity is your internal knowledge of your gender – for example, your knowledge that you’re a man, a woman, or another gender. **Gender expression** is how a person presents their gender outwardly. That might include behavior, clothing, hairstyle, voice or body characteristics. Everyone has a gender identity, including cisgender – or non-transgender – people. If someone’s gender identity matches the gender they were assigned at birth, then they are cisgender, or “cis” for short.

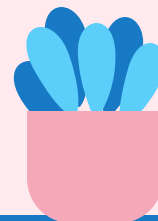




What is nonbinary?

Some people don't neatly fit into the categories of "man" or "woman," or "male" or "female." For example, some people have a gender that blends elements of being a man or a woman, or a gender that is different than either male or female. Some people don't identify with any gender. Some people's gender changes over time.

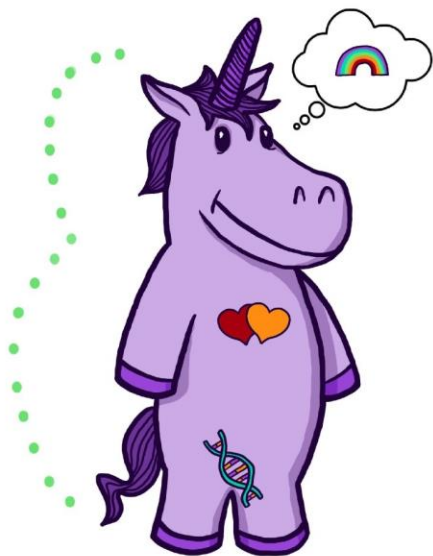
People whose gender is not male or female use many different terms to describe themselves, with **nonbinary** being one of the most common (sometimes spelled with a hyphen, as "non-binary"). Other terms include **genderqueer**, **agender**, **bigender**, **genderfluid**, and more. None of these terms mean exactly the same thing – but all speak to an experience of gender that is not simply male or female. If you're not sure what a word means, you can usually just ask politely.



The Gender Unicorn

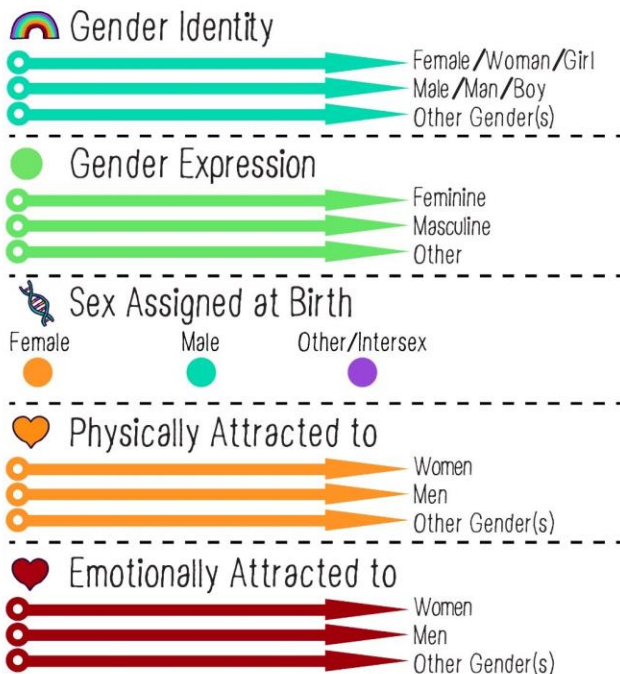
The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore



IDENTITY – IS INTERNAL

An internal understanding of gender. How do you see yourself?

EXPRESSION – IS EXTERNAL

How we express ourselves to those around us! What name, pronouns do you use? Are they male or female or some other? How do you wear your hair, clothes and do you have more masculine or feminine roles?

SEX ASSIGNED AT BIRTH

Chromosomes and DNA

PHYSICAL ATTRACTION

NOT what's between your legs. Your physical attraction to other people (or lack thereof)

EMOTIONAL ATTRACTION

Different from physical but often work together... who gives you life to be with? Who fills you up by being in their presence? Who is your "soulmate" as it were.

What identities are there?

There is a broad variety of gender identities that you may find yourself in but remember that there is no rush or pressure to immediately fit into a single one.

Gender identity is fluid and may change over time! Anyone's journey of self discovery is entirely *theirs*, so be kind to yourself when starting and going through this discovery process.



Gender Identities



Because of how personal this exploration is, how you or anyone else traverses this is entirely at their speed and comfort. There is a vast list of pre-existing gender identities, but we feel it necessary to leave the exploration up to the explorer! By having an understanding of the differences between gender expression and gender identity you can narrow down your possible "options." Keep in mind that labels aren't for everyone, and again, there is no pressure to know right away or to choose a label at all. How you choose to identify is entirely in your hands, and remember to try and have fun with it!

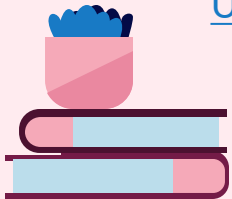
Below is a list of resources to help with further education on gender and gender identities, as well as some terms you may be unfamiliar with!

[Understanding Gender Identities](#) - The Trevor Project

[Transgender Glossary of Terms](#) - GLAAD

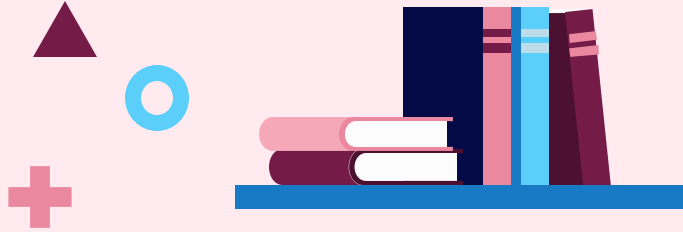
[A Guide to Gender Identity Terms](#) - NPR

[Understanding Gender Identity](#) - The Jed Foundation



Advice on “How to Navigate the World”





Personal

The journey to self-discovery can be confusing, stressful, and overwhelming. Knowing what resources to utilize and learning effective self-care can help with the process of self-discovery.



Personal

Self-Care

- Learn effective coping strategies to practice better self-care, if needed, seek counseling support!
- Some effective skills to look into can include: coping skills for anxious and depressive symptoms, self-confidence, effective boundary placing, and emotion regulation.

Experimenting with styles

- Use websites like Pinterest to search for various fashion/aesthetic styles that speak to you! The way you present yourself can help a lot with feeling comfortable in your identity, just remember that there is no “right” or “wrong” way to dress regardless of gender identity.

Community Resources (Safe Spaces)

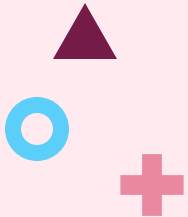
- Surround yourself with positive community resources where you can feel seen and heard, research local community-based centers or groups where you can seek a positive safe space.

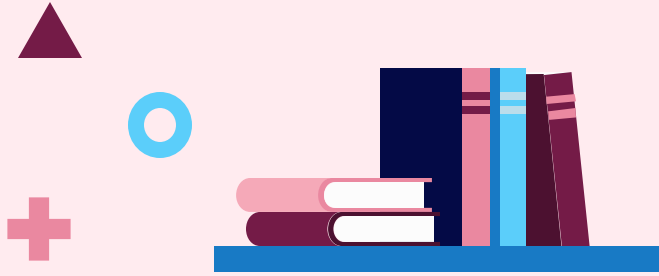
Exploration

- Self-discovery is at your own pace! Don't feel rushed or pressured to do it all at once. Your journey is *yours* for a reason!

Internalized Transphobia

- Self-Denial, confusion, and other uncomfortable feelings can arise when discovering yourself, again, do it at your own pace and remember there is no such thing as "being trans enough!"





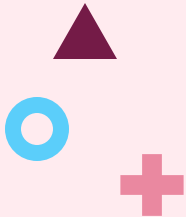
Social

As a transgender or nonbinary individual, the journey to self discovery can be incredibly hard to handle alone. However, knowing what to look for socially can help you find comfort in yourself and find community.



Social

- **Confidence**
 - Simply having the confidence to place effective boundaries and knowing your worth can go a long way in affirming yourself, take the time to practice increasing your self-confidence and keeping your head up high!
- **Finding your community**
 - Again, surrounding yourself with *positive* community resources can help you feel more seen and heard when around people you relate to. Genuine communities will *not* make you feel invalid for your identity and gender expression, communities should *uplift* you- not shoot you down.
- **Imposter Syndrome**
 - Although it's hard, remember that you're not lying if you don't come out right away. Remember your safety and wellbeing is your top priority, there is no rush to come out. This is *your* journey, not anyone else's.
- **First and foremost, consider your safety and wellbeing above all**
 - We can't always control who we're with and where we are, always think about what's safe for you when coming out.
- **Planning ahead**
 - Writing out emails/announcements/scripts/messages ahead of time can help alleviate nerves and make it easier to communicate with the other person



Resources



- [Self-care tips for when you are receiving gender affirming care](#) - IPPF
- [7 Self-Care Tips for Trans and Nonbinary Folks](#) - The Transguy Supply
- [10 Self-Care Tools for Trans and Non-Binary Folks](#) - DiveThru
- [What Is Gender Dysphoria? Definition And Symptoms](#) - DiveThru
- [5 Self-Care Tips to Start Trying Today](#) - Point of Pride
- [Back to School: Tips for Trans Students](#) - Point of Pride
- [A Transwoman of Color's Guide to Survival: Self Care is Key](#) - AfroPunk
- [The Trans Self-Care Workbook](#) - Theo Lorenz
- [Being Trans and Having Your Own Style: Trans Women](#) - KetchBeauty
- [Style liberation: figuring out your personal fashion as a transgender person](#) - Plume
- [Find Local LGBT+ Centers Near You: CenterLink LGBTQ Community Center Member Directory](#) - CenterLink
- [How To Find Your Local LGBT Community Center](#) - PRIDE

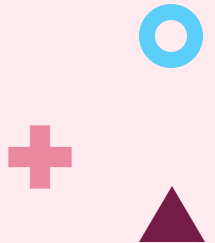
There's more slides!





Legal

There are a number of legal processes that you may want to go through later on down the line, knowing what processes are there and where you can find assistance can help you through this tasking process.



Legal

Name Change + Gender Marker Change

- Some people decide they may want to change their legal name and gender marker, the legal process varies state by state, so it is important for you to do some research on the steps to do so
- Local pride clinics may have legal aid resources to help you at a low cost, again, it's important to do your research!
- [How To Find Your Local LGBT Community Center](#) - PRIDE
- [Transgender Law Center](#)

Having access to this is not an easy process, if you want to go by a new name socially, take your time searching around and choosing what's comfortable for you. Practice hearing the name at places like cafes and restaurants where they call your name, ask people closest to you for ideas, and have fun with it!



[You can choose a new name, and here's how](#) – NPR Life Kit
[Names](#) – Trans Hub



Physical & Medical

There is a wide variety of things you can do to physically affirm yourself and your identity, but keep in mind the *safe* and *healthy* ways to do so and try your best to seek support from a professional

Note for the Reader

Partaking in things that physically alter your body can be scary but empowering to some individuals struggling with things like gender dysphoria. It must be emphasized that with or without gender dysphoria none of the following processes are required to validate your gender identity and expression. Explore these areas at your pace and do not allow others to pressure you into thinking these are required. Once again, this is your journey—your identity and your expression—not anyone else's!



Chest Binding

Chest binding is a gender-affirming practice done by all kinds of different people. Some people bind to reduce gender dysphoria. Some bind to present in a way that feels more aligned with their gender identity. Some folks bind because they just like the way it looks. There are many reasons people bind, and it doesn't always have to do with gender

- When it is used to affirm yourself in your gender identity, it *can* be crucial in improving your mental health—however—it is even more crucial to bind carefully and pay attention to your body when binding.
- It is **not** a requirement to bind, and your identity is not invalid if you choose to not do so!
- **Tips and tricks for chest binding:**
 1. Don't bind for longer than eight hours at a time—even that's pushing it! Schedule binder breaks and try not to bind every day.
 2. Make sure not to sleep with your binder! Let your body breathe.
 3. Hand-wash and air-dry your binder to make it last longer, helping prevent acne and other skin infections.
 4. If you can't breathe well in your binder, you may be using the wrong size.
 5. Avoid exercising while binding or wear a larger size. If you plan on binding while you exercise, start out slow with your workouts—listen to your body for any signs of chest pain or discomfort. .
 6. Keep cool and stay hydrated while binding.

What not to do when binding

Don't use ace bandages, plastic wrap, or duct tape. These things can cause physical harm—they restrict breathing, cause back pain, and cause fluid build-up in your lungs. They can also cause other injuries, such as broken ribs, skin damage, and musculoskeletal damage. Please be careful.

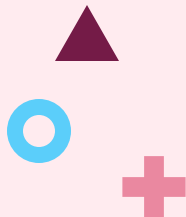
Don't wear a binder that's too small for you. Ill-fitting binders put you at similar risks as ace bandages and duct tape. Also, don't put bandages and/or duct tape over your binder. Doing so can cause dizziness, headaches, lightheadedness, and/or numbness. There are many different colors and types of binders, such as tanks, half binders, racerbacks, and more. Pick one that feels comfortable for you. Make sure it provides a wide range of motion and that it sits naturally over your torso.

If it hurts, stop! **You should not be in pain while wearing your binder.**

How to find
your binder size:



(Trans Lifeline; Folx Health)



Types of Binding

Types Of Chest Binders

There are two common binder types:

The *short-length*, which provides compression from your chest to your midriff

The *full-length*, which stretches over your stomach and hips

A *short-length* binder would be an excellent choice for people that mainly feel dysphoric about their chest, while a *full-length* binder can also compress your stomach and hips if you need an overall more masculine silhouette.

There are many different colors and types of binders, such as racerbacks and more. Pick one that feels comfortable for you. Make sure it provides a wide range of motion and that it sits naturally over your torso.

Trans Tape

Compression tapes (*not* duct tape or ace bandages—a special kind of tape!), often made of hypoallergenic materials, are among the most common binder alternatives because of their much lower price. They can ease dysphoria without the restrictive compression or high cost of a chest binder.



While it is safer to use, trans tape can also cause irritation, itching, or redness, and you should be able to breathe and move comfortably. Trans tape should not wrap around your entire body. Make sure you give your body a break!



Tucking

Tucking is a way someone can engage with their body to help them look or feel a certain way. Tucking flattens the space between the legs, creating a shape that some people find more comfortable or aesthetically pleasing. Tucking is for anyone who wants to do it, no matter their gender or presentation.

For some people, tucking is an important part of gender affirmation and helps to relieve dysphoria, and other people only do it rarely. Some people will tuck every day, and for other people it might be for specific occasions, or to suit a particular outfit or item of clothing.

Tucking doesn't mean you identify in a particular way but if you are looking to flatten between your legs for any reason, it's great to know that it is always an option. Like binding, it is not a required thing to do and your identity is *not* invalidated should you choose to not tuck!

To avoid uncomfortable and possibly triggering terminology, the process of tucking will be demonstrated through the resources provided. Note that body-part terminology is used in the given resources, explore these at your comfort and ability to do so.



Tucking

How can I tuck?

There are a few different tucking methods that include wearing underwear, tape, or gaffs. One of the most accessible methods is wearing tight-fitting underwear or shapewear like Spanx.

While wearing any pair of tight-fitting underwear may work for some people, shapewear may work better for others. **Shapewear** is a tight-fitting undergarment that is intended to control the shape of one's figure and can be helpful for concealing the appearance of a bulge.

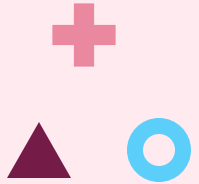
A **gaff** is a type of compression underwear designed to create a flat front area. The compression material can be helpful for holding a tuck in place for longer periods of time, and often the fabric used minimizes the silhouette appearance that some folks have. Gaffs are specifically made with tucking in mind, and so they are a reliable choice for many people. Gaffs can also be worn without tucking to minimize the appearance of a bulge.



Some folks also use medical grade tape to hold a tuck in place, utilize the resources provided to know what is safe and what isn't!



Tucking Tips



Signs that it's time to take a break:

- Discomfort
- Skin Irritation
- Dehydration
- Soreness/Tightness
- Any pain in the lower area
- Overheating

Be sure to:

- Stop immediately if you feel any pain. Some discomfort is normal, especially if you're not used to it
- Use the bathroom when you need to go!
- Stay hydrated. Do *not* withhold water to avoid using the bathroom.
- Make sure the tape you use is medical grade. No duct tape or scotch tape.
- Take breaks every 8-12 hours
- Do not sleep while tucked
- Start slowly and tuck gently
- Wash gaffs and underwear regularly

Tips:

- Try layering underwear to keep your tuck in place
- Wearing baggy pants or flowy skirts and dresses may help to not tuck that day
- Get comfortable tucking at home before trying it outside
- Always go by the size charts and recommendations from the brands you buy from!

Resources

Binding:

[A Binding Guide for All Genders and Gender Expressions](#) - Trans Lifeline

[How to Bind Your Chest: Tips, Tricks, and Safety While Binding](#) - FOLX

[Ask a Clinician: Can Binding Cause Heartburn?](#) - FOLX

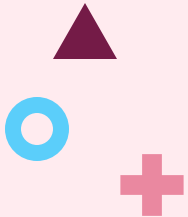
Tucking:

[Tucking](#) - TransHub

[Safe Tucking](#) - OHSU

[TUCKING: A resource guide on how to tuck safely, where to find affirming products, and answers to frequently asked questions](#) - Fenway Health

[How Does Tucking Work and Is It Safe?](#) - Healthline



Tucking Resources

Low and No-Cost Tucking Programs

- [Point of Pride Free Femme Shapewear Program](#)
- [Étaín Q.U.A.D. for folks in Maine](#)
- [The Tumblr Transgender Clothing Exchange](#)

Gaffs and Tucking Tape

GAFFS

- [LeoLines](#)
- [Fit4USolutions](#)
- [Sock Drawer Heroes](#)
- [Tuck Buddies](#)
- [Origami Customs](#)

Tucking Tape

- [Unclockable](#)
- [Sock Drawer Heroes](#)



Binder Resources

Inexpensive or Free Used Binders

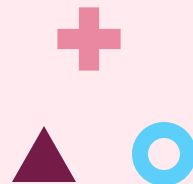
- [American Trans Resource hub](#)
- [Point of Pride](#)
- [The Binder Project](#)
- [The Queer-Trans Project](#)
- [Trans Essentials Free Youth Binder Program](#)
- [Transguy Supply Binder Recycle Program](#)
- [Coastal Bend PRIDE Center – Binder Program](#)

Where to Buy a Binder

- [Gc2b \(trans-owned\)](#)
- [FLAVNT](#)
- [For Them \(trans-owned\)](#)
- [UNTAG](#)
- [Venus Envy](#)
- [Wonababi \(trans-owned, based in NYC and China\)](#)
- [TOMSCOUT \(trans-owned, based in Singapore & Malaysia but ships globally\)](#)
- [Amor Sensory \(trans-owned, based in Australia\)](#)
- [Agnes & Edie \(based in New Zealand\)](#)

Donate Your Binder or Help Someone Get a Free Binder!

- [American Trans Resource Hub](#)
- [DCATS](#)
- [Genderbands](#)
- [Point of Pride](#)
- [Transguy Supply Binder Recycle Program](#)



Hormone Replacement Therapy (HRT)

Gender affirming hormone therapy consists of either feminizing (estrogen) or masculinizing (testosterone) hormones. Many transgender people take hormone therapy as part of a gender transition to help their bodies and appearance align with their gender identity. However, *not every trans person does*, and your identity is *not* invalid if you choose to not undergo HRT!

Hormones are helpful in making your appearance more masculine or feminine. Beginning gender affirming hormone therapy has many similarities to going through puberty. Although hormones taken in adulthood can help to keep your bones healthy, they can't alter your skeletal shape or your height.

HRT is a lifelong process, and if you want to maintain some of the effects of HRT you will have to utilize it for the entirety of your lifeline—if you choose to do so.

There are many physical and emotional changes that occur when going through HRT, please refer to our list of resources to further explore what occurs when you are taking hormones! Please note that your health and safety should be your priority when beginning this journey. It is recommended to go through this process with the help of a medical provider.



Resources

The effects and processes of HRT:

[What is Hormone Replacement Therapy?](#) - Planned Parenthood

[How Does HRT Change Your Body During Transition?](#) - Healthline

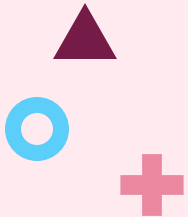
[Everything You Need to Know About Feminizing Hormone Therapy](#) - Them

[What It's Like to Medically Transition as a Nonbinary Person](#) - Them

[HRT Timeline and Effects: Hormone Replacement Therapy Info](#) - Gender GP

Where to access HRT:

Local Planned Parenthood, [Plume - Gender Affirming Care from Home](#), [FOLX Health](#), [Coastal Bend Wellness Foundation](#)



Not to seem like a broken record but remember that this journey is entirely *yours*. The advice and resources provided are merely to help you understand that no matter what—you're not alone! Take your time reading through the information provided, read through it more than once, or simply have it in your pocket for when you're ready.

Take your journey one step at a time, be safe, and have fun exploring!



Thanks!

For more information or support, feel free to contact the creator Santiago Luna (he/him) by email or social media!

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