

Gender Resources

Here are some resources for being on the trans/gender-nonconforming spectrum!

Femme Tips:

- If you can't grow your hair out or don't want it long, you can get a curved neckline for hair, a squared edge makes it look more masculine
- New clothing
- Jewelry
- Be more confident, you're amazing no matter what
- Regular skin care routine
- Use moisturizer often



Masc Tips:

- If you're able to get your hair cut short, ask for a squared edge
- Use hair gel or other product
- Wear button down shirts
- Stand up straight and tall, the more confident you look, the better
- Exercise shirts make you look more muscular
- Wear slightly baggy clothing to hide a feminine figure



Androgynous Tips:

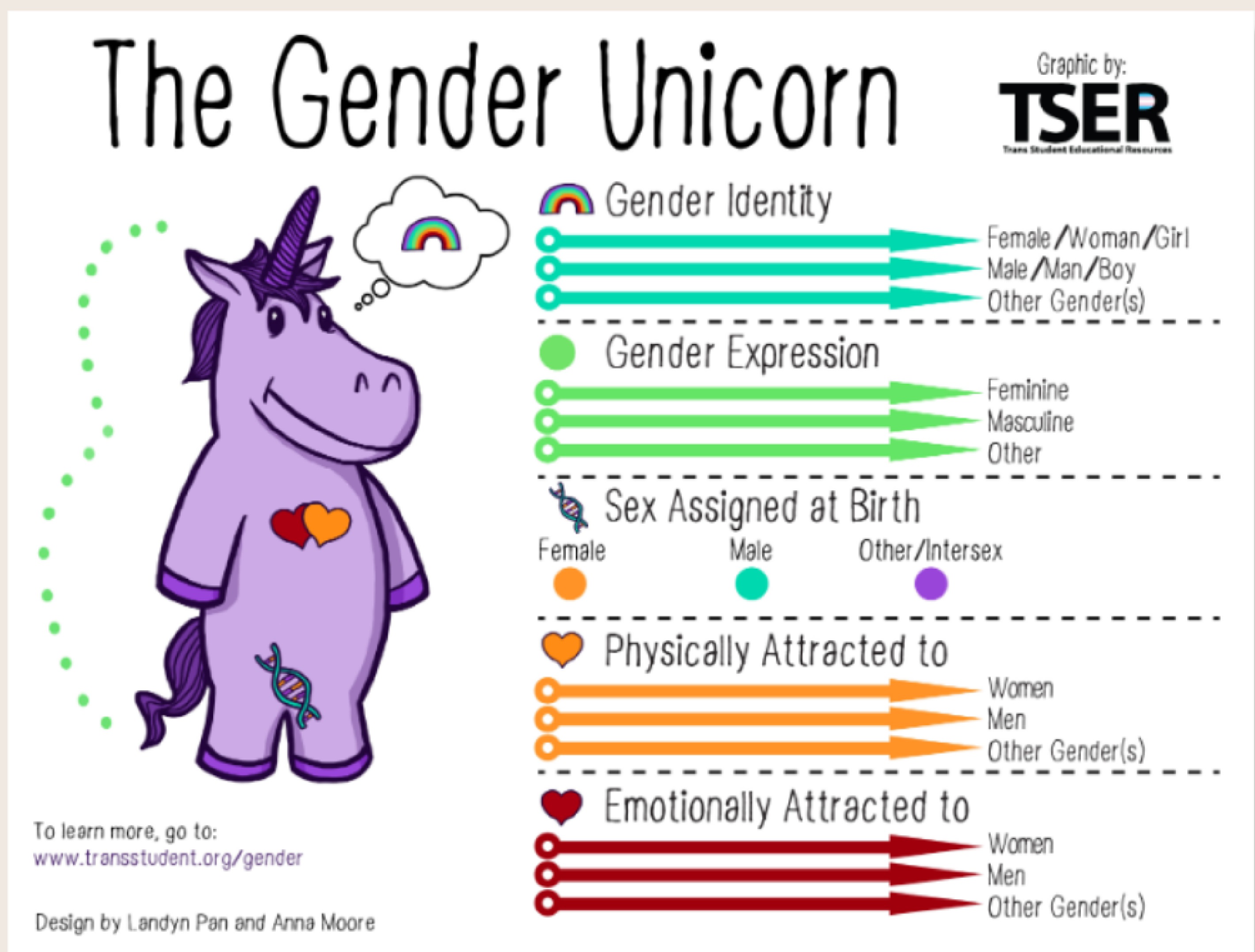
- Accentuate your "masc" or "femme" features depending on the look you're going for
- Wear vests, blazers, and blazers
- Make your eyebrows bold
- Slick your hair back
- <https://www.autostraddle.com/gay-your-makeup-easy-breezy-everyday-androgynous-look-365875/>
- <https://www.thetrendspotter.net/gender-neutral-haircuts/>

Coming Out Tips:

- First of all: make sure you're safe!
- <https://www.lgbtyouth.org.uk/media/1054/coming-out-guide-for-t-people.pdf>
- Don't come out for anyone but yourself, you have the right to tell who you want when you want
- Coming out to a small group of friends is a good stepping stone, it's helpful to know you have a group of people that will have your back
- Be patient, sometimes it is hard, but some people need a longer time to adjust

For Parents:

- <https://genderspectrum.org/articles/understanding-gender>
- <https://www.tfaforms.com/4778277>
- <https://answers.childrenshospital.org/non-binary-guide/>



BEING AN EFFECTIVE TRANS ALLY

BEING AN ALLY IS IMPORTANT it lets everyone around you know that you are supportive and attentive to the needs of others. Being an ally demonstrates that you want to help change the world for marginalized communities even if you are not necessarily part of a particular group.

DO YOUR HOMEWORK

Use social media, blogs, websites, and books to educate yourself on the issues facing trans communities.



BE KIND

be courteous, patient, and caring with people. Smiling and asking about someone's day can go a long way when someone is used to facing stares or harassment.

MAKE ALLY A VERB

Being an ally is about doing something and making change with and for trans communities.

APOLOGIZE WHEN YOU MAKE A MISTAKE

Everyone makes mistakes and that is okay! If and when someone points out your mistakes, acknowledge the wrong that has been done, apologize, and move on. It isn't always about your intent, but about the impact.

I'M SORRY.

UNDERSTAND YOUR PRIVILEGE

Recognize the ways that being cisgender allows you to access washrooms, health care, or transcripts with ease. Think about the entitlements you take for granted for which others must fight.



LISTEN

Experiences of transphobia can be dismissed, affirm the experiences of trans people. Listen to how you can provide support and be an ally.

DIFFERENT WAYS TO SUPPORT



BESIDE



You may need to stand beside someone to support them. Listen to them and walk with them through an experience.



IN FRONT



You may need to stand in front of someone to help them avoid harm and hurt.



BEHIND



You may need to stand behind someone to support them, recognizing that they are the experts and know what is best for them.

Being an ally isn't just about creating affirming spaces in your work environment; it is also about creating affirming and welcoming social environments. Think holistically about inclusion.

#TRANSINCLUSION

INFOGRAPHIC DESIGN BY:
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HEAR STOP IT! IT!
#NOBYSTANDERS
inspired by @stoneisland

THE 519
SPACE FOR CHANGE



Why Support for Trans Youth Matters

Based on a 2012 study of 433 individuals

Trans Youth
with
Supportive Parents

Trans Youth
with Unsupportive
Parents



Reported
Life
Satisfaction

72%

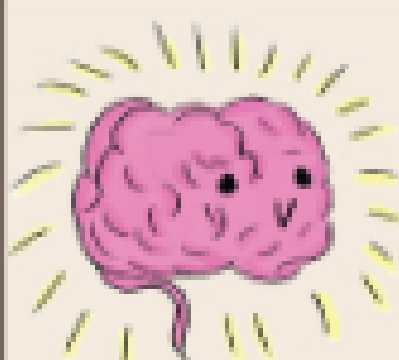
33%

Reported
High
Self-Esteem



64%

13%



Described
Mental Health
As "Very Good"
or "Excellent"

70%

15%

Faced
Housing
Problems



0%

55%

Suffered
Depression



23%

75%



Attempted
Suicide

4%

57%

Travers R, Bauer G, Pyne J, Bradley K, for the Trans PULSE Project; Gale L, Papadimitriou M. Impacts of Strong Parental Support for Trans Youth: A Report Prepared for Children's Aid Society of Toronto and Delisle Youth Services. 2 October, 2012.

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For more information,
go to transstudent.org/graphics

TSER
Trans Student Educational Resources