

QUEER YOUTH ASSEMBLE

HEALTH, WELLNESS AND SCHOOL RESOURCES

FOR TRANS AND
NONBINARY YOUTH

Ways to fight dysphoria and
seek affirming care while
prioritizing safety

LINKS TO QYA &
RESOURCES

GENDER-AFFIRMING
PRACTICES

NAVIGATING SCHOOL

FINDING INCLUSIVE
HEALTHCARE
PROVIDERS



Resources
mentioned can
be found here,
on the Linktree!



Visit the Queer
Youth Assemble
Guide for Schools
and Educators



WEBSITE queeryouthassemble.org

INSTAGRAM [@queeryouthassemble](https://www.instagram.com/queeryouthassemble)

TUCKING TIPS

Tucking can be an affirming practice for many trans and nonbinary people.

Garments like control briefs support more long-term tucking with less adjustments. Tucking panties are made especially for tucking, though you can make your own as shown in the "Safer Tucking Guide" in the Linktree at the front of the pamphlet. Otherwise, using tighter undergarments is usually a good place to start.

If you choose to use tape, proceed with caution, ensuring the adhesive is safe, and that it isn't overly restricting. If something hurts, you should make sure your tucking was done safely.

PACKING TIPS

Packing can be an affirming practice for many trans and nonbinary people.

There are many ways to pack whether it be using homemade packers, or manufactured ones.

You can find in the Linktree above, guides to using packers. While many prosthetics exist, they may be expensive, or inaccessible. Using socks, or other soft malleable materials, is a good place to start.

Other types of packers may include stand-to-pee devices (STPs), which simulate urinating with a penis. Pack and plays can be used both for sexual activities, and for packing.

When packing, make sure to secure your packing device of choice before heading out.

Places like Ftm Comfy Packs, MyPackStrap, GMPWear, and Final Thoughts make and sell packers.

BINDING TIPS

Binding can be an affirming practice for many trans and nonbinary people.

Try to take binder breaks about every eight hours, not keeping your binder on for longer than this. Only exercise in a binder if it's necessary, and if you do so wear one size larger than usual.

Only use a binder made for chest compression or safely use KT/trans tape. Never use duct tape, plastic wrap or any other methods, as these are likely to lead to physical harm. If you don't have access to a binder, try layering two sports bras. Point of Pride, Genderbands, and B4CK all offer periodic free binder giveaways.

MENSTRUATION

Menstruating can be a source both of general discomfort and of gender dysphoria. Many things can be done both to better or alleviate menstruation.

For people looking to avoid the gendering experience of periods, working to find products, such as those listed in the Linktree can alleviate dysphoria.

Certain birth control and hormonal medications can be accessed outside of gender-affirming care, if you are worried about disclosing your queer identity. Medications like Norethindrone (Aygestin) works as a period suppressant while not working as a birth control, whereas combination birth control pills often also work as period suppressants. For out queer people with periods, hormone blockers or hormone replacement therapy (HRT) may be an option.

GYM CLASS TIPS

Gym class, whether it be changing or gender-segregated activities, can be quite anxiety provoking.

If you tuck or bind, make sure you are safe, taking breaks as necessary if unavoidable.

If there are no gender-neutral changing spaces, you can advocate for use of nurses' rooms, gender-neutral bathrooms or staff bathrooms, or opting out of changing.

If you are in a position to advocate, ask gym and wellness teachers to advertise inclusive options. If you are able, challenge your teachers on cis or binary-normative activities, like "boys vs. girls".

BATHROOM TIPS

While looking and asking for queer-inclusive resources and accommodations can be challenging, you deserve accessibility and safety.

Many schools have yet to introduce streamlined and easily accessible gender-neutral or single-stalled bathrooms. Bathrooms can be a challenging environment to navigate for many queer people.

While some schools do not have advertised gender-neutral bathrooms, most schools will have teacher bathrooms that are private and single-stalled. If you articulate discomfort with using one of the labeled binary bathrooms, you can always ask for access to one of those, or to the nurses room.

Many students do not know that obstructions exist for queer people in terms of bathrooms- if you are able, educate and help advocate for accessibility and inclusivity.

MENTAL HEALTH

In all medical disciplines, finding adequate providers for queer patients is a challenge. Queer people are disproportionately affected by mental health issues.

GLMA, or Health Professionals Advancing LGBTQ Equality has a search engine designed to find local, queer-friendly professionals across medical fields. This is available in the Linktree on the first page. Psychology Today offers a search for LGBTQ therapists, also linked.

For immediate mental healthcare, there are LGBTQ specific support and hotlines, including:

Trevor Project: (866)-488-7386
LGBT National Youth Hotline:
(800)-246-7743
LGBT National Hotline:
(888)-843-4564

PEDIATRIC PROVIDERS

For many queer people, having a general practitioner or pediatrician who is unfamiliar or inadequate at providing literate and competent care can be exhausting.

GLMA, or Health Professionals Advancing LGBTQ Equality has a search engine designed to find local, queer-friendly professionals across medical fields. This is available in the Linktree on the first page.

The HRC (Human Rights Campaign) has a comprehensive guide for pediatricians on providing for transgender kids. This is readily available and linked on the Linktree, and can be given to pediatric providers to ensure competent care.

TRANS HEALTHCARE

Finding gender-affirming transitional care is imperative for many young queer and trans people. Many large hospitals and gender clinics offer trans-specific healthcare.

GLMA, or Health Professionals Advancing LGBTQ Equality has a search engine designed to find local, queer-friendly professionals across medical fields. This is available in the Linktree on the first page.

The HRC has an interactive map, linked in the Linktree for finding clinical care for trans children and adolescents. Note that while these are dedicated trans healthcare centers, you can receive gender-affirming cares from other professionals.