



TGI 'n FINE

A resource & care zine for trans, gender
non-conforming, & intersex youth

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LYRIC
CENTER FOR LGBTQ YOUTH

TGI 'n Fine

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Foreword

"We are enough as we are."

-- TGI Health Ed Project Fall 2019 Agreements

We started this project not knowing it would be a zine, not knowing everyone who would be involved and support us, only hoping that it could be useful to other trans, gender non-conforming, and intersex youth out in the world.

This zine was born from observations that there are few reliable sources of TGI health education that are readily accessible to young people and contain reliable information. We hope that through this work, we can strengthen existing networks of care and resistance among TGI youth, and we can inspire more folks to take care of themselves and one another <3

**If you would like to pass on our work or
order free physical copies of the zine,
please fill out the distribution link:
bit.ly/tginfinezine**

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supporting the creation of this zine!

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Everyone who filled out the survey, cheered
us on, and supported this process

Everyone who will help us continue this
work

trans not-so-angery playlist

this is home - cavetown
pinocchio - eli conley
for the rest of my life - amina shareef ali
revolution lover - left at london
honeybee - steam powered giraffe
genderqueer love song - schmekel
high vibes - crush material
autumn everyday - jamie paige
roses and daisies - polythene pam
faultline - mya byrne
i wanna be your girlfriend - ezra furman
i don't even smoke - stick and poke
wrong turn - kim petras
shine bright - star amerasu
first boy - evan greer
agorafobia - el primo inocente

trans angry playlist

true trans soul rebel - against me!
i don't trust u anymore - left at london
stone's throw - amina shareef ali
ftm at the dmv - schmekel
transgender dysphoria blues - against me!
my teeth hurt - ezra furman
love you so bad - ezra furman
lined lips and spiked bats - g.l.o.s.s.
targets of men targets of men - g.l.o.s.s.
homo safe - the homobiles
car show - the homobiles
different stories - spoonboy
two dollar stereo - spoonboy
man enough to be a woman - jayne county
wrong way/one way - rvivr

Affirmations <3

There is no right way to be nonbinary.

There is no right way to be a boy or man.

There is no right way to be a girl or woman.

There is only my way of being me :)

My identity is just as important as anyone else's.

My identity is enough and I am enough.

My body and I are to be respected and our autonomy honored by everyone, including my loved ones, people who care for me, and myself.

I... am... REAL!!!! *determined face*

I get to use the name and pronouns I want.

I am more powerful than I know, even I can't feel it yet.

There are as many ways to be trans, gender non-conforming, and intersex as there are trans, gender non-conforming, and intersex people. I am proof.

We are the experts on our lives.

I don't have to do anything in order for my gender to be valid. It is valid on its own.

I get to decide what I need to do with my body, mind, and spirit to survive and feel comfortable living in it. That might be getting surgery or refusing surgery, taking hormones or not, taking medication or not, going to therapy or not... I have the right to consent. I have the right to receive medical care and the right to refuse care!

My life is sacred and ever unfolding. <3

to medically transition or not medically transition??

spoiler alert: it's not that simple!

medical transition: many people define this as accessing medical treatments and/or surgery to physically arrange and present their bodies the way they choose, usually regarding their sex characteristics (e.g., body hair, fat distribution, vocal range, etc.). some examples include facial surgery, electrolysis (laser hair removal), vocal therapy, and hormone therapy.

there have been many medical advances and much more access to medical transition in the past few years, in large part due to expanded coverage and what types of medical procedures are covered by insurance, including medicaid/medi-cal. the work of patients and communities, in addition to advocates, providers, and organizers, have made the push possible for more procedures and treatments to be done and covered in the u.s. yay! but that also means, there are more people considering questions like

whether to medically transition or not and which treatments/surgery to pursue.

a transition suggests that someone or something goes from point a to point b, but our bodies know that change is always present and ongoing. just like coming out is not a one time event, transition is often not a one time event. for trans intersex folks, medical interventions like hormone replacement therapy or surgery may have already happened or become necessary through coercive or consensual circumstances. if there's one message we want to spread, it's that -- as much as possible -- it's important that it's you who decides what happens with your body, medical or not.

some loving reminders:

- transition should be on your terms, not anyone else's.
- you're not a "sellout" to gender norms by wanting to change your appearance or body. how another person chooses to express themselves, defy norms, and make themselves does not mean that the way you do it is no less authentic. we can't control other people, or fully control

- how people perceive us, and medical interventions can support others seeing us in ways we want, or at least be less inclined to see us in ways we don't desire. it's okay to want to change how others see us and how we look.
- for people of color in the u.s. and elsewhere, much of how we experience gender and sex is tied up in how we are racialized. there can be pressure to erase physical features (e.g., body hair, face, nose shape, etc.) that we associate with our heritage or our people that others assume we feel gender dysphoric about and will want to change. we may never fulfill white beauty standards and because we aren't white, and we might not "pass" the same way white people do in the u.s. check in with yourself about what you want in terms of your appearance.
 - in the u.s., most people, especially low-income people, face ridiculously high barriers and costs to access competent, proper, and consensual medical care. it is not your fault if you are not able to pursue medical transition in ways that align with your circumstances, truth, and integrity.

know that we the authors of the zine and so many others like you and us are fighting to live as ourselves <3 we got you!

-you were real before. and you'll be real after and during. no matter what.

-it's okay to try a certain medical transition and decide to change direction in the future (e.g., starting HRT and stopping later). there is a big burden on patients to be 5000% sure before starting medical transition and to only be 5000% happy with outcomes. it's okay if things didn't go the way you envisioned and your support system and provider(s) should make a safe space for you to say that without it being held against you.

-at the end of the day, there's no one way to transition or to exist as yourself. it's an unfolding journey.

there are so many ways we and others have transitioned that aren't medical:

- herbalism
- acupuncture
- vocal therapy

- clothing + undergarments (tucking, packing, binding, etc.)
- hair
- makeup
- hobbies
- new names
- new pronouns
- playing different characters in games
- taking on new roles in religious/spiritual/cultural traditions
- going to a different bathroom/restroom/locker room
- halloween/costumes/drag!!!
- physical activity e.g., lifting, yoga, dance, etc. (can both help change how our bodies look and change how we move our bodies)

DIY PACKER HARNESS

if you have a packer that's shaped like a penis, you might have experienced it falling out of your pants at some point, or it's something you want to avoid! either way, you can make a simple harness out of a strip of elastic, and something to hold the packer in place.

to hold it in place, you'll want some sort of firm ring: a hair tie folded over itself, a large key ring, a straw bent into a ring, etc! as long as it fits the base of the packer, it's perfect. for the elastic, you can use elastic from a fabric store, from an underwear waistband, or anywhere you can find a sturdy and continuous strip of elastic.

take said strip of elastic and measure it around your hips. you'll want it to fit snugly, but not too tight. to cut it to size, use the length of your hips, plus an inch.

take one side of the elastic and loop it through the ring, folding it back over onto itself. sew here. take the other side of your elastic, and loop/fold it in the same way on the opposite of the ring. sew here as well! what you should get when you try it on is a strip of elastic around your waist with a ring centered over your crotch. this should hold your packer in place under your underwear/pants!

DIY STP (2 STYLES)

stp: stand to pee. an stp is a device used typically by folks with vulvas who'd prefer to pee standing up.

both of these stp styles are designed with neutrality in mind, and with as few assumptions about the user's identity as possible. there are plenty of stp styles that resemble genitalia and can really make life easier for those who use them. these can be a good way to transition into those styles of stp, or can be a permanent part of your daily routine. see what works for you!

make sure for either style that you wash them with hot water and soap after each use. if you can't access a sink immediately, put it in a plastic bag for when you can.

the simplest method of making an stp is to buy a medicine spoon from a pharmacy and cut off the closed end. you can file down the new open end to ensure there are no rough edges. the new open end will point away from you, and the spoon part goes against your body.

the more involved diy stp is similar to the medicine spoon style! for this, you'll want a cleaned out milk jug and some scissors. a nail file can help smooth rough edges.

you'll only cut the parts around the handle, so feel free to cut off most of the jug. starting at the top of the handle, go down about an inch. this is the first cut you'll make through the milk jug handle, and this will be the end of the stp facing away from you. for the end of the stp facing you, you'll want to leave the rest of the handle and just enough jug to cup over the front of your genitals. you can shape and make modifications to be more comfortable from here!

make sure to try to round/smooth out the edges on your stp. this is going directly against your body, and you wanna make sure it doesn't scratch you! right now is a good time to start filing down with a nail file.

since this was previously a food object, i recommend submerging the whole stp or wiping it down with rubbing alcohol. if that's not an option, wash it well in hot water and soap!

NOTES ABOUT DIY BINDING

if you use any diy methods for binding like using sports bras* or KT tape**, please look out for your comfort and safety! if your chest hurts, feels irritated, or if you're having trouble breathing, make sure to take it off or try taking more breaks throughout the day!

please remember that like any other form of expression/transition, you don't need to bind. it can take a pretty big toll on your body, and it is not an indicator of how trans/nb/gnc/intersex you are! if it feels good, go for it! if it doesn't, you can always explore other forms of expression/transition.

you can find more information on safe binding at: <http://point5cc.com/binding-101-tips-to-bind-your-chest-safely/>

*the sports bra method of binding includes wearing two to three sports bras layered on top of each other, with one of them worn backward.

**r/ftm on reddit can be a very gendered space, but does have a thorough guide on safely binding with KT tape (and a lot of tips in the comments!). you can find the

megathread at: https://www.reddit.com/r/ftm/comments/6ggdy8/kt_tape_megathread_june_reading_post_linked/

MORE DIY RESOURCES

there's some diy resources that are far more intricate than we can include in this zine and have been lovingly created/hosted on the internet and in trans spaces for a while now!

- Knitted knocker pattern: <https://www.knittedknockers.org/make-a-knocker/>
- Willie warmer pattern: <https://www.ravelry.com/patterns/library/seamless-knitted-willie-warmer>
- packer harness: <http://www.ftmguide.org/images/simpleharness.pdf>
- fabric packer: <https://imgur.com/gallery/NDsSTx9>
- diy gaff: <https://the-macra.tumblr.com/post/163886172473/how-to-make-a-gaff-a-step-by-step-tutorial-for>
- sock packing: <https://theartoftransliness.com/post/20876753819/how-to-pack-with-a-sock>
- thorough guide to sewing/diy bras: <https://craftingagreenworld.com/articles/bra-patterns/>

Self-Care Activities Section

Word Search!

G E N D E R N O N C O N F O R M I N G T
I H L L G S P D B N A R V D D J A Z I R
E N S N R L R V O X J E V I M X Z M S A
F J F N O N B I N A R Y M U N M U Y A N
M I O O S I T Z Y I C V R L L V S I Z S
E Y N Y R I T I P P K Y G F M K I C D G
G L X T S M K A Q C Y X S R Q M Z I D E
X Z V N E Q E V M J Q N M E Q M L O Z N
R G A E P R U D F R V B F D R F V P T D
O R G X G Y S S C D I G D N D Z A U J E
T U G C U Y T E C O E F P E F E O E U R
V J L C U G U K X N N C F G W U F J Z P
N U E F L X J J D F F S Y A J F P C H J
E F P Y L R N E F N Y J E U T U N V P R
W V O U Q N R T U G W E H N Q P W E N R
R N F M V Q P P R K A J Q C T J G G L Y
B S A S U O N Y G O R D N A S H N D R P
F P I E D P R J F Z S U K D L F N T Y G
I Z E Q I A M R S H L P V O A Z R I Y P
R R Z M V P Q N C Y K Y U J Y H H M Y Q

Word Bank:

AFFIRMATION

ANDROGYNOUS

GENDERFLUID

GENDER NONCONFORMING

GENDERQUEER

INFORMED CONSENT

INTERSEX

NONBINARY

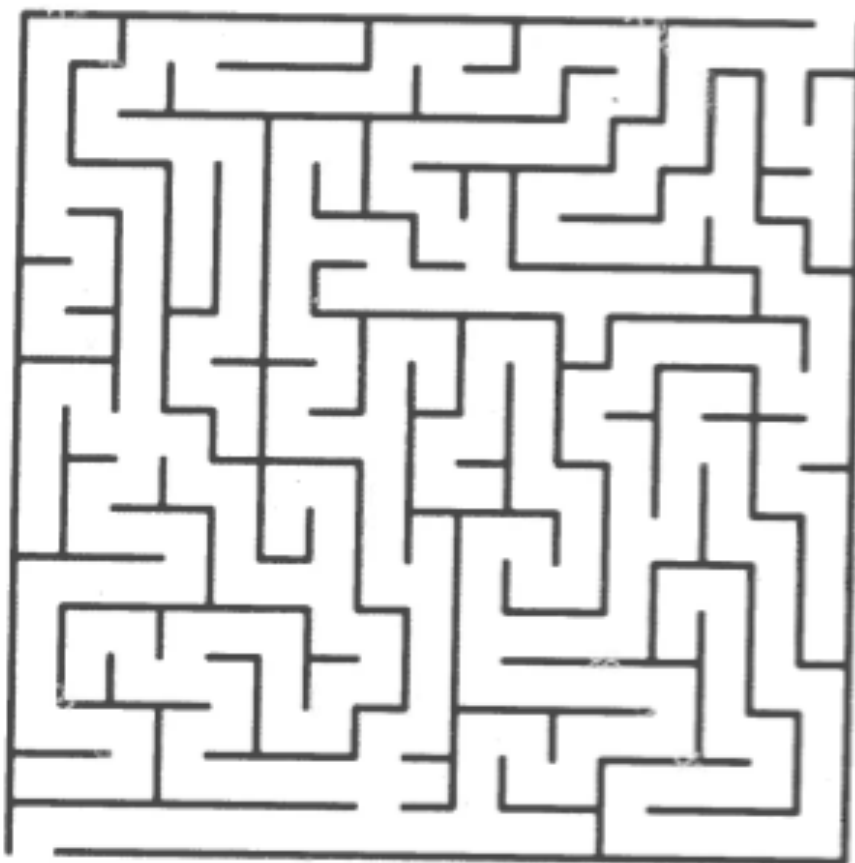
TRANSGENDER

TRANSITION

WHAT DOES
UNCONDITIONAL
LOVE LOOK LIKE
TO YOU?

HOW DO YOU SHOW
IT TO YOURSELF
AND TO OTHERS
?

**WHAT MY
IDENTITY
MEANS
TO ME...**



ACTIVITIES

4

SELF-CARE!

✧ READ A BOOK/COMIC

✧ WATCH MOVIES/
TV SHOWS

✧ PLAYING IN NATURE

✧ DANCING

✧ EAT YOUR FAVORITE FOOD

✧ HOBBIES (COOKING, MUSIC)

✧ PET A CAT AND/OR
DOG

✧ ART (PAINT, DRAW)

✧ GARDENING

✧ TREAT YO SELF!



MOTIVATION CREATION!

- ① KEEP IT SIMPLE
- ② BREAK IT INTO SMALLER
PIECES
- ③ TAKE IT ONE STEP AT A TIME
- ④ SET REALISTIC GOALS
- ⑤ HAVE SELF-COMPASSION
- ⑥ ANTICIPATE SETBACKS
- ⑦ REFLECT ON WHAT WORKS
+ WHAT DOESN'T WORK
- ⑧ TALK YOURSELF INTO IT
- ⑨ HAVE AN ACCOUNTABILITY
BUDDY
- ⑩ REWARD + CELEBRATE
YOURSELF!!

fill in your own based on your experiences and what is important to you!

some signs of a supportive medical provider

in the waiting room...

- ☐ intake forms have multiple options beyond male and female
- ☐ intake forms ask about gender versus sex
- ☐ if i called ahead to inform them of my chosen name and pronouns, the staff have already updated my medical record and use the right name/ pronouns

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

in the exam room...

- ☐ they introduce themselves with their name!
- ☐ they seem friendly and open to share about their background
- ☐ they ask for consent before touching you
- ☐ they narrate what they're doing during an exam (e.g., "i'm going to touch your back.")
- ☐ they listen and don't make assumptions (e.g., your X/Y/Z is probably because you're trans/disabled in some way.)
- ☐ they're willing to talk with unsupportive family, especially if you're under 18 and need parent/guardian approval
- ☐ they are willing to use the terms you use to describe your identity and experiences and body (e.g., not calling you a trans woman/man when you're non-binary)

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

some signs of not so supportive medical provider

in the waiting room...

- ☐ providers including medical assistants and nurses seem flustered by your appearance and/or what pronouns/titles to call you
- ☐ if other patients in the waiting room are hostile/rude to you, nobody does anything, especially after you say something about it
- ☐ they call out your dead name (especially when you already told them what name you use... ergh)

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

in the exam room...

- ☐ they make assumptions or blame everything on one aspect of your life (e.g., your X/Y/Z is probably because you're trans/disabled/etc)
- ☐ they're straight up rude to you (i.e., they're a meanie panini :/)
- ☐ they use big words and refer to lab results or medical terms without explaining and seem resistant when you express confusion and ask them questions

☐ _____

☐ _____

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☐ _____

☐ _____

☐ _____

my provider doesn't seem supportive!

what do i do now??

that sucks and is very commonplace unfortunately! their choices are not your responsibility or within your control. here are some questions and ideas to consider:

- if it feels safe to offer constructive feedback, what do they say in response?
- if you paid for your visit, what is their refund process and can you get a refund?
- if you feel able, how can you pursue a complaint process with their clinic or medical board? there might be a statute of limitations, or a limit to how long you can wait to make a complaint after the incident happened.
- who else you can work with? you can try asking for another provider at the same clinic, or asking friends and community members who else you could see.

- if they are refusing to go forward with a medical procedure or they give a response like referring to your weight/disability instead of the concern you came in with, you can try saying, "I would like that to be documented on my medical record." you have a legal right to request amendments and corrections to your medical record, as well as a legal right to access your medical record. how did that go?

- what are other ways you can address this issue?
what are the root causes and how can you confront them with others?

ways to cope before/after

- what are your questions and concerns before going to your appointment? it can help, even just for your eyes only, to write a narrative of you, your body and mind, and your concerns before! it can be easy to forget when you're in the exam room.
- who can you talk to about this experience who will be validating, brainstorm solutions, be quiet with you, or otherwise support you in the way you need?
- what group spaces (e.g., social media group, tgi community building group) can you go to express and seek validation for your experience?
- what other outlet (e.g., performance art, zine, writing, twitter, etc.) can you explore to express yourself?

- who in your life can go with you to medical appointments? even having someone knowing you're going and to text before/after can be very helpful.

Intersex vs Trans

Lots of folks have questions about what intersex is and what it means. Many people are unsure as to what is the difference between Transgender and Intersex (or if they are the same thing). My name is Niki Khanna and I am an intersex psychotherapist and educator. Sometimes trans or gender expansive youth ask me if they might be intersex.

Here is some information that might be helpful for folks to answer that question and learn more about the difference and similarities between trans and intersex.

Intersex

A person who has physical sex characteristics that are different from what we usually think of as a typical male or typical female body

Trans

A person whose sense of personal identity and gender does not correspond with the gender they were assigned at birth based on physical sex characteristics

Common Misconceptions

Intersex

- Most identify as non-binary or transgender
- Most people don't know they are intersex
- Most intersex people have "ambiguous genitalia"
- Intersex people are anti-Gender Affirming Surgery

- Most transgender people are intersex
- Any physical/medical/"scientific" explanation for transness is conflated with intersex variation
- Non-binary identities are "valid" because intersex people exist

Trans

Not to shared or used without permission from Author: Niki Khanna



interactadvocates.org

What We Wish Our Friends Knew

InterACT Youth is a group of intersex advocates in their teens and twenties, working to raise intersex awareness. We created this brochure to show our friends the best ways to support us on our intersex journeys.

What is intersex?

People with intersex traits, sometimes referred to by doctors as Differences of Sex Development (DSDs), are born with physical differences inside and/or outside their body. This happens when our body's sex chromosomes, organs, and/or hormones don't line up in a way that is typical for a "male" or "female." People find out they're intersex at any point in their life, and some never find out at all. There is not ONE intersex experience.

There are many intersex variations, and an estimated 1.5% of the population is born with intersex traits, the same as natural-born redheads. How many people with red hair are in your school? There are probably that many intersex kids, too!

Many intersex kids feel shame from negative experiences at doctors' offices, possible surgeries, secrecy, and even reactions from friends and family. This can make it hard to share our stories, but we're working to change that! Educating our friends is important to create a world where intersex kids are free to be their true, authentic selves.

Provide a Safe Space -

- Talking about being intersex can be difficult. I may need time to process what it means before I find the right moment to share it with you.
- Check in with me to see how I am doing, and to let me know you care. Remind me often that I can come to you for support. Questions like "How do you feel about it?" and "What's your favorite or least favorite part?" are great places to start.
- My feelings may change over time. Please don't assume that because I'm okay today, I'll be okay tomorrow.
- If you've already heard of intersex, please don't assume things about me. Just ask questions!

-
- Please respect that my intersex body means my experience may be different than yours. For example, I may be a boy who sits down to pee or a girl who doesn't get her period.
 - If something I tell you doesn't make sense, say something like "I don't understand it all yet, but I want to keep learning so I can support you."

Respect My Privacy -

- Please don't pressure me. It's my right to decide what to share with others when I'm ready.
- Don't assume things or ask me about my genitals unless I bring it up.
- Please don't share what I told you with anyone else without my permission. This includes your family, friends, significant other, and teachers.
- I have a right to know if you did tell others. Remember it's my experience, not yours.

Support My Emotions -

- I'm scared people will think I'm abnormal. Please treat me with dignity and respect.
- Being intersex might be a huge deal for me, or it may not affect me at all! Each intersex person deals with being intersex differently.
- Please don't say that you wish for part of my experience, or that you think I'm lucky.
- Don't minimize my intersex experience because of the other good things in my life.
- I may have had surgery with or without my permission, and it may be hard for me to accept myself when doctors and others haven't.

- Most intersex people can't have biological kids. Coping with infertility can be a difficult process. Please don't say things like 'you can just adopt!' There are many ways to build a family, please respect all choices.
- Be aware that people born intersex are often prescribed hormones that may affect their emotions, mood, or behavior and in some cases cause new bodily changes.

some locker room navigation tips 4 u:

- **try to use locker rooms on their off hours! it might take getting used to knowing the schedule (and you can familiarize yourself with the layout in the process)! it seems obvious, but the fewer people there are, the less there is to worry about! bringing a friend/ally along can keep you physically + emotionally safer than going alone.**
- **changing into gym clothes/swimsuits? practice at home first and learn which of ur outfits/underwear/braces are the fastest + easiest to change in and out of, and strategize around those!**
- **if you can, leave a few lockers/showerheads between you and ur peers. fewer people will pay attention, and it'll be easier to not have to hide binders/breast forms in the very depths of ur locker!**
- **yknow those hella tall lockers? the ones with lotsa space? change in front of those! even if you're not as small, width-wise, there's much more locker door and concrete to cover you than the smaller lockers. finding an unoccupied corner or space can also work similarly! having a trusted friend partially block you while you change adds even more safety!**

- binding while you work out can be really rough on your body. tucking while you work out can be really rough on your body. what do you have that might make for a comfortable alternative if these are causing more stress?
- if you've been using one locker room 4 a long time and you want to start using a different gender's locker room, it can be helpful to take a break for a short period of time, so people forget the routine of you being there! this can be over a few weeks of working out at home, swimming at a different pool, or even waiting out a summer/winter break if you're still in school.
- some underwear/clothes can be put on under or over a towel if you need 2 change quickly + discreetly! it's also just a fairly common way to get dressed, and won't attract extra attention!
- if you're changing from a sports bra to an underwire bra (or vice versa) and want to use the same breast forms in them, you can take one off, move the forms from one to the other inside of your gym bag/locker/backpack, and put the other on! this can also work with transferring packers from one pair of underwear/swim bottoms to the other!

some bathroom navigation tips 4 u:

- if you're confronted about being in the "wrong gender's" bathroom, confidence + reaffirming your own identity verbally can be really powerful! but if you're fearing for your safety, it's also more than okay to say that you got confused and went to the wrong bathroom!
- retucking in a women's bathroom might take a minute, but is pretty much indistinguishable outside of a stall from someone changing a pad! most people aren't going to ask, but if anyone does, it's fairly normal to take your time in there, you can even carry a pad with you.
- if ur in a bathroom with no small trash can for menstrual products (some men's and gender neutral bathrooms don't have them!) consider carrying an extra plastic bag in your pocket to store them discreetly until you can toss em!

some general tips!

- it can be helpful to check the laws in your local area aimed at tgi folks in bathrooms/locker rooms!
- remember 2 only disclose what you feel safe disclosing! your integrity and identity are so important, but so is your safety.
- you do not owe anyone intimate information about your body.
- you do not owe anyone your body.

- **we're allowed 2 change and use the bathroom and exist as a human with or without clothes in these spaces, no matter how many times we're told otherwise.**

A non-comprehensive list of resources for TGI youth

These resources are by no means comprehensive, and we know that every organization is learning and changing. Many of these are based in the Bay Area, while there are several that are nationally based, so please keep that in mind when reaching out!

Resources:

■ InterACT Advocates for Intersex Youth -

interactadvocates.org
info@interactadvocates.org
(707) 793-1190

■ Transgender Law Center -

transgenderlawcenter.org
(510) 587-9696

San Francisco Community Organizations:

■ 3rd Street Youth Center & Clinic -

1728 Bancroft Avenue
San Francisco, CA 94124
(415) 822-1707
3rdstyouth.org
info@3rdstyouth.org

■ Asian Pacific Islander Equality - Northern California (APIENC)

17 Walter U. Lum Pl
San Francisco, CA 94108
(415) 264-6750 ex: 317
apienc.org
info@apienc.org

■ Dimensions Clinic

995 Potrero Ave (temporary location)
San Francisco, CA 94110
(628) 207-5700
dimensions.clinic@sfdph.org
dimensionsclinicsf.org

■ **El/La Para TransLatinas -**

2940 16th Street, #319
San Francisco, CA 94103
(415) 864-7278
ellaparatranslatinas.yolasite.com

■ **HIFY (Health Initiatives for Youth) -**

1540 Market Street, Suite 300
San Francisco, CA 94102
(415) 274-1970
hi4youth.org
info@hi4youth.org

■ **Huckleberry Youth Programs -**

1292 Page Street
San Francisco, CA 94117
huckleberryyouth.org
hyp@huckleberryyouth.org
24 Hour Teen Crisis Hotline:
(415) 621-2929
hh@huckleberryyouth.org

■ **Larkin Street Youth Services -**

134 Golden Gate Avenue
San Francisco, CA 94102
(415) 673-0911
larkinstreetyouth.org
24 Hour Line: (800) 669-6196

■ **LYRIC -**

127 Collingwood Street

San Francisco, CA 94114
(415) 703-6150
lyric.org
lyricinfo@lyric.org

■ **San Francisco Community Health Center -**

730 Polk Street, 4th Floor
San Francisco, CA 94109
(415) 292-3400
sfcommunityhealth.org

■ **SF LGBT Center -**

1800 Market Street
San Francisco, CA 94102
(415) 865-5555
sfcenter.org
info@sfcenter.org

■ **St. James Infirmary -**

730 Polk Street, 4th Floor
San Francisco, CA 94109
(415) 554-8494
stjamesinfirmary.org
admin@stjamesinfirmary.org

■ **Strut -**

470 Castro Street
San Francisco, CA 94114
(415) 437-3400
sfaf.org
info@sfaf.org

■ **TGI Justice Project -**

1349 Mission Street
San Francisco, CA 94103
(415) 554-8491
tgijp.org

info@tgijp.org

Hotlines & Emergency Services:

- **24 Hour SF Suicide Hotline -**
(415) 781-0500
- **Comprehensive Child Crisis (under 18) -**
(415) 970-3800
- **Crisis Text Line -**
Text "CONNECT" to 741741
- **CUAV – LGBTQ Crisis Line -**
(415) 333-4357
- **National Suicide Prevention -**
(800) 273-8255
- **Psychiatric Emergency Services (18 and over) -**
(628) 206-8125
- **Queer Lifespace Psychiatric Emergency Services -**
(415) 206-8125
- **The Trevor Project -**
(866) 488-7386
Text "START" to 678678
thetrevorproject.org
- **Trans Lifeline -**
(877) 565-8860
translifeline.org
- **U.S. National Domestic Violence Hotline -**
*Services in Spanish & English. Referral services in over 170 languages.
(800) 799-7233

YouTube:

- Aaron Ansuini
- Arisce Wanzer
- Chella Man
- Emilord
- Kat Blaque
- Pidgeon
- Riley Dennis

Glossary: Terms to know!

Disclaimer: These are some attempts to define terms that are commonly used in English. Folks using different languages and dialects will most likely use different terms for their identities! This is not at all a comprehensive list of terms that are relevant to TGI folks and we know time can change the meanings of some terms. Enjoy!

AFAB - stands for Assigned Female at Birth; an adjective used to describe people who were assigned female at birth

Agender - not identifying with the institution of gender

Affirmation - a phrase or statement used to uplift and affirm people

AMAB - stands for Assigned Male at Birth; an adjective used to describe people who were assigned male at birth

Cisgender - identifying with the sex you were assigned at birth

FTM - stands for Female to Male; typically used in medical contexts to describe female-assigned-at-birth men or masculine folks

Gender Binary - the system that divides everyone into 2 categories of male or female, masculine or feminine. Doesn't acknowledge and suppresses others' realities and experiences

Gender Expression - how we choose to present ourselves and our relationship to gender to the world, which can include (or may not include) hair, clothes, makeup, name, pronouns, speech, roles in cultural practices, etc., as how someone chooses to express gender is not equivalent to how people perceive their gender

Gender Identity - the way you identify with gender(s) e.g., man, woman, agender, non-binary

Gender Non-Conforming - an identity and/or experience that doesn't conform to the typical definitions of male and female

Genderqueer - identifying with neither male nor female, both, or a combination

HRT - stands for Hormone Replacement Therapy; hormones like estrogen, testosterone, progesterone are prescribed by a medical provider and can be taken through various methods including pills, patches, gels, injections, etc. HRT is widely used by cis, trans, gender non-conforming, and intersex people to address various health concerns and desires to shape and present their body.

Intersex - an umbrella term that refers to people who have one or more of a range of variations in sex characteristics that fall outside of traditional conceptions of male or female bodies. People with intersex traits, sometimes referred to by doctors as Differences of Sex Development (DSDs), are born with physical differences inside and/or outside their body. This happens when our body's sex chromosomes, organs, and/or hormones don't line up in a way that is typical for a "male" or "female." People find out they're intersex at any point in their life, and some never find out at all. (Definition by Interact Advocates)

MLM - stands for Men who Love Men; meant to be inclusive of gay, bisexual, non-binary, and trans men who are romantically or sexually attracted to men

MTF - stands for Male to Female; typically used in medical contexts to describe male-assigned-at-birth women or feminine folks

Non-Binary - a gender identity that is neither male nor female and does not identify solely within the gender binary; not specific to certain gender expressions

Pronouns - a word that can function by itself as a noun phrase and that refers to a person or a group of people. Ex: they, she, he, it, xe, xer, it

Sex - assigned at birth typically by a doctor; this doesn't define our gender identity, expression, or sexuality

Sexual Orientation - describes how one experiences or does not experience attraction to physically, romantically, or emotionally

Transfeminine - a group term that includes trans women and male-assigned non-binary people who identify as feminine

Transgender - not identifying with the sex you were assigned at birth, includes non-binary people, trans women, trans men, agender people, and more

Transition - typically used to refer to the unique relationship each trans and gender non-conforming person has to gender and how it unfolds over time, which can include (or

not included at all) medical procedures, hormone replacement therapy, changing of names and pronouns, refusal or change in medical treatment, and changes in appearance

Transmasculine - a group term that includes trans men and trans people who identify as masculine

WLW - stands for Women who Love Women; meant to be inclusive of lesbian, bisexual, non-binary, and trans women

bios

JoJo T. (they/he) is a trans, queer, Filipinx youth born & raised in San Francisco.

kyla c. (they/them) is a non-binary queer, chinese/teochew person by way of jersey and nyc.

Leif P. (he/him) is a trans, queer, disabled, Black + Indigenous youth from the Bay Area. He has his passions in caring for TGI and queer communities, especially the youth in those cities. He's studied network security and the forms of queer communities that appear online and hopes his work in creating resources can make for a positive impact in said communities. His hobbies include taking care of plants, playing the bass, and writing!

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LYRIC

CENTER FOR LGBTQQ YOUTH