

After you've signed up for the raffle to win a **FREE gc2b giftcard**, check out our expert **binding tips and gender affirmations!** Happy Pride!

Binding 101

WHO ARE BINDERS FOR?

Many trans and gender nonconforming people want to wear a binder to flatten breast tissue, which can create a more masculine-appearing chest. This helps avoid Gender Dysphoria. However, **ANYONE can wear a chest binder** (many cosplayers do)! Picking a good quality chest binder is the safest way.

SAFETY

It is extremely important to make sure you have the right size binder! If you play sports, get a binder one size bigger. Using the wrong size or using Ace bandages and duct tape can restrict your breathing, movement, and can even break your ribs. **It is important that you do not bind for more than 8 hours at a time.**

HOW TO FIND YOUR SIZE

Finding your size is a little different than buying a shirt, your measurements have to be precise to avoid harm to your body. Use this measurement guide to find your size. Scan the QR code with your camera or download a QR code scanner.



TIPS & TRICKS

Binders aren't the most comfortable, so some people find it helpful to wear a light shirt underneath.

Your skin might become irritated because binders can get hot. Consider chafing or rash skin-care options from the drug store.

Listen to your body: if you need to take your binder off because you are in pain, your safety is THE most important thing.



Gender Affirmations

MY GENDER IS HOW I DEFINE & UNDERSTAND IT.

It's true! Your gender is a special and cool part of you; if it doesn't fit into a box or label, that's okay. If people don't understand (or, unfortunately, don't want to understand) your gender identity, it is still 100% valid. Your gender can grow, shift, and change as you do, and that freedom is part of what makes the gender expansive community so incredible.

MY BODY IS AWESOME!

Take a deep breath and give thanks for all the amazing stuff your body does for you all the time! Although dysphoria can be painful, anxiety-inducing, and confusing, your body is amazing. You might want your body to change, too, to reflect how you feel inside. That's a really beautiful thing your body could be capable of too! Either way, no matter where you are on your journey of gender expression, your body is worth amazing care, kindness, and love from others, and care, kindness, and love for and from yourself too.

I DESERVE SAFETY AND CELEBRATION.

You do! You're smart and cool and creative! You're generous and funny and compassionate! Even if you don't feel those things sometimes (and, let's be honest, who does feel those things 100% of the time?) you are worth all the amazing things in the world. Your safety is important. Being surrounded, now and/or in the future, by people who celebrate and deeply value you is what you deserve.

I WILL GROW IN MY SELF.

We are all always changing, learning, and growing into — hopefully — the people we want to be, and the people we see ourselves as. Sometimes it feels really hard to be in the middle of that process, but the best part of getting older is getting to see who you become. Maybe it's through gender affirming clothes, makeup, or other forms of care, but seeing yourself in the mirror should make you smile: you're killing the game. :) We're here at RPYA to support!