No Straight Answer

by Leo
No Straight Answer
Exploring Gender and Sexuality

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**Definitions:**

- **A:** The limiting classification of sex and gender into two opposites
- **B:** Intense dislike of, or prejudice against, transgender people
- **C:** An identity where someone experiences either a lack of gender or is a gender outside the binary
- **D:** A person who still identifies with their gender assigned at birth
- **E:** An identity where one's gender varies over time
- **F:** An umbrella term for a gender identity outside of the gender binary
- **G:** A Native American or First Nations person who experiences both masculine and feminine spirits
- **H:** A person who has a gender that differs from the one they were assigned at birth
- **I:** A belief that being cisgender is normal
- **J:** A person who has or is open to having more than one romantic relationship (with consent)
- **K:** A person who experiences sexual attraction towards all gender identities
- **L:** An umbrella term used for individual identity or for the entire LGBT+ community
- **M:** A person who is attracted to members of the opposite gender
- **N:** Belief that heterosexuality is not only normal, but natural
- **O:** A person who is attracted to those of the same gender. Also used as 'not heterosexual'
- **P:** A person attracted to two or more of any genders, does not have to equally split
- **Q:** A female identifying/alligned person attracted to other women
- **R:** A person who does not experience sexual attraction
- **S:** The limiting classification of sex and gender into two opposites
- **T:** Intense dislike of, or prejudice against, transgender people
- **U:** An identity where someone experiences either a lack of gender or is a gender outside the binary
- **V:** A person who still identifies with their gender assigned at birth
- **W:** An identity where one's gender varies over time
- **X:** An umbrella term for a gender identity outside of the gender binary
- **Y:** A Native American or First Nations person who experiences both masculine and feminine spirits
- **Z:** A person who has a gender that differs from the one they were assigned at birth
- **AA:** A belief that being cisgender is normal
GENDER & SEXUALITY

WORD MATCH ANSWER KEY

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*Queer should only be used with consent of the person or group being referred to.

This is not a complete list. There are so many other wonderful ways to identify!

This also reflects a North American view, so terms will differ around the world!

It’s okay not to know some of these terms, it’s supposed to be a learning experience.

ATTRACTION

There are several different types of attraction, The ones listed in the word match are known as “sexual attraction.”

Sexual Attraction

“C’mon, C’mon now, touch me BABE”
It refers to wanting consensual physical, sexual action

Romantic Attraction

“WILL YOU GO OUT WITH ME?”
It refers to wanting to have a romantic relationship

Sensual Attraction

“CAN I HAVE A HUG?”
It refers to wanting connection (like hugs and kisses) with someone

Platonic Attraction

“WILL YOU BE MY FRIEND?”
It refers to wanting a friendship with someone

Aesthetic Attraction

“HOT DAMN”
Appreciation of someone’s appearance or demeanor
THE FIRST PERSON TO COME OUT TO IS YOURSELF

Coming out is really hard, so give yourself some love to fall back on. Consider who you want to come out to:

Family?  Friends?
Coworkers?  Employers?
Peers?  Teachers?

This can help guide the tone of the conversation:

YOUR SAFETY IS THE #1 CONCERN

Do you feel safe?
Do you have a back up plan if something goes wrong?
Are you dependent on the person?
How do they feel about LGBT+ issues?

DO NOT TELL SOMEONE IF YOU COULD BE IN DANGER

This is some of the saddest advice and I hate it, but you are so so very important and I love you and need you to stay safe.

PLAN THE CONVERSATION

What do you want to say?  How do you want to say it?
When do you want to say it?  Where do you want to say it?

BEFOREHAND

Be emotionally strong and stable.  Be confident!
You are so wonderful.  Practice self-care.  DON’T do it because someone else wants you to.  Be considerate of yourself and your limits.

If you need to contact a professor or teacher about your preferred name and pronouns, you can use this script:

Dear (teacher/professors name)
I am a student in your (insert class name). My name is (Preferred name). I am transgender and have not yet legally changed my name. On your roster is my legal name, (Legal name).
I would greatly appreciate it if you refer to me as (Preferred name) and use (pronouns) when referring to me. Thank you for your understanding, and I look forward to your class.

And remember: Be brave. You are amazing!!

And remember: You are loved no matter what!
When someone comes out to you...

**Do:**

i - LOVE
l - INQUIRE HOW 'OUT' THEY ARE!
O - LOVE THEM
V - OPEN MIND; BE READY TO LEARN
E - VALIDATE THEM

**Don’t Do:**

S - STOP
O - SCOFF OR DOWNPLAY THE SIGNIFICANCE FOR THEM
T - TALK BACK AS IF YOU KNOW MORE
O - OUT THEM WITHOUT THEIR EXPRESS PERMISSION
P - PRY INTO THEIR PERSONAL BUSINESS

And remember: Your support makes all the difference.

And remember: Be gentle and compassionate.
THE GENDER UNICORN
By Trans Student Educational Resources

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

Design by Landyn Pan and Anna Moore

GENDER IDENTITY
- Female / Woman / Girl
- Male / Man / Boy
- Other Genders

GENDER EXPRESSION
- Feminine
- Masculine
- Other

GENDER ASSIGNED AT BIRTH
- Female
- Male
- Other / Intersex

PHYSICALLY ATTRACTED TO
- Women
- Men
- Other Genders

EMOTIONALLY ATTRACTED TO
- Women
- Men
- Other Genders
What’s Up With Pronouns?

Gender Identity is NOT the same as Sexual Identity. There are a lot of pronouns to indicate where someone self-defines on the gender spectrum, especially as our language evolves.

ASK
You can not tell someone’s pronouns by looking at them.

RESPECT
You get to respect someone’s pronouns no matter what.

PRACTICE
If you’re struggling, try making up sentences.

This can look like:
(Preferred name) decided to go to the store.
(Pronoun) bought some bread.
(Pronoun) also bought some eggs.
(Pronoun) is going to make breakfast.

You do not get to disagree or argue. And if you are angry at them, you still get to respect them.

If you mess up:
APLOGIZE, CORRECT YOURSELF, MOVE ON.

Do not make a big deal of it.

First try to see how others are addressing someone.
If you can’t tell from that, try asking the person privately.

Avoid asking in a place that may not be safe for LGBTQ+ people, you could be putting the person at risk.

Always ask what pronouns someone prefers.
Also, make sure to check in about where you can use someone’s preferred pronouns.

Pronouns do not have to identify your gender.
If someone identifies as non-binary and use she/her pronouns, she is still non-binary.

When stating your pronouns, please try to avoid saying “male pronouns” or “female pronouns” for the reason listed above.

Don’t ask someone’s pronouns or ‘out’ someone in an unsafe space (a space you are not absolutely certain is safe.)

People can change their pronouns over time!
It comes from learning more about yourself.

As an ally, it’s great to check in if you haven’t seen someone in a while.

* Do not use unless someone explicitly asks you to.
Hormones

To feel like themselves, some people choose to have Hormone Replacement Therapy (HRT)

**THERE IS NO OBLIGATION THAT YOU:**
Have HRT- If you don't want it, don't have it! It's okay!
Be on it forever- If you ever feel like you need to stop, stop.
Take it while young- there is no age limit to HRT;
IT IS NEVER TOO LATE!

**Hormone Blocker**
"PRESS PAUSE"

A hormone blocker pauses or stops puberty. It can last up to three years and when removed, puberty continues where it left off, unless you choose to take cross hormones.

Can be used even if puberty has started.
Can stop or pause puberty to give a child time for conversations on what to do next
It can stop serious mental side effects of going through the "wrong" puberty
Effects can be reversed.

**Testosterone**
'MASCUrine Hormone'

Effects include:
- Body fat redistribution (away from hips)
- Facial/body hair growth
- Increased muscle mass
- Periods stop
- Clitoral enlargement
- Deepen voice
- And more...

**Estrogen**
'FEMINIZING Hormone'

Effects include:
- Body fat redistribution (to hips and chest)
- Breast Growth
- Decreased muscle mass
- Decreased libido
- Softer Skin/less oil
- Decrease in spontaneous erections
- And more...

Hormones can come in patches, creams, pills, and shots.
Be sure to find a good gender affirming doctor to find out the pros and cons for you taking cross hormones.
Binding
FLATTENING YOUR CHEST FOR A GENDER AFFIRMING LOOK

For many people using a binder can be absolutely life-changing and lifesaving, but only if it’s done safely.

Do Not:
- Bind while sick!
- Use ace bandages, duct tape, or other non-binding materials.
- Buy a binder too small.
- Sleep or exercise in a binder.
- Bind for more than 6-8 hours, or more than 4 hours your first go.

Most Important:
- If it hurts take it off.

Improper binding can lead to serious health issues, like broken or warped ribs. This is not only dangerous, but it may also prevent any chance of chest surgery later in life.

Binders come in a variety of shapes, sizes, and recently colors!
You can get full tops or half!
Some nice places to buy them from are:

- Underworld: Trans friendly
- GC2B: Trans run
- Flavr: Queer run
- Reck: Trans run

If you start experiencing any discomfort or bruising, stop binding for a few days. If it doesn’t improve, go see your doctor.

Check in with your Binder
THIS PROCESS SHOULD BE PAINLESS

AND YOU’RE DONE!
Packing
CREATING A REALISTIC BULGE IN YOUR PANTS

Many people pack because it helps them read as male, which could potentially help them avoid harassment, unwanted questioning, or something more violent. Even cisgender males who may have lost some or all of their genitals in accidents (sometimes wounded war vets) pack.

The term "packing" refers to the process of creating a male-looking and/or male-feeling bulge in one's crotch. This can be accomplished through a home-made or store-bought pants stuffer, or through a realistic-looking prosthetic device. A packing device may be referred to as a "packer" or "packy," or as an "STP packer" if it can also be used to pee through while standing up (STP= Stand To Pee). Some people simply refer to their packer or prosthetic as a cock and balls, a dick, etc.

When you buy a packer, you're likely going to want a "soft" packer. A hard packer is meant for sex, so it will look like an erection.

If you want a long lasting packer you can find guides at uppercaseCHASE1 on youtube
transmandad.tumblr.com
ftmguide.com

If you want to buy them check out:
ftmessentials.com
transguys.com
ftmpackers.com
peecockproducts.com

DIY Sock Puppet!
MAKE YOUR OWN

Material: 2 mid shin socks (soft)

1. Tie the foot part of each sock in a knot.

2. Turn each sock inside out

3. Hold the openings together, and roll one over the other as if you are folding them from the laundry.

4. To avoid a migrating penis, you may need a pin or jock strap to hold the packer in place in your underwear.
Cleavage
CREATING BOOBS!

Materials: 2-3 strapless ‘stick on’ bras, a pushup bra, breast forms

1. Shave and wash your chest so the bra can adhere

2. Put on your push up bra, but don’t put over chest yet

3. Separate the bra and put one side symmetrically on each side of your chest (if you want extra safety put on another layer of bra on at this point)

4. Exhale and bend slightly to pull each side of the bra together, fastening them in the middle.

5. Pull up your push up bra over your chest. Then to hold shape, put breast forms or some kind of padding in the corners.

TA-DAAAA!

feminizationsecrets.com/transgender-cleavage
thebreastformstore.com

Tucking
PUSHING THE PENIS AND TESTICLES OUT OF THE PICTURE

There are a number of reasons why people tuck: both for their own sense of self, and to influence how others perceive them. For those who experience gender dysphoria related to the appearance of their bodies, it’s a way to feel more like their bodies match the gender they feel inside. Tucking also allows people to navigate spaces more safely in feminine attire, because being identified as trans/non-binary can sometimes expose people to harassment and violence.

SO WHAT EXACTLY IS TUCKING?

Tucking is a practice, well-known in both trans and drag circles, of putting one’s penis between and behind one’s legs, so that it’s not visible from the front of the body. Some people push their testicles back as well, while others move them upward and rest them on the lower part of their abdomen before securing them in place.

ANY RISKS?

When you tuck you need to be aware of some risks:
1. Tucking can decrease sperm quality and quantity, so if you want biological children, you will want to tuck sparingly.
2. Because tucking can build up sweat around your genitals, you are going to want to wash when you are done. Try to keep the skin cool and dry.
3. If you choose to tuck with tape, be aware that not peeing increases risk for urinary tract infections.
4. Avoiding water to avoid peeing can also lead to dehydration.
Materials: Pantyhose, a long sock, needle + thread.

1. Take the pantyhose and cut out the elastic band.
2. Take the sock and cut off above the heel.
3. Sew the sock piece across the pantyhose elastic piece.

WHAT’S A GAFF?
Its like really tight underwear to hold everything in place.
Some people use tight/compression undies
Downside: It may not be strong enough to completely hide a bulge!
Upside: You can still pee

A FANCIER TUCK INVOLVES THE USE OF SPORTS TAPE
This involves wrapping the penis in toilet paper or a piece of cloth, then using sports tape, taping it back.
Downside: You can not pee in it - You have to carry extra materials
Upside: Holds better and cleanly - Can be worn with a swimsuit

TAPE
Tape is recommended for highstake situations where its absolutley necessary to have to have a clean tuck, while a gaff should be used day to day

CHECK THESE OUT...
wikihow.com/Tuck-and-Tape (use sports tape)
PRINCESSJOULES - YouTube
Brooklyn Beauty- Youtube

DIY Gaff!
MAKE YOUR OWN

Materials: Pantyhose, a long sock, needle + thread.

1. Take the pantyhose and cut out the elastic band.
2. Take the sock and cut off above the heel.
3. Sew the sock piece across the pantyhose elastic piece.

VOILA!
References & Resources

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uppercaseCHASE1- Youtube

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