

JUST BE YOURSELF

*A Health & Wellness Guide for
Trans, Two-Spirit, & Nonbinary
Youth*



Part 1:

SOCIAL TRANSITION & AFFIRMATION

Land Acknowledgment

We begin by acknowledging our research team works on the traditional, ancestral, and unceded territory of the Musqueam people. The land it is situated on has always been a place of learning for the Musqueam, who for millennia have passed on their culture, history, and traditions from one generation to the next on this site.¹

We offer our acknowledgement, gratitude, and respect to all Indigenous communities on whose traditional territories this guide is shared. We encourage you to take the time to reflect on the lands you are on while accessing this guide.²

We celebrate and honour Indigenous transgender, nonbinary, and Two-Spirit people and communities. We recognize the harms of colonization and the ongoing role colonialism plays in disrupting Indigenous Ways of Knowing, including through imposing binary concepts of gender and sex.

This guide addresses wellness-related questions from Indigenous and non-Indigenous youth from across the country colonially known as Canada. We recognize that Indigenous transgender, nonbinary, and Two-Spirit youth have unique experiences with healthcare services and our work to improve health information and health services must be intersectional.

We encourage everyone seeking to improve gender-affirming care and wellness services to strive to do this in a good way, engaging with cultural humility³ as we collectively work toward cultural safety,⁴ truth and reconciliation, and the eradication of Indigenous-specific racism.

¹ UBC Vancouver Indigenous Portal: <http://aboriginal.ubc.ca/community-youth/musqueam-and-ubc/>

² Visit <https://native-land.ca/> to learn more about Indigenous lands.

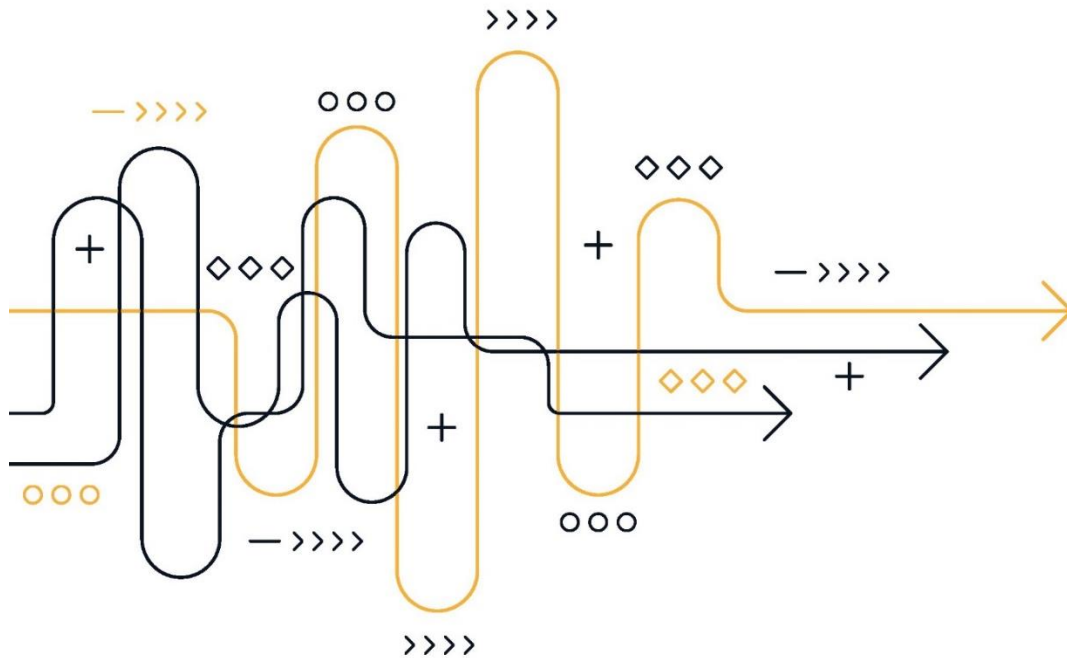
³ “Cultural humility is a process of self-reflection to understand personal and systemic biases and to develop and maintain respectful processes and relationships based on mutual trust. Cultural humility involves humbly acknowledging oneself as a learner when it comes to understanding another’s experience.”

(<https://www.fnha.ca/what-we-do/cultural-safety-and-humility>)

⁴ “Cultural safety is an outcome based on respectful engagement that recognizes and strives to address power imbalances inherent in the health care system. It results in an environment free of racism and discrimination, where people feel safe when receiving health care.” (<https://www.fnha.ca/what-we-do/cultural-safety-and-humility>)

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Introduction

Overview

Welcome to *Just Be Yourself: A Wellness Guide for Transgender, Two-Spirit, and Nonbinary Youth* in Canada! We're glad you're here. You are not alone. Wherever you are on your journey, we hope that this guide will help you to find answers to some of your questions.

We know Transgender, Two-Spirit, and Nonbinary (TTNB) youth across Canada have questions about ways to support their gender journeys. We received a grant from the Canadian Institutes of Health Research to support this project, which addresses the health information needs of TTNB youth up to age 25.

A TTNB Youth Advisory Team guided this project, working collaboratively with researchers at The University of British Columbia from May 2023 through April 2024. To learn about health-related questions of TTNB youth, we held 6 online focus groups. Based on the information we learned in the focus groups, we created an anonymous online survey, to which over 100 youth responded. Our research team reviewed participants' responses and developed this guide to address as many questions as possible.

We also asked youth what research questions were of importance to them. These will be shared with researchers to encourage future research on questions prioritized by TTNB youth.

How to use this guide

The information in this guide focuses on social transition and affirmation, navigating social spaces, gender-affirming healthcare, and rights, advocacy, and allies. We encourage you to read about the topics of interest to you. There is no single pathway to gender health. We hope some of the information in this guide will help you on your gender journey.

Terms

There are many different terms people use when talking about TTNB youth and gender-affirming care. We have chosen to use the following terms in this guide:

TTNB

TTNB stands for transgender, Two-Spirit, and nonbinary. TTNB is an umbrella term intended to include all youth, up to age 25, whose gender does not align with social and cultural expectations based on the sex/gender assigned at birth.

Gender health

Gender health describes the experience of living in genders that feel most real or comfortable and being able to freely express those genders.

Gender-affirming care

Gender-affirming care describes any healthcare or social support provided in ways that affirm a person's gender and support their gender embodiment.

Gender-affirming medical interventions

Gender-affirming medical interventions describe specific medical interventions like puberty blockers or hormone therapy provided to support a person's gender health goals and gender embodiment.

Disclaimers

We published this guide in 2024. We know that laws, policies, and options for healthcare change over time and vary across provinces, territories, and Nations. To find specific information for your region and to keep up to date on changes that may affect you, look for trustworthy resources near you. This guide is not intended to provide medical or legal advice. If you have questions about accessing gender-affirming healthcare for yourself or a loved one, we encourage you to reach out to a trusted healthcare provider or organization.

Citation

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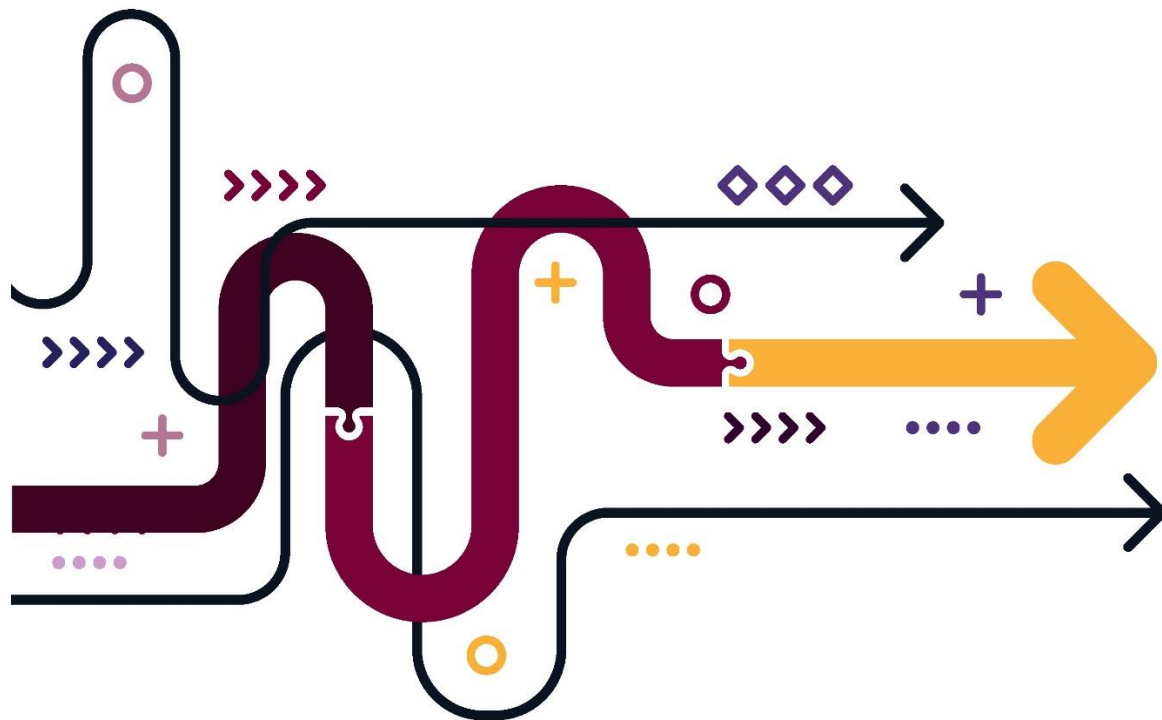
Copyright

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Social Transition and Affirmation

There are many ways to explore and express gender. Social transition and affirmation describe nonmedical steps people take to live more comfortably in their genders. These steps can include changing name or pronouns and expressing gender through clothing, hair, makeup, voice, and mannerisms.

People may make many changes or no changes at all. People may share their gender in some, all, or none of the spaces in which they spend time. For example, someone may use a new name only with their close friends or wear certain types of clothes only at home. This section focuses on information about some common options for social transition and affirmation.



Names, pronouns, and gender markers

Overview

Names

Some trans, Two-Spirit, and nonbinary (TTNB) youth change their names as part of their gender journey. You can change your name socially, legally, both, or neither. A legal name change means applying to government agencies to change your name on legal documents. Once the initial name change is processed, you can update your name in all the places that require legal names, like bank accounts and school records.

Regardless of whether you change your name legally, you can change your name socially by using a different name with friends and/or family. You can use a different name (sometimes called a “preferred name”) in record systems, for example, at school or work. If you ask to be called by a chosen name which is not your legal name, it is a human rights violation to ignore your wishes, even without a legal name change.

Pronouns

You can also change your pronouns socially. Pronouns are sometimes included on medical, school, or work records. There are no legal records of a person’s pronouns.

Gender (or sex) markers

Gender or sex markers are included on most identification documents. You can change gender or sex markers legally or socially. A legal gender or sex marker change means applying to government agencies to make changes to legal documents.

In most provinces and territories, people have the option to change the gender or sex marker on their birth certificate to F, M, or X (‘unspecified’). While the ‘X’ gender marker is recognized in Canada, not all countries include ‘X’ as a legal option. In some places, there is an option to leave gender or sex markers blank.

Regardless of whether you change your sex or gender marker legally, you can choose to share your gender with friends, family, healthcare providers, and others. You may also be able to share your gender in record systems, for example, in electronic health records kept by your healthcare provider. If you ask to be referred to with specific gendered language like pronouns, titles or gender markers, it is a human rights violation to ignore your wishes, even without a legal gender marker change.

Process

The requirements and process to legally change your name and/or gender marker varies in each province and territory. Most provinces and territories have a website with instructions to follow.

When you are ready to legally change your name(s) and/or gender marker, you will generally need to gather supporting documents, have applications notarized, and pay processing fees. For name changes, you may need to complete a criminal record check, which can expire. Even though changing names and gender markers are often separate processes, it may be possible to work on both at once.

People change their name where they live. People born in Canada change their gender marker in the province or territory where they were born. People born outside Canada may not need to change their birth certificate in order to update their identity documents within Canada. It is a good idea to get legal advice about this. If you are or might apply to be a refugee, it is recommended that you do not contact your home country.

Once a legal name and/or gender marker change is complete, you can update your legal name and/or gender marker on identification documents and records. This will not happen automatically.

Start by updating your provincial identity documents, including your provincial/territorial ID or driver's license and healthcare card.

Once you update your provincial identity documents you can use them to update Federal records like:

- Canadian passport
- Social Insurance Number
- Citizenship certificate
- Permanent Resident card
- Temporary Resident documents (work and student visas)
- Certificate of Indian Status
- Income Tax Records
- Voter Registration (federal)

Once you update your provincial identity documents you can also use them to update your legal name and/or gender marker on:

- School records
- Health records
- Work records
- Bank accounts
- Birth certificate
- Voter Registration (provincial/territorial, local)

Depending on your citizenship and residency, you may need to update documents in multiple countries. [Justice Trans](#) is a national organization that provides information about trans people’s legal rights, including requirements for name and gender marker changes in different places. There may be local organizations that can assist you with this process. You can look for legal aid in your area often associated with law schools, queer-friendly organizations, and local clinics.

Fees

A legal name and/or gender marker change can be expensive and take time to complete. Trans community organizations in some regions offer support for completing applications and paying application fees.

Parental consent

Depending on your age, you may need consent from one or more parents or guardians to complete a legal name and/or gender marker change. The age and other requirements vary depending on province/territory.

Things to consider

Choosing to update ID

There is no requirement for TTNB people to legally change names or gender markers on identification. However, changing names and gender markers socially and legally can be affirming and important for many reasons. For example, updating identification may support safety for some people. For others, it may be safer to make changes socially and not on identification. You may consider things like plans to travel to various parts of the world when making personal decisions about changing names, pronouns, and gender markers.

Identification from outside of Canada

If you have identification from different countries and have questions about the name and/or gender marker change process, it is important to seek advice from a reputable source, such as legal aid clinic. If you live in Canada with valid immigration documents, you do not need to have your international birth certificate match your provincial identification documents.

Medical requirements

Gender-affirming surgery is no longer required to change a gender marker on ID in Canada. If you were born outside Canada and want to update your gender marker on documents in a country other than Canada, it is recommended that you get legal advice about your situation.

Notices of name change

As of May 2024, in Quebec, Saskatchewan, Newfoundland and Labrador, and Prince Edward Island, name changes are public record, published in the provincial Gazette (e.g., the Saskatchewan Gazette or the Royal Gazette). Other provinces, like British Columbia, have stopped this practice. In places where name changes are published, you may be able to complete additional forms to request the name not be published and provide your justification. Be sure to review the specific requirements for your province or territory and seek out legal aid if you are unsure.

Resources

Justice Trans: <https://justicetrans.org/en/>

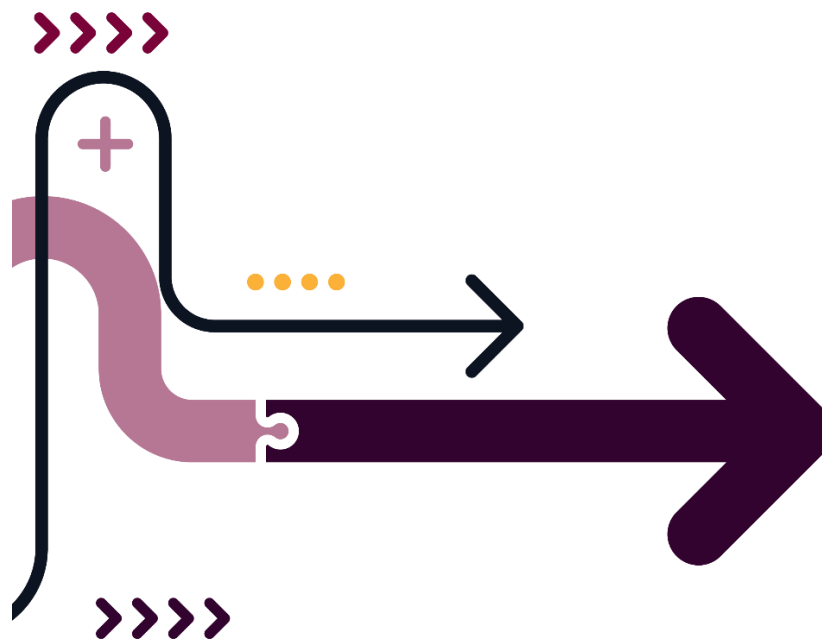
Trans Care BC Coming Out: <http://www.phsa.ca/transcarebc/care-support/transitioning>

Trans Care BC Guide to Changing ID: <https://www.transcarebc.ca/explore-transition/id-change>

US Legal name change by state: <https://namechange.uslegal.com/name-changes-laws-by-state/>

Vital Statistics Agencies for Canadian Provinces:
<https://www.statcan.gc.ca/en/about/relevant/vsc/organisations>

Ward, J. (2014, April 25). *Quebec quits publishing addresses of transgender people seeking name changes*. Global News.
<https://globalnews.ca/news/1289990/quebec-quits-publishing-addresses-of-transgender-people-seeking-name-changes/#:~:text=The%20British%20Columbia%20Gazette%20stopped,doing%20it%20for%20safety%20reasons.%E2%80%9D>



Clothes, accessories, and makeup

Overview

Clothing, accessories, and makeup may help you feel more comfortable in your gender. These may also help others read your gender in ways that are affirming. Here are a few items that can help you express your gender identity:

- Clothing items and footwear, including experimenting with different fits or styles
- Accessories like jewelry, hats, ties, suspenders, bags, and purses
- Jewelry, including piercings
- Makeup, including foundation, powder, primer, lipstick, blush, contour, bronzer, concealer, eyeliner, eye shadow, lashes, and nail polish

Access

Purchasing new clothing and accessories can be expensive. Some businesses and community agencies regularly hold free clothing swaps or offer exchange programs. These events may be promoted by community organizations, online or on social media.

Other budget-friendly options can include thrift, vintage, or consignment shopping, or getting second-hand clothing from friends and family members.

You can also look for trans-friendly and owned businesses for makeup, tattoo, and piercing services.

Things to consider

Clothing

Finding clothes that fit and feel gender-affirming gender can be a challenge. You may find it helpful to check out online resources. Trans, Two-Spirit, and Nonbinary (TTNB) content creators and organizations that serve TTNB youth often have great advice. Shopping or going to clothing swaps with friends and supportive family can be a fun experience. Ordering online may feel more comfortable than going to a store for some people.

Make-up

There are many resources available for learning about makeup, including:

- Experimenting on your own
- Tips and advice from supportive friends or family
- Online makeup tutorials, including tutorials for and by TTNB people
- Supportive local salons and barbershops
- Brands/companies that have gender-affirming staff training

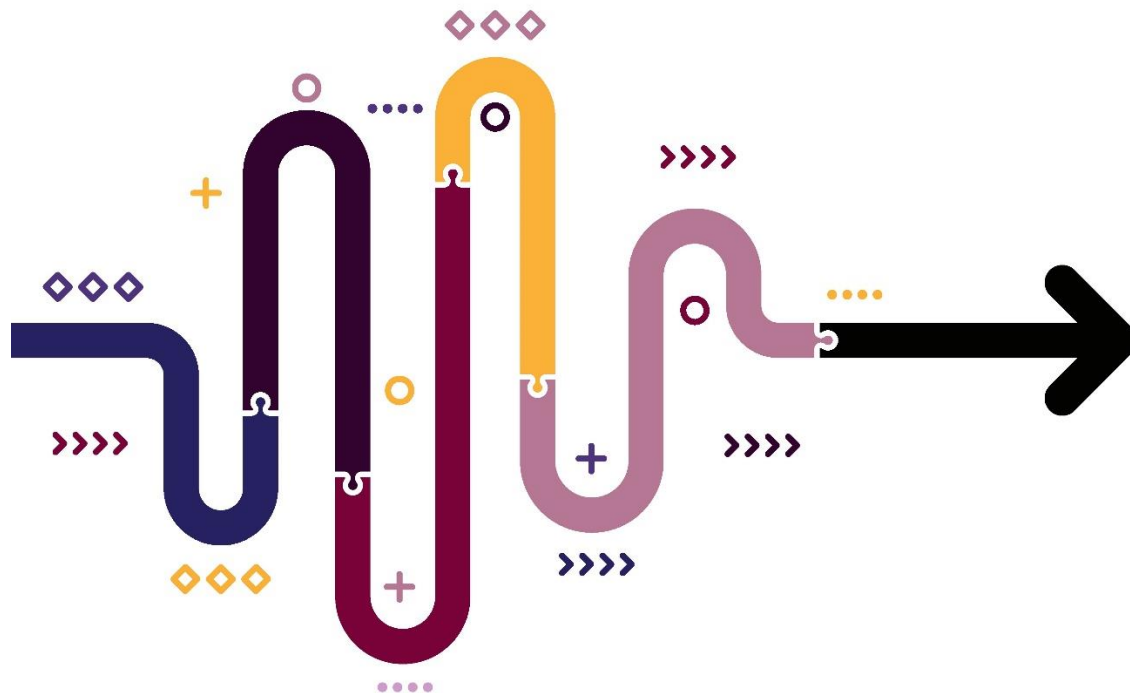
If you are looking for information on makeup and skincare, check for credentials (e.g., board certified dermatologists or estheticians who are certified by a college). They can offer advice important for protecting skin health.

Resources

Gender Gear online store owned and operated by trans and nonbinary folks:

<https://www.gendergear.ca/>

Trans Hub Clothes sizing: <https://www.transhub.org.au/clothes>



Hairstyles and hair removal

Hairstyles

Hairstyle can be an important part of gender expression. Some TTNB youth make changes to their hair as part of their gender journeys. You can experiment by styling or cutting your hair to make it appear shorter or try wigs or extensions to lengthen hair. Colouring, perming, or other treatments may also help you express your gender.

You may be able to find barbershops and hair salons near you that support TTNB communities. Strands for Trans (<https://strandsfortrans.org/>) is an online registry of trans-friendly barbershops and salons to find options near you.

Hair removal

Removing hair can be important for gender affirmation. Additionally, hair removal may be required to prepare a surgical site before some gender-affirming surgeries. Temporary options for hair removal include shaving, plucking, threading, waxing, epilating, sugaring, and chemical depilatories. Electrolysis and laser hair removal offer longer-term hair removal options.

Electrolysis involves the insertion of a probe into each hair follicle to deliver electric currents that destroy the hair root. It can be used on any hair and skin type. It is the only permanent method of hair removal. There are 3 main types of electrolysis:

- Galvanic electrolysis: a direct electric current goes into a hair follicle to create a chemical reaction that destroys a hair bulb
- Thermolysis: a high frequency alternating current from a needle to the hair follicle causes follicle cells to vibrate with enough heat to cauterize a hair bulb.
- Blend method: when galvanic and thermolysis are combined

Laser hair removal offers long-term hair reduction but does not permanently remove hair. It is most effective on light, medium or olive skin with dark hair. Laser hair removal is faster, as lasers treat an area of skin rather than one follicle at a time (as electrolysis does). Regrowth is often finer and lighter.

Finding a Provider

When choosing a hair removal provider, you can seek out recommendations from TTNB community members, organizations, or healthcare providers in your area. When possible, look for a hair removal service provider who is experienced, knowledgeable, and has positive reviews for providing gender-affirming services.

Ideally, a hair removal provider should:

- have experience working with trans clients (using correct pronouns and respectful language) and have knowledge about the hair removal goals you have
- offer a site/patch test to ensure the hair removal method is suitable for you
- have a sanitary practice – you can ask about the provider’s method of needle disposal (for electrolysis) or other one-time use supplies as well as the last inspection by an Environmental/Public Health Officer
- have a business license (according to municipal requirements) and hold insurance

When choosing an electrologist, it can be important to:

- get multiple consultations
- talk about costs, length and number of treatments, and office policies
- ask about the provider’s electrolysis training and qualifications (certification from a registered program or association membership)
- make sure their technique involves a probe going into the follicle rather than using electric tweezers or photo epilators
- ask which type of electrolysis they do (galvanic, thermolysis, or blend) and how much experience they have with each
- look for sterile conditions (hand washing, disposable gloves, masks, sanitization, sterilization in an autoclave, disposable probes)
- make sure it does not feel like hair is being tweezed or plucked;
- ask about pain management and potential side effects

Things to consider

Make sure to follow your provider's instructions for aftercare following each session. This may include avoiding hot baths for 24 to 48 hours, using clean cold packs to soothe the treatment area, applying soothing ointments to keep the area lubricated, and avoiding sun exposure, tanning, plucking, make-up, and lotions for a period following treatment.

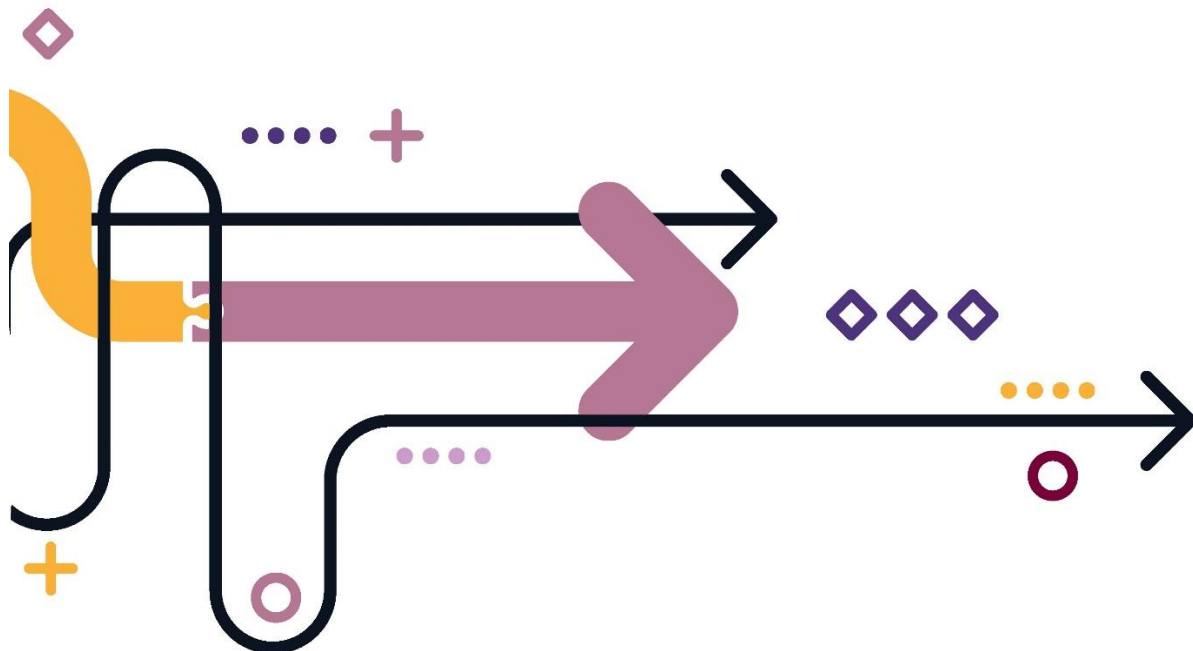
Resources

Phallo.net pre-op hair removal for phalloplasty: <https://www.phallo.net/hair-removal-phalloplasty.htm>

Strands for Trans online registry: <https://strandsfortrans.org/>

Trans Care BC hair removal: <https://www.transcarebc.ca/explore-transition/hair-removal?term=hair%20removal>

UCSF Trans Care hair removal guidelines: <https://transcare.ucsf.edu/guidelines/hair-removal>



Voice and mannerisms

Overview

There is no right or wrong way to express your gender. Expression that feels safe and authentic is important. For some Trans, Two-Spirit and Nonbinary (TTNB) youth, changes to voice and/or mannerisms can support gender expression, gender perception (how other people understand their gender), and safety.

Voice

You can change your voice by altering your pitch, inflection, quality, resonance, and articulation. Voice training is one option to support these kinds of changes. Taking testosterone can lower the voice. These changes vary from person to person. Taking estrogen does not raise a person's voice.

Voice change programs can help you with pitch, tone, and volume. Some may include other parts of communication, like body language, facial expressions, gestures, and laughter.

There are Speech Language Pathologists (SLPs) who specialize in TTNB gender-affirming voice training. These qualified professionals provide individual sessions to support specific types of gender-affirming voice goals. They typically charge between \$100 and \$200 per hour, which may or may not be covered by insurance. Some may offer sliding scale payment options.

In some places, it is possible to access voice support for free through SLPs at school. A school guidance counsellor may be able to help you with a referral to this service. If any of these options are possible for you, request information about rates and ask if the SLP provide the specific type of therapy you are looking for.

Some SLPs may post voice changing warmups and exercises online. Online guides, YouTube tutorials, apps, or online forums may also have voice change tips. When possible, you should look for information provided or reviewed by someone with training in speech and voice (e.g., SLP) to reduce the risk of harm to your voice.

Mannerisms

Mannerisms involve ways of moving through the world such as posture, gait, facial expressions, and gestures. Some mannerisms are associated with gender expression, and you may choose to adopt specific mannerisms to live more comfortably in your gender.

If you want to adjust your mannerisms to align with your gender, online blogs and podcasts can be useful sources of information/ways to learn from other peoples' experiences. You can search for blogs or YouTube videos on walking, posture, sitting, gait, facial expressions, and body language. One way of learning mannerisms is to try 'people watching' (observing and paying attention to what others do), then practicing around safe people. Friends and TTNB mentors may have experience or advice on mannerisms.

Things to consider

Some sources of information on voice or mannerisms for TTNB people are based on binary ideas about gender. These will not fit everyone. You may need to explore multiple resources to find what you need to feel safe and comfortable. Remember that there are many ways to express gender.

Resources

The American Speech-Language-Hearing Association gender-affirming voice and communication change: <https://www.asha.org/public/speech/disorders/voice-and-communication-change-for-transgender-people/>

Ari Agha Key of T: <https://keyoft.com/>

Ontario Human Rights Commission Gender identity and gender expression (brochure): <https://www.ohrc.on.ca/en/gender-identity-and-gender-expression-brochure>

Schneider, S., & Courey, M. (2016, June 17). *Transgender voice and communication – vocal health and considerations*. University of California, San Francisco. <https://transcare.ucsf.edu/guidelines/vocal-health>

Trans Care BC. Changing your speech: <https://www.transcarebc.ca/explore-transition/changing-speech?term=changing%20speech>

Binding, tucking, padding, & packing

Binding

Binding involves using tight clothing, compression garments or special tape to flatten the chest. This can help people feel more at ease in their bodies and their clothing. Binding may result in others perceiving a person's gender more accurately. One option is to use chest binders specifically designed for TTNB people.

Alternatives to chest binders include medical and/or sports compression shirts and sports bras made with Lycra. Some people prefer to bind using special tape like kinesiology tape (KT) or TransTape because it doesn't cover the entire chest and does not wrap around the ribcage. For safety information on binding, refer to the "binding safely" section in "things to consider" below.

Choosing a binder

There are many different types of binders available. It is important to wear a binder that fits you properly, is not too small, and allows you to breathe freely without causing you pain or skin damage. Sizing guides should be followed carefully because sizes can vary by company.

You may be able to find binders in a local store, online, or at a TTNB clothing swap. It can be helpful to try out multiple styles to see what feels best. Clothing swaps, in person shopping, and trying on friends' binders can be ways to test out different options. You can also read or watch reviews online for more information. When buying online, check the return and exchange policies before purchasing.

Safer binding

Wrapping the chest with elastic bandages, plastic wrap or tape is not recommended because they can make it difficult to breathe properly. They can also restrict blood flow, damage skin, and even lead to broken ribs. Binders are specially designed to not cause these kinds of damage when fitted properly. Kinesiology tape or TransTape can also be a safer alternative when used as directed (not wrapped around the rib cage).

Binding can cause muscle discomfort and skin irritation. Taking steps to bind safely is important to minimize the risks of binding.

Here are few tips:

- Only wear a binder for up to 8 hours a day. Take it off if there is pain and remove it when going to sleep.
- Only put a binder on completely dry skin. Body powder can help.
- Try stretches and exercises to strengthen the back, shoulders, and chest wall. This can ease pain or tightness.
- Take a break every few days when possible.
- Take a few deep breaths and cough after removing a binder. This is a way to clear any lung fluid that may have built up.
- When binding with tape, take care when removing it to avoid damaging skin. Follow instructions to use oil to remove it safely. To further protect your skin, you can place cotton pads or Band-Aids over sensitive parts of your skin, including nipples, prior to applying tape.
- Consult a healthcare provider if you experience any of the following: pain, difficulty breathing, ongoing tingling or numbness, rash, irritation, sores, overheating, dehydration, or soreness.

Exercising

If you are thinking about wearing a binder while you exercise, there are some additional things to consider. Most binders are not designed to move with the body and can restrict breathing, which can be uncomfortable and potentially unsafe when exercising. Choose an option that allows you to move freely and breathe deeply. The following options may be safer and more comfortable alternatives for compression during exercise:

- A sports bra: compresses the chest without restricting breathing
- Kinesiology tape or TransTape (applied correctly): provides targeted compression without squeezing your whole chest. **Important:** Make sure you follow the directions for use and don't wrap them around your ribcage.
- A binder designed for a specific form of exercise: for example, a swim binder
- A looser fitting binder

Care Instructions

Wash your binder regularly following the care instructions provided by the manufacturer. Hand wash binders and avoid bleaching or putting them in the dryer to help them last longer.

Packing

Packing means having a non-flesh penis (sometimes called a packer or prosthetic penis) that is held in place with a jockstrap/harness or underwear. People may pack for many reasons, including finding the feeling of packing affirming and being able to stand to pee (using a kind of packer called an STP – “stand to pee”).

Packers can be purchased or made from materials at home, like a pair of socks. Packers that are purchased may more closely resemble a flesh penis and are available in multiple sizes, shapes, and tones. They can be cut (circumcised) or uncut and be made with or without testicles.

Care instructions

Packers should be cleaned by following the instructions that came with the item. Packers made of silicone can be washed with mild antibacterial soap and water, then boiled for up to five minutes or put in the top rack of the dishwasher. Packers made of rubber or Cyberskin can be washed with antibacterial soap and water.

Padding

Padding refers to using undergarments to create the appearance of larger breasts, hips, or buttocks. These options are often low-cost, comfortable, and can improve the way clothing fits. Specific products include padded panties, breast forms, and padded bras.

Care instructions

Follow the care instructions that come with the item. Hand wash or use a gentle cycle and hang/lay flat to dry. Sweat can cause breast forms to break down, so it is a good idea to wash them using warm water and soap after each use.

Tucking

Tucking involves shifting the penis and/or testes so they are not visible in tight clothing. There are different ways to tuck, including positioning the penis and testes between the legs then pulling on an undergarment. Alternatively, the testes can be tucked inside the body.

Safer tucking

If you are interested in tucking, you may want to talk with a healthcare provider about how to do this safely.

Here are a few tips:

- Go slow, trust your body and take breaks between attempts
- Switch between several ways of tucking to reduce pain
- Stop if you feel faintness, pain, or nausea
- Stay hydrated. Avoiding drinking and peeing can lead to health problems
- Apply body powder in warm creases to help to prevent skin chafing and irritation
- See a clinician if you experience any of the following:
 - aching, tingling, or numbness that continues even when one is not tucking
 - blood in urine or orgasmic fluid (ejaculate)
 - any skin irritation, rash, or sores
 - pain in your groin, in your lower abdomen/belly, or when urinating

Access

In many cities, there are in-person stores that sell materials for binding, packing, padding and tucking. These items can also be purchased online. If paying with a credit card is not an option, gift cards or pre-paid credit cards may be used to purchase gender-affirming garments online.

You may also be able to find some of these items for free, such as through clothing swaps, or organizations in your area or online that support TTNB youth.

Some trans-serving organizations offer resource guides on their websites that provide information on selecting and purchasing gender gear, which can include information about price ranges, materials, and care instructions. Some Canadian organizations and companies offer binder reuse and giveaway programs.

Resources

Fenway Health Binding resource guide: https://fenwayhealth.org/wp-content/uploads/Binding_Resource_Guide.pdf

Rainbow Health’s binding and packing handout: <https://www.rainbowhealthontario.ca/wp-content/uploads/2023/10/social-transition-tools-for-transmasculine-folks.pdf>

Rainbow Health tucking and padding handout: <https://www.rainbowhealthontario.ca/wp-content/uploads/2021/09/Transfeminine-Social-Transition-Tools-1.pdf>

Trans Lifeline Binding Guide: <https://translifeline.org/binding-guide/>

Trans Care BC Binding handout: <https://www.transcarebc.ca/sites/default/files/2024-03/Binding-Handout.pdf>

Trans Care BC Binding, packing, tucking and padding: <https://www.transcarebc.ca/explore-transition/binding-packing-tucking-padding?term=binding>

Trans Care BC Tucking handout: <https://www.transcarebc.ca/sites/default/files/2024-03/Tucking-Handout.pdf>



Thank you

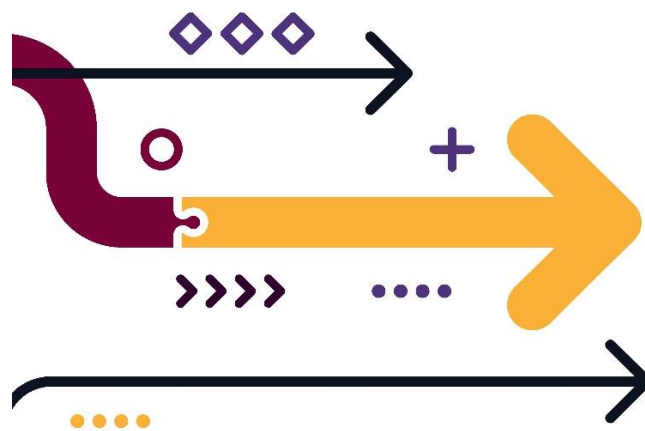
First, we offer our sincere gratitude to all youth who generously shared their time and expertise by serving on the Youth Advisory Team, participating in a focus group, and taking time to complete the online survey. This project was developed for youth, by youth. We are so proud of all you have accomplished.

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Finally, thank YOU for taking time to explore this guide. We hope you have found answers to some of your questions. We invite you to share this guide with others who have questions about health and wellness for trans, Two-Spirit, and nonbinary (TTNB) youth. We want all youth to be able to just be themselves as they move through their gender journeys.



More Resources

Just Be Yourself: A Wellness Guide for Transgender, Two-Spirit and Nonbinary Youth

Part 2: Navigating Social Spaces

Part 3: Gender-Affirming Healthcare

Part 4: Rights, Advocacy & Allies

Info Sheets

Finding Healthcare Providers

Healthcare Coverage & Costs

Self-Advocacy

Tips for Allies

Report

Just Be Yourself: The Community Report



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