

Hello  
my name is

and my pronouns are



# SPECTRUM



**Outreach  
youth**

# WHAT YOU'LL FIND IN THIS ZINE

THIS ZINE IS MADE BY TRANS\* YOUNG PEOPLE FOR  
TRANS\* YOUNG PEOPLE (AND EVERYONE ELSE!)

AND PRODUCED AND DESIGNED BY YOUNG PEOPLE FROM OUTREACH YOUTH  
IN COLLABORATION WITH ARTIST @CHERRYFIZZWHIZZ

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# Gender related terms

**LANGUAGE IS CONSTANTLY CHANGING AND EVOLVING TO HELP US TO BETTER DESCRIBE THE WORLD AROUND US AND OURSELVES. HERE'S SOME TERMS RELATED TO GENDER IDENTITY & EXPRESSION**

## **Gender identity:**

Someone's psychological identity, their inner sense of self and where they sit (or don't) on the gender spectrum.

## **Gender expression:**

The external display of one's gender, through a combination of clothing, demeanor, social behavior, and other factors, generally made sense of on scales of masculinity and femininity. Also referred to as 'gender presentation.'

## **Gender fluid:**

A term which refers to gender identity that changes depending on the mood/situation as opposed to a fixed role.

## **Non-binary:**

A gender identity label used by some people who do not identify with the binary of man/woman. Often abbreviated to "enby" (based on the pronunciation of N-B).

## **Gender non-conforming:**

a gender expression descriptor that indicates a non-traditional gender presentation (masculine woman or feminine man). also used as a gender identity label that indicates a person who identifies outside of the gender binary. Often abbreviated as "GNC."

## **Cisgender female / woman:**

Someone whose gender aligns with the female sex they were assigned at birth and the pronoun 'she'

## **Cisgender male / man:**

Someone born with the male sex who identifies with their assigned gender and the pronoun 'he'

## **Gender binary:**

The categorisation of gender into two distinct opposite sexes (male or female).

## **Questioning:**

Being uncertain of one's sexual orientation or gender identity

## **Sex assigned at birth:**

A phrase used to intentionally recognise a person's assigned sex (not gender). Other related terms are AFAB - assigned female at birth and AMAB - assigned male at birth

## **Transition:**

A common name for the process undergone by a trans\* person to bring their external gender expression into congruence with their internal gender identity. This can include social, medical and legal changes.

## **Transgender:**

An umbrella term often applied to a wide range of people's gender identities where the identity does not conform to the expectations of the sex assigned to that person at birth.

## **Intersex:**

Term for a combination of chromosomes, gonads, hormones, internal sex organs, and genitals that differs from the two expected patterns of male or female.

## **Drag King / Drag Queen / Drag Performer:**

Refers to a person who explores gender through performance for entertainment purposes. Popular drag has its origins in the Black ballroom scene and with Black trans women. Today, some drag performers identify as trans\* - while others do not, so it's important never to assume

# Pronouns

**EVERYONE HAS PRONOUNS, WHETHER YOU'RE CIS OR TRANS\*! NEVER ASSUME SOMEONE'S PRONOUNS, ALWAYS ASK.**

**SHE / HER**

**HE / HIM**

**THEY / THEM**

**SHE / THEY**

**HE / THEY**

## **POPULAR NEO-PRONOUNS**

**ZE / ZIR**

**XE / XEM**

**EY / EM**

# LGBTQ+ FLAGS!

HERE ARE A FEW POPULAR LGBTQ+ FLAGS  
YOU MIGHT RECOGNISE!



## Rainbow flag

This flag represents  
our whole community!



## Bisexual flag

This means attracted  
to two or more genders



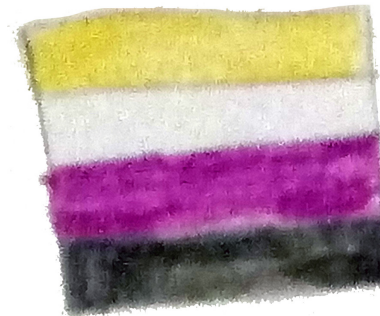
## Transgender flag

This means you don't identify  
with the sex you were assigned  
at birth



## Lesbian

A woman (or fem-aligned  
person) who only likes other  
women (or fem-aligned people)



## Non-binary

This is someone who doesn't  
identify as either male or female

**THE LGBTQ+ COMMUNITY IS FULL OF DIFFERENT FLAGS!  
FLAGS ARE A GREAT WAY TO SHOW SUPPORT, & FOR OTHER  
QUEER & TRANS\* PEOPLE TO RECOGNISE EACH OTHER BY  
WEARING/USING THE COLOURS OF THEIR FLAG - THIS CAN BE  
ESPECIALLY IMPORTANT IN PLACES AROUND THE WORLD  
THAT BEING 'OUT' IS STILL VERY DANGEROUS.  
THERE ARE LOTS MORE PRIDE FLAGS OUT THERE,  
DO A QUICK SEARCH FOR YOURSELF!**

# BINDING



## TIPS FOR SAFE BINDING

1. Do not use Ace bandages or Duct tape to bind with— they are not meant for binding, don't move with your body and can cause physical harm. Another alternative to wearing a binder is TransTape, which was invented by a trans guy who couldn't find a binder that worked for him.
2. If you are between sizes, opt for the larger size— you can always return it if it turns out to be too big
3. Do not regularly bind for more than eight to 10 hours at a time— take breaks and days off if you're just going to be at home
4. Do not double bind— alternatives such as wearing two t-shirts are a healthier way to give the impression of a flatter chest
5. Do not sleep in your binder or wear it for exercise— you can wear a swimming binder or a sports bra

## Where to get a binder

Free schemes:

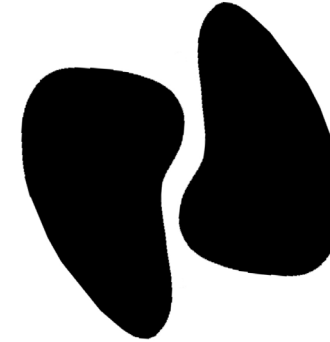
[morfmanchester.blogspot.com/p/binder-scheme.html](http://morfmanchester.blogspot.com/p/binder-scheme.html)  
Only pay postage & packing

[genderswap.org/gc2b-x-gender-swap](http://genderswap.org/gc2b-x-gender-swap)  
for UK or Ireland based young people aged 16+

for sale:

[gc2b.io/](http://gc2b.io/)  
[spectrumoutfitters.co.uk](http://spectrumoutfitters.co.uk)

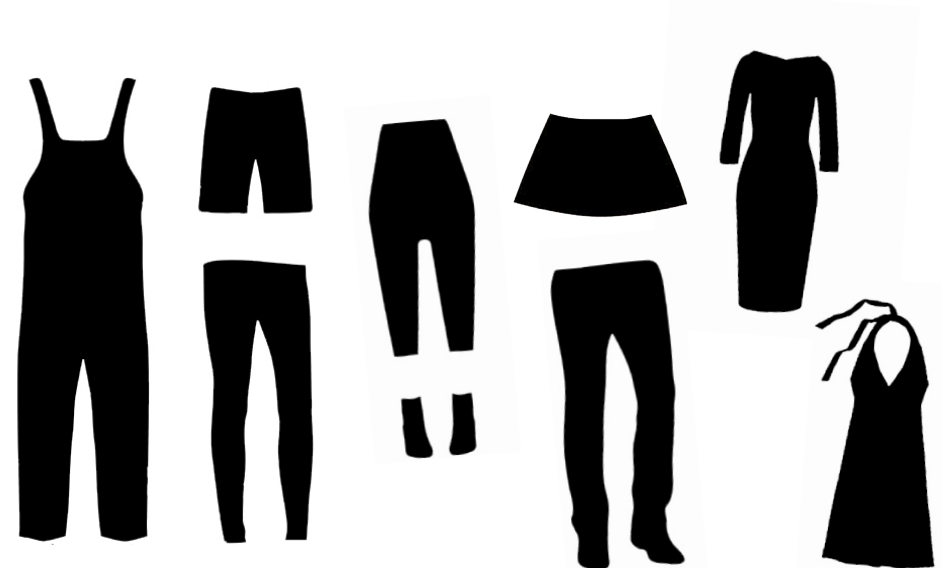
# PADDING



Breast and hip padding is a way of adding curves to your body, available online and in some shops. With breast padding consider your body type, get a bra or top that is comfortable and fits.

## Clothes

it's up to you what you wear, although dresses and skirts are considered typically feminine clothing, with the number of styles of dresses available, it's possible to find something that suits you and your style.



# Love is Love

**Love is dangerous thing**

**In the end you're left with either a broken heart or a ring**

**They tell you love comes in many forms**

**They show you love from the moment you're born**

**Some love is pure and some love is not**

**Some love is accepted while some love is stopped**

**Men can love women but women can too**

**And women can love men but some men do too**

**Some people are disgusted and call it a sin**

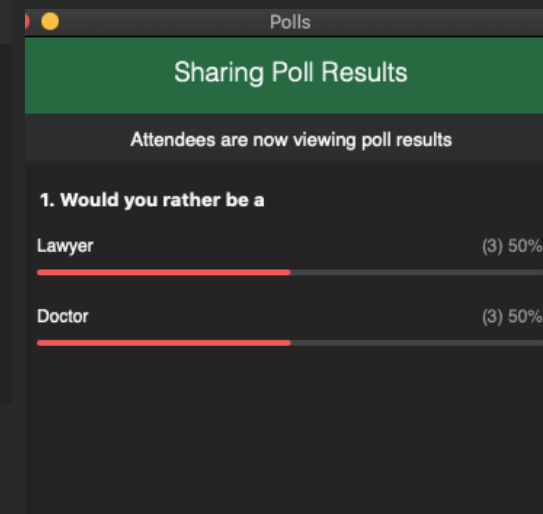
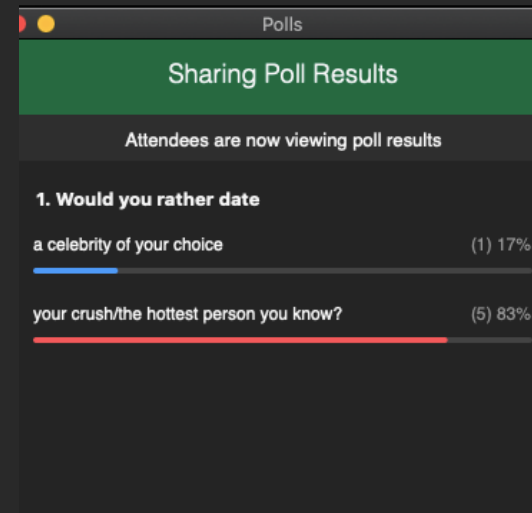
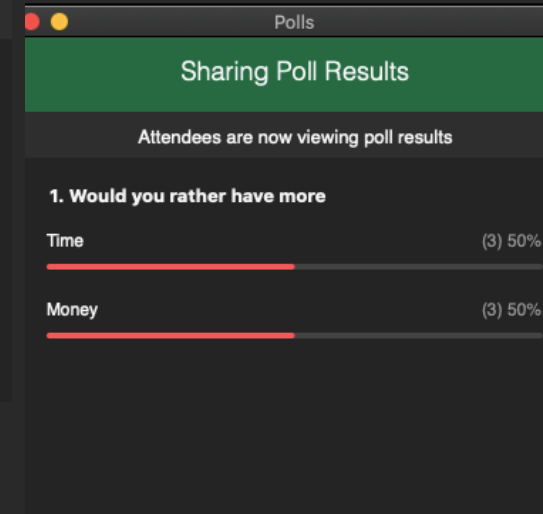
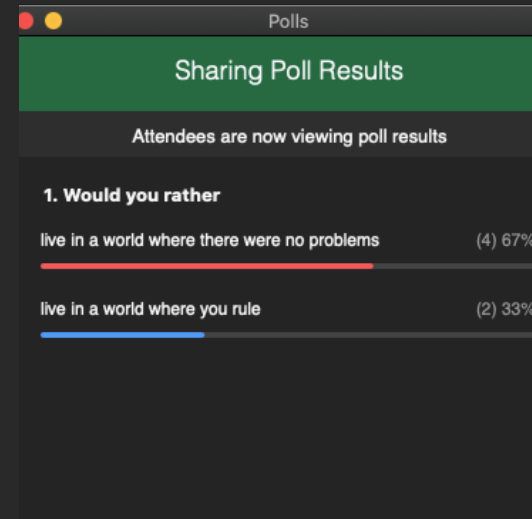
**But I think love is a beautiful thing**

**Love is beautiful but dangerous too**

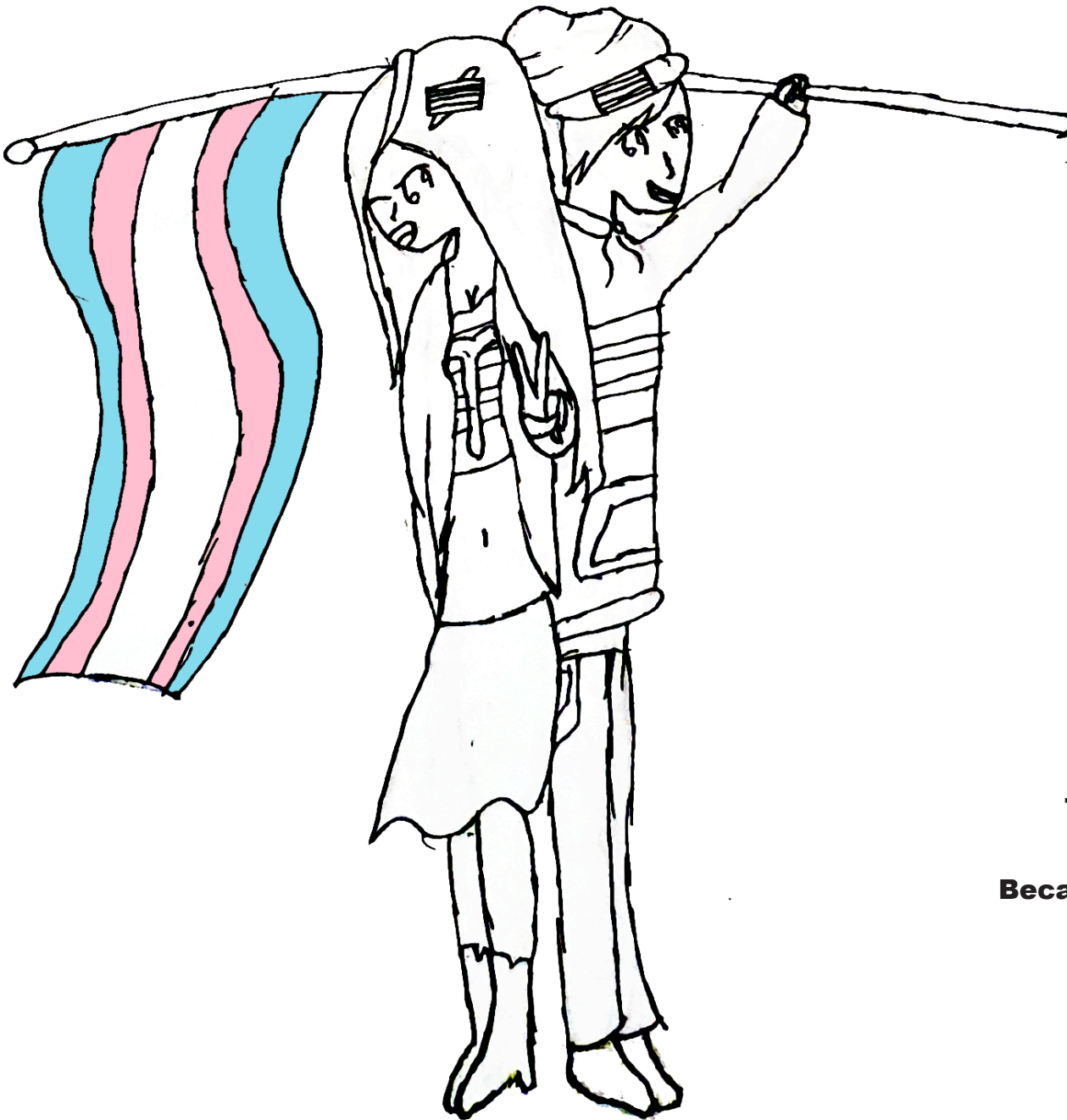
**But love is love and someone loves you.**

# Polls

**THE SPECTRUM TEAM GIVE US THEIR OPINIONS ON THE \*REALLY\* IMPORTANT STUFF**



# Soldiers



**Calling all soldiers, my brothers and sisters**

**Calling all allies, parents and siblings**

**Today we march and go to war**

**Today we fight to open the closet door**

**Today we fight for all the people we love**

**Today we fight for all those before us**

**Today we fight and call out our names**

**Today we fight and love without shame**

**Today we march against those that oppose us**

**Because when we stand together we are the strongest**

**Calling all soldiers, family and friends**

**Calling all soldiers, today the fight ends**

# 6 Top Tips for schools on being a better trans\* ally

**EVERYONE DESERVES TO FEEL SAFE, LISTENED TO, AND RESPECTED.  
BUT SOMETIMES THIS ISN'T THE CASE FOR TRANS\* YOUNG PEOPLE AT  
SCHOOL. HERE ARE SOME TIPS ON HOW TO BE BETTER!**

**Respect the pronouns  
a student uses**

**Use the student's  
chosen name**

**Don't misgender  
anyone on purpose**

**If a student confides in you,  
take care about  
confidentiality, disclosure,  
and "outing"**

**Take time to inform yourself  
about correct trans\*  
terminology**

**Raise awareness, challenge  
comments and practice  
that exclude trans\* young  
people**



# Banana bread – a very gay recipe

**GET READY TO BAKE SOME DELICIOUS BANANA BREAD!**

## Ingredients

|            |                      |
|------------|----------------------|
| 100g (4oz) | butter, softened     |
| 175g (6oz) | caster sugar         |
| 2          | eggs                 |
| 2          | ripe bananas, mashed |
| 225g (8oz) | self-raising flour   |
| 1 tsp      | baking powder        |
| 2 tbsp     | milk                 |

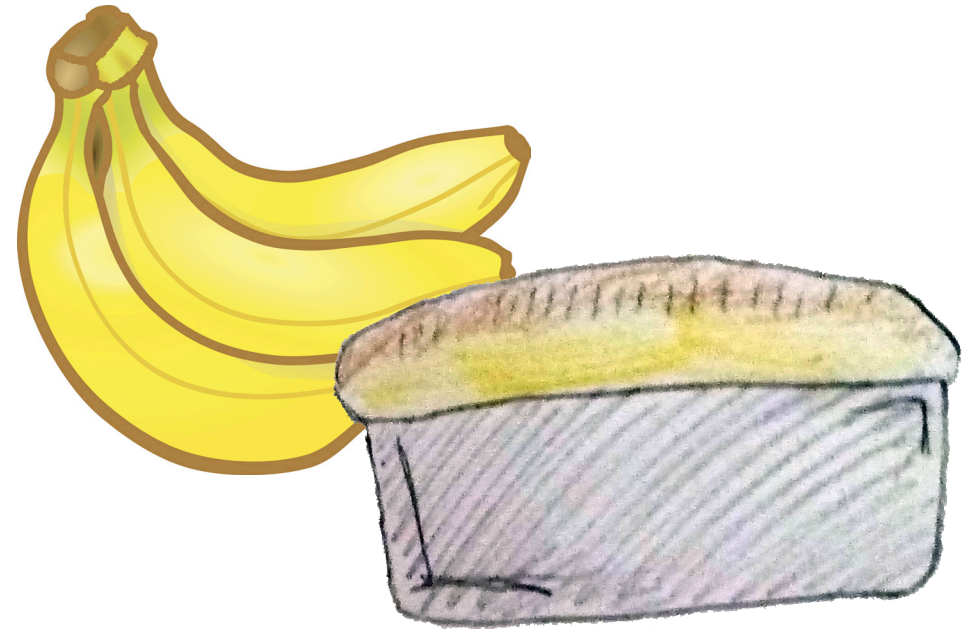
## Instructions

You will need a 900g (2lb) loaf tin, 17 x 9 x 9cm (6½ x 3½ x 3½in) base measurement.

Lightly grease the loaf tin and line it with non-stick baking parchment.

Pre-heat the oven to 180°C/350°F/Gas Mark 4.

Measure all the ingredients into a mixing bowl and beat for about two minutes, until well blended; an electric mixer is best for this but of course you can also beat by hand with a wooden spoon.



Spoon the mixture into the prepared tin and level the surface.

Bake for about one hour, until well risen and golden brown. A fine skewer inserted in the centre of the cake should come out clean.

Leave the cake to cool in the tin for a few minutes, then loosen with a small palette knife and turn the cake out. Remove the lining paper and leave on a wire rack to cool completely. Slice thickly to serve.

:) enjoy

# More tips for allies

## Respect changes of names and pronoun

- Everyone knows themselves best
- Change can be difficult at first, but start to think of them as their preferred identity straight away
- The change will be harder for them than for you

## Do your own research, but don't be afraid to ask questions

- Don't be too intrusive, watch your boundaries
- Think to yourself whether you would be comfortable being asked the same questions

## Gender identity, gender expression and sexual orientation are separate things

- Just because someone is trans does not mean they will be lesbian, gay or bisexual

## Don't stereotype gender in general

- Recognise that there are more than two genders. Try to be open minded
- There are more than two ways to express gender

## There are many identities under the gender umbrella

- Not every trans person goes through full transition, such as operation and gender reassignment
- Being trans is not all about the outside, it's about how you feel inside
- It's between your ears not between your legs, unlike sexual orientation

## Be or find someone who is willing to be a main source of support

- Make sure both people are in agreement about discussing issues

# What SPECTRUM have to say

**THE TEAM SAT DOWN AND ASKED EACH OTHER SOME QUESTIONS!**

## **First off, what's your age and Gender Identity?**

E1: 17, female

E2: 16, ??? genderqueer

H: 14, male

B: 13, masc enby :)

A: 13, male

## **If you had a superpower – what would it be and why?**

E1: Always choosing in between time travel and healing factor or super healing, time control would be awesome to move forward and backwards in time.

E2: shapeshifting because I think it is cool B) and just the ability to be anything too

B: shapeshifting - no more dysphoria

H: The ability to control probability.

A: I would want to be like a genie.  
Because I just want to make people happy.

## **What is the most annoying thing that someone can say to a Trans\* person?**

E1: I'm not that easily annoyed when it comes to that stuff, but I think at least usually it's immediately assuming and not asking first. I prefer it if people do ask before immediately assuming anything.

B: What's your REAL name or 'you're not a boy'

A: There's only 2 genders

## **If you could trade places with any other person for a week, famous or not, living or dead, real or fictional, who would it be? What would you do?**

E1: Knowing me it would any anime girl like Plutia to be fair. I already act like one half the time anyway so it wouldn't be that different.

H: Change places with my male best friend.  
So I could have a male body for once and also check they're ok

B: Awsten Knight on warped tour because he's a cool guy and cool people were on that tour

A: Not a person but my dog

## **What makes you angry?**

E1: to be fair its usually either people being mean to me or other things that end up going across my morals I guess

E2: Ignorant people make me angry :(

H: being bullied about your basic humanity that you can't change.  
And dysphoria

B: dysphoria \*jazz hands\*

## **If you could live anywhere, where would it be?**

E1: It's usually either Germany, Japan or Italy.

E2: a place like Cambridge or somewhere on the Norfolk coast

H: A forest near a lake

A: Yellowstone national park

B: Iceland because they're not that homophobic

# Compliments & affirmations

WHENEVER YOU NEED A PICK ME UP,  
REVISIT THESE PAGES FILLED WITH TRIED & TESTED  
COMPLIMENTS AND AFFIRMATIONS TO REMIND YOU OF  
**HOW FANTASTIC YOU TRULY ARE!!!**  
(YOU COULD ALSO CUT SOME OUT AND STICK THEM IN A JOURNAL  
OR ANYWHERE ELSE AS A REMINDER WHEN YOU FEEL SAD OR DYSPHORIC)

**My gender isn't up for debate**  
*My gender doesn't belong to anyone else. It's mine.*

**I am a man**

**I am masc**

**I am non-binary**

**I am femme**

**I am a woman**

**I am not alone**

**I am enough**

**I am beautiful**

**I am LGBTQ+**

**I am important**

**I am proud of  
who I am**

**I am loved**

**I am still figuring myself  
out and that's ok**

**I am deserving of all the  
love, safety and happiness  
in the world**

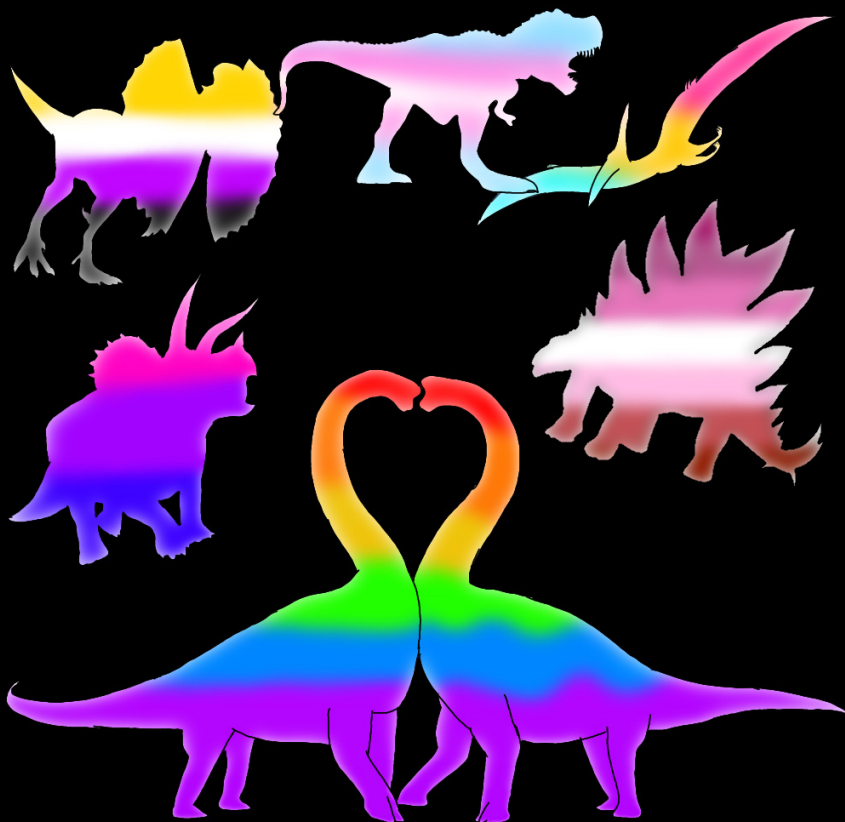
WE HOPE YOU HAVE ENJOYED THIS ZINE!  
REMEMBER TO BE KIND AND LOOK OUT FOR  
ONE ANOTHER. IF YOU'RE A LGBTQ+ YOUNG PERSON,  
OUTREACH YOUTH IS HERE FOR YOU.  
TRANS\* YOUNG PEOPLE CAN ALSO GET IN TOUCH WITH:

Mermaids - [mermaidsuk.org.uk/young-people/](https://mermaidsuk.org.uk/young-people/)

Gendered Intelligence - [genderedintelligence.co.uk](https://genderedintelligence.co.uk)

Suffolk's emotional wellbeing hub - <https://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub/>

**DINOSAURS ARE COOL,  
TRANSPHOBIA ISN'T**



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