



No
Straight
Answer



by
Leo

No Straight Answer

Exploring Gender and Sexuality

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TRANSGENDER

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GENDER

LINK EACH WORD TO THE CORRECT DEFINITION

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 ones 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 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 LGBTQ+ 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/aligned person attracted to other women

R A person who does not experience sexual attraction

LINK EACH WORD TO THE CORRECT DEFINITION

SEXUALITY

GAY

10

LESBIAN

11

BISEXUAL

12

PANSEXUAL

13

ASEXUAL

14

HETEROSEXUAL
'STRAIGHT'

15

POLYAMOROUS

16

QUEER*

17

HETERONORMATIVITY

18

GENDER & SEXUALITY

WORD MATCH ANSWER KEY

1-H	J-16
2-D	K-13
3-G	L-18
4-E	M-15
5-F	N-18
6-A	O-10
7-C	P-12
8-B	Q-11
9-I	R-14



*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'MOM, 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 someones 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.

COMING OUT

And remember: Be brave. You are amazing!!

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.

COMING OUT

And remember: You are loved no matter what!

When someone comes out to you...

Do:
iLOVE



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

COMING OUT

When someone comes out to you...

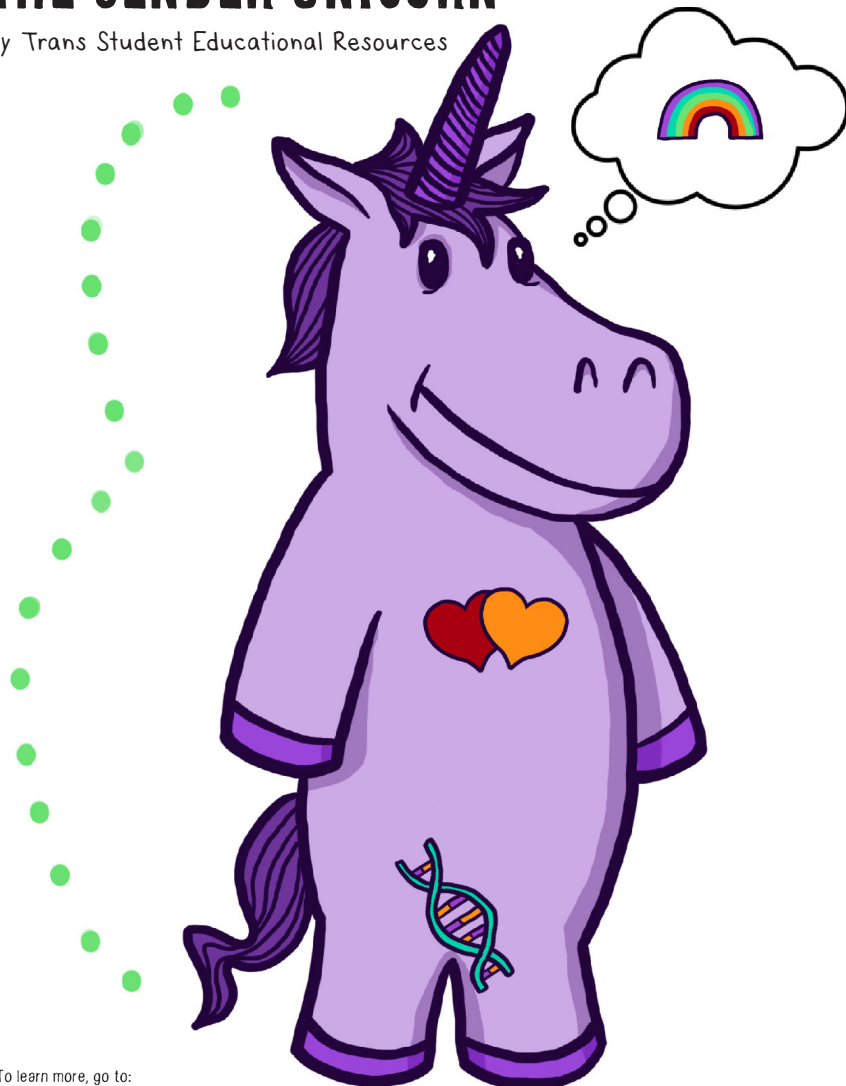
Don't Do:
STOP

- S - 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**

COMING OUT

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
- Masculin
- Other



GENDER ASSIGNED AT BIRTH

Female

Male

Other / Intersex



PHYSICALLY ATTRACTED TO

- Women
- Men
- Other Genders



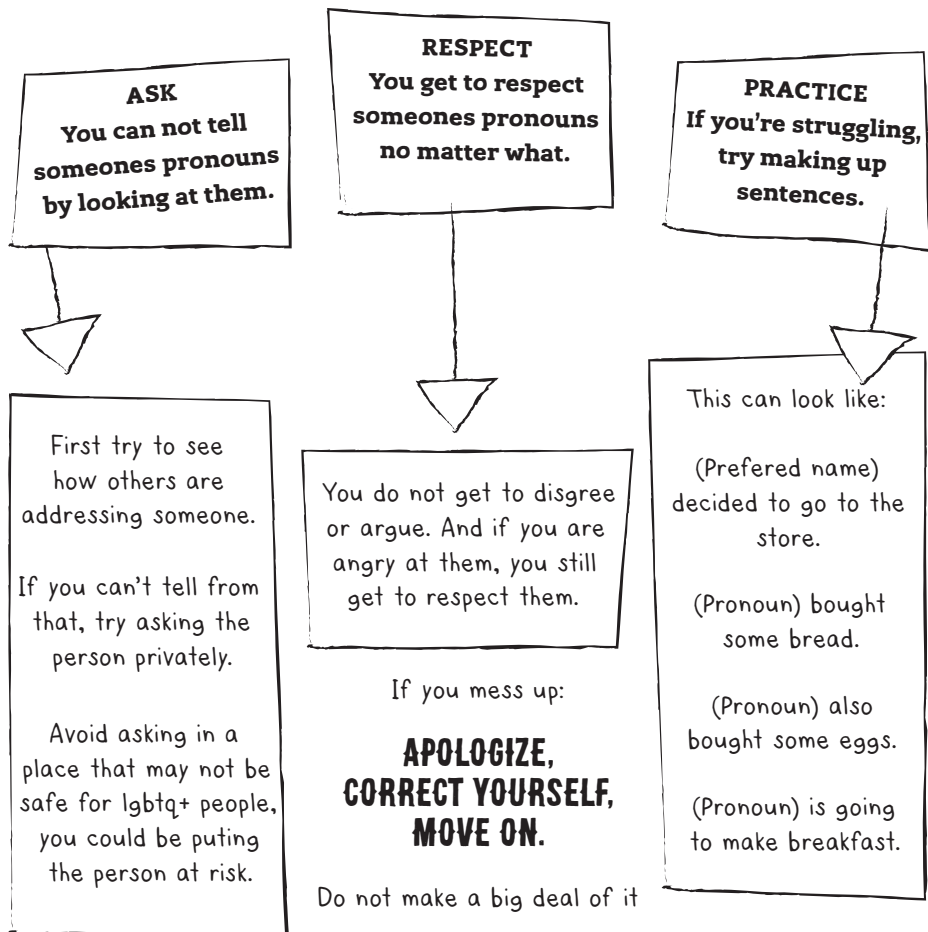
EMOTIONALLY ATTRACTED TO

- 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.



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

'MASCULINE 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:



Trans friendly
Different strengths



Trans run
Non-discript package
Nude colors












Queer run
Nude colours
Can swim in it!



Trans run
Variety of types
Warning: also sells packers, be careful

Check in with your Binder

THIS PROCESS SHOULD BE PAINLESS

<p>Sit/stand up straight</p> 	<p>Relax your shoulders</p> 	<p>Put your hands on your chest and push into them as you breath in deep</p> 
<p>Take a deep breath out</p> 	<p>Continue breathing until relaxed</p> 	<p>Keeping your back straight, stretch up</p> 
<p>Feel your torso elongate</p> 	<p>Stretch left, then right</p> 	<p>Cough a few times</p> 

AND YOU'RE DONE!

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

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:
ftm essentials.com
transguys.com
ftmpackers.com
pecockproducts.com



DIY Sock Puppet!

MAKE YOUR OWN

Material: 2 mid shin socks (soft)

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



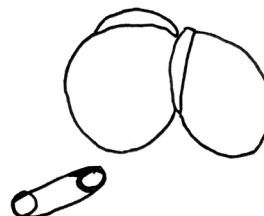
♪ Testicals ♪



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.



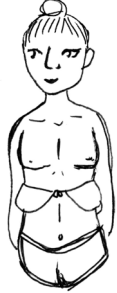
4. To avoid a migrating penis, you may need a pin or jock strap to hold the packer in place in your underwear.

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.

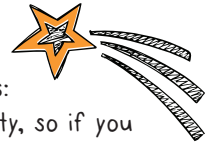


SO WHAT EXACTLY IS TUCKING?

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.

Tucking Basics

GENTLY DOES IT!

1. Shave!! Especially if you're going to tape!
2. Gently push your testicles back up into your inguinal canal
3. Push the penis and scrotum back
4. Either tape them back, or put on a 'gaff' to hold them back.

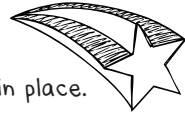
WHAT'S A GAFF?

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

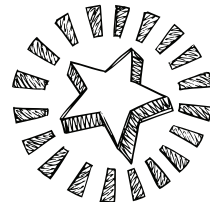
Tape is recommended for highstake situations where its absolutley necessary to have to have a clean tuck, while a gaff should be used day to day

CHECK THESE OUT...

wikihow.com/Tuck-and-Tape (use sports tape)

PRINCESSJOULES - YouTube

Brooklyn Beauty- Youtube

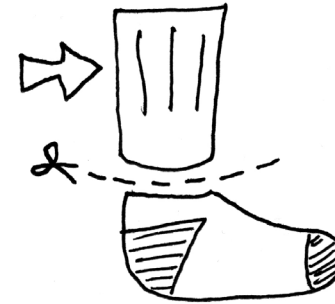
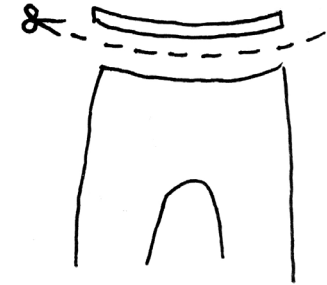


DIY Gaff!

MAKE YOUR OWN

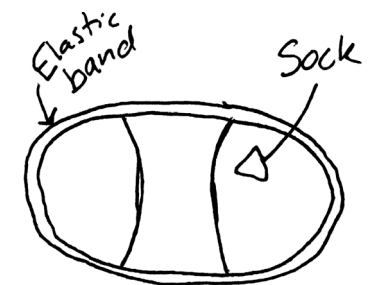
Materials: Pantyhose, a long sock, needle + thread.

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 panyhose elastic piece.



VOILA!

References & Resources

TheTrevorProject.org

Real Talk For Teens, by Seth Rainess

[uppercaseCHASE1- Youtube](#)

Parts and Hearts, by Jenson Hillenbrand

transguys.com

GLAAD.org

pflag.org

deafqueer.org

uua.org

It Gets Better Project

lgbthealtheducation.org

transstudent.org

vashondoveproject.org



THE DOVE
PROJECT

DIGNITY, OPPORTUNITY, VOICE, EMPOWERMENT