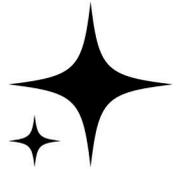


To: The LGBTQIA+ Youth - **Our Future**



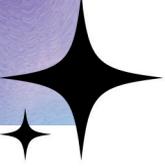
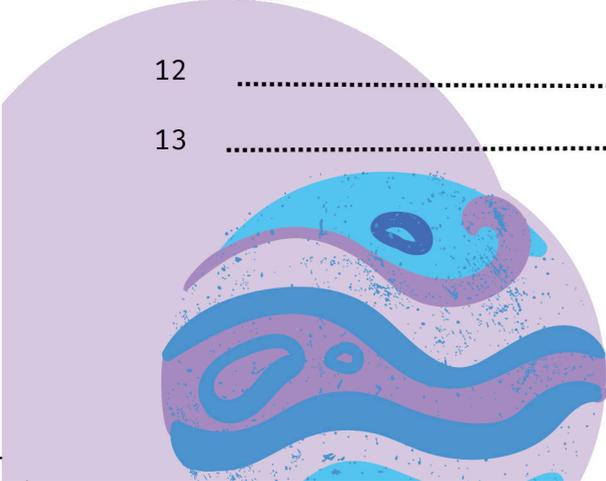


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WHAT IS GENDER IDENTITY?

Our own **gender identity** is our known sense of self on the inside.

Our own gender identity is how we identify ourselves and the **gender** we know ourselves to be.

Our own gender identity is invisible to the eye because it lives within our minds.

Our own Gender Identity is not always aligned with the sex we're assigned at birth.

Human beings aren't always born into the body our mind knows and feels to be right for our identity, and sometimes we are, and that's all beautiful!

Our own Gender Identity is separate from the **sex** we're assigned at birth.

Our preferred **pronouns** are a part of our gender identity.



Pronouns are how we or someone else correctly identifies ourselves in conversation, and they're also how we identify ourselves apart from our name.

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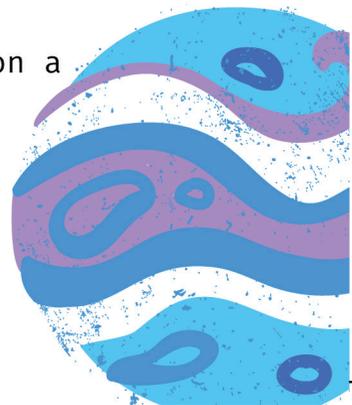
EMBRACING YOUR IDENTITY

When we're assigned a sex at birth that does not align with the gender identity that we possess, we can go through a process of transitioning to express our gender the way that makes us most happy within ourselves.

Transitioning can happen through medical steps, changing legal documents, and/or by changing our social patterns and presentation to affirm our genders the way we experience them.

Here are some common practices during the transitioning process that are gender affirming:

- Wearing different clothes
- New hairstyles
- Choosing to wear makeup
- Walking and talking different
- Changing one's name on legal documents
- Changing one's gender marker on a driver's license
- Going on hormones
- Gender-Affirming surgery





HOW TO INFORM OTHERS OF YOUR IDENTITY

Sharing your sexual orientation or gender identity is a personal decision, and there is no one right way to do it. Before sharing, you can test the waters by assessing how someone in your life feels about the LGBTQIA+ community. It's also important to consider who in your life makes you feel supported and safe and would be a good listener.

When testing the waters with a person in your life who provides safety, understanding and acceptance:

This may be a teacher, family member, friend, teammate, classmate, online friend, spiritual leader, doctor or coworker that you enjoy talking to. You can ask how they feel about a certain LGBTQIA+ celebrity, or how they feel about marriage equality. Noticing how they respond whether in a positive or negative light can indicate if they're an ally.

Thinking Ahead:

When planning to come out, it's helpful to think about how you want to share your truth with someone and how they might respond. Considering both positive and negative reactions can prepare you for the conversation.

Time and Place:

The right time to come out is when **you feel ready**. When planning to have the conversation, it's best to choose a time when both parties are relaxed, calm, and open to listening. It's helpful to ask yourself what time and setting would work best for both of you, whether it's a private or public space or somewhere special to you both.

Ways to Open Up the Conversation:

- Talking over the phone
- Sending a text
- Writing an email
- Sending a letter
- Talking with someone in person

BEING SAFE AND STAYING PREPARED:

Above all else, you deserve to be cared for, loved and accepted with open arms.

Your identity is real and valid regardless of anyone's reaction to you sharing your truth and it is never your fault when someone reacts differently than anticipated.

Your safety and wellbeing are always first priority, so creating a **back-up plan** for housing, food, education and transportation are very helpful in the case that your conversations do not go as planned.

There are resources in this Zine that could be helpful with finding a support network during this process (p. 15).

HOW CAN I EXPRESS MY GENDER IDENTITY?

Gender Expression is How We Present Our Genders To The World!

By choosing how we dress, speak, communicate through body language, style our hair, and through using our pronouns in the way that feels most natural to ourselves, we're expressing our gender!



Dressing in the clothing that represents how we'd like to be perceived is a righteous act of gender expression!

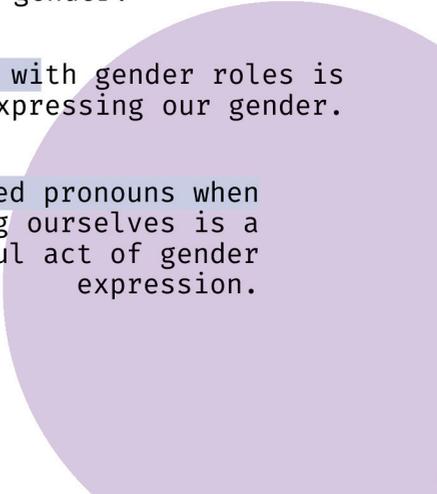


Talking however feels most comfortable and like ourselves is also a form of gender expression!



Styling our hair in ways that makes us happy and comfortable in our skin is another great way to express our gender.

Behaving in alignment with gender roles is also a way of expressing our gender.



Giving our preferred pronouns when introducing ourselves is a wonderful act of gender expression.

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WHAT DOES GENDER EXPRESSION FEEL LIKE?

Gender expression feels differently for everybody, however, there is a common feeling of comfortability and confidence we all feel individually when we talk, behave, identify and style ourselves in our unique truth.

Gender expression can feel exciting when we find a new way to present outwardly; finding a new piece of clothing that makes us feel like ourselves is very exciting!! Styling our hair in a way we haven't tried before is also a thrill!

Hearing someone use our correct pronouns is a happy feeling too!

Looking in the mirror and seeing ourselves the way that we feel best represented is a prideful feeling!

It's a joyful feeling to hear ourselves over a recording or video and enjoy the way we sound.



It's a loving feeling to honor ourselves by being our most authentic self.

WHAT DOES SELF- IDENTIFICATION SOUND LIKE?

"My pronouns are _____, as a reminder."

"Hi! My name is _____ and I use _____ pronouns."

"My preferred pronouns are _____."

"My gender identity is _____"

"I am most respected and seen when you use my correct pronouns, which are _____."

"Nice to meet you! I'm _____ and you can use _____ pronouns to refer to me!"

"I know you knew me in another way, but I'd like to reintroduce myself. I am _____, my pronouns are _____ and I identify as _____."

LET'S PRACTICE IDENTIFYING OUR PRONOUNS

This page is yours to mark up!
There's a few fill in the blanks for you to practice identifying
your preferred pronouns and also stating our gender identity.
And you can practice new ways to introduce yourself in the lines
provided below!

Hi! My name is _____
and I use _____ pronouns.
My gender identity is _____.

TOOLS FOR WHEN YOU FEEL UNCOMFORTABLE EXPRESSING YOUR TRUTH

LGBTQIA+ people are loved and accepted by many in their communities and allies. However, there are also people who are closed-minded and hurtful. It's important to be prepared for negative interactions and know how to gracefully exit uncomfortable situations. This page provides tools for navigating and expressing feelings in these situations.

When a family member is disrespecting your identity:

Know that you are perfect the way you are. Do not engage and seek a safe space. Be kind to yourself and find comfort in the people who love you unconditionally.

When an online stranger is harassing you for your identity:

Block them and report, if you would like to. You do not have to feed hate any more hate and you can simply choose to not respond and clear out your feed of all negative commenters.





When someone or a group of people are poking-fun at your gender expression:

You are never in the wrong for walking away from a situation that makes you feel unsafe. You can voice directly to those people that you don't appreciate the way you're being treated if you feel safe to. Giving yourself time to process all that you are feeling before talking to someone you trust can be very helpful.



When someone is misgendering you and you don't feel comfortable correcting them:

This is very hurtful, and it is more than okay to feel hurt. Say your goodbyes or end the conversation.

If you are at school, talk to a trusted adult when you can about the encounter and let them know how it made you feel.

If you are at work, ask to speak with a supervisor, lead, manager or schedule a meeting with an HR representative to fully express your desired outcomes in response to being misgendered.

A background image of a person's face, partially obscured by the text. The face is looking slightly to the right and has a neutral expression. The image is overlaid with a semi-transparent purple and blue gradient.

GENDER EXPRESSION ON ME LOOKS LIKE

On this page, please draw yourself in the way you feel best represents how you want the world to see you. This can be exactly the way you are now or how you envision yourself looking in your most happy and authentic self. This is your self portrait page!





RESOURCES

Seattle Pride's inQUEERY **Resource Guide**

Scan this QR code for a resource guide made by Seattle Pride!



For an extended online version of this zine, scan this QR code!



Help support our organizations by donating!

Seattle's LGBTQ+ Center



<https://gaycity.org/donate>

Seattle Pride



<https://seattlepride.org/donate>



ACKNOWLEDGEMENTS



The Trevor Project

<https://www.thetrevorproject.org/resources/guide/the-coming-out-handbook/>

Extended Glossary

<https://thesafezoneproject.com/resources/vocabulary/>

A Guide to Gender Identity Terms

<https://www.npr.org/2021/06/02/996319297/gender-identity-pronouns-expression-guide-lgbtq>

TransHub Talks: Gender Euphoria

https://www.youtube.com/watch?v=U5-_cFw3LCE

A special thank you to:

Our supervisors and the ones who made this
internship and zine possible:
Seattle's LGBTQ+ Center + Seattle Pride

and to you, for being you and such a
wonderful reader!

write your name here!



This zine is meant to be a resource for the community, so if you would like to distribute this zine, feel free to reprint or copy, but please keep your distribution free and accessible to others!

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Seattle Pride in the Park
June 3rd, 2023

Proudly made by:
Seattle's LGBTQ+ Center & Seattle
Pride's Youth Pride Interns

Amy, Alison, Tali, B



SEATTLE 
PRIDE

