TRANS & STRONG

Remember, who you are is not up for debate.
Your gender is valid and beautiful. You are loved.
acon.org.au/tgd

Trans and gender diverse (TGD) people have always existed and are an important part of human diversity.

STAND BY YOUR TRANS PEOPLE

Allies play an important role in the health of TGD people. Reach out to the trans people in your life, check in and let them know you're there for them.

TAKE A BREAK

Take time out. Get away for a day, a weekend or an entire week! Take a stroll in the park or around your neighbourhood, see a movie, or hang out with mates at your local dog park. Do what helps soothe your mind and your heart. Engage your senses!

ACKNOWLEDGE YOUR FEELINGS

When we acknowledge that something has made us feel angry and distressed, it can be helpful to talk about it with mates. Telling someone you feel upset about what is being said about who you are and the community you are part of can be more helpful than acting out in anger and frustration.

LOOK OUT FOR EACHOTHER

It has been a distressing time for TGD people. Check in with your trans friends. Let them know you're there if they need you. Look after each other.

SELF CARE

It's a good idea to make sure you're getting enough sleep, drinking enough water and eating regularly. Using essential oils like lavender can be really helpful and making sure your hormone levels, if relevant, are in a happy place can go a long way to improving mood.

HELP IS ALWAYS HERE

No matter what you do, you may feel down because the noise is loud and constant. You are not alone. Reach out if you need to. There are many support services and groups, including TGD specialist services. Help is at hand.

LOG OFF

It is likely that the transphobic noise will continue in the media and online. Consider filtering distressing content and unfollowing negative commentators. If you need a break from social media, take it. Remember, it's ok to step away.

CHANNEL YOUR ENERGY

The thought of TGD people being put through the wringer once again is upsetting. Why not channel your energy into a good cause? If you're passionate about an issue, get involved and volunteer. Or help a friend's project, a community group or local neighbourhood centre.

TRANS IS BEAUTIFUL

We <3 TGD people and communities and will stand with you, always.