

# **Social Justice Watch 0220**

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来源：[Social Justice Watch](#)

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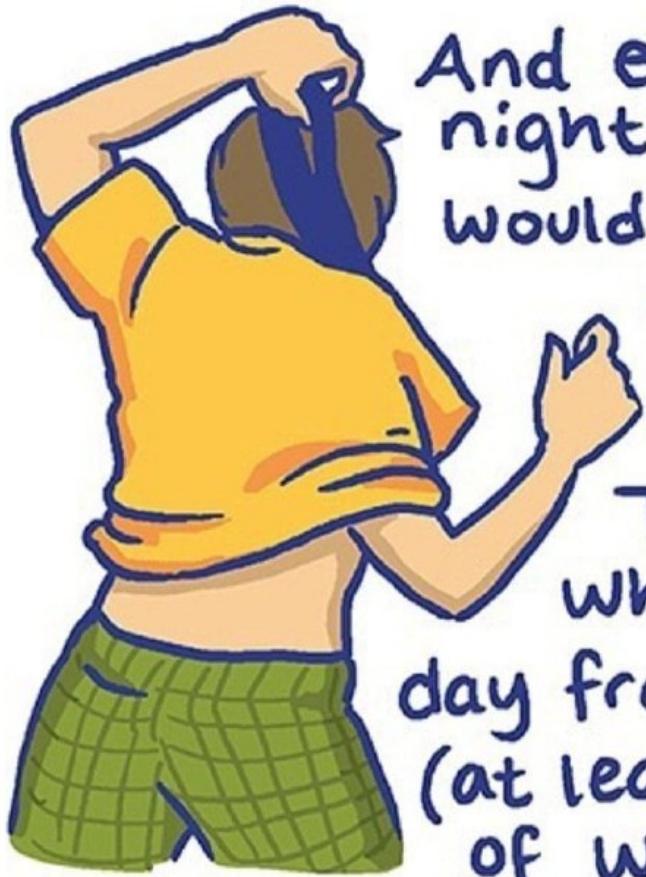
# 图集精选

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Every morning  
before top surgery  
I'd do that thing  
where you  
wriggle into  
a sports bra  
without  
taking your  
shirt off



@REDGOLDSPARKS

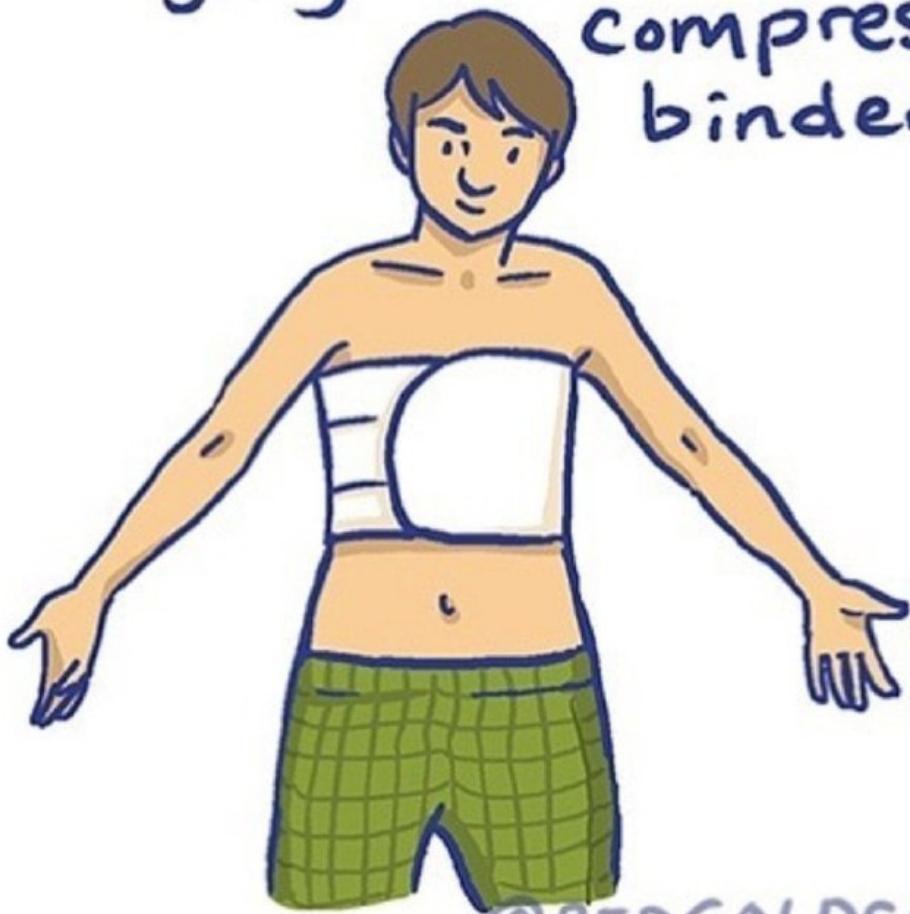


And every  
night I  
would wriggle  
out of  
it.

This is  
what divided  
day from night  
(at least in terms  
of wardrobe.)

@REDGOLDSPARKS

When I come home from  
Surgery I Wore a  
compression  
binder.



@REDGOLDSPARKS



@REDGOLDSPARKS

I'd been excited  
to empty out  
Some Space in my  
dresser by giving  
away all my  
Sports bras  
and binders.

Now I have  
Space for masks!



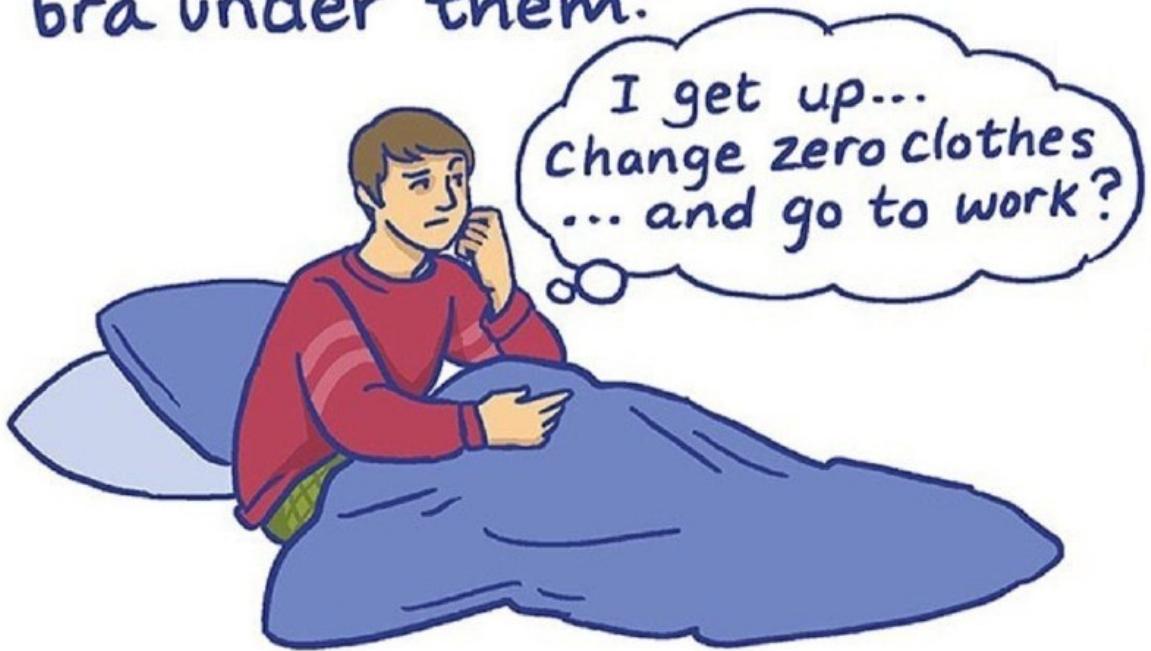
@REDGOLDSPARKS

I Started working from home  
in 2017, so long before covid I had  
already developed a habit of wearing  
pajamas 24/7, 365 days  
a year.



@REDGOLDSPARKS

What I did not expect was how much MORE my pajamas would feel like pajamas now that I don't wear a sports bra under them.



@REDGOLDSPARKS

Is it harder for me  
to get started in the  
morning because I'm  
not wearing a  
Sports bra or  
because I just  
did six weeks  
of recovery in  
the middle of  
a Pandemic...



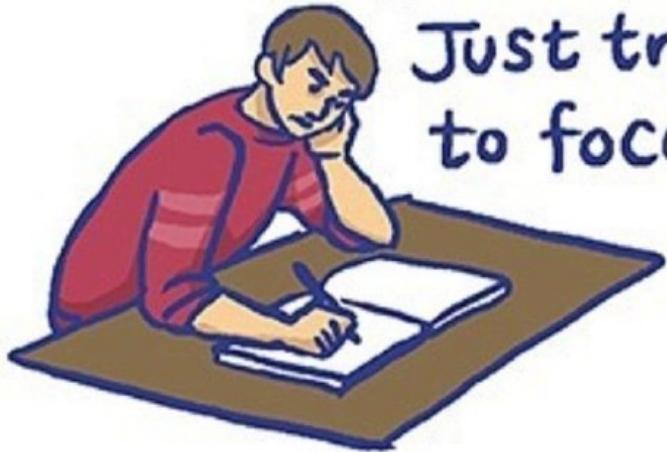
@REDGOLDSPARKS

DO I NEED  
TO START  
GETTING  
DRESSED  
IN THE  
MORNING?!



@REDGOLDSPARKS

No, no, that's too  
drastic.  
Just try  
to focus.



MAIA KOBABE  
@REDGOLDSPARKS

<https://www.facebook.com/transarmy/posts/266690378159481>

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## Myth

## Fact

Skipping breakfast is a great way to lose weight

Skipping breakfast often leads to overeating later

My body only needs 1200 calories each day to lose weight and stay healthy

1200 is the calorie recommendation for children aged 2-3  
(source: NIH)

I will lose weight if I just reduce my overall caloric intake

All calories are not created equal, & your body adjusts to changes in food intake

I just don't have enough willpower to restrict and lose the weight

It's not about lack of willpower. It's about biology and genetics

@Wholistic\_Health\_and\_Wellness

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# Let's Talk about Neopronouns

@thistletopics

# What are Neopronouns?

Whilst she/her and he/him are typically used as feminine and masculine pronouns, some people feel more comfortable with gender-neutral pronouns, the most common being they/them/theirs. Neopronouns (neo, meaning “new”) are **any set of third-person pronouns that are not officially recognised in the language they are used in**, which are increasingly being used more and more.

# Examples of Neopronouns:

Common Pronouns used  
include: Xe/Xem/Xyr

Ey/Em/Eir  
Ey/Em/Eir  
Ve/Ver/Vis  
Ne/Nem/Nir

Nounself pronouns are also used:

Doll/Dollself  
Love/Loveself  
Star/Starself





# Using Neopronouns:

It may take time to get used to using neopronouns, but the more you do it the easier it'll get. Pronouns come in five forms: **subject, object, possessive adjective, possessive pronoun, and reflexive.** If you aren't sure how to use the pronoun in all forms, **ask.** Don't panic over the pronunciation! The pronunciation of more common neopronouns can be looked up online; remember that **it's okay to ask for clarification if you need it, rather than making assumptions and getting it wrong.**

# How to use Neopronouns

## Subject:

“

Xe is fun to be around!

## Object:

”

I texted xem about the party earlier today.

“

## Possessive Adjective

Xyr car broke down yesterday.

”

## Possessive Pronoun:

That backpack is xyrs.

“

## Reflexive:

Xe loves xemself.

# Why do people use neopronouns?

Like all pronouns, neopronouns are personal to those who use them. Some people use neopronouns as it represents them better than other pronouns, or that they feel more comfortable using neopronouns over the standard pronoun options.

Additionally, people who are neurodivergent may use neopronouns frequently as they may feel/experience gender differently than neurotypical people.

# Neopronoun FAQ's

Why don't you just use they/them?

Some people don't feel comfortable with these pronouns due to all kinds of reasons. They may feel that they/them pronouns do not express or reflect their gender identity properly or they may simply prefer the way Neopronouns sound.

What are the most common neopronouns?

According to a 2018 survey, the most commonly used neopronouns are xe/xem, e/em, ze/zir and fae/faer.

How do I let people know what my pronouns are?

Social media bios, email signatures, zoom names, whatsapp status, even pronoun pins and bracelets are all great ways to let others know your pronouns.



# Debunking Neopronoun Myths

**Myth:** Neopronouns aren't real words.

**Fact:** Neopronouns carry real meaning and are understood by others, making it a real word. Some neopronouns also originate from other languages, such as ""ze" coming from the German word "sie".

**Myth:** People can only carry one set of pronouns.

**Fact:** Whilst some people do carry one set of pronouns, some people may use multiple sets of pronouns where they feel comfortable.

# Respecting People's Pronouns:

It is crucial to respect someone's pronouns as it is a reflection of their identity. If you aren't sure what someone's pronouns are, **politely ask!** Using incorrect pronouns can lead to feelings of invalidation and alienation and/or cause gender dysphoria. So, asking and correctly using people's pronouns is **one of the most basic ways to show you respect the people around you.**

# Sources

1. <https://intercultural.uncg.edu/wp-content/uploads/Neopronouns-Explained-UNCG-Intercultural-Engagement.pdf>
2. <https://www.mypronouns.org/neopronouns>
3. <https://www.unf.edu/lgbtqcenter/Pronouns.aspx>
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5. <https://lgbta.wikia.org/wiki/Neopronouns>
6. <https://www.mykidisgay.com/blog/defining-neopronouns>
7. [https://uwm.edu/lgbtrc/qa\\_faqs/why-is-it-important-to-respect-peoples-pronouns/#:~:text=Asking%20and%20correctly%20using%20someone's,often%20all%20of%20the%20above.\)](https://uwm.edu/lgbtrc/qa_faqs/why-is-it-important-to-respect-peoples-pronouns/#:~:text=Asking%20and%20correctly%20using%20someone's,often%20all%20of%20the%20above.))
8. <https://neopronounss.carrd.co/#use>



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# Boundaries

A clear limit set based on our own needs

Stated clearly + objectively when emotionally regulated

"I understand your beliefs + am no longer going to discuss this"

Allows person to have their own response while holding limit

Stays in alignment with personal values + integrity

# Demands

@the.holistic.psychologist

A command for how someone should behave

Made during nervous system activation, defensive

"If you bring this up one more time, you'll wish you hadn't"

Attempts to control, manipulate, or dictate outcome

Acts out, feels shame, resentment + disconnection

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Pew Research Center: Internet, Science & Tech

Experts Say the ‘New Normal’ in 2025 Will Be Far More Tech-Driven, Presenting More Big Challenges

A plurality of experts think sweeping societal change will make life worse for most people. Still, a portion believe things will be better in a ‘tele-everything’ world.

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