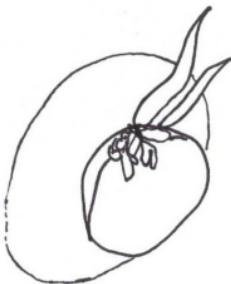
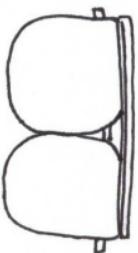
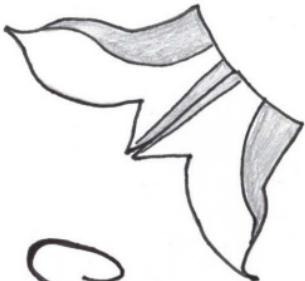


Choose whatever makes you
feel joyful and whole, and add
it to Mr. Patchhead on the cover!



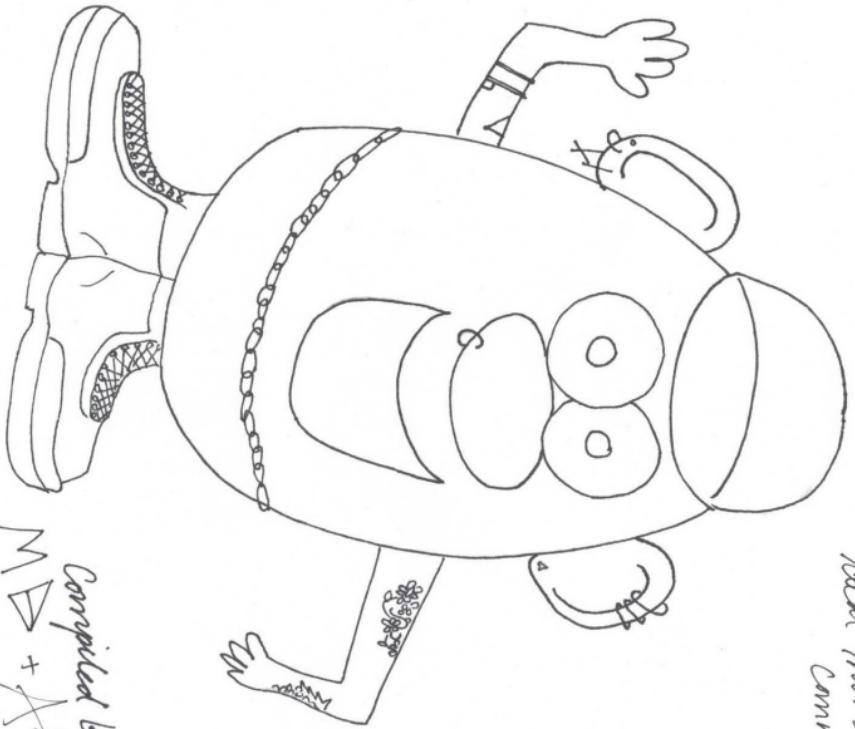
SHARE WITH A PAL
NBZINE.COM

*Not officially endorsed by Mattel, but we think Trixie would approve.

presenting your

Enjoy Welcome Packet!

Tips, tricks, and big sibling love from your friendly local nonbinary community.

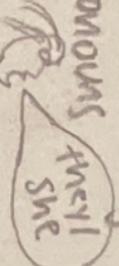


Compiled by
MD + ASH

Gender Permission

Slip

I — give myself permission
to explore my gender and break
out of gender norm boxes:
(check some or none)

- Wear whatever feels good 
- Allow yourself time before coming out
- Try out different pronouns 
*they
she*
- Try out makeup 
- Try a binder

- 1.
- 2.
- 3.
- 4.



RESOURCES, RECOMMENDATIONS, AND READS!

Gender Affirming Care Clinics in the Bay Area

- Lyon Martin (Accessible healthcare to all regardless of ability to pay)
<https://lyon-martin.org/>
- UCSF Gender Clinic
<https://transcare.ucsf.edu/>
- Stanford LGBTQ+ Health Program
<https://stanfordhealthcare.org/medical-clinics/lgbtq-health.html>
- Kaiser
<https://mydoctor.kaiserpermanente.org/hcal/health-guide/gender-affirming-care>
- San Francisco Community Health Center
<https://sfcommunityhealth.org/medical-service/transgender-health/>

Legal Services and Community Support

- TGI Justice Project
<https://tgijp.org/>
- Transgender Law Center
<http://transgenderlawcenter.org/>
- National Center for Transgender Equality
<https://transequality.org/know-your-rights>
- Communities United Against Violence (CUAV)
<https://www.cuav.org/>

Community-Sourced Media

Thanks to everyone who has already shared book recs and added to the playlist. Check out the links below to share your favorite gender-related reads and music.

To make a book rec:

<bit.ly/nbreadstrecs>

Inspiration through music:
<spoti.fi/3WT72lS>



To find reading inspiration:

<bit.ly/nbreadrecslist>

From @gaywallet

To anyone out there that needs to hear it, no, you're not intruding upon that explicitly gendered space regardless of how new you are to exploring your identity. Male bonding space? Women only? You have just as much right to enter even if you're worried people might still read you as a gender you aren't if it seems interesting and applicable to your interests. The world hasn't caught up to our needs and our language yet but you're still valid in your experiences and your desires. The best part about going is that if it doesn't feel like a place you want to be you can leave and you'll be leaving with just a little bit more knowledge about yourself or the communities around you.

From Milky H

Once upon a time I wore bras. My chest was so heavy! I needed the support, but I had this one bra that was magic. It was a cheap ass sports bra two sizes too small. It stayed with me through the years and I couldn't place its magic. I wanted to be lifted up from the sides and below and this little guy tried with all its might to hold up the weight. During COVID I gained weight. I put it all in my chest. My little bro that could started to give up and I mourned it. I didn't know why it was so important to me. After years of soul searching I came out to myself, and after battling not feeling trans enough I finally bought a binder. I could finally BREATHE. I could finally fit, I could finally look as I wanted to be, a space oddity. An aquatic creature. A man. A slippery thing. Then I realized my old friend, my little bra that could was a baby binder all along. This is to all the people to all the affirming baby steps we make, the little discoveries we didn't realize we had! I didn't know I was trans enough all along to enjoy the fruits of discovery that other queers made for us. Thank you little binder, I love you.

HELLO JAYS, GEMS, AND BARNACLE BOYS!

If you've made your way to clicking open this doc or turning the page, this place is for you. We're so glad you're here.

This zine comes to you from the warm waters of nonbinary friendship. Having just received an IUD (intrauterine device) for gender-affirming reasons, I was lamenting to my sweet friend MB about how I wished someone had told me I could do this ages ago. It felt like one relatively simple way to dive deep into the murkiness of my own gender revelations. I had truly never considered birth control as someone who, at the time, was not having sex with anyone who could immediately get me pregnant.

I cried out, exasperated, wiggling my wrists like soft, wet noodles, "There's no handbook for shit like this!"

- and then we looked at each other, smiled, and said -

"Yet."

We invited our community of enbies to share based on the prompt - "what did you wish you had known when you were first exploring your gender?" with the dream of putting together a "welcome packet" for folks just starting out in their gender journey.

Our hope is that this reads not "one size fits all," or "here are the only 5 correct ways to be nonbinary," but more like a loving older sibling shoring a sweet welcome. In the spirit of leaving this place better than we found it, we created this zine as an offering to anyone who is curious, in need of a lil nudge towards gender extravagance and exploration, and anyone who loves someone who has a gender that doesn't fit neatly into a check box - or literally whatever, maybe you're pooping at a friends' house and this is in their bathroom. We welcome all experiences.

Lots of these notes and affirmations came from folks on the app, Lex - thank you sweet strangers, for letting us into the home of your mind. To our friends, boyfriends, joyfriends, partners, and partners of partners who contributed, we love you and are grateful for these beautiful gifts.

Now let's roll out the red carpet, rev up the engine, and get going on our journey together through these pages. We're so glad you're here.

With all the love in the rainbow,
Your zine co-conspirators,

MAD + ASH

SHARE WITH A PAL
NBZINE.COM

MB (they/them) and Ash (they/them)



3
© FUNKY ZULU

IDK, I REALLY
JUST CAME OUT
AND I
FEEL LIKE

AND THAT I
SHOULDN'T BE
GIVING ADVICE TO
ANYONE - BUT HERE GOES...



THINGS I WISH I KNEW (AND THAT HAD I REALIZED EARLIER I MIGHT HAVE HAD AN EASIER TIME COMING OUT)

i thought i had a responsibility _____
for everyone's feelings _____

and if i did my best to meet
everyone's needs that we would
be collectively happy _____

and then i was disappointed when
they didn't react with happiness
or reciprocity _____

CONTR
I CAN NOT
HOW PEOPLE
WILL REACT

all i can do is try and meet
my needs / work on my feelings
i have to let go of
feeling responsible to
how people react _____
i need to focus on my
own happiness _____

\ i would try and meet peoples
needs without them even asking

as if reading minds was
possible and a sign of a
strong relationship _____

About needs
i also never ever asked about my
needs and expected people to meet them

netto expect

i have to be able to ask for
my own needs _____

all i can do is ask people
for what they want from me,
and then say Yes or No _____

i have to hold space for them
to say Yes or No to me too _____

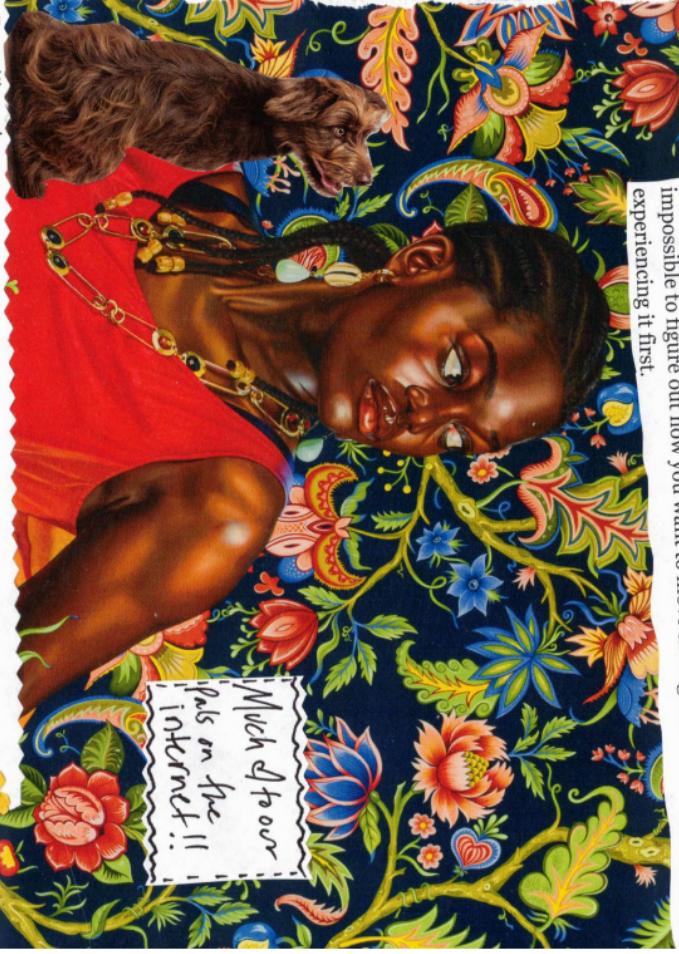
i was constantly afraid
being gender-non-conforming _____
but i had a feeling that it
only felt so strongly scary
because it was so important

FEAR
SANKIET
REGA SOMETHING

to accept that
my body and mind were trying
to tell me something! _____
now i know that if i'm scared
of something it probably
means i have to do it!
i wouldn't be anxious if
it was meaningless, right?

THIS IS SOME OF MY ANECDOTAL EXPERIENCE, YMMV!
I HOPE THIS HELPS, OR GIVES YOU AN OPPORTUNITY TO REFLECT
PLEASE BE KIND TO YOURSELVES, MUCH LOVE,

From Dylan
The best advice that anyone gave me was to focus less on what I felt like I "was" and more on what I "wanted to be" and the things that I "wanted to do." I felt like I needed to sort out my identity perfectly before I pursued anything else. But it's impossible to figure out how you want to move through the world without experiencing it first.



From litnoosh

Some insights that came with time: How you explore your gender is up to you and anyone who has litmus tests for how you have to be enby are folks who are hurting. Have grace and compassion for them but you do not have to engage with them if you don't want to. More often than not, you'll meet people in person who are more open and loving than gatekeepy. When beginning my enby journey, I started a lot online. Which is filled with tons of information, but I'd invite exploration away from screens and more in sensory experiences, community, and in nature alone as well. A flower isn't told they're a woman and have to be a certain way. A tree doesn't have to subscribe to toxic masculinity to survive. Ultimately, give yourself the love and intimacy you deserve. The joy that is rightfully yours. And you'll continue to learn as you grow. There's no finish line. Welcome.

MISGENDERING AFTERCARE 101 CONTINUED...

4. Gender Joyride

Now is the time to do those things that make you feel good in your gender (or lack thereof).

- Maybe that's some gender affirming music/ playlist you can get down to, an outfit you feel smokin' hot in, or doing research / buying / putting on gender affirming prosthetics, underwear, sex toys, and more.
- Starting a note on your phone / page in a journal for moments of gender joy – anything from "Barista called me by the right pronouns" to "I looked great and was loving taking selfies." Keep adding to the list and look throughout it when it's a rough day to remind yourself it's not all tough all the time.
- Animal friends and nature time – gender and thinking about it can be cognitive overload headache, so never minimize the helpful effects of getting to a local park to sit under a nice tree or visiting a friendly dog or cat. My cats have never misgendered me and I love them for it.

5. Game plan

- Sometimes what's going to make us feel better about being misgendered is making a game plan for what to do the next time (or the time after) that it happens.
- Calling in support people – is there anyone who can help you communicate or help with a game plan of action? Asking in a support group or supportive online space can be a great way to hear what others have done in similar situations.
- Enlisting an ally to talk to someone on your behalf about using your correct pronouns and name is an excellent way for cis-gender folks who care for us can step up.
- Practice! Practicing alone or with a friend what you would like to say in a future situation can be helpful to gain confidence to assert your pronouns, name, or another boundary around inappropriate behavior.

6. Giving ourselves a break

- After experiencing something invalidating or stigmatizing related to our gender, it is easy for gender dysphoric feelings, self-criticism and doubt to start swirling around. If we additionally are frustrated with ourselves or our feelings around the situation, it can no fun, very fast. Time to give yourself a big ole' break when you've been smacked with some misgendering. Any rest you are able to take, help you are able to ask for, is a gain for all of us as a community.

May you be free of the suffering of the gender binary, may you always be connected to the joy of nonbinary, queer, trans liberation.

Much love, Townsend Lotz-Nigh (he/they)



Which of these
feel most like
your gender?

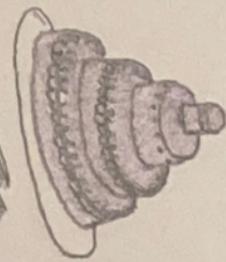
A 4 layer cake



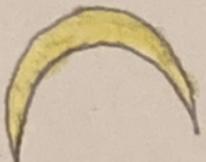
A kite



A dark forest



A Book



the moon

Draw your own





Dear Sib,

Feb. 2023
Shevat 5783

Sending you love wherever you're at. To me, you are holy, and I bet you're smokin hot too. I want you to know that nonbinary or genderqueer or trans or however you identify is a journey. That's what's so gorgeous about it. Today, I identify as nonbinary transmasculine; I use they/they pronouns, and on a day-to-day basis, I am feelin myself. I haven't done hormones or surgeries, and I don't know what I will - and I know now that I am still trans, still nonbinary, still hot as fck... all of which I say to say that when I began sitting with all this (which tbh was forever ago), even though I don't have a classic "born this way" narrative, I didn't know if I "counted". I asked myself all the time, "Can I claim this label, these pronouns, this community? Do I just want to be part of the in-crowd, the queers who are respected

MISGENDERING AFTERCARE 101

Being misgendered (or deadnamed) is proof that words can fucking hurt. Maybe it doesn't sting so bad on some days- but it's always good to have a plan if you think it's something you might (or do) experience as painful. See what works for you, find something new, share with others!

1. STOP. It's feelings time!

- Whenever you can post-misgendering situation, it can help to find some quiet time alone to non-judgmentally feel YOUR feelings about it.
- Maybe you have 5-15 minutes to go on a walk later that day or weekend and feel rage, sadness, numbness, despair, and those funky body sensations that come with it.
- I find it helps to set aside my thoughts around the person who misgendered me, which can sometimes lead me to downplay my emotions ("I know he's trying, maybe I'm not patient/assertive/xyz enough...") and make sure the time is just for me to feel the suck-i-ness and anger of it all. Action can come later.

2. Connect to community ~ Pronoun/name buddies

- If you have a supportive person or online group you can message— recommend asking to see or hear people using your correct name/pronouns, which means writing about you in the third person (Townsend is a cool person, they are obsessed with their cats). This can be a nice thing to receive during a family event or workday that's going to involve misgendering.
- Paying back the favor when someone is trying out a new name or pronouns or are similarly having a tough day due to misgendering can be a nice way to spread the love.
- If this one is not your style, reaching out for the kind of support you would like (cute animal vids, memes, time to vent) soon after can be a good antidote for the feelings of aloneness misgendering can stir up.

3. Thanking our Transcestors

- When I'm getting stuck in feeling like my gender is a burden to carry in this world, I remember some sage words from a trans support facebook group I followed, "Thank your transcestors for being trans."
- Doing some research to learn about trans/queer/gender nonconforming people from the past (or present) who reflect you, communities you come from, or you feel some connection to can be a powerful support to draw upon.
- When you're feeling the pain of misgendering or other gender-related microaggressions, take some time to imagine your transcestors sending you love and appreciation for you, hope for your future, resilience and strength. They have your back.



DEAREST LIZ*

Congrats on finally coming out as non-binary! You have a beautiful, sparkling rainbow road ahead of you. There are a few things I'd like you to know to make your journey a little bit easier.

- You get to come out at your own pace. You don't need to tell every person all at once. You can start with those closest to you, friends, acquaintances, co-workers at any pace and in any order. You don't have to tell anyone at all. You may choose to share or not share depending on the circumstances and your feeling of comfort and safety. You are not doing anything wrong if you choose to not tell someone, or if it feels more comfortable to wait.

- You will have moments of imposter syndrome and ask yourself "Am I really non-binary? How will I know? That person looks more NB than me, am I afraid?" Yes, you are non-binary enough to be non-binary. These questions are steeped in internalized transphobia and reflect historical cis gatekeeping, skepticism, and ignorance around trans experiences. Feel free to examine them, and then release them. Over time it will be easier to ignore these doubts, though those thoughts may pop up once in a while.

- What about T and top surgery? We're still working on that. Just know that your journey is not right or wrong. Choosing comfort over discomfort is not wrong, wanting to be gendered more correctly by others is not wrong, having difficulty making a decision is not wrong. Your physical presentation is not what defines you, even if that's what others want you to believe. Take your time, slow down, these options will continue to be available to you and it's ok to not be sure.

- You're going to be misgendered. All. The. Time. You don't have to feel ashamed about correcting people and you don't have to feel ashamed about not correcting people. If and how often you correct others is up to you. Surround yourself with allies and friends who get it right every time, and the pain of those who get it wrong will sting a lot less.

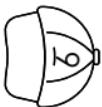
- It's going to be ok! The people who you care about the most will continue to love you and accept you. It may not be perfect, it may not be easy, there may be hurt and frustration and you may feel like some people don't really understand you and perhaps never will. The good news is that for some of those special people, they will understand more over time, and even if they don't get it right at first, some of them will come around and surprise and delight you!

- Build community. Joining a non-binary group and hearing about other people's joys and frustrations is an amazing way to learn more about your own experience. Meet people, go to queer events and queer spaces. Yes, you are "queer enough."

Most of all, I love you and I'm so excited for you to become more you! Claiming your identity puts into place a big puzzle piece that was missing, and you are going to feel more confident, powerful, and grounded than you ever have in your life. It's going to be spectacular.

All My Love,
Davi

*This is a love letter they wrote to themself.



for their 'bravery' or specific struggles that make them 'wise'? "I don't have dysphoria most of the time; I love my body most days... do I still get to be trans?" Even years into using they pronouns, I still doubted myself. No one that knew me doubted me but me. And through community, time, drag, sex, asking for reflections from others, seeing others' journeys, personal healing, I came to feel that, yes. I "count." I am who I know myself to be, and that is a fucking gift I must offer if I can. Take your time. None of this or has to be linear. You can make a choice today and change your mind tomorrow. You're brilliant as you are, and who you are will change. Thank you for being you.

Big love & ~

M

"Trans people show the world
that transition is possible!"

~~~~~> Alok Vaid - Menon



# GO TO FUCKING THERAPY\*

*Tips about finding a therapist/working with a therapist from an actual therapist.*

Finding a good fit is incredibly important. If you don't feel a connection in the first meeting, don't work with them. I've worked with therapists I didn't feel a connection with and it went poorly. Your gut is right! It's important to ask if people have experience not only with your identities, but also specifically with gender affirming care.\*\* You don't want to have to educate your therapist, or end up with a therapist who traumatizes you.

Not all theoretical orientations are the same, and not everyone responds to the same type of therapy. Be sure to ask your potential therapist their approach and how they think it can be helpful for you.

Some therapists use their life as examples in therapy, if you don't want to know about this, you can tell them you don't like it and ask them to stop. If your therapist says something you don't like, or makes you feel uncomfortable, please talk to them about it. It can help you to feel empowered, and it helps build trust in the therapeutic relationship.

During consultation calls I often get asked by potential clients what kinds of questions they should ask. So I made a list for the best ones.

- What will a session with you look like?
- What is your competency working with “[insert identities / things that will likely come up – transibly, poly, kink]”?
- What is your relationship to your own personal therapy?
- How do you address the power dynamic in our relationship?
- (If they are white) What kind of anti-racist work do you do?
- What does trauma informed therapy mean to you?

To find a therapist check out: Therapy Den, Inclusive Therapists, Poly-Friendly Professionals Directory, Kink Aware Professionals..

If you live in the Bay Area (or CA and are open to telehealth) check out Bay Area Open Minds and Gaylesta.

TW: Stay away from anyone associated with the Gender Exploratory Therapy Association (GETA). They are basically gender conversion therapists.

\*I know therapy is a privilege not accessible to everyone for SO many reasons. There are therapists who offer sliding scales, as well as clinics that accept low fee clients. Therapy can be really helpful in unpacking cisnormative thinking that is embedded in our psyche.

\*\*Gender Affirming Care is designed to support a person's gender identity and not to fix it.



# Myths about Trans people\*

\* Some are true for some trans people. Not all.

- ① They're not really trans unless they start hormones or have surgery
- ② They all have body dysphoria
- ③ They all "knew it all along"
- ④ They only transition once and can't change again
- ⑤ They all feel "stuck" in their bodies

You are enough!