

PAY-IT-FORWARD

BINDER PROGRAM

**TRANSFOLK
of WA**

WHAT ARE BINDERS?

Many trans masculine, gender diverse and non-binary people use tight tops called 'binders' to help flatten their chest and make them feel more comfortable in their body.

Binders are an essential item for many trans, gender diverse and non-binary people – but many folks can't afford them and end up using unsafe binding methods.

Wearing a binder can be a source of gender euphoria; helping folks feel confident, at home and authentic.



THE PROGRAM

TransFolk of WA has started a Pay-it-Forward Binder Program, which seeks to give free binders to trans, gender diverse, and non-binary folk in WA who otherwise could not afford one. The binders are paid for by donations.

PROGRAM IMPACT

TIME PERIOD: OCT 20- FEB 21
FOUR MONTHS

REGISTRATIONS: 136 PEOPLE

To help gauge the impact of the program we have launched a survey that's sent to people who register for a binder. A few months after receiving a binder, they will also be sent a follow up survey.

The survey uses quantitative and qualitative questions.

SURVEY: 49 PARTICIPANTS

14.7% from
regional
WA

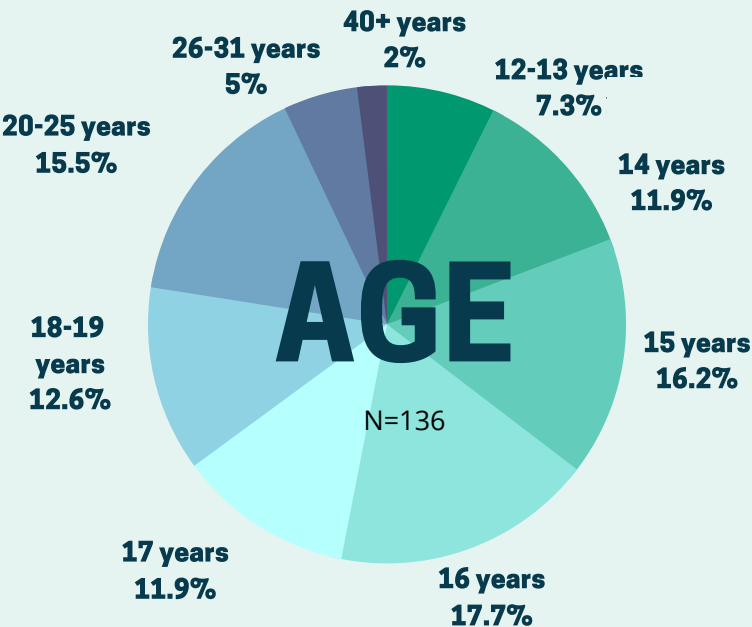
52.2% posted
47.8% collected

Survey
completed by
36% of
registrations

BINDER PROGRAM



THE STATS



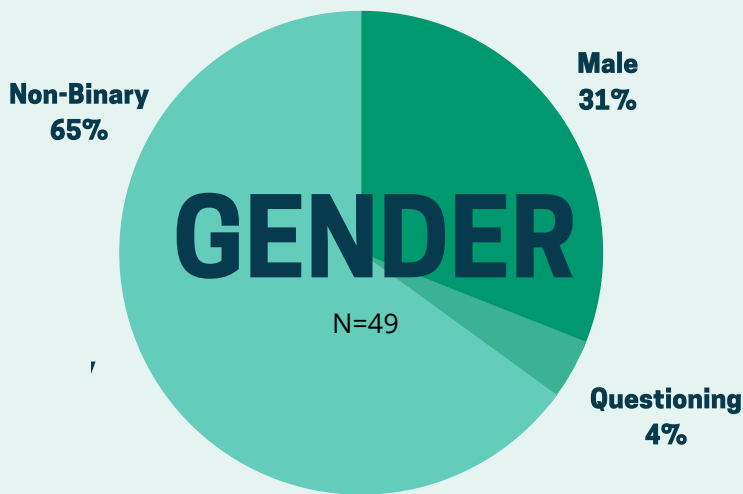
AGE RANGE:

12- 60 YEARS

12-25 YEARS = 92.6%

AVERAGE AGE: 17 YEARS

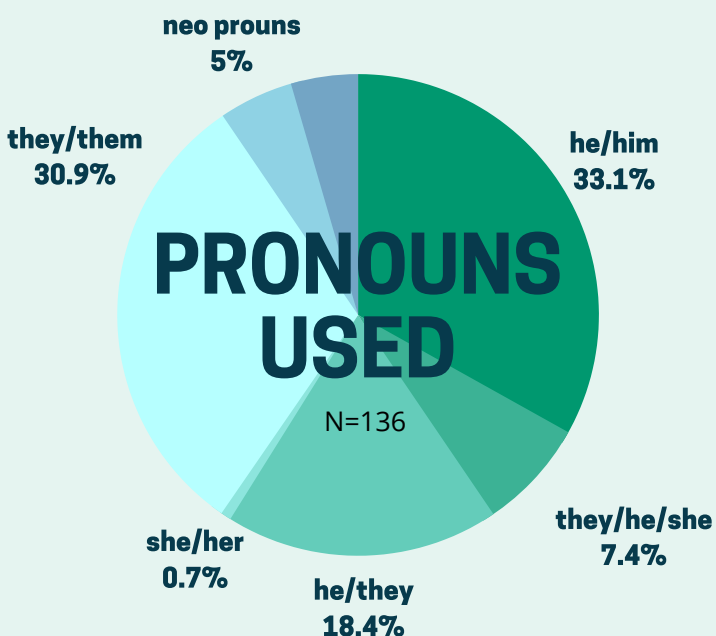
MOST COMMON AGE: 16 YRS



WORDS USED TO DESCRIBE GENDER

NON-BINARY

AGENDER ENBY TRANSMASC
 TRANSGENDER QUESTIONING
 GENDERQUEER QUEER TRANS
 ALEXIGENDER GENDERFLUID
 MALE DEMIBOY FLEXIBLE



SETS OF PRONOUNS

ONE SET = 65%

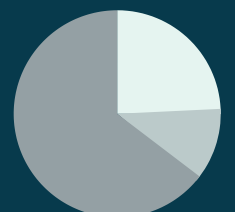
E.g. (they/them) or (he/him) or (she/her)

TWO SETS = 24%

E.g. (they/he) or (she/they)

THREE SETS = 11%

E.g. (they/he/she) or (he/they/xe)





BINDER PROGRAM

THE STATS

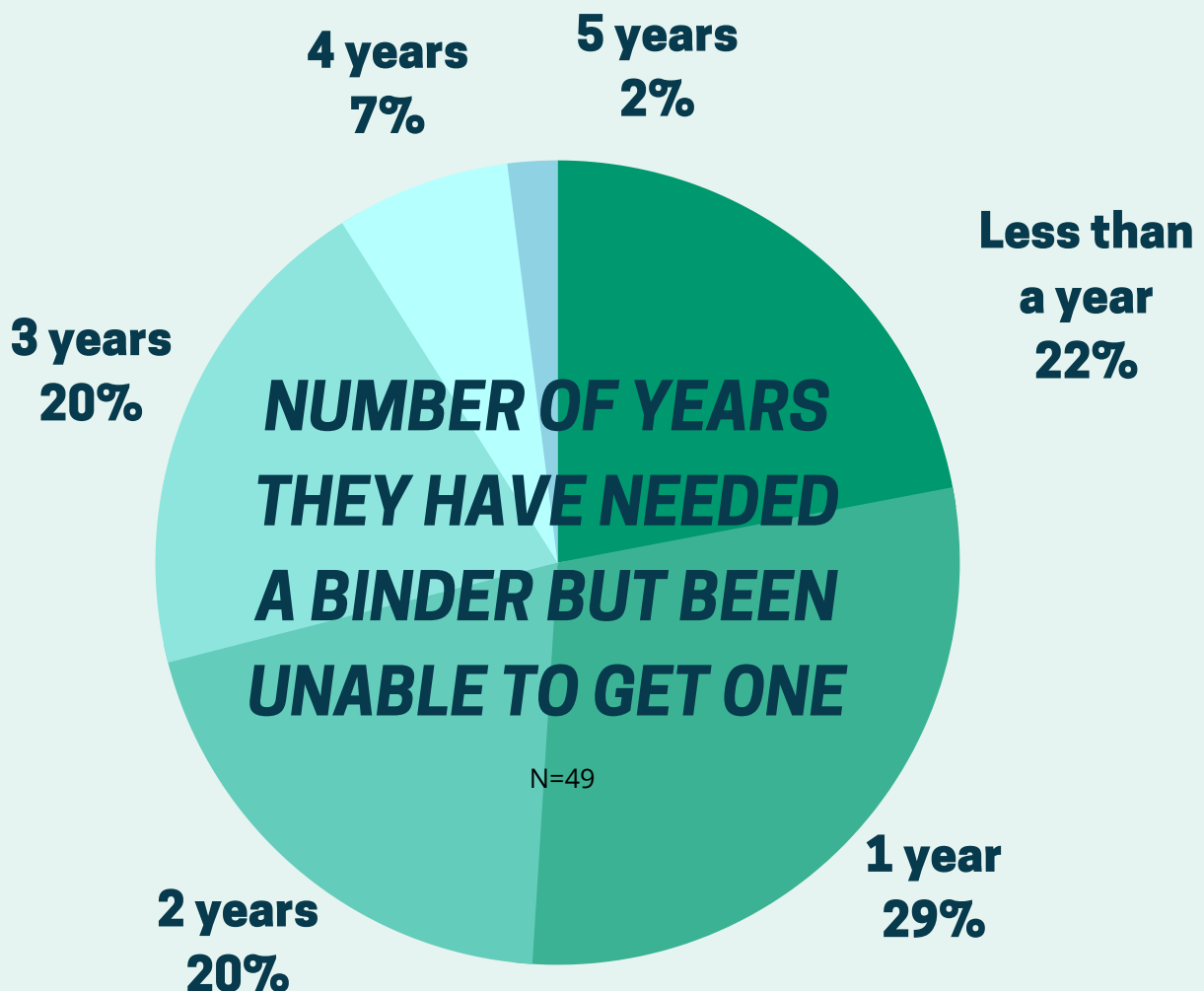
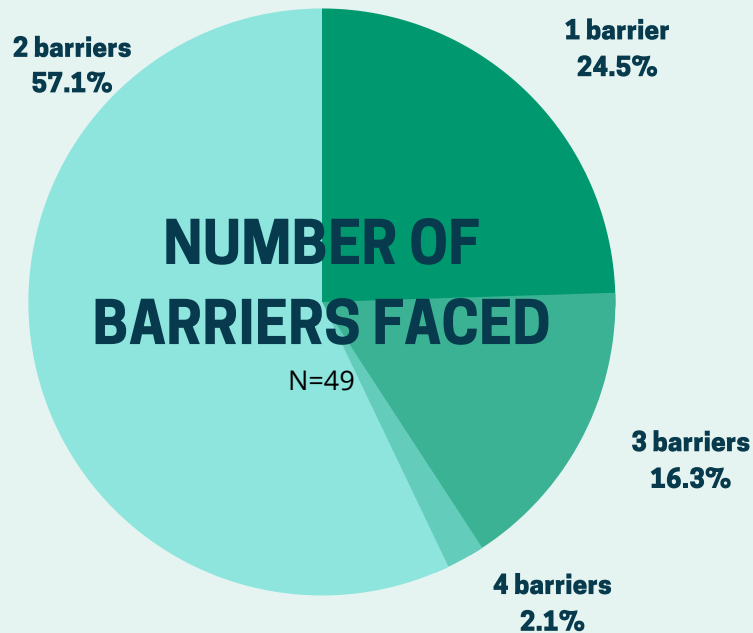
BARRIERS FACED

FINANCIAL HARDSHIP
85.7% Couldn't afford to buy a binder

UNSAFE HOME
40.1% Didn't live in a home where they could have a binder posted to them. Worried about family's reaction.

LACK OF KNOWLEDGE
49.0% Weren't sure where to get a binder or which one to get.

DOUBTING NEED
6.1% Questioned whether their identity was valid enough to use a binder. Didn't want to take a binder that someone else might need more.





BINDER PROGRAM

WHAT DOES HAVING A BINDER MEAN TO YOU?

Responses from people who have received a binder from this program

WHAT HAS IT MEANT TO YOU TO RECEIVE A BINDER THROUGH THIS PROGRAM?

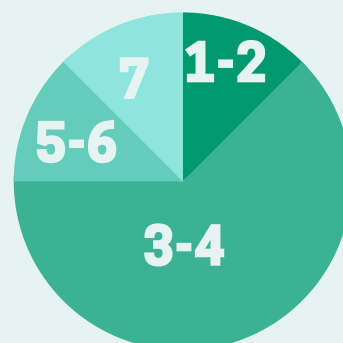
- *I have been able to feel more comfortable with my body.*
- *It has meant so much to me, not only with the gender euphoria of having the binder but also with the freedom it has offered me in the way I dress and the knowledge that people are looking out for us. I'm still in awe that this was actually free and that there are people out there who were willing to do this.*
- *It felt really amazing and special that people donate to help young trans kids like myself ♥*
- *I can actually go out in public and feel confident in my appearance.*
- *Made it an accessible option for me.*
- *I can finally express who I am.*
- *It means a lot, my heart is warmed by the generosity.*
- *Absolutely the world! I got it for school and it's honestly feels so much better walking around at school and it's now so much easier to be myself.*

WHAT DID IT FEEL LIKE WHEN YOU FIRST RECEIVED A BINDER FROM US?

- *I cried when I collected my binder it was so overwhelming to see the way I looked with it on and to feel the support of the people who were giving it to me.*
- *Super excited!!*
- *Over the moon with excitement and joy!*
- *Excited - wow!*
- *Euphoria*
- *I felt relieved, and I felt seen.*
- *Absolutely shocking I think, I was like no way this is real for so long. and it had only hit me that this was in fact happening and I was one step closer to presenting how I want when I was on the doorstep collecting it. Absolutely surreal.*

HOW DO YOU FEEL ABOUT YOUR APPEARANCE WHEN YOU WEAR A BINDER?

- *I feel empowered by my appearance when I can see that I am flat chested.*
- *EUPHORIA ♥*
- *Check myself in the mirror twice pickup my smile leave my dysphoria at the door.*
- *I feel confident, and powerful. its given me the freedom to alleviate dysphoria, and take control of how people perceive me.*
- *Great! it honestly makes me feel amazing.*



NUMBER OF DAYS PER WEEK THEY WEAR A BINDER

N=8

BINDER PROGRAM

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Responses from people who have received a binder from this program

WHAT HAS CHANGED IN YOUR DAY TO DAY LIFE NOW THAT YOU HAVE A BINDER?

- *I go out more and am more confident.*
- *I definitely have expanded the way I dress, I used to wear only oversized and baggy clothes but having a binder has allowed me to experiment more with my gender expression and my style which has given me so much more confidence.*
- *Not much but just general confidence went through the roof.*
- *I go out more, I see my friends more, I'm wearing cooler clothes during summer.*
- *Increased confidence and self esteem.*
- *I wear clothes that represent me more (MASC).*
- *I go out all the time in all sorts of outfits. wearing a binder gives me the confidence to wear tight clothes, and dress more feminine. its helped me disconnect gender from clothing.*
- *Definitely more comfortable in different clothes now, I don't have to cross my arm everywhere I go and there's less of a sense of dread that appears every time I have to go outside.*

IMPACT ON MISGENDERING

50% Get misgendered less

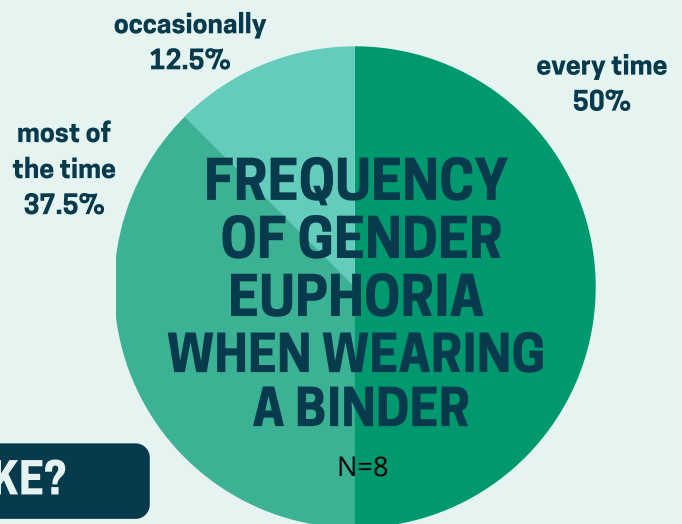
50% No change

N=8

GENDER EUPHORIA

100% Have experienced gender euphoria from wearing their binder

N=8



WHAT DOES GENDER EUPHORIA FEEL LIKE?

- *It feels like an overwhelming satisfaction with how I look doing masculine things like the dysphoria I get from other things doesn't matter because this thing is so overwhelmingly masc it outweighs everything else.*
- *I feel more comfortable.*
- *It's just like AHHH this is so cool I feel awesome.*
- *One of the most amazing feelings, I feel comfortable in my own skin for a while my mood is much better than it use to be.*
- *Freedom!*
- *Extreme happiness, finally look like I want to.*
- **Weightlessness/comfort. It's like I can finally look in the mirror and accept myself as myself.**
- *It feels like being comfortable in my clothes. dysphoria to me has always been discomfort in my clothes and lack of wanting to be in them because of how I look in them, but now with the binder, I can say for sure I'm experiencing euphoria!*

BINDER PROGRAM

WHAT DOES HAVING A BINDER MEAN TO YOU?

Responses from people who have received a binder from this program

WHEN I WEAR MY BINDER I...

- *When I wear my binder I drift closer to the person I'm meant to be.*
- *When I wear my binder I feel euphoric.*
- *When I wear my binder I love how I look!*
- *When I wear my binder I'm able to dress to the "norms" of society and pass as a male, and experience gender euphoria whenever I'm called by my name or correct pronouns.*
- *When I wear my binder I feel more my real self!*
- *When I wear my binder I feel more comfortable with my body, even though I have to do some adjustments (to get rid of uni boob).*
- *When I wear my binder I honestly feel comfortable wearing most things and am overall more confident and cheery.*



FEEDBACK

- *I just wanted to say thank you again for doing this it means so much*
- *it was amazing and I'm super dooper grateful ♥♥*
- *Fantastic support*
- *It's amazing they help a lot*
- *the registration process was quick and easy, though was hard to come by (I heard about it too late), but the people who run the program are so friendly, incredibly punctual and helpful. it wasn't the quickest process, but overall came sooner than I expected. I was overjoyed and I have those involved to thank ♥*
- *This is an absolutely incredible program, I'm so thankful for it, honestly one of the biggest milestones in my life when it comes to expression (right next to cutting my hair short). So from the bottom of my heart ((and probably every trans kid this has helped)). Thank you!*

WHAT WOULD IT MEAN TO YOU TO HAVE A BINDER?

Responses from people who have registered for a binder but not yet received one

- *It would mean everything, I would finally begin to be myself and to feel comfortable with myself*
- *It would mean that I will be able to feel more comfortable and confident as myself, both physically and socially*
- *I'd finally be able to portray my inner image on the outside*
- *I would probably cry, it would mean I don't have to feel like such a freak some days*
- *The world. I'd be so happy beyond belief. I don't know how else to describe it.*
- *It would be a way to get through my dysphoria without potentially putting me in danger within my home.*
- *It would mean I can finally feel comfortable in my own skin and actually go outside feeling okay*
- *so so much id love to be able to finally be myself :) so thank you so much <3*
- *It would mean feeling way more confident and comfortable in public and hopefully get misgendered less*
- *I think it will be very validating and have a positive emotional impact on me, it will also help me out a lot financially.*
- *It would mean the world.*
- *It would mean the world for me and my friend (he needs one and I'm testing this to see if it's ok)*
- *Mentally i would be at ease and feel less stressed about myself.*
- *It would really help me with my gender identity crisis and body image, I always feel as though I always get misgendered because of how feminine I looked. And I never felt as though I was "attached" to myself.*
- *It would mean so much to me, as i would feel comfortable in my own body again.*
- *It would mean that my body would feel like it belongs to me again and I'd be so grateful. This program has given me the chance to access necessary transition materials. As my dysphoria has led to intense mental health problems.*
- *It would mean the world to me and would absolutely improve my mental health.*
- *A lot as I feel I'd finally be a lot more comfortable in my body*
- *it would mean I could go outside and feel a bit more at peace in my body. it would mean I could feel comfortable looking in the mirror before I leave and mean I feel comfortable being seen by other people*
- *it'd mean I'd feel a lot more comfortable*
- *it would mean finally feeling safe in my body*
- *it would mean that I can possibly gain enough courage to put how I feel into words.*

WHAT WOULD IT MEAN TO YOU TO HAVE A BINDER?

Responses from people who have registered for a binder but not yet received one

- *It would mean being able to look at myself on those days when I'm feeling extra dysphoric*
- *That I'd be able to feel comfy in my body and I'd feel gender euphoria to seeing my chest flat and I wouldn't be misgendered in public anymore*
- *Everything. It would mean absolutely everything to me. An increase in self confidence, self security and self image.*
- *It would give me so much more comfort and confidence with my body, and allow to step more fully into a non binary space of my mind without the physical barrier of my own body*
- *I can start feel and look myself and my mental suffering will reduce*
- *It would mean the world. I could go to school and get changed without having to feel like crap, I'd be able to live my life without chest dysphoria. (Especially outdoors)*
- *Getting a binder through this program would mean a lot to me as it would mean that I can feel completely myself without putting myself completely in dept.*
- *It would mean the world to me*
- *Relief to be able to leave the house comfortably and feel more valid in my identity, even though I'm not entirely sure what it is I know a binder will help bring me comfort in myself*
- *it would help me feel less dysphoric, and make me a lot happier ,thank you for making this program exist and starting it up*
- *It would mean everything I would feel happy and safe to go out and public and pass and feel like I won't get weird looks and feel truly myself and have my ideal body look from another person prospective*
- *So much, I know this program is a good resource and I've had a friend recommended it to me I feel like I'd be so much more comfortable in my own skin*
- *It will mean I can wear a button up shirt before top surgery (my current binders being large means such a shirt is risky as readjusting is tricky), which means gender euphoria for me.*
- *I will be literally beyond happy, I can't imagine how I would feel getting one. I'm very insecure about my chest and this binder will mean the world to me, Thank you <3*
- *It would mean freedom. Feeling more comfortable and confident in my own body*
- *I would be eternally grateful of such a generous program that benefits so many people who would otherwise remain unhappy. It's one thing that would help my struggle towards understanding how to be happy with my body.*