

SAFE BINDING

Hey there, gorgeous humans! Ready to feel comfortable and confident in your own skin? We got you covered! Literally. Here are some tips for safe binding:

Know Your Size

Make sure to get the right size binder. Measure your chest accurately for a snug fit without restricting breathing.

Invest in Quality

Opt for binders made from breathable materials like cotton or spandex. Avoid makeshift binders like ace bandages or duct tape – they can cause serious harm!

Listen to Your Body

If it hurts, STOP! Binding shouldn't be painful. Take breaks and give your body time to breathe.

ARCUS @ yg

For parents and carers where a child within the family is transgender or exploring their gender identity. Empowering you to support your child as they explore their gender identity.

Young Gloucestershire supports young people to have the confidence, motivation and skills to improve their lives.



Limit Wear Time

Don't bind for more than eight hours a day. Your health comes first!

Stay Hydrated

Drink plenty of water, especially when binding, to prevent dehydration.

Take Care of Your Skin

Wash and moisturize regularly. Give your skin some love!

Know the Risks

Be aware of potential risks like rib and back pain, skin irritation, and breathing difficulties. If you experience any discomfort, seek medical advice.

Find Support

Reach out to LGBTQ+ communities for advice and support. You're not alone!

Remember, your safety and well-being matter most. Embrace your uniqueness and rock that confidence, because you are fabulous just the way you are!

Useful Websites

www.spectrumoutfitters.co.uk
www.pointofpride.org/free-chest-binders#faq

