

the world is a scary place for a lot of us right now, and it's easy to feel powerless and alone. when we feel like that, it's hard to think of what we can do, to make things better for ourselves and for others.

here are 10 ideas to get you started with thinking creatively about how to respond to our situation.

reach out

ask people around you how they're doing. tell them how you feel. spend time together

cook and eat together. go for walks. cuddle. exist in the same room as each other. remind yourself and others that you are not alone.



protest

look for protests near you, or organise one.

talk to local queer people and organisations and look at their social media. if there is nothing near you, look for resources on organising your own.



make art
write, draw, shout. fold paper, express yourself and how you feel.
art can help us understand how we feel, help us be understood, and make a statement. even where language fails, you can make art just for yourself, and it doesn't have to be political. choose whatever medium works for you, and keep creating.



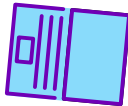
request solidarity

talk to other people. explain what's happening. ask for help.

it can be hard to ask for help, but it's ok. ask for help even if you don't know what you need. accept help, and offer it. work across all your networks: friends, family, comrades, etc.



write a letter
write to your MP or a news outlet. find or start a petition or an open letter.
think about what you want, who could help, and what you want to ask of them. if you're collecting signatures, think about who's position carries weight, and how to publicise your campaign more widely.



put up flags
print flags and posters, stick them up in windows, and on the street. organise a poster workshop.
keep yourself and other people safe. think about where you are declaring trans inclusive space, and what you need to provide safety and accountability, like deescalation training.



make resources
join or start a group. produce a zine. put on events like talks and clothes swaps.

get together and share information about what's out there for your local communities. network with each other and stay in touch. identify needs like food, housing, clothing, medication, etc. and build open solutions.



get on with your life

pursue the life you want to live. seize as much autonomy as you can.
don't let fear restrict you before the state even has the chance to. focus on joy, care, and rest. be compassionate to everyone, but not least yourself.



organise

find like-minded people. create supportive environments. form connections. plan together and focus your efforts.

try to bring as many people together as you can, not just your friends, but everyone affected, whether you would get along with them personally or not. diversity is strength.



do research

answer your own questions. publish your work. practice what you learn, and learn from what you do.



learn as much as you can, learn about anything, from endocrinology to equalities law. keep asking questions. how did queer and trans people overcome oppression in the past? what does your local trans community need today?

How to fold this zine:

1. Fold along the solid and dashed grey lines to make a 4x3 grid.
2. Cut off the excess at the bottom.
3. Cut into the dashed lines to make a long strip of pages.
4. Start folding back and forth, from the page in the bottom left of the other side. Fold the strip of paper so that the blank sides come together.
5. Fold the front cover underneath and around to complete.
6. Optionally glue some of the backs of pages together to make it easier to flip through.



made with love
by transfems
for everyone



wanna help make our next zine?
email queers@centrallancashire.co.uk

