

FINDING THE RIGHT FIT

First, find the sizing guide for the company you're buying your binder from. Don't simply rely on your shirt size. For information on how to take your measurements, scan this QR code or visit this website.

<https://tinyurl.com/548r27fa>



WHERE TO LOOK

People typically use chest binders from companies such as gc2b or Underworks, although layering clothes or wearing a tighter sports bra is also effective. If you have back pain or just need a comfier option, TomboyX has compression tops that don't bind as tightly but still work wonderfully! This QR code links to a list of places to purchase binders.



<https://tinyurl.com/5cz8bw44>

Our Resources

Parents 4 Parents

Unites parents of LGBTQIA+ children of all ages, allowing them to discuss their families in a safe, private space

Gender Blender

Provides a social support network for transgender and non-binary adults

Clothing Closet

Provides free clothing to LGBTQIA+ individuals

Prism

Provides a safe and caring space for LGBTQIA+ youth, ages 11-18

The Center Project's mission is to provide a safe space for LGBTQIA+ people to learn, grow, build community, and access support and resources.

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BINDING 101



WHAT IS BINDING?

Chest binding is something that some trans guys, transmasculine folks, and AFAB non-binary people do to flatten chest tissue for the purpose of increasing comfort with one's gender presentation. Binding can reduce gender dysphoria and increase confidence!

TAKING CARE...

Of Your Binder

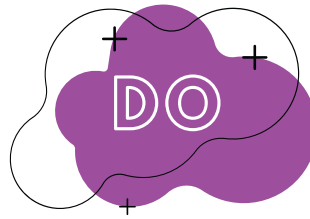
It is recommended that binders get washed regularly to lessen skin irritation or rashes. Binder companies suggest handwashing and air drying, but lots of folks wash and dry their binders with all their other clothes.

Of Yourself

When you take your binder off, take 5 deep breaths to move around your lungs. Binding can frequently cause back pain or shortness of breath.

Scan this QR code or visit the link below for exercises to alleviate these issues.

<https://tinyurl.com/2p88mjsz>



- **Choose breathable material and the correct size.** Having the right size binder is vital to safe binding.
- **Keep cool.** Binding in the summer can cause you to sweat a lot. Make sure you wear breathable clothes and stay hydrated!
- **Take breaks from binding and listen to your body.** Try to have at least one day a week where you don't wear your binder. Take your binder off when you're home if you are able.
- **Remember that not even cis men have completely flat chests.** Binders will often not get you completely flat, but certain clothes like flannels or button-ups can help you achieve the appearance of a flat chest.



- **Use duct tape or ace bandages.** This can cause skin breakdown or hurt your ribs.
- **Sleep in a binder.** Your body, especially your lungs, shouldn't be restricted while sleeping.
- **Buy a binder that is too small.** If you're in between sizes, it is recommended to size up. Squeezing into a size that is too small can hurt your ribs and muscles.
- **Exercise in a binder.** gc2b suggests wearing a size up for light exercise only, but a sports bra really is the safest way to go.

***This is for informational and educational purposes only. For medical advice, please see a doctor.**