

## Totally Outright! Gender-Affirming Self Care (transcript)

Presented by SERC (Sexuality Education Resource Centre MB)

*Traycee, a drag queen in a frilly white dress, pink fairy wings, and pink and white earmuffs, is standing against a white wall with the SERC name and logo across the top of the video screen. She begins speaking to the camera:*

Hi, Traycee here! And I'm here to talk about gender-affirming self-care. Gender-affirming self-care is supportive and affirming of someone's gender identity and expression. It can include things like hormone therapy, counselling, or surgery, but it doesn't always. Gender expression can always [be] explored by makeup, haircuts, clothing, chest binder, gaffs, or packers.

We also know that accessing gender-affirming care isn't always easy. Lately, accessing healthcare in general can be a challenge. Long wait times, backlogs, and less available staff are creating barriers to care.

For those in our community looking for gender-affirming care, there are added hurdles with limited options, like having to travel to urban areas, financial costs not covered by our health system.

All of this can impact our mental health so it is important to take care of ourselves and our community.

Practicing self-care and community care can help. Focus on the things that lift you up and build connections with others; find space to explore your gender identity and expression safely; and have folks you can talk about the challenges [with] while waiting for affirming care.

This can be a family member, counselor, or even a friend. Support groups are another great option since they offer connections to folks with similar experiences who may be able to share tips on what's helped them. Everyone's journey is unique. There is no one-size-fits-all approach to gender-affirming expression or identity. Don't be afraid to explore your options and advocate for yourself. Finding the right path for you is what matters.

*Traycee ends her speaking time with a smile, and credits begin to play.*

Credits:

Gender-Affirming Self Care

Starring Traycee

Created by the Totally Outright Team – Jessica Stefanik, Raven Rickner Zacharias, and Waqar Ahmed

With support from Samara Luprypa and Bren Dixon

Music by Nick Petrov

Special thanks to CBRC for supporting our program

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