

## Community connection

Reach out and connect with other trans and gender diverse people

- Join LGBTQIA+ (or TGD specific) community groups, online or in person
- Read or watch TGD stories and videos and documentation online
- Reach out to services that can help you find connections/information such as SHINE SA

## Other ideas

- Save pictures of clothing, hair, makeup styles you'd like to wear or try and imagine yourself wearing them
- Create a self-portrait in your desired hair or clothing styles, try searching "avatar creator" online for an alternate option
- Be creative; draw, paint, write or sing a song/play music about feeling gender affirmed or what it means to be trans or gender diverse to you

*There are lots of different ways to feel gender euphoria. Not everyone will get euphoria from the same things and that's okay. You are valid!*

## Support and contact information

Phone **08 7099 5390**

Email  
**genderconnectcountrysa@shinesa.org.au**

Website  
**shinesa.org.au/gender-connect**  
SHINE SA **08 8300 5300**

Trans and gender diverse pride flags



Transgender



Non-binary



Genderqueer



Agender



Genderfluid



Bigender



DemiBoy



DemiGirl

... there are many more!

GENDER CONNECT  
COUNTRY SA

# Experimenting with your Gender Expression

Non-medical ways to experiment  
with your expression to find  
gender euphoria



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# Gender Euphoria

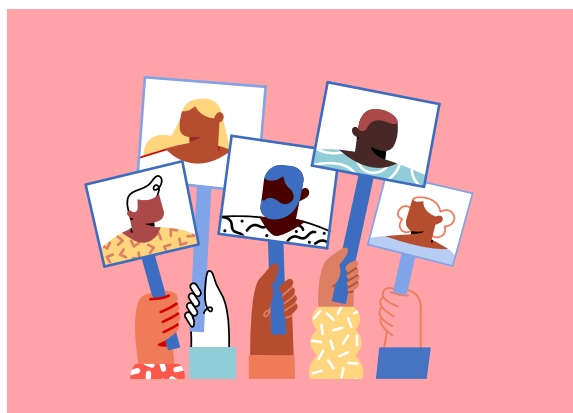
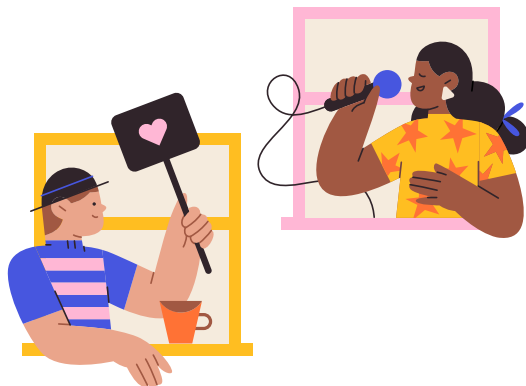
Gender euphoria is the feeling of intense happiness, joy and excitement after having your gender identity validated and affirmed. It can be internal or external and can be as simple as the correct name/pronouns being used.

It's a common misconception that all trans and gender diverse (TGD) folks will want medical interventions. While this may be true for some, it is not the case for everyone. This brochure explores non-medical ways to find gender euphoria.

## Start by creating a safe space

- Find people who you can trust and talk to that support you no matter what (this could be friends, siblings, a teacher, etc.)
- Set up a physical place where you are free to express yourself and feel affirmed
- Decorate your space!

*Remember that sometimes home isn't always the most ideal place for people to explore their gender identity so you might have to get creative.*



## Language

Think about words we use to refer to ourself and our body.

- Write a list of names and try them out (baby name sites are a good start point)
- Try different pronouns: He, She, They, etc.
- Neopronouns (i.e. Ze) and no pronouns are also options
- Change your name/pronouns on social media accounts
- Try out different words to describe your body that are more comfortable, they could be scientific terms or nicknames
- Don't feel 'locked in' to a name or pronoun – you can change them at any point if you feel like they don't honour you

**Tip:** try using a pronoun badge to remind others of your pronouns if you feel comfortable to do so!

## Physical

There are all types of ways we can experiment with our physical appearance to support gender euphoria.

- Change up your hair; dye it another colour, shave your eyebrows, grow out or remove your body/facial hair. Wigs and extensions are options too.
- Try using makeup to contour your face or try a new look. Try some stick-on nails or paint your nails.
- Experiment with some different scents: perfume, cologne, soaps and deodorant, etc.
- Try out some different types or styles of clothing
- Experiment with accessories like jewellery, watches, wallets/purses, bags and hats
- Experiment with voice training videos online, these explain exercises which may help you talk in a higher or lower pitch

*Ask friends/ family members for old clothes or visit op shops for more affordable options. Sometimes community groups do clothes swaps too!*