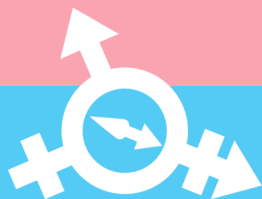


A CÖMIC BOOK

About trans people by trans people

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Trans-Fuzja

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**INTERNATIONAL
TRANS FUND**

Hi, my name
is **Maya**.



My name
is **Kuba**.



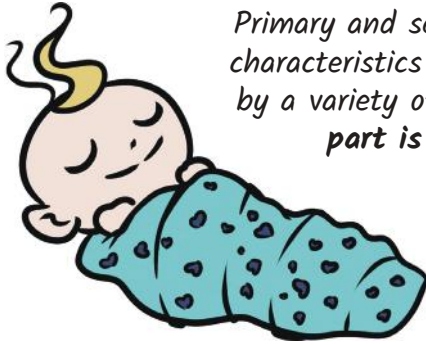
And everybody calls
me **Alex**.



And we want to talk to you about something important
that **connects us**. It's that we're...

TRANS

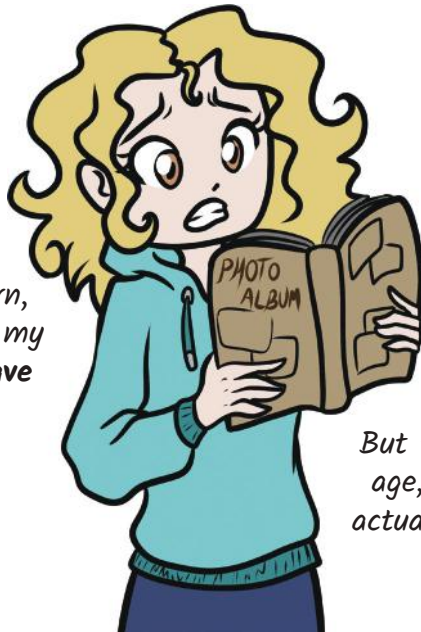




Primary and secondary sexual characteristics are determined by a variety of factors. **That part is biology.**



But gender is something created by us, humans.



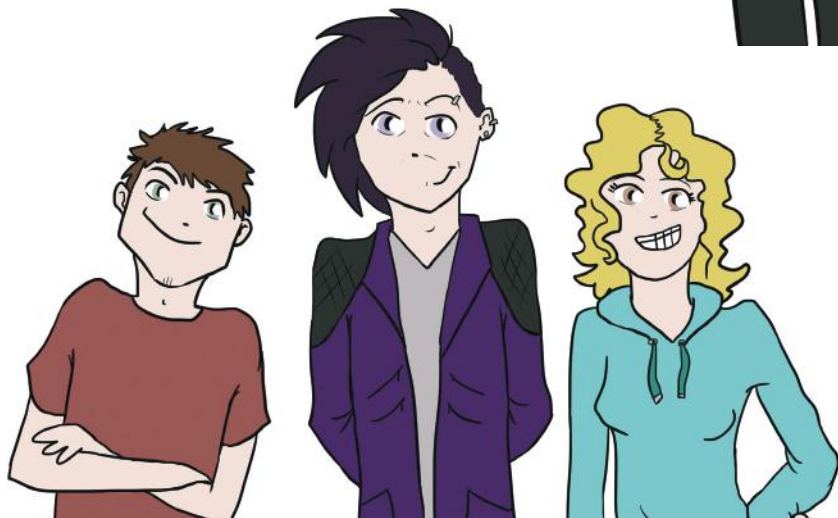
When I was born, the doctors told my parents they have a son.

But from a very young age, I knew that I'm actually their daughter.

I had a typical childhood and only after I hit puberty did I realize that the discomfort that I feel is gender dysphoria.



When my daughter told me she's bi, I began reading up on LGBT people and I found some information about non-binary people. That was the first time I felt like I wasn't alone.



There are as many genders as there are people in the world and as many trans stories as there are trans people.



TRANSITIONING

ALEX



*As part of my **transition**, I decided to grow out my hair and get my ears pierced.*

*I told my family and friends but I don't feel the need to tell anybody else. So far, everybody has taken it **really well** and they **use my name**.*

*I met a lot of non-binary people **online** and each and every one of them had **different experiences**.*



*Some of them decided to go on **hormones** or get some **surgeries**, some of them started using a **different name** and changed their **pronouns**.*

Maya

As a child I really enjoyed climbing trees and playing soccer. Yet I still **felt different** from my peers. I thought I was going to **grow up** and be a **beautiful woman**.



This experience helped me find the right words to express how I feel.



As a teen I went to my **first pride parade**. I had the opportunity to personally meet **Anna Grodzka** and I **made friends** with a couple of **trans people** my age.

KUBA



When I was a kid, I **always played** with **my brothers** and all of my grandmothers would complain about me being a **tomboy**. I **found out** who **trans people** are when Anna Grodzka became the **first openly trans** Member of Parliament in Poland.

I've been on **testosterone** for a couple of months and I'm saving up for my **top surgery** (mastectomy).

Transition is very personal.

The following steps are common but not everyone chooses to take each one:



- coming out
- wearing underwear and specific undergarments that help get the desired silhouette

- changing everyday care and beauty products

- using a different name and different pronouns

- hormone replacement therapy

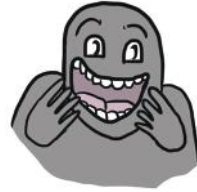
- surgeries and other procedures

- Updating paperwork and legal documents

But it's not important if someone has done all those things, in what order, or if they didn't do a single thing from this list.

DYSPHORIA

Trans people can experience *gender dysphoria* *gender euphoria*



When I began **puberty**, I would only wear very loose clothing and spend all day in my room. I found out about **binders** and **packers** online and it **changed my life**.

I used to **cry** over my **lack of breasts**. I started **HRT** and my breasts started showing and I'm starting to **accept myself**.



All my life I thought everybody feels a certain level of **discomfort** about their **bodies**. Now I know that there are ways I can deal with it. Nowadays I **dress in a way** that **minimizes my dysphoria**.

Not every trans person experiences **gender dysphoria** or **euphoria**. Those feelings can be connected with any part of their lives, it depends on the **individual**.



COMING OUT

KUBA



At first I was afraid to tell my loved ones that I'm trans. I was scared they were gonna react badly.



But, as it turned out, I had nothing to worry about.

MAYA

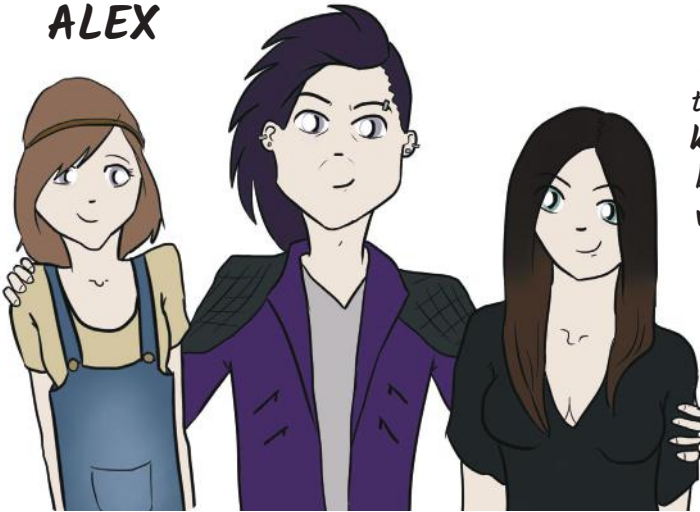


My dad still doesn't talk to me but my relationship with other family members is noticeably better now.



After I told my mother, it took her many years to finally call me her daughter.

ALEX



Everyone that I told said they've known for years but didn't know what to call it.

Coming out is the process of informing

- parents,
- partners,
- friends,
- people you work with or go to school with
- and anyone else you want to know about your gender identity or sexual orientation.

There are also people who will never come out, and people who are stealth (stealth trans people live their lives as their genders without people around them knowing about their trans identity).

PUBLIC

SPACE

Due to their trans identity or the discrepancy between their looks and their documents, trans people can face a lot of discrimination.



We can struggle with picking up a package at the post office.



We don't feel safe in locker rooms.

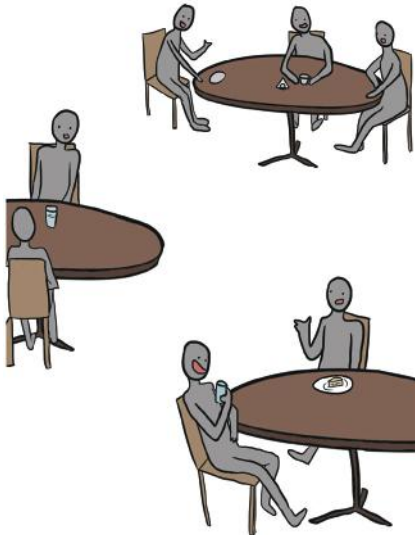


Sometimes we are forced to out ourselves in humiliating situations.



*People constantly
question our
appearance
and behavior.*

*Public restrooms oftentimes
mean choosing between an
awkward encounter and a
dangerous situation.*



*We know what we're doing.
Treat us like any other
person you meet.*

SAVOIR-VIVRE

We're taught to be polite and courteous in kindergarten.



But for some people, the moment they meet a person who happens to be trans, they suddenly **don't know** how to **behave** politely anymore.



You should use the **name** that the person **introduced themselves** with and use **pronouns** that correspond with their gender identity. If you're unsure, politely **ask** but do it in private.

These types of questions are **rude**:



"How do you have sex?"

"Have you had THE surgery yet?"

"What's between your legs?"

"What's your 'real' name?"

These are perfectly fine:



"What's your favorite color?"

"What do you want to do after you graduate?"

"What's your hobby?"

"Which do you like better: cats or dogs?"

"Ok, I know all those things but I still don't know how to give my support."

Don't say that it's just a phase, a whim, that we'll change our minds. Use our names and the right pronouns even when we can't hear you do it. Correct yourself when you make a mistake.



Actively help with our transition. Support us the same way as you would any other person that's going through a turbulent period of their life.

Don't be a DICK-TIONARY

Sex change surgery, the surgery - it's not only one event. We can't change our gender, we can only change our socks. "The surgery" is just a series of gender affirming procedures, collectively known as "transition".



Trans woman - a woman assigned male at birth but identifies as a woman.

Non binary - a person assigned either male or female at birth who doesn't identify as either of those binary genders. Some non-binary people are gender fluid, some are agender, some have a gender identity not represented in the binary. Each non-binary person is different.



Intersex - intersex or variations of sex characteristics are umbrella terms that include people born with bodies that don't really fit the book definitions of male and female bodies.

Being intersex has nothing to do with one's sexual orientation or gender identity. It is a term for how one's body functions. Variant sex characteristics might apply to internal and external characteristics, chromosomes or endocrine system (hormones). There are over 30 different ways to be intersex.



Trans man - a man assigned female at birth but identifies as a man.

Since 2008 the Trans-Fuzja Foundation has been supporting trans people and their loved ones, fighting for their rights and training specialists of various areas of expertise who work with trans people and their families. We organize and co-organize support groups for trans people and their loved ones in some of the bigger Polish cities as well as provide psychological and legal support.

Help us help others! Your support matters!

We encourage you to make a donation:

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