# **How to use a binder safely Video Transcript**

(Ray) Hi my name is Ray, I am trans guy and my pronouns are he/they.

(Nneka) Hi I'm Nneka and I identify as non-binary.

(Ray) Binding is a technique which is used to essentially reduce the appearance of someone's chest, typically a trans masculine person. It's not essential for trans people to do this and some trans people don't want to do it.

(Nneka) I would say I've been kind of trying to intentionally flatten my chest or wearing clothes which present me in a more masculine way for maybe four or five years now. It was kind of a slow process, first experimenting with clothes and then more seeing what binders would work and what wouldn't work for for me.

(Ray) I'll show you now what my binder looks like. I've had it for over a year now I think and it's been working really well for me, it makes me feel so much more comfortable. I can socialize, I can go out, I can be

myself, essentially, and it's giving me so much more freedom. It can help relieve gender dysphoria and just make you more comfortable in the world.

(Nneka) Ao here's how to bind safely, we've got some recommendations from the LGBTQ foundation.

(Ray) Check where you're buying your binder from the. LGBT Foundation recommends gc2b or Spectrum Outfitters,  but just don't buy it from eBay or Amazon because I will find you and I will buy you a better binder.

(Nneka) And make sure that you follow the guidelines in terms of measurements so that fits you properly.

(Ray) Listen to your body. If it's hurting, your ribs are hurting you, you can't breathe properly, you need to take off. I know dysphoria sucks but your safety and your well-being is more important.

(Nneka) Do take a break if you need to and if it's hot in the summer make sure like you're keeping hydrated and drinking of water.

(Ray) If you experience pain while binding make sure you speak to a professional like your GP or a nurse.

(Nneka) If you feel comfortable enough to get somebody to help you get in and out of it the first time, do so, so that they can make sure that you're doing it correctly.

(Ray) So here's what you absolutely should not do while wearing the binder.

(Nneka) Don't buy a binder that's too small. If you're in between sizes go for the bigger one so

that it fits correctly.

(Ray) Absolutely do not ever use duct tape or ace bandages. This is not meant to go on your body, this is meant to go on walls. And it hurts.

(Nneka) Don't bind for more than eight to ten hours. If you can take it off and have some days off in between then do that to give you body a rest.

(Ray) Don't double bind, that involves wearing more than one binder at a time which is just not safe all.

(Nneka) There are different ways to appear flatter like wearing different clothes or double t-shirts.

(Ray) Never sleep in your binder.

(Nneka) You should never wear a binder for swimming. You can get specific binders for swimming or you can wear a sports bra instead.

(Nneka) So what can you do instead of wearing a binder?

(Ray) You can also try trans tape which was created by a trans guy who couldn't find the binder for him.

(Nneka) You can go to the gym and workouts on your upper body. And I did that last year, I've kind of let myself go a little bit now but I could really tell the difference and it really changed the way clothes fit on me.  I haven't really found that binding really works for me so what I do is I wear sports bras, on some days I don't wear any bra at all and I also find clothes which have a more masculine appearance and kind of float over the curves of my body in a different way.

(Ray) It's important to remember that binding is a personal choice. It's not something that everyone wants to do and that everyone should do, it's just if you want to and if it makes you feel more comfortable.

(Nneka) And if it doesn't work for you then you shouldn't do it, it doesn't make you any less trans masculine as you would be if you were binding.