

**OTRANSLIFELINE**

**THE DON'TS**

**DON'T USE ACE BANDAGES, PLASTIC WRAP, OR DUCT TAPE.**

- THESE THINGS CAN CAUSE PHYSICAL HARM—RESTRICTED BREATHING, CAUSE BACK PAIN, & CAN CAUSE FLUID BUILD-UP IN YOUR LUNGS.
- THEY CAN CAUSE OTHER INJURIES, SUCH AS MUSCULOSKELETAL DAMAGE. PLEASE BE CAREFUL.
- IF YOU END UP USING ACE BANDAGES (PLEASE DON'T), MAKE SURE YOU TAKE THEM OFF EVERY COUPLE HOURS TO LET YOUR CHEST BREATHE.
- IF YOU LACK THE RESOURCES TO PURCHASE A COMMERCIAL BINDER, ASK US WHERE TO GET INEXPENSIVE &/OR FREE BINDERS.

STREETCATS HARM REDUX PUNX

**OTRANSLIFELINE**

**TIPS & TRICKS**

- OTHER COMMON CHEST BINDING METHODS INCLUDE WEARING MULTIPLE SPORTS WAHS, AND LAUGING CLOTHING IN STRATEGIC PLACES, A GREAT ALTERNATIVE IS USING "TRANS TAPE," A THERAPEUTIC TAPE.
- TAPE ESPECIALLY MADE FOR BINDING, TRANS TAPE IS MADE FROM MATERIALS THAT ARE SAFE FOR THE BODY, IS SWEAT RESISTANT AND WATERPROOF, AND IS AVAILABLE IN MULTIPLE SKIN TONES, YOU CAN BUY IT ONLINE FROM DIFFERENT VENDORS LIKE TRANSPARENT, TRANSPARENT.ORG, & GENDERBENDER, WHILE IT IS SAFER TO USE, TRANS TAPE CAN ALSO CAUSE IRRITATION, ITCHING OR REDNESS, AND YOU SHOULD BE ABLE TO BREATHE AND MOVE COMFORTABLY. MAKE SURE YOU GIVE YOUR BODY A BREAK.
- KEEP COOL AND STAY HYDRATED WHILE BINDING.

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**TIPS & TRICKS**

- DON'T BIND FOR LONGER THAN EIGHT HOURS AT A TIME—EVEN THAT'S PUSHING IT! SCHEDULE BINDER BREAKS AND TRY NOT TO BIND EVERY DAY.
- MAKE SURE NOT TO SLEEP WITH YOUR BINDER! LET YOUR BODY BREATHE.
- HAND-WASH AND AIR DRY YOUR BINDER TO MAKE MANY REASONS PEOPLE BIND & IT DOESN'T ALWAYS CONGRUENCE BETWEEN ONE'S GENDER IDENTITY & APPEARANCE. BINDING CAN GREATLY IMPROVE ONE'S MENTAL HEALTH.
- IT IS CRUCIAL, IF YOU ARE BINDING, YOU DO IT CAREFULLY, ALTHOUGH IT CAN IMPROVE MENTAL HEALTH, BINDING CAN CAUSE SERIOUS HEALTH RISKS IF DONE WRONG. IF YOU ARE BINDING, PAY ATTENTION TO YOUR BODY & MAKE SURE YOU'RE PRACTICING IT AS SAFELY AS POSSIBLE.
- DON'T BIND FOR LONGER THAN EIGHT HOURS AT A TIME—EVEN THAT'S PUSHING IT! SCHEDULE BINDER BREAKS AND TRY NOT TO BIND EVERY DAY.
- MAKE SURE NOT TO SLEEP WITH YOUR BINDER! LET YOUR BODY BREATHE.
- HAND-WASH AND AIR DRY YOUR BINDER TO MAKE MANY REASONS PEOPLE BIND & IT DOESN'T ALWAYS CONGRUENCE BETWEEN ONE'S GENDER IDENTITY & APPEARANCE. BINDING CAN GREATLY IMPROVE ONE'S MENTAL HEALTH.
- IT IS CRUCIAL, IF YOU ARE BINDING, YOU DO IT CAREFULLY, ALTHOUGH IT CAN IMPROVE MENTAL HEALTH, BINDING CAN CAUSE SERIOUS HEALTH RISKS IF DONE WRONG. IF YOU ARE BINDING, PAY ATTENTION TO YOUR BODY & MAKE SURE YOU'RE PRACTICING IT AS SAFELY AS POSSIBLE.
- SIMILAR EFFECT.
- COULD ALSO TRY A SPORTS BRA THAT HAS A LARGER SIZE. IF YOU PLAN ON BINDING WHILE YOU EXERCISE, START OUT SLOW WITH YOUR WORKOUTS—LISTEN TO YOUR BODY FOR ANY SIGNS OF CHEST PAIN OR DISCOMFORT. BE SURE THAT YOU DON'T OVEREXERT YOURSELF, YOU COULD ALSO TRY A SPORTS BRA THAT HAS A SIMILAR EFFECT.

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**WHAT IS IT?**

CHEST BINDING IS A GENDER-AFFIRMING PRACTICE DONE BY ALL KINDS OF DIFFERENT PEOPLE. SOME PEOPLE BIND TO REDUCE GENDER DYSPHORIA, SOME BIND TO PRESENT IN A WAY THAT FEELS MORE ALIGNED WITH THEIR GENDER IDENTITY. SOME FOLKS BIND BECAUSE THEY JUST LIKE THE WAY IT LOOKS. THERE ARE MANY REASONS PEOPLE BIND & IT DOESN'T ALWAYS HAVE TO DO WITH GENDER.

WHEN IT IS USED AS A METHOD FOR CREATING MORE CONGRUENCE BETWEEN ONE'S GENDER IDENTITY & APPEARANCE, BINDING CAN GREATLY IMPROVE ONE'S MENTAL HEALTH.

IT IS CRUCIAL, IF YOU ARE BINDING, YOU DO IT CAREFULLY, ALTHOUGH IT CAN IMPROVE MENTAL HEALTH, BINDING CAN CAUSE SERIOUS HEALTH RISKS IF DONE WRONG. IF YOU ARE BINDING, PAY ATTENTION TO YOUR BODY & MAKE SURE YOU'RE PRACTICING IT AS SAFELY AS POSSIBLE.

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**THE DON'TS**

**DON'T WEAR A BINDER THAT'S TOO SMALL**

- ILL-FITTING BINDERS PUT YOU AT SIMILAR RISKS AS ACE BANDAGES & DUCT TAPE..
- MAKE SURE YOU DON'T PUT BANDAGES &/OR DUCT TAPE OVER YOUR BINDER. DOING SO CAN CAUSE DIZZINESS, HEADACHES, LIGHTHEADEDNESS, AND/OR NUMBNESS.
- THERE ARE MANY DIFFERENT COLORS AND TYPES OF BINDERS, SUCH AS TANKS, HALF BINDERS, RACERBACKS, AND MORE. PICK ONE THAT FEELS COMFORTABLE FOR YOU.
- MAKE SURE IT PROVIDES A WIDE RANGE OF MOTION AND THAT IT SITS NATURALLY OVER YOUR TORSO.

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**NO PAIN!**

**IF IT HURTS, STOP! YOU SHOULD NOT BE IN PAIN WHILE WEARING YOUR BINDER.**

IF YOU'RE EXPERIENCING NEGATIVE REACTIONS FROM BINDING, PLEASE SEE A MEDICAL PROFESSIONAL. THIS INFORMATION IS NOT INTENDED OR IMPLIED TO BE A SUBSTITUTE FOR MEDICAL ADVICE OR TREATMENT.

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**A BINDING GUIDE FOR ALL GENDERS & GENDER EXPRESSIONS**

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