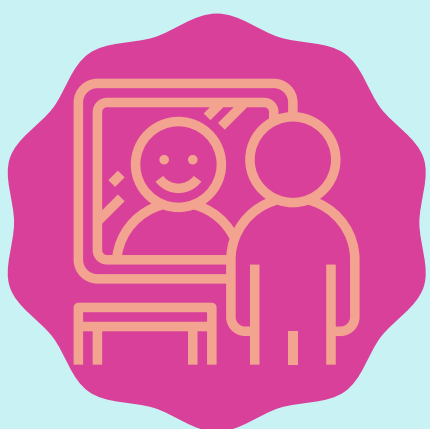


CHEST BINDING IN YOUTH



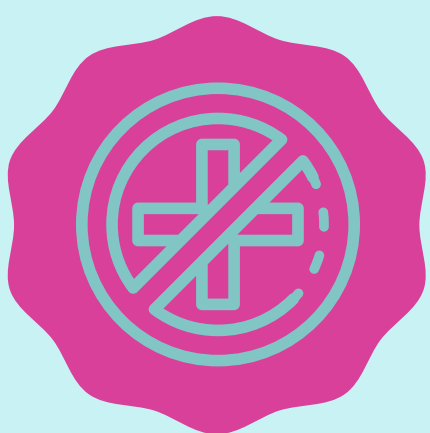
LEARNING TO BIND

95.7% reported learning how to bind from online sources



AUTHENTIC SELF

95% continue to bind after negative physical effects because they felt more comfortable in public spaces



ACCESS TO CARE

Nearly half of participants were not connected to any gender affirming services



FAMILY SUPPORT

Among participants who had never bound their chest, 94.7% reported wanting to bind but 67.1% reported not binding due to unsupportive parents



IMPORTANCE

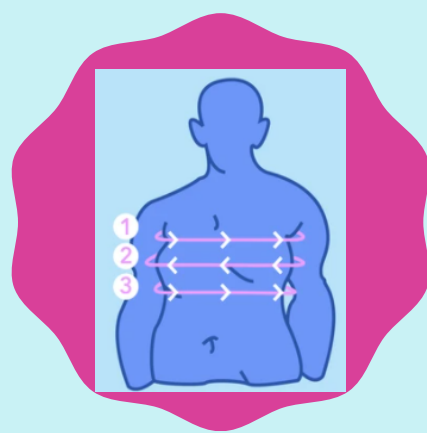
Lower levels of chest dysphoria was associated with higher life satisfaction

Best Practices for Chest Binding

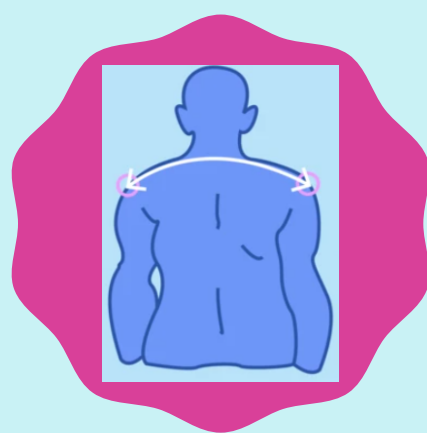
RIGHT SIZE

Measure all the way around:

1. Under arms
2. Largest part of chest
3. Under chest

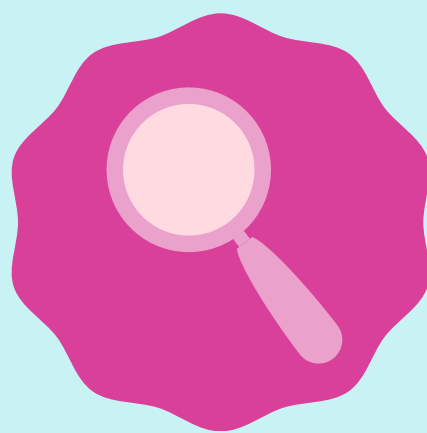


Measure shoulders from point-to-point.



RIGHT FIT

Check your measurements on the company's sizing chart. Each company sizes and fits differently. Different styles may work better for different chest sizes.



COMFORT

The binder should be snug but not too tight. You should be able to breathe and move comfortably.



Don't wear your binder for more than 9 hours/day. Take breaks when you can.

SUPPORT

Talk with your healthcare provider if you have questions or experience chest pain or trouble breathing.

