

SOCIAL TRANSITIONING



FOR TRANSMEN

TRANSGENDER MAN

Transgender men are people **who identify as men**, even when their sex assigned at birth is different.



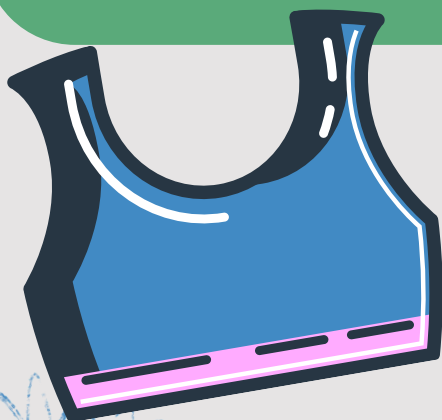
For most transgender men, it is important to show their gender identity through more masculine ways of dressing or representing the self. This is part of what is called as “**social transitioning.**”

Here are some ways of social transitioning.

BINDING

Most transgender men are not comfortable with their current bodies, especially their chest. Making their chest smaller often helps them feel more comfortable with their own bodies. One way is by “**binding**.”

Ready-to-wear binder



You can use a ready-to-wear binder that can be worn like a sando or sleeveless shirt. It is suggested to **only bind the chest for up to eight hours** since wearing it beyond eight hours may result in physical complications. Check in with yourself if you can still breath properly while binding your chest.

Tape



Transgender men may use **different kinds of tape to bind**. There are also different techniques in binding using tape. In this [video](#), we can see one technique of using tape.

VOICE MASCULINIZATION

Transgender men who do not wish or cannot yet undergo medical transitioning may wish to deepen their voice to be more comfortable with their gender identity and expression.

There are different ways to deepen vocal pitch that have been effective for a lot of transgender men. One way to learn and practice these techniques is to watch and follow along videos that give information about lowering one's vocal pitch. Here is one example of a video that teaches voice masculinization techniques.



[Video about voice masculinization technique](#)

RAINBOW FUND

THE PROJECT

