

HEALTHY CHEST BINDING

Facts & Tips for Teachers, Administrators, and Chaperones



Chest binding is a **healthy practice**

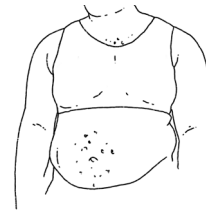
for most gender-expansive patients.



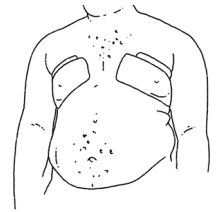
Chest binding is **life-saving**

for people battling gender dysphoria.

Safe Binding Methods

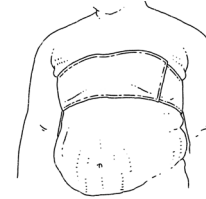


Tank Binder



Kinetic Tape

Unsafe Binding Method



Tape or ACE bandage wrapped around the body is **NEVER** safe and a student should be encouraged to remove these methods immediately.

What is dysphoria?

Emotional distress related to the incongruence between a person's gender identity and the sex they were assigned at birth. It can be mild (i.e. feeling uncomfortable in gendered clothing) to severe (unable to leave the house). Often, suicide among transgender people often relates to dysphoria.

When communicating with a student about binding

- Avoid judgemental language about the practice of binding
- Reassure the student that you support their desire to bind
- Give student access to resource site: www.healthybinding.com

✓ A chest binder is a **tank-style garment** or **kinetic tape** worn on the chest to compress tissue.

✗ A binder is **not** a corset or tape/bandage wrapped around the ribcage.

✗ A binder is **not** a fashion accessory.

For more resources about binding visit healthybinding.com or read *Healthy Chest Binding for Trans and Nonbinary People: A Practical Guide*

Impact of Binding	Ways to Support
Breathing: upper chest breathing habits that can cause shortness of breath in cardio activities	<ul style="list-style-type: none"> • Support the student taking a break to catch their breath when needed • Watch for signs of distress in cardio activities
Overheating: the thick fabric next to the skin increases the risk of overheating, dehydration, heat exhaustion and/or heat stroke	<ul style="list-style-type: none"> • Exercise extra caution outdoors in hot temperatures • Provide a private place to remove their binder if they are unable to cool down • Ensure access to plenty of water • Know the signs and symptoms of overheating, dehydration, heat exhaustion, and/or heat stroke
Need for Privacy: binding is a very vulnerable thing for many students and being "outed" can be distressing or dangerous and lead to embarrassment, harassment, and increased bullying/violence	<ul style="list-style-type: none"> • Provide a private place to remove their binder if they cannot catch their breath, need a break from the heat, or to remove the binder if needed • Prepare to advocate and protect privacy in a health emergency • Do not disclose that a student binds or is transgender without the student's permission (except to emergency medical personnel)