

**You are NOT "too much"**

*You don't need to apologize*

**You are perfectly correct**

*Your identity doesn't make you ineligible*

**You are NOT a distraction**

*Gender norms are colonial BS*

**It's probably not your fault**

*You matter & your feelings matter*

**You are valid**

*& you are worth taking care of yourself*

**Our ability to survive**

*should not be based on our ability to fit into boxes*

**Reminders:**  
 Reminds folks  
 for trans friends  
 and our friends

**Reminders:**

is a project by some trans folks and our friends, to address toxic un/spoken messages that we've internalized from lifetimes of cultural judgment around our identities.

Please feel free to copy and share this pocket zine & poster. To get the full zine, find resources and credits, & print more copies, visit [bit.ly/reminderszine](http://bit.ly/reminderszine)

Keep on living. We love you.  
[genderqueer@gmail.com](mailto:genderqueer@gmail.com)



OUR ABILITY TO SURVIVE SHOULD NOT BE BASED ON OUR ABILITY TO FIT INTO BOXES.



**you are**

WORTHWHILE

**you are VALID**

you are worth taking care of yourself

You are not too much!

It's Probably

Not Your Fault

YOU DON'T

need

APOLOGIZE.



DISTRACTION

**You Matter**

and Your Feelings Matter.

Your identity doesn't make you

ineligible to

**You are**

perfectly correct