

## Trans Items Kit – Project Summary

Since August 2020 the [Gender Wellbeing Service](#) at SHINE SA has developed resource kits for transgender folks to use within our peer work and group sessions, with the goal of supporting community members to learn about items to affirm their gender. This project was driven by the common challenge that many trans folks face, of not having access to clear and affordable transition items. These items are not given out to transgender folks, but rather used as educational tools so they can make informed decisions when ordering items, and have an idea of some home-made solutions.

### The process and product

Our initial planning process took place prior to the Parkestone Grant submission in July 2021, where we brainstormed as a peer team what items are common for trans people to explore as part of their transition. We wanted to include items for a variety of purposes, and for both transmasculine and transfeminine experiences. We came up with things like binders, packers, tucking underwear, and breastforms. This group brainstorm left us with a list of 18 items of varying costs and functions, and once the Parkestone Grant money was approved, we started shopping.

The ordering took place largely online, and used providers based in South Australia, Australia, and international locations. With the COVID-19 restrictions varying across locations, many of our international orders were delivered later than planned, but we were grateful to receive all items eventually.



*Each item was photographed and included in the accompanying booklet.*



*Items are stored in “masculine” and “feminine” boxes, but we acknowledge that people can explore items from either box depending on their identity.*

As items started to roll in, we began building boxes to safely store these items, and started work on the accompanying resource **Trans and Gender Diverse Affirming Products Booklet**.

This booklet featured 20 pages of peer-written information on each item, giving information on:

- Cost
- Materials/fabrics
- Tips for safe use
- Lived experience comments

This booklet is designed to be used as a point of discussion within a peer work session when exploring the items, and can also be sent as a PDF to clients after the session so that they can continue their research at home.



## Reflections and future considerations

In the future we are keen to use this with even more clients and continue to add items to the kit. We plan on expanding from undergarments into other affirming tools such as make-up, hair grooming, and jewellery.

Some of the team's peer volunteers have reflected on the importance of seeing and touching these items for our community members, noting that *"...it will be especially helpful for people who are newly out or questioning, to get a sense of "what's what" and gauge their own comfort levels with particular items."*



Another team member has noted that creating this kit has been an important area of learning for many of us, and has helped us consider the different items, their prices, and how different people may use them.

*"...I haven't used every item that a trans person might want to use, and I'd be surprised if anyone could say that they have. So, the chance to see these items in person is an amazing learning experience for everyone on board..."*

We wish to acknowledge the work of the Parkestone Foundation and thank them for supporting this project that would not have otherwise been possible. We also acknowledge the time and effort of the Gender Wellbeing Service volunteers and staff at SHINE SA, for building a toolkit that will have lasting and important impacts on the local gender diverse community.