



Menstruating

as a gender diverse person

LOTS OF DIFFERENT BODIES MENSTRUATE

It's common to experience dysphoria during your period, particularly when most menstrual products are labeled as 'feminine hygiene products'. Menstruating is not a gendered experience, many trans, gender diverse, and intersex folks menstruate. You are not alone.

USE PRODUCTS THAT MAKE YOU COMFORTABLE

There are lots of different products around to help you manage menstruation, such as pads, tampons, and menstrual cups, or specific underwear. While lots of companies use gendered phrases and branding on their products, there are some that have more neutral branding, especially for underwear like *tomboyx*.

Try to find which ones make you feel most comfortable and work with your dysphoria.

TAKING CARE OF YOURSELF IS IMPORTANT

Experiencing dysphoria related to menstruation can make it difficult to care for yourself. It might feel harder to engage with your body during this time, it's okay to feel this way and still take time to look after yourself.

Some bodies get inflamed during menstruation which can impact binding safely, you may need to reduce your time binding or opt for lower compression, like a sports bra.

CONNECT WITH PEOPLE WHO UNDERSTAND

You might find talking with other gender diverse people or supportive friends about the feelings you're experiencing helpful. If you aren't sure who to talk to, one of UC's Rainbow Leads or your doctor are a good place to start.

SEEK MEDICAL SUPPORT

You can speak with your doctor about medical interventions that can decrease or stop menstruation and pain management.

