

The Power of Expression through Clothing – Resource Sheet

A Guide by Ben Pechey,

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When it comes to dressing, and expressing your gender identity – it doesn't have to be huge seismic changes. Everything you have been doing in the pursuit of self has been the right thing for you. Now it is about signposting where you go next. At the core of all the decisions you make, remember that small changes make the biggest differences.

It is very important to remember to take this process at your own speed, ensuring that you feel comfortable at each step. There is no set timeline for working out your stance on the world, or even for fixing your gender identity through the way that you dress. As humans, we constantly evolve, and we move through life developing each and every day.

Self-expression is powerful, especially for trans and non-binary people. As I move through my own journey with clothing and gender I always take time to look within myself. When I look deeply, I surprise myself because I find that I am happy because of my gender identity, not despite it.

Style Tips to Remember:

- Desire is an unanswered question, just answering it will make you feel in control – and more like yourself!
- Dressing how you want can break down the systemic pressures you feel!
- Confidence is the lack of worry, in essence, to be confident, one must move beyond what we assume others think of us.
- No one cares about anyone else – so use that as power to always do what you want!
- Start Small, but start somewhere, and break things in at Home.
- Document Your Journey and remember why you are doing this!
- Self-expression is not a straight forward path, and there will be missteps along the way, but it is important to start somewhere.
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People to follow:

Lexi Chandra – <https://www.instagram.com/iamlexchandra/>

Alok V Menon – <https://www.instagram.com/alokvmenon/>

Shon Faye – <https://www.instagram.com/shon.faye/>

Shiva Raichandani – <https://www.instagram.com/shivaraichandani/>

Travis Alabanza – <https://www.instagram.com/travisalabanza/>

Juno Dawson – <https://www.instagram.com/junodawson/>

Kenny Ethan Jones – <https://www.instagram.com/kennyethanjones/>

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Manuel Santos - <https://www.instagram.com/themanuelsantos/>

Books to read:

Me, My Dad and the End of the Rainbow - Benjamin Dean

Coming Out Stories - Emma Goswell, Sam Walker, Tim Sigsworth

Trans Power - Juno Roche

Non-Binary Lives: An Anthology of Intersecting Identities - Jos Twist, Meg-John Barker, Kat Gupta, Benjamin Vincent

Yes, You are Trans Enough - Mia Violet

Art of Drag - Jake Hall

This Book will make you Kinder - Henry James Garrett

What's the T - Juno Dawson

Brands to follow:

Lucy & Yak

Lazy Oaf

By Megan Crosby

Hurr - the Rental Platform

Elizabeth Whibley

Foundling Studio