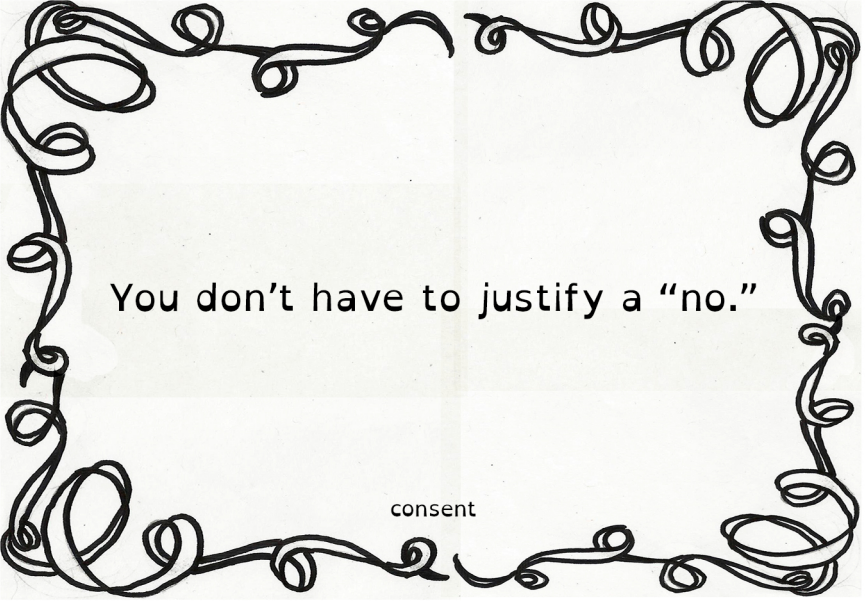


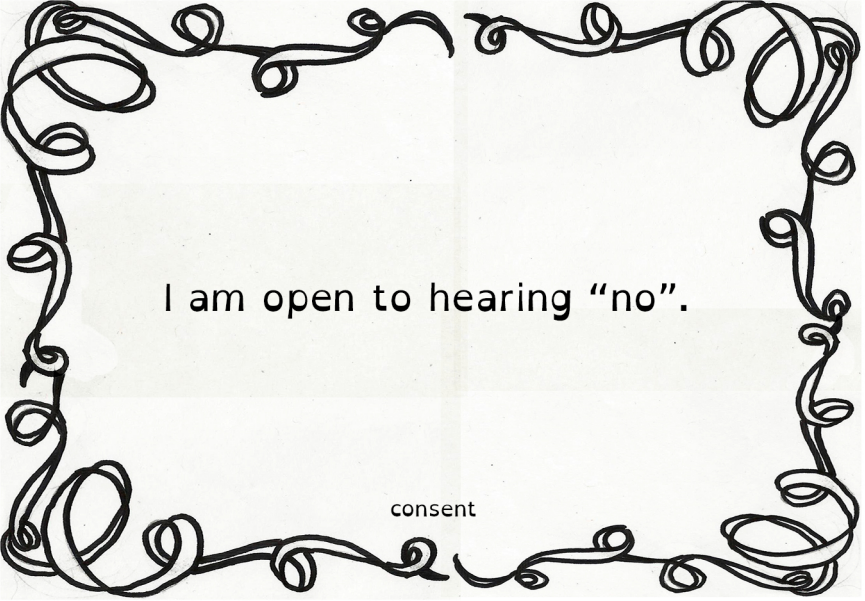
I have the right to say yes, no, or
maybe and it is okay if I change
my mind.

consent




You don't have to justify a "no."

consent



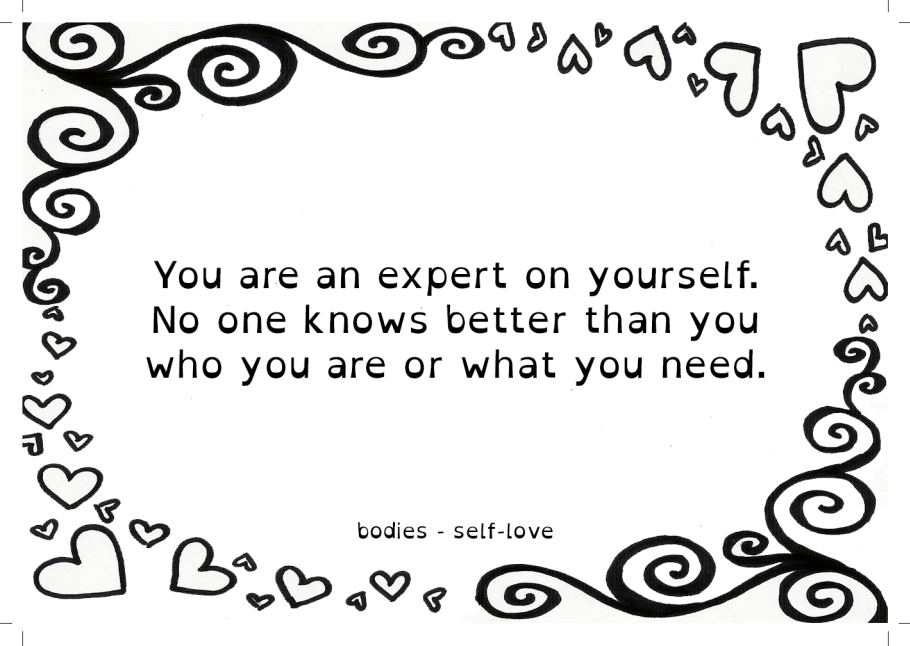
I am open to hearing "no".

consent

A decorative border surrounds the text. It features stylized, flowing ribbons in the corners and along the sides, and diagonal hatching or stripes in the corners. The overall style is clean and graphic.

My desires, kinks and fantasies are
my own and they are not shameful.

consent - pleasure



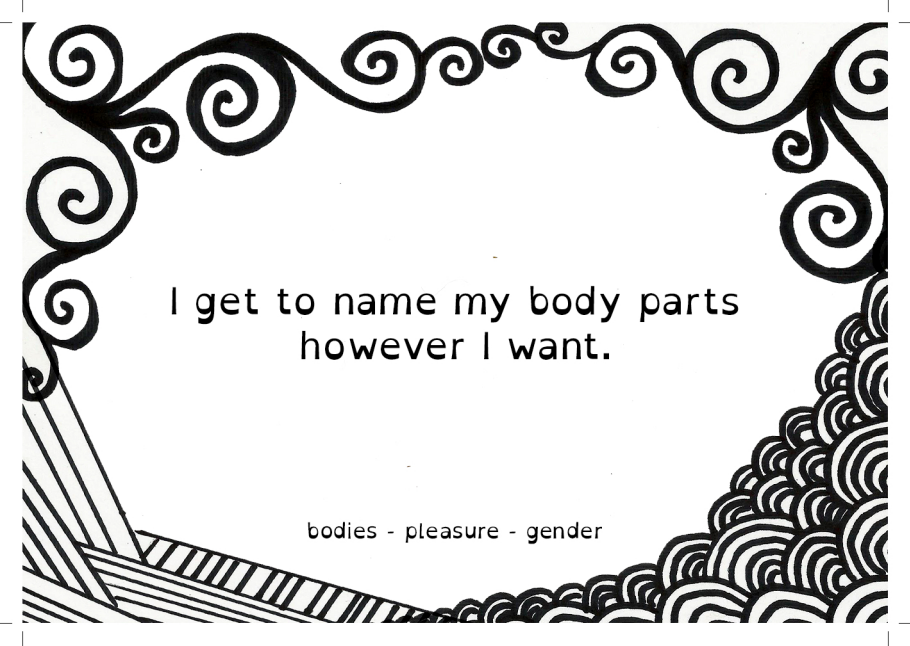
You are an expert on yourself.
No one knows better than you
who you are or what you need.

bodies - self-love

A decorative border surrounds the text, featuring a ribbon-like swirl that starts at the top left, goes around the top, down the right side, and across the bottom. The border is adorned with various sizes of stars and a zig-zag pattern. In the bottom left corner, there are diagonal hatching lines.

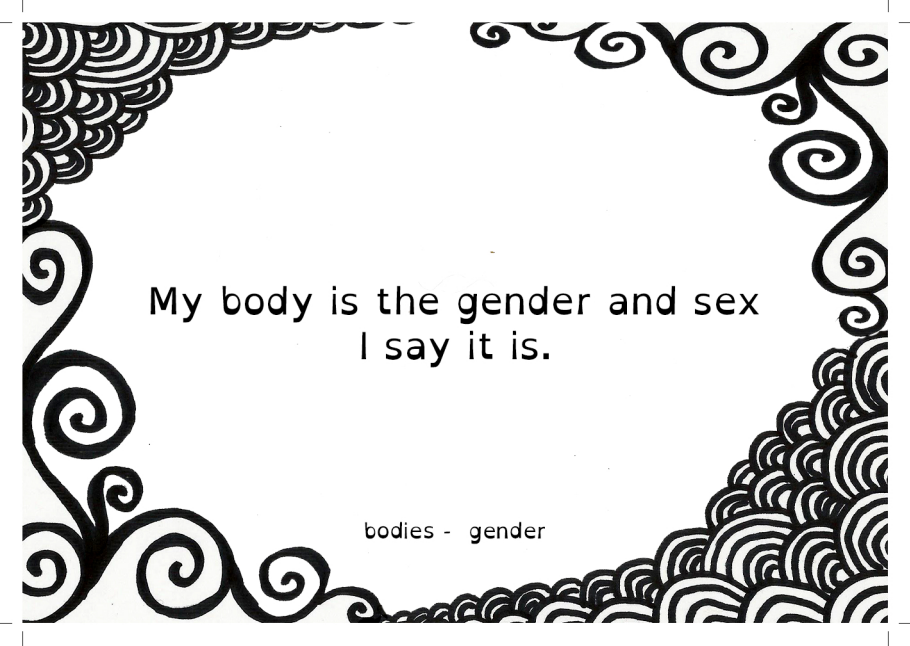
My boundaries deserve respect.

consent - relationships - pleasure



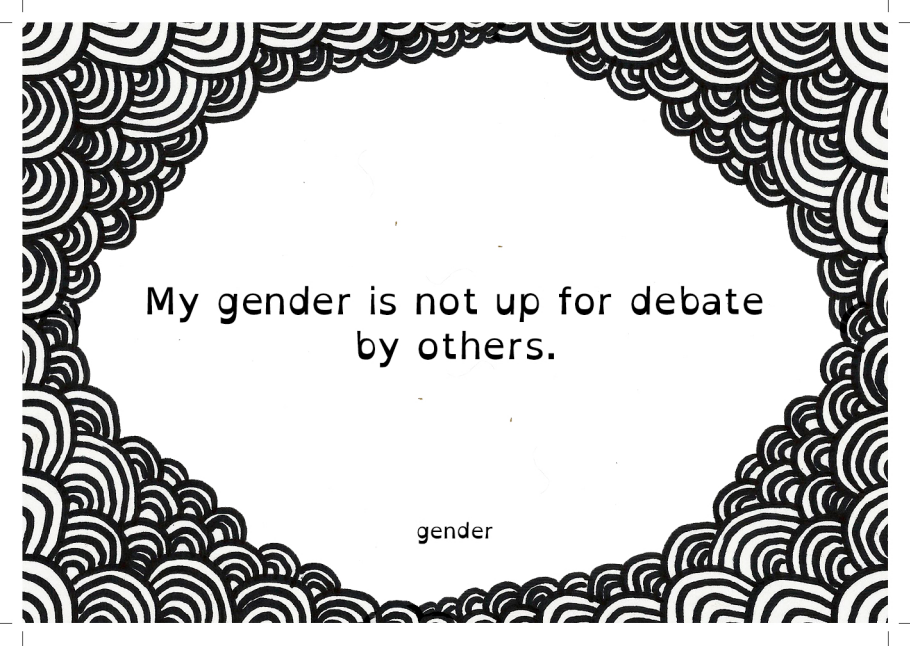
I get to name my body parts
however I want.

bodies - pleasure - gender



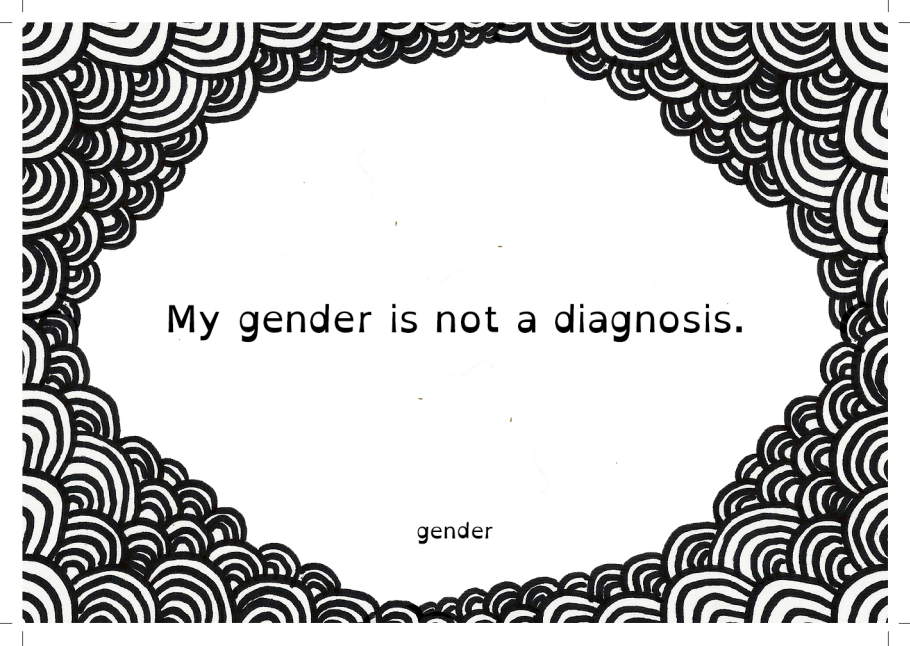
My body is the gender and sex
I say it is.

bodies - gender




My gender is not up for debate
by others.

gender



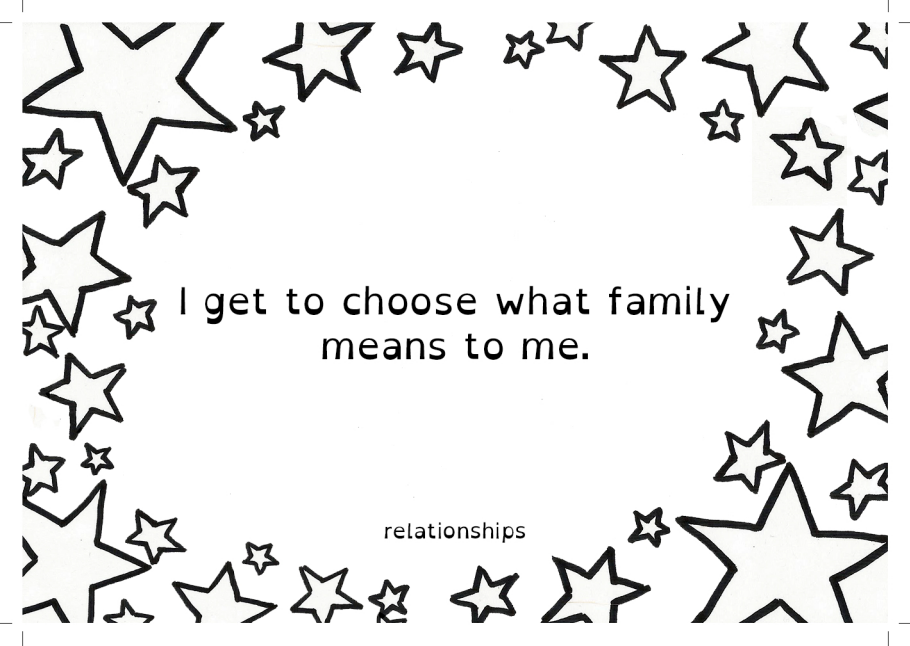
My gender is not a diagnosis.

gender




I am truly sparkly and amazing
when I am able to get what I need
from an unjust medical system,
however I need to.

self-love



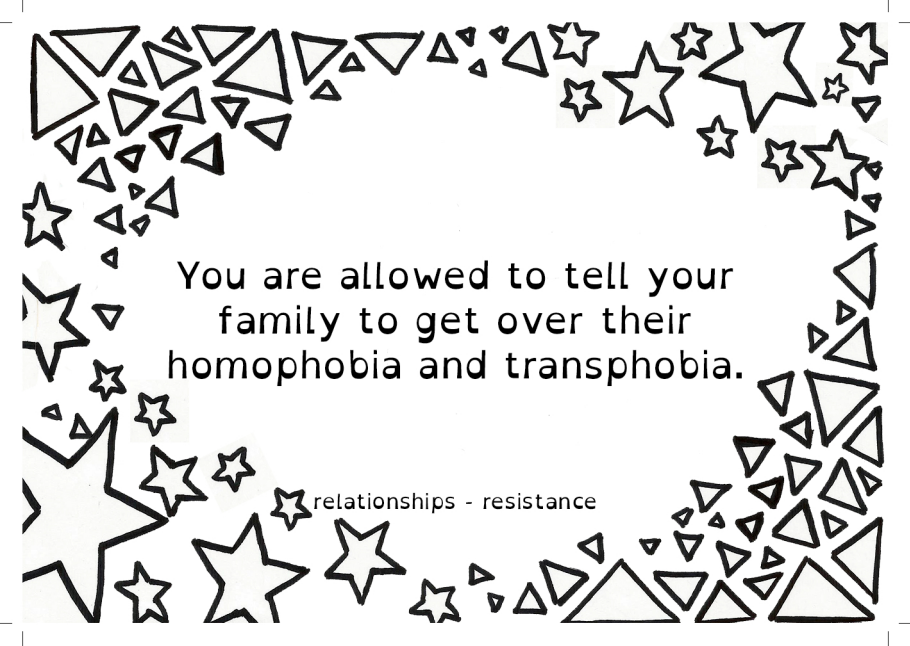
I get to choose what family
means to me.

relationships



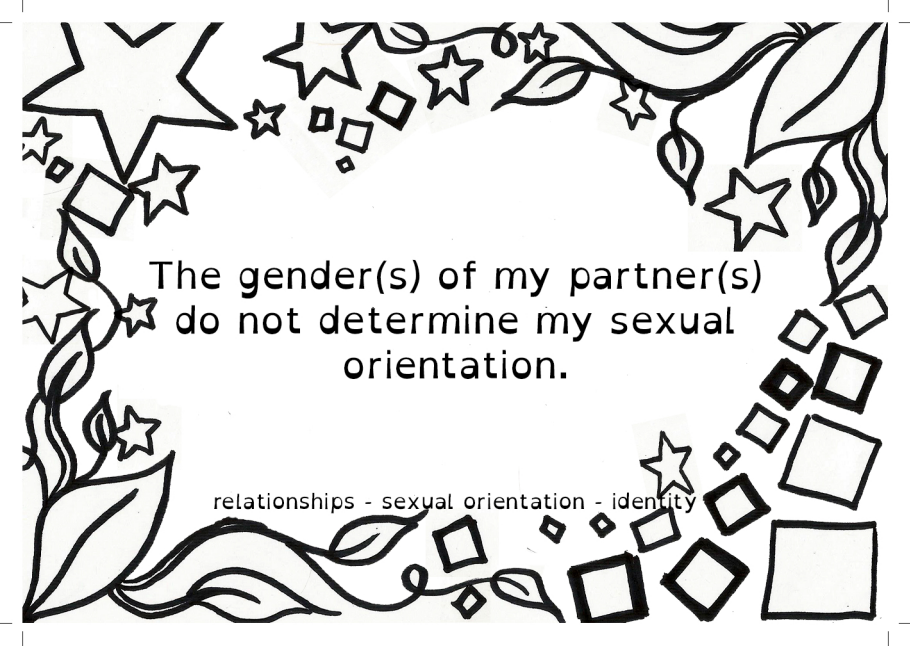
It's okay that you started that
fight at a family gathering.

relationships



You are allowed to tell your
family to get over their
homophobia and transphobia.

relationships - resistance



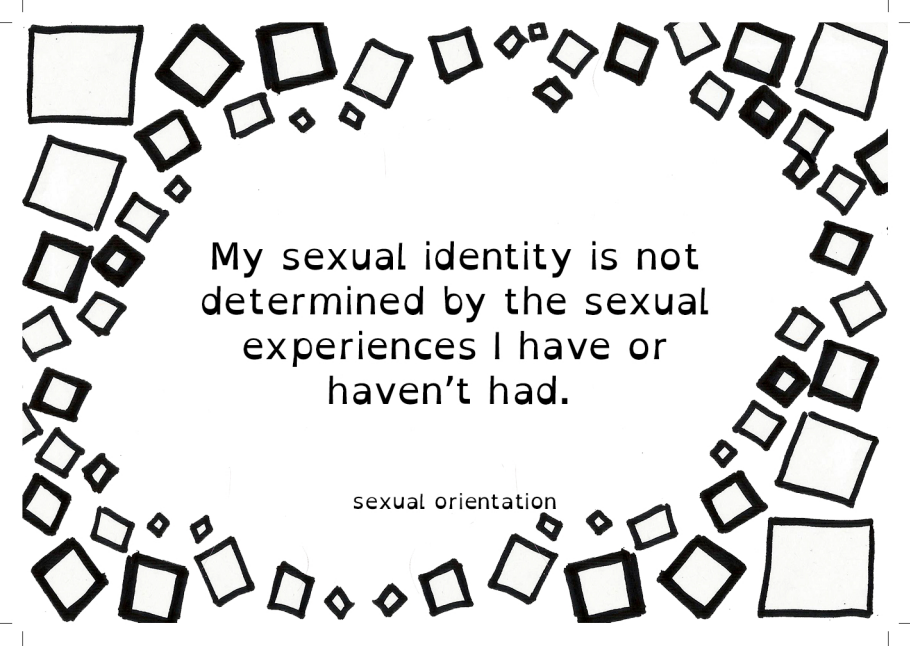
The gender(s) of my partner(s)
do not determine my sexual
orientation.

relationships - sexual orientation - identity




The sex you have alone is real.

pleasure



My sexual identity is not
determined by the sexual
experiences I have or
haven't had.

sexual orientation



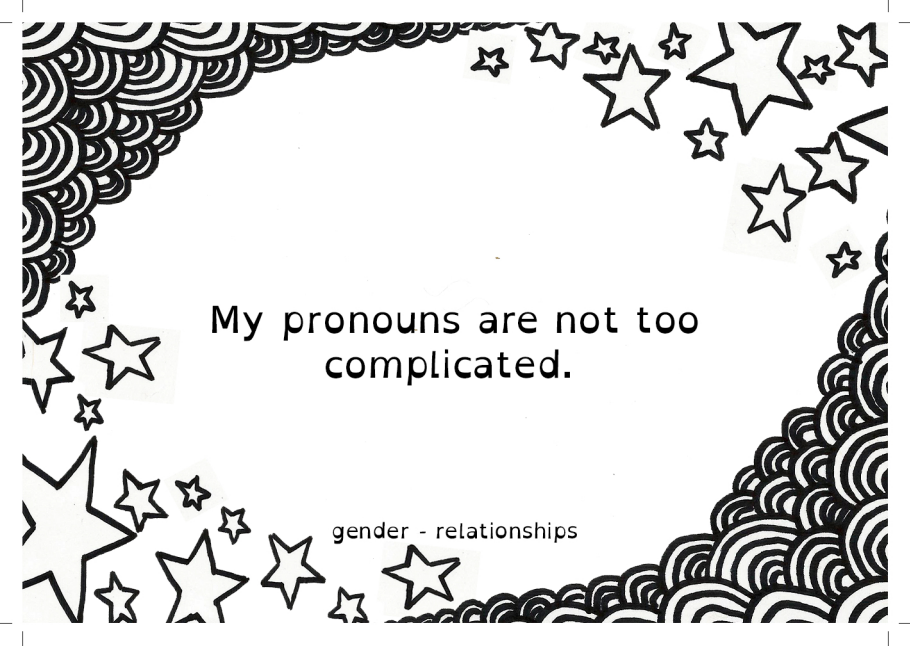
I am entitled to make art out
of any of the shitty experiences
I have lived through and
I can share it if I want to.

resistance

A decorative border surrounds the text. It features stylized leaves and vines on the left and right sides. A trail of triangles starts from the top left and curves towards the bottom right, ending in a larger cluster of triangles.

I am queer because I say I am.

identity - resistance




My pronouns are not too
complicated.

gender - relationships



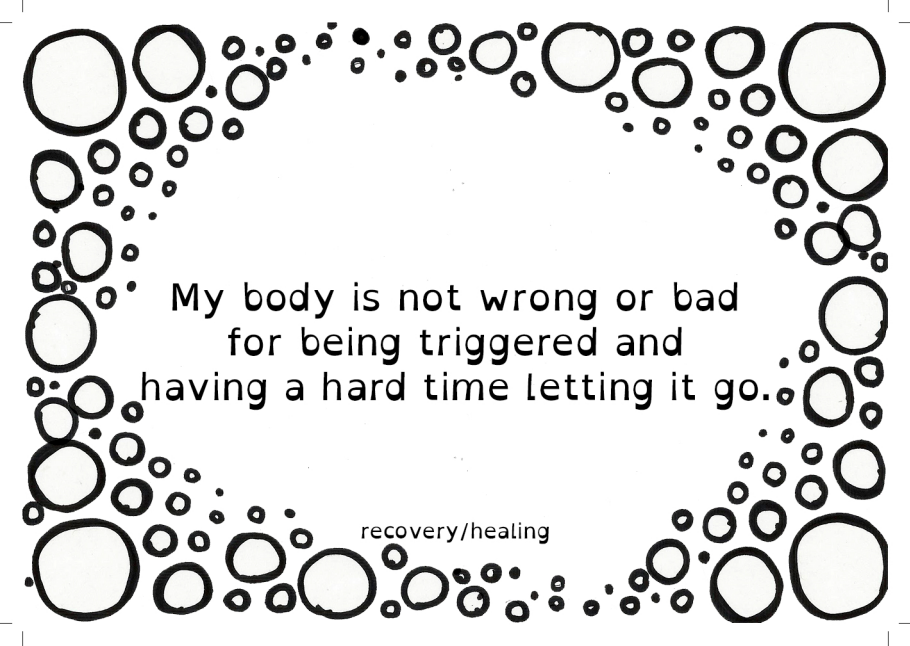
Even if I only have one gender
identity it can look a lot of ways.

gender



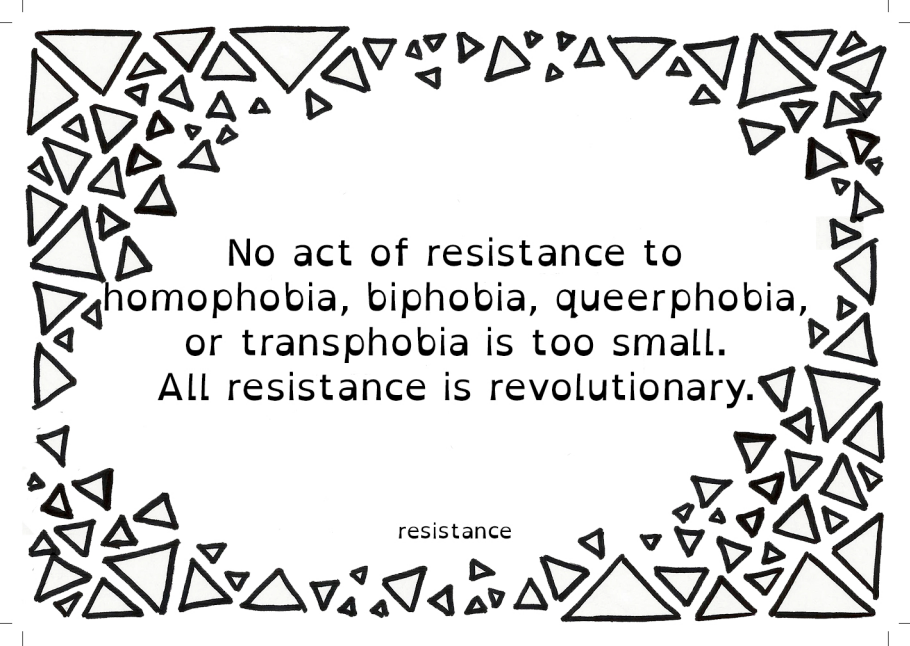
Sometimes bravery is
"I will try again tomorrow."

recovery/healing



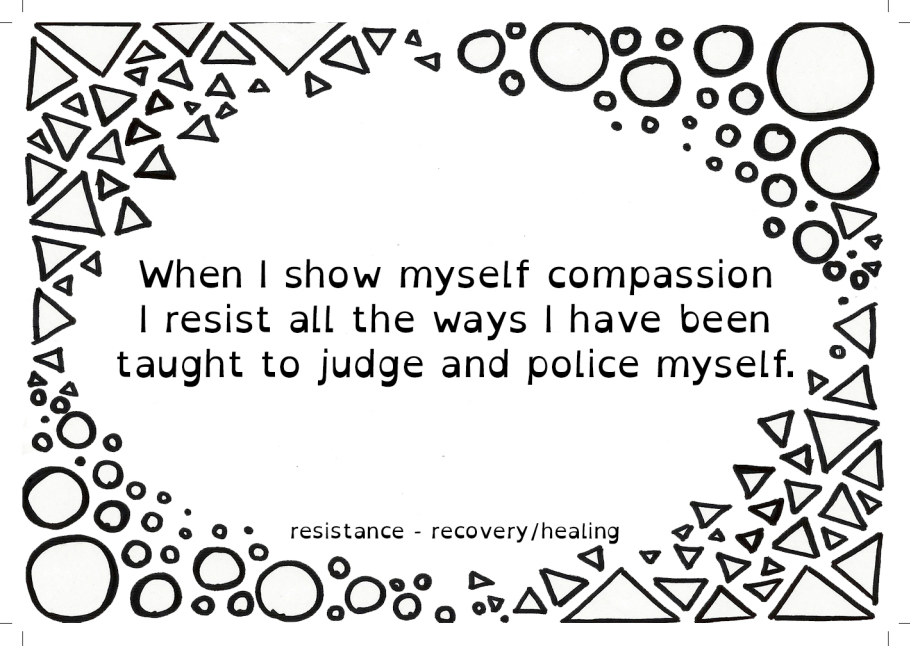
My body is not wrong or bad
for being triggered and
having a hard time letting it go.

recovery/healing



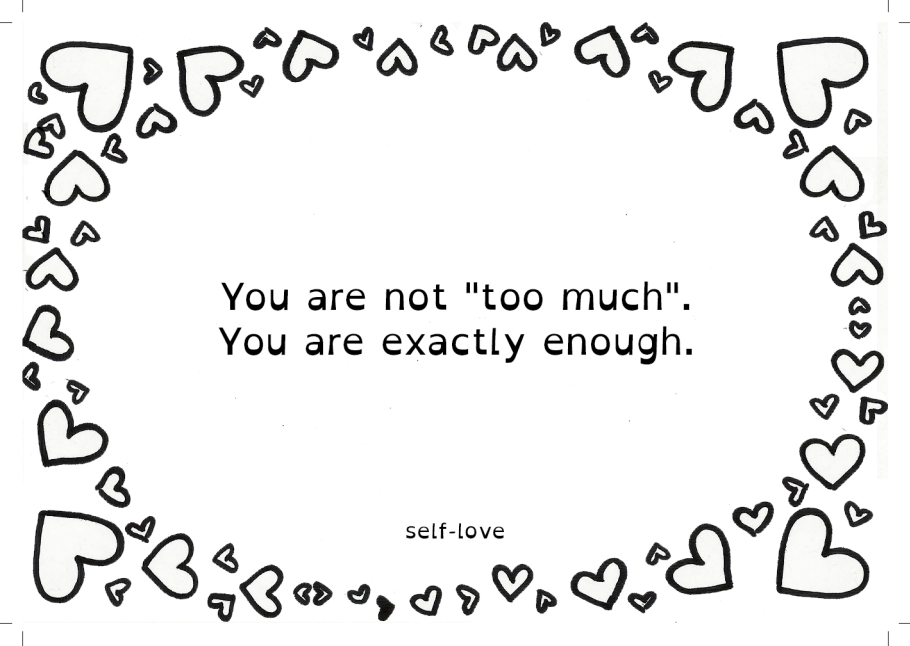
No act of resistance to
homophobia, biphobia, queerphobia,
or transphobia is too small.
All resistance is revolutionary.

resistance



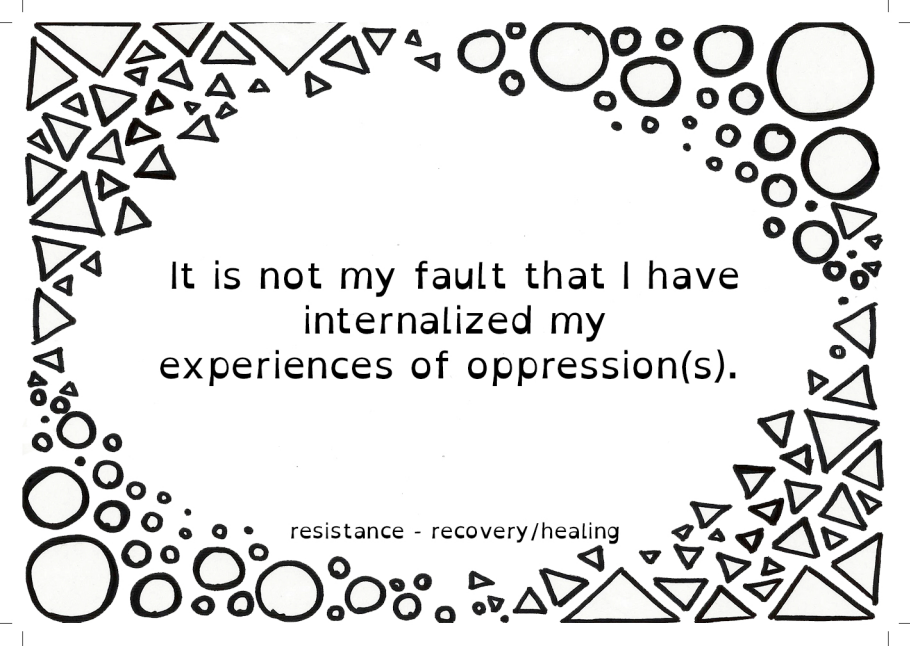
When I show myself compassion
I resist all the ways I have been
taught to judge and police myself.

resistance - recovery/healing



You are not "too much".
You are exactly enough.

self-love



It is not my fault that I have
internalized my
experiences of oppression(s).


resistance - recovery/healing



I carry my experiences with me,
and that's okay.

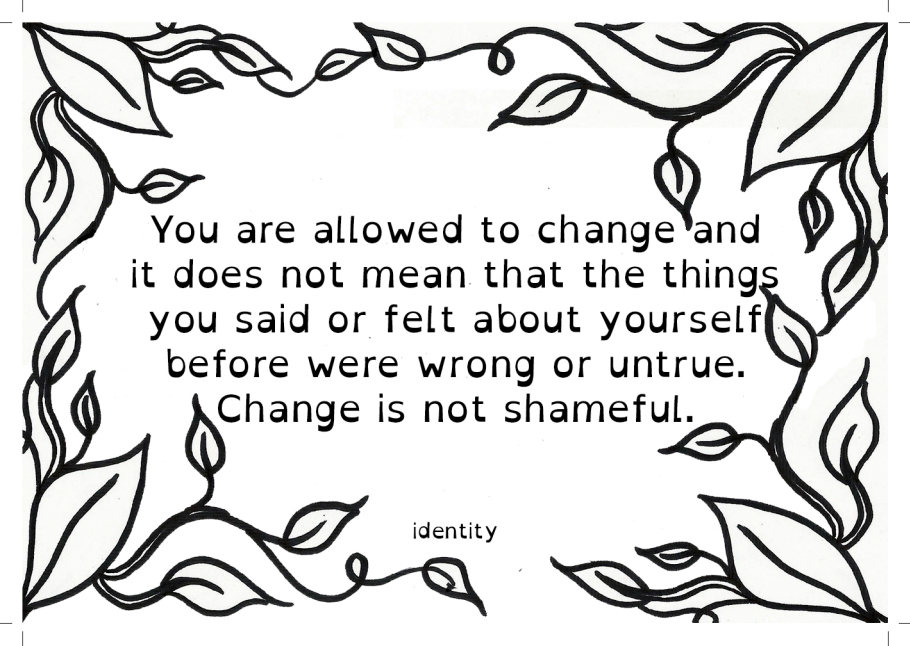
self-love - resistance - recovery/healing

Feelings are information -
my body or my heart is telling me
something - and I get to decide
how I want to use that information.



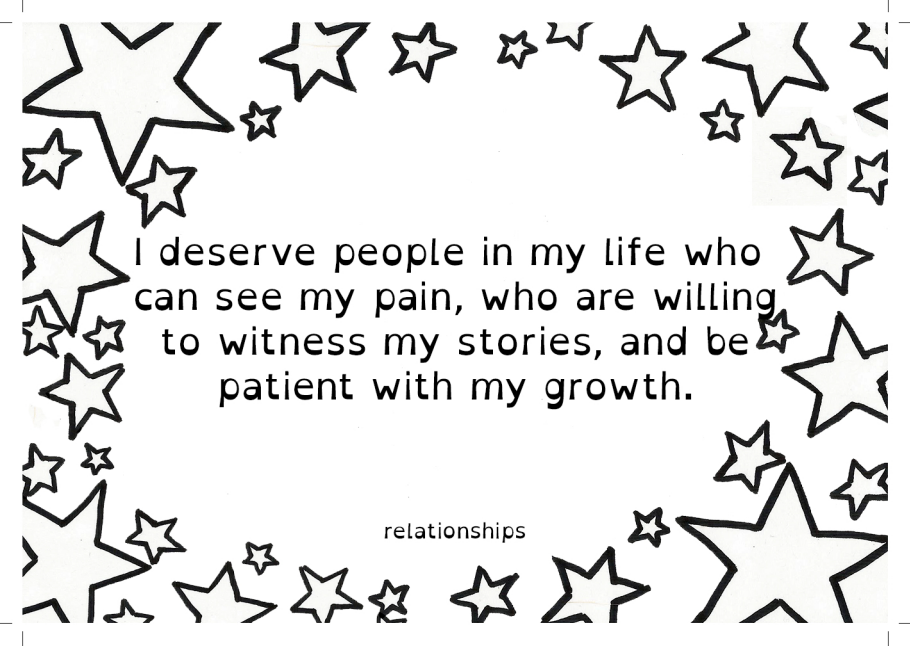
I can be proud of my healing
process even if it starts and stops.

recovery/healing




You are allowed to change and
it does not mean that the things
you said or felt about yourself
before were wrong or untrue.
Change is not shameful.

identity



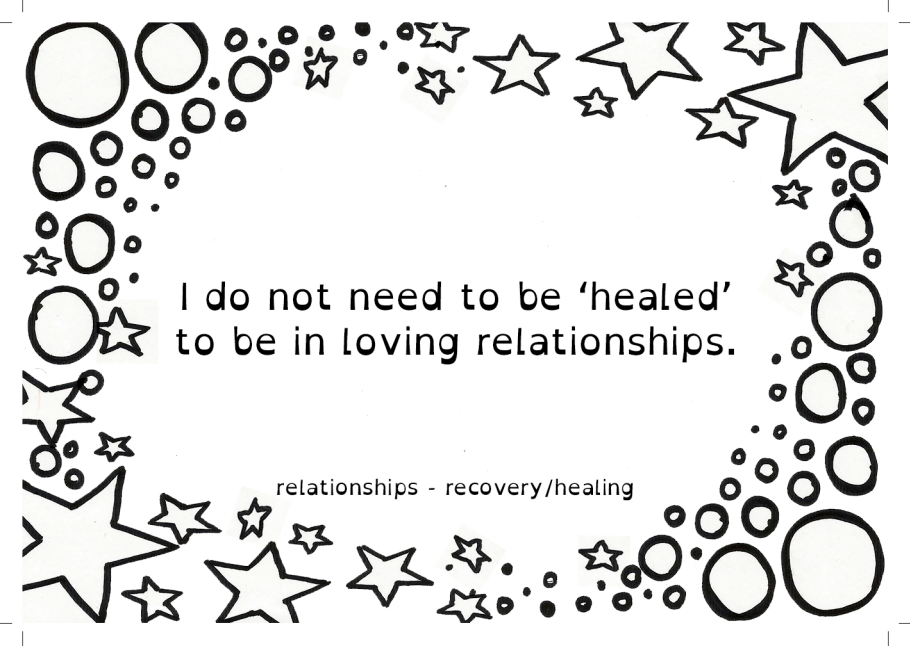
I deserve people in my life who
can see my pain, who are willing
to witness my stories, and be
patient with my growth.

relationships



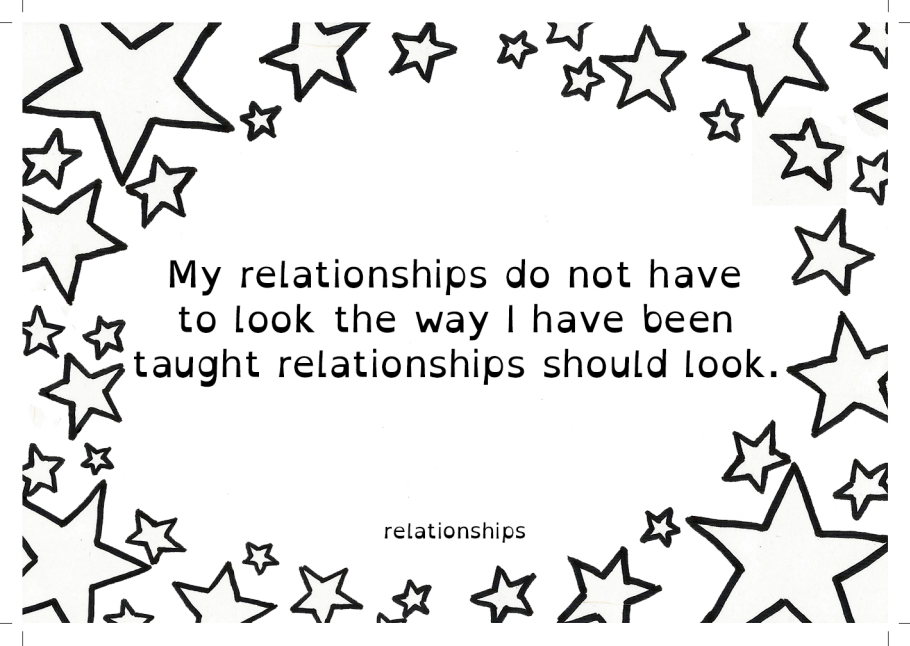
I deserve people who will support
me with love and patience when
I am making difficult decisions.

relationships



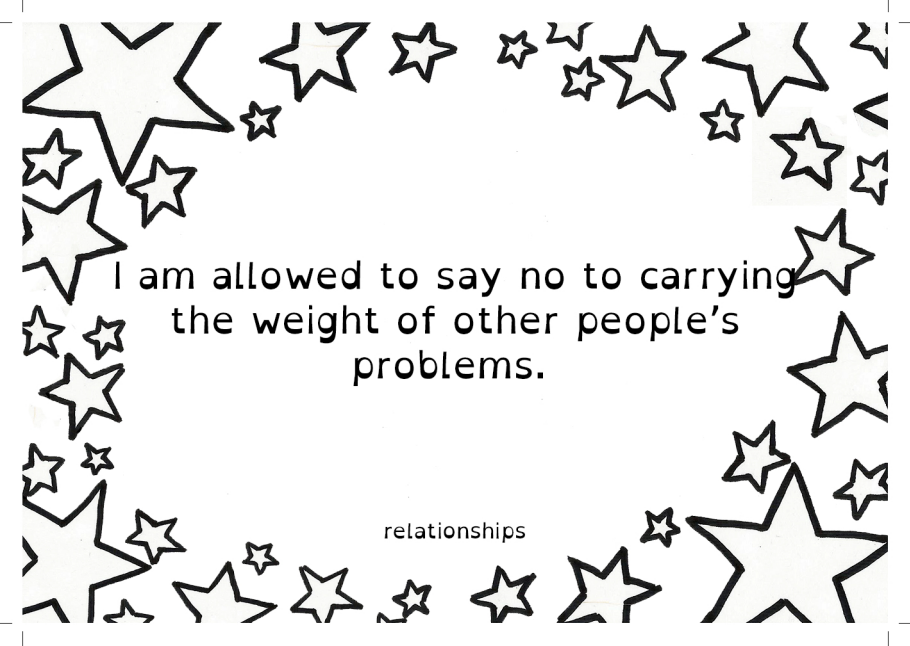
I do not need to be 'healed'
to be in loving relationships.

relationships - recovery/healing



My relationships do not have
to look the way I have been
taught relationships should look.

relationships




I am allowed to say no to carrying
the weight of other people's
problems.

relationships




You can be gentle with yourself
when you make mistakes.

self-love



I can find ways to resist
competition in my community.

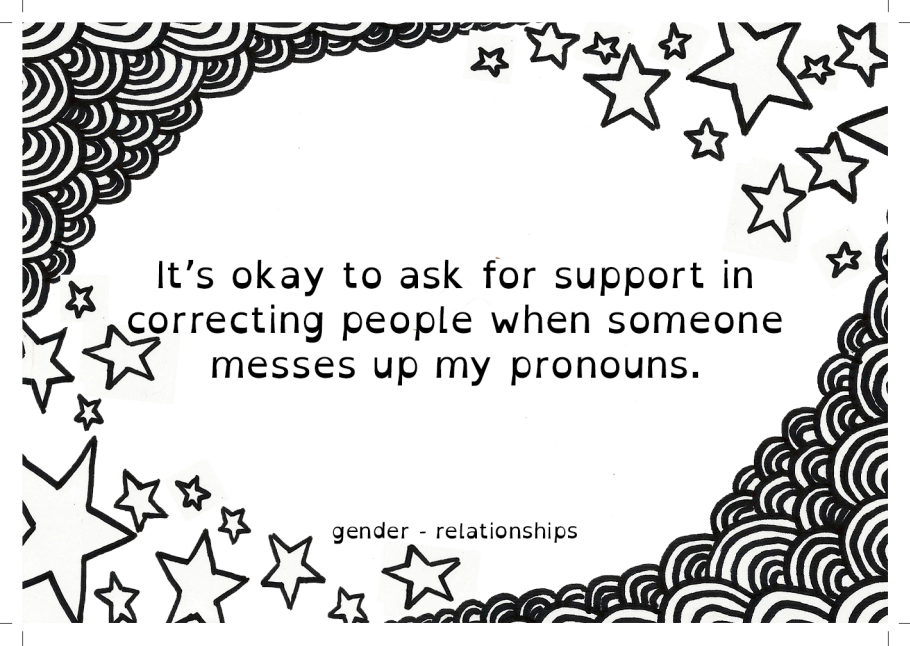
relationships



It is okay to hold people accountable
and expect others to do the same.

It is a gift when I do this
with grace and understanding.

relationships



It's okay to ask for support in
correcting people when someone
messes up my pronouns.

gender - relationships



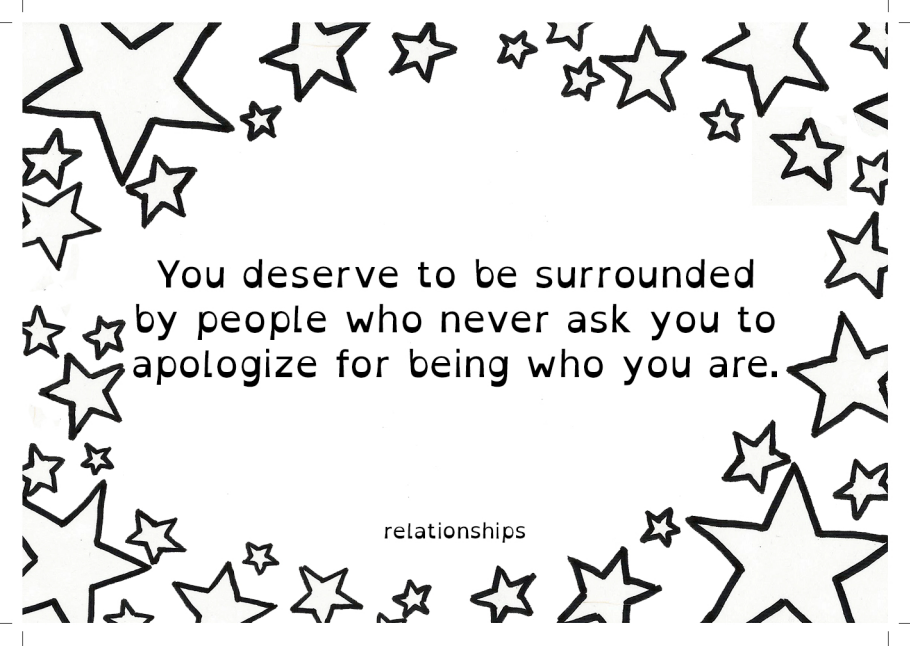
I deserve allies in my life who
work with me to ensure I feel
safe and supported in all spaces.

self-love - relationships



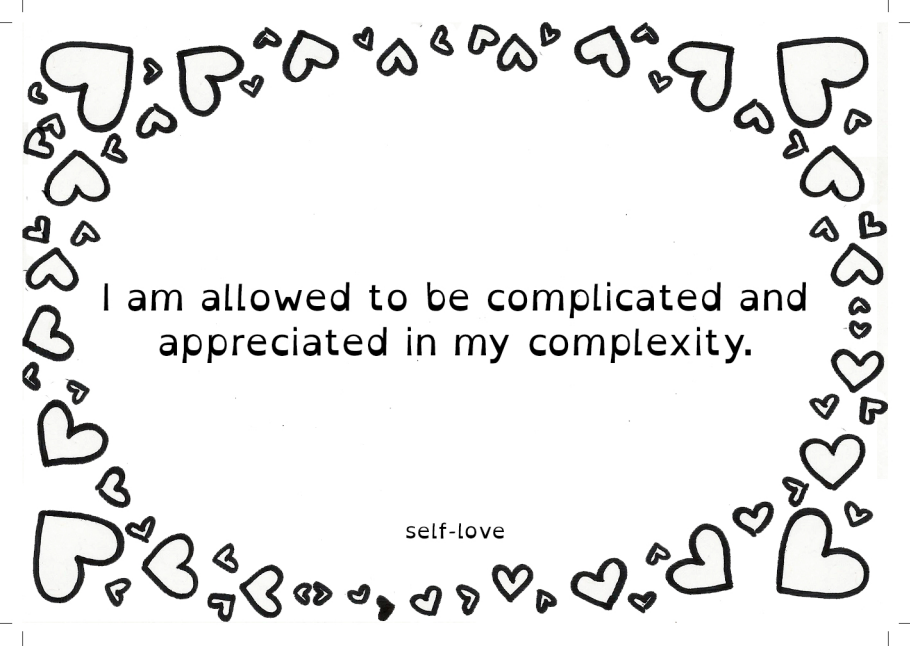
You deserve safety
and solidarity.

relationships - resistance




You deserve to be surrounded
by people who never ask you to
apologize for being who you are.

relationships



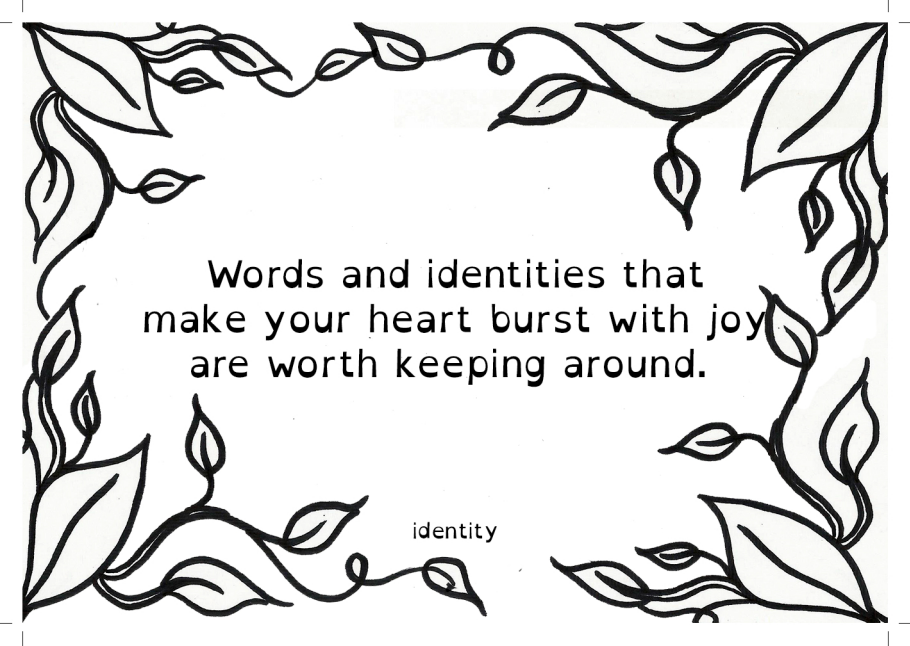
I am allowed to be complicated and
appreciated in my complexity.

self-love



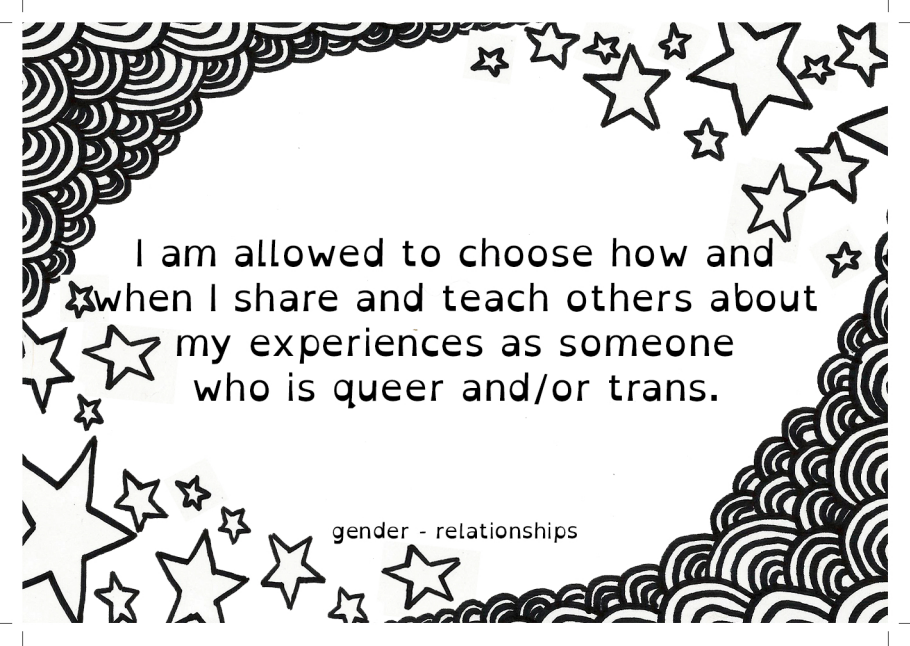
I am more than what I do
for other people.

self-love - relationships



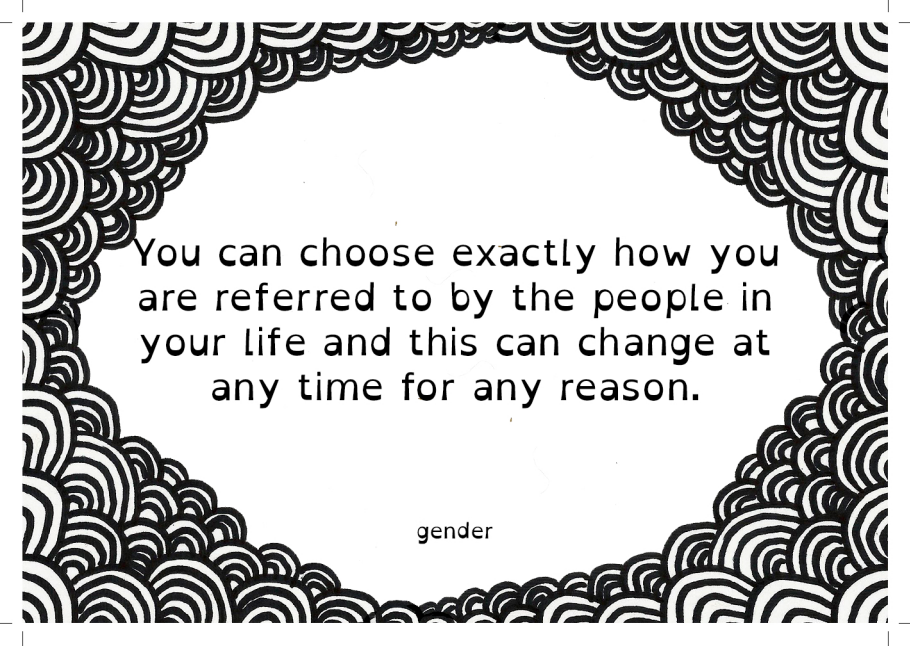
Words and identities that
make your heart burst with joy
are worth keeping around.

identity

A decorative border surrounds the text, featuring a pattern of stars and swirling lines. The stars are of various sizes and are scattered throughout the page. The swirling lines form a scalloped edge along the top and bottom corners.

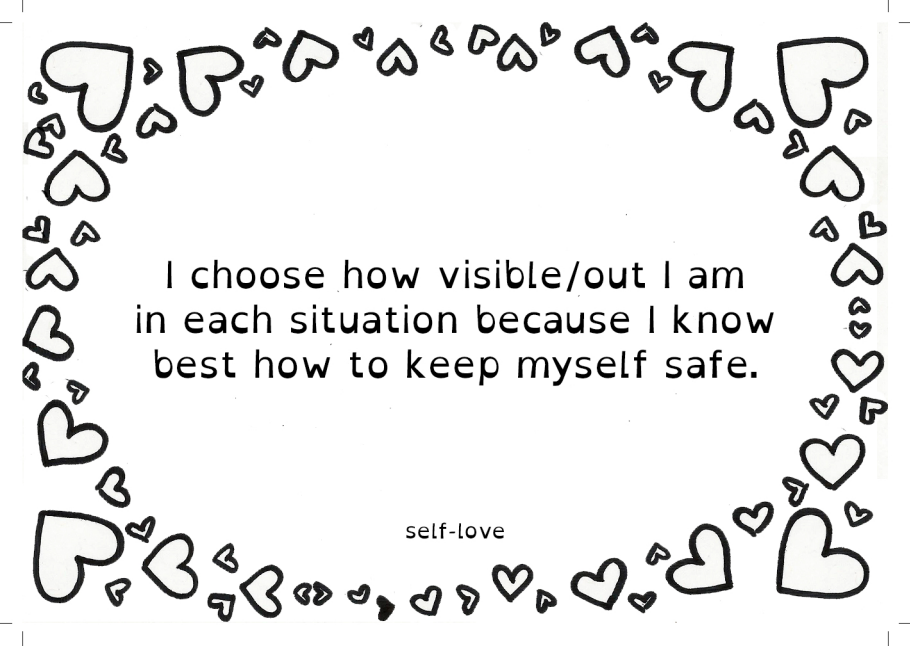
I am allowed to choose how and
when I share and teach others about
my experiences as someone
who is queer and/or trans.

gender - relationships



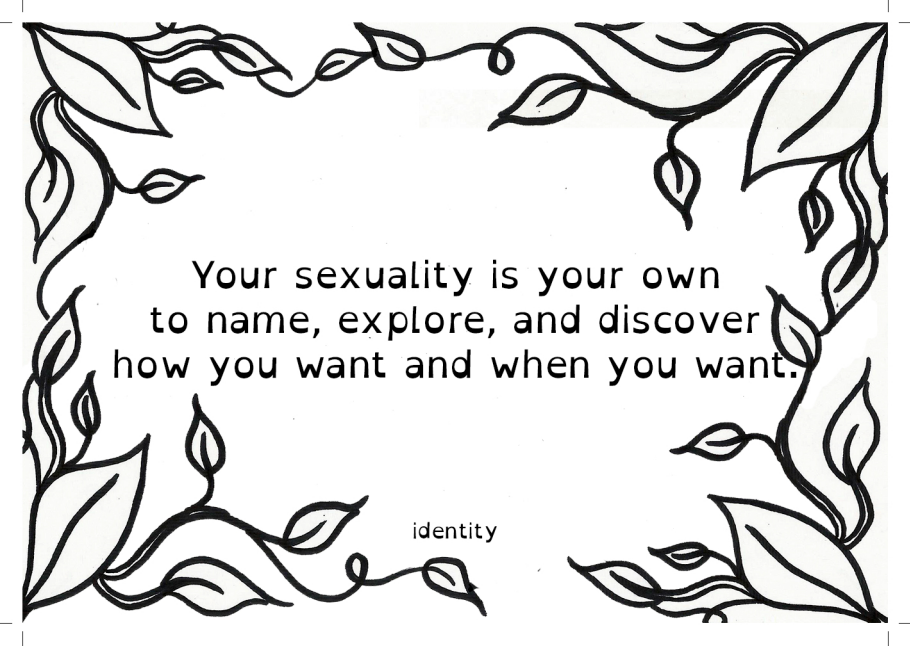
You can choose exactly how you are referred to by the people in your life and this can change at any time for any reason.

gender



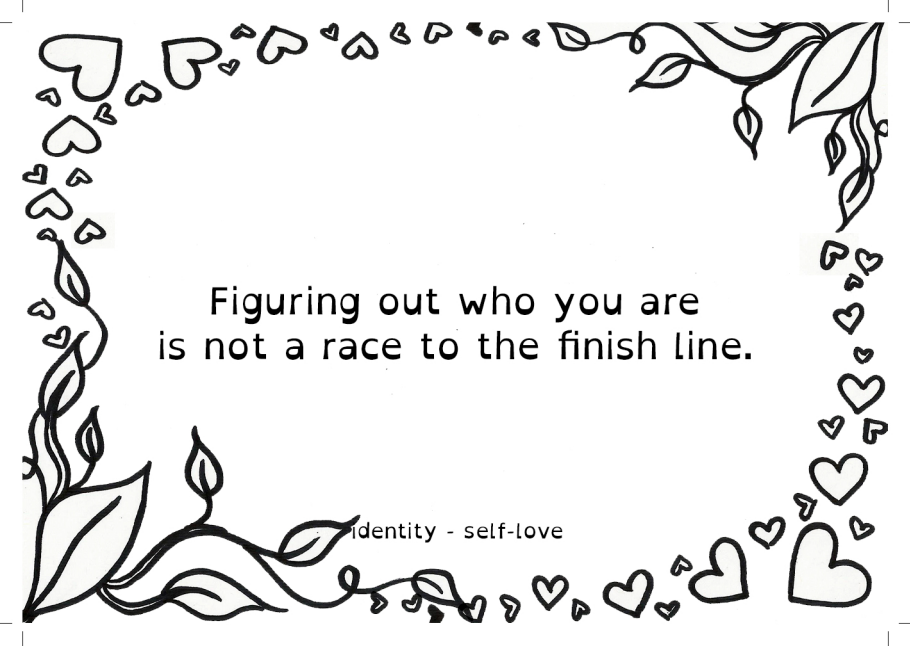
I choose how visible/out I am
in each situation because I know
best how to keep myself safe.

self-love




Your sexuality is your own
to name, explore, and discover
how you want and when you want.

identity



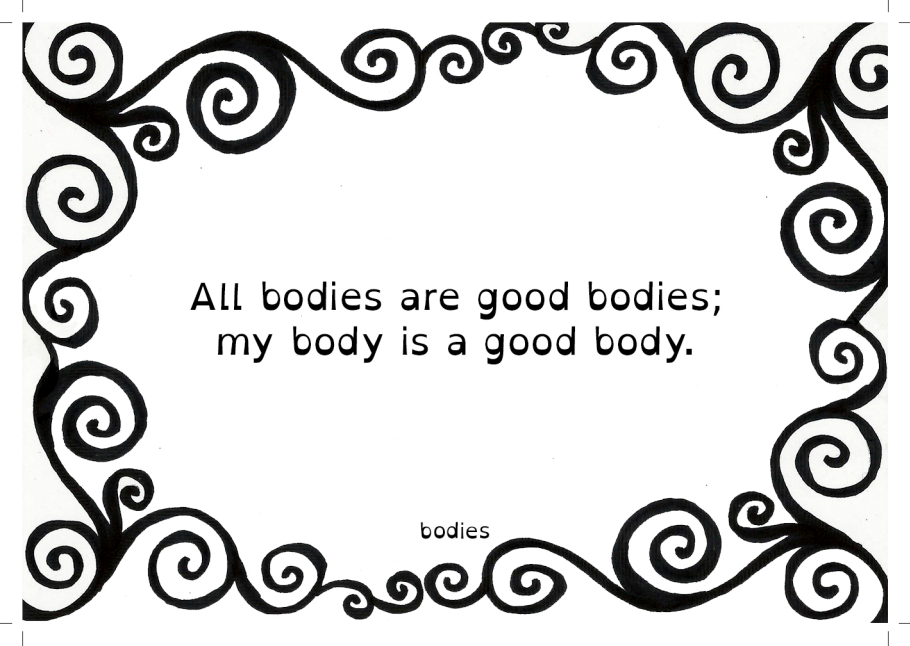
Figuring out who you are
is not a race to the finish line.

identity - self-love




Sometimes clarity comes slowly.
Sometimes clarity comes all at
once. Sometimes clarity doesn't
come at all. All are okay.

self-love



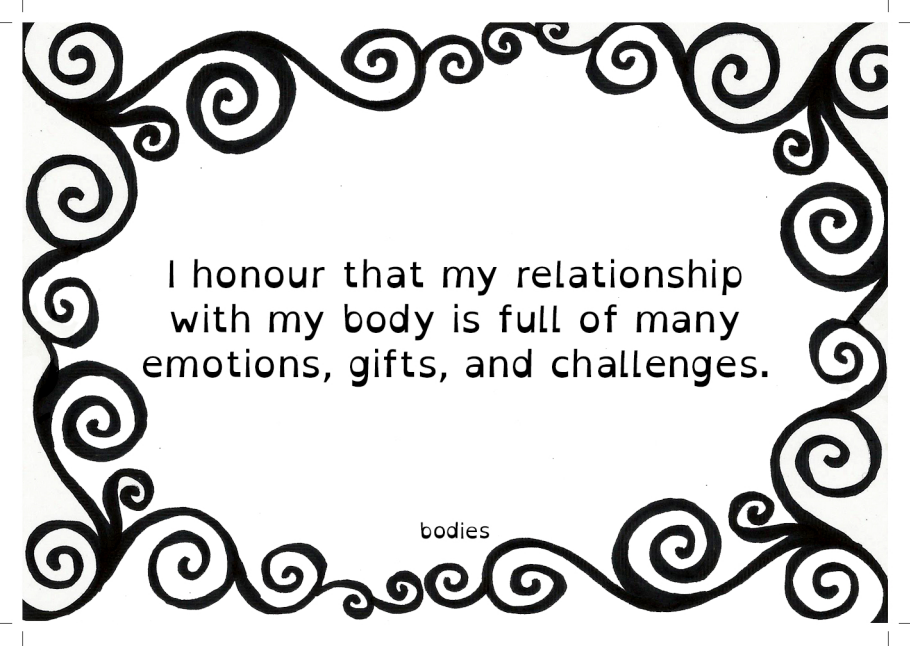
All bodies are good bodies;
my body is a good body.

bodies



I appreciate the things
my body can do.

bodies



I honour that my relationship
with my body is full of many
emotions, gifts, and challenges.

bodies



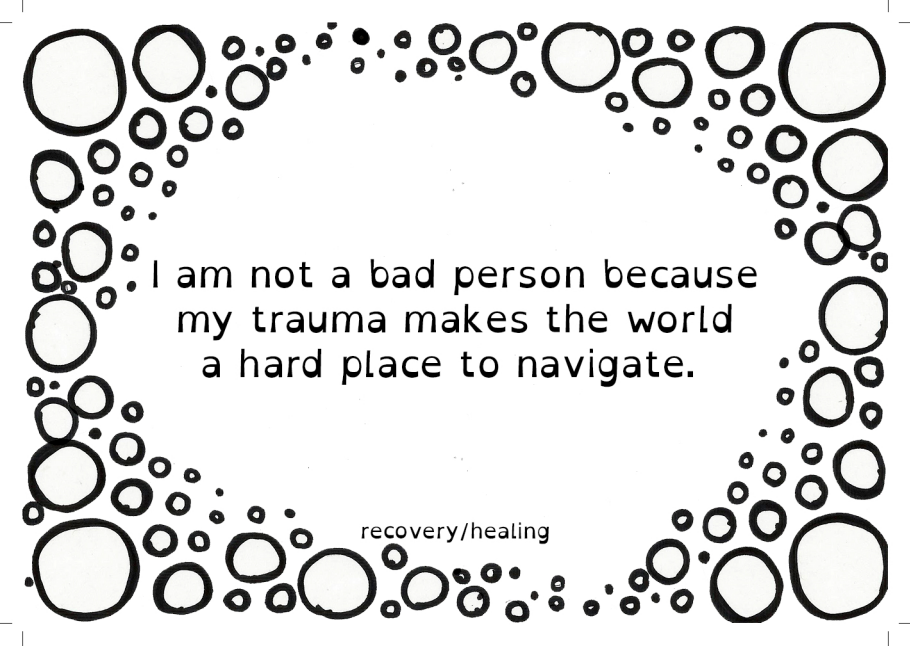
Pride isn't just a parade.

relationships - resistance




Existence is resistance.

resistance



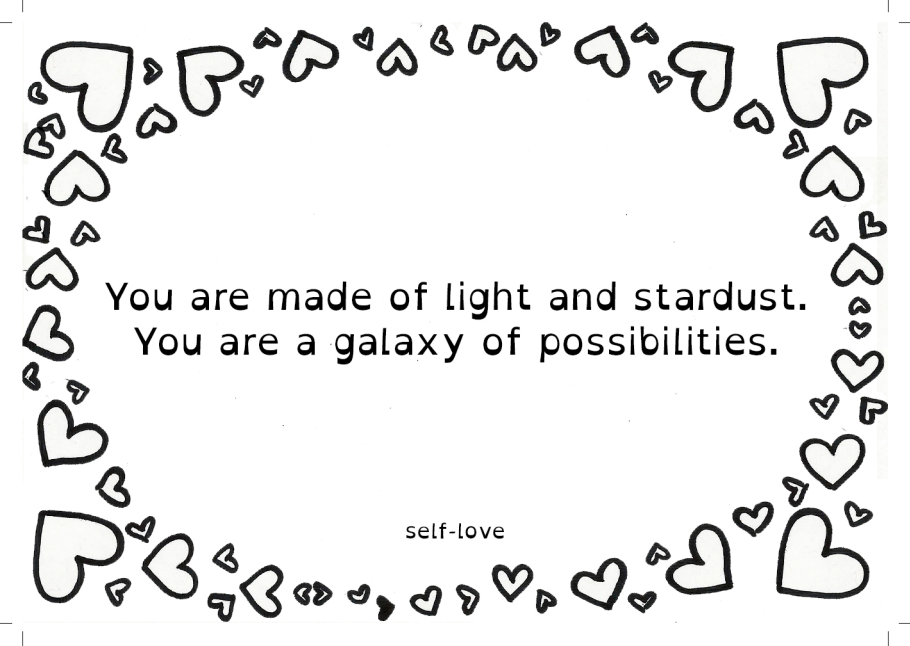
I am not a bad person because
my trauma makes the world
a hard place to navigate.

recovery/healing

A decorative border of various heart shapes, including large and small hearts, some with arrows, surrounding the central text.

Doing things "just for you" is
a great reason to do things.

self-love



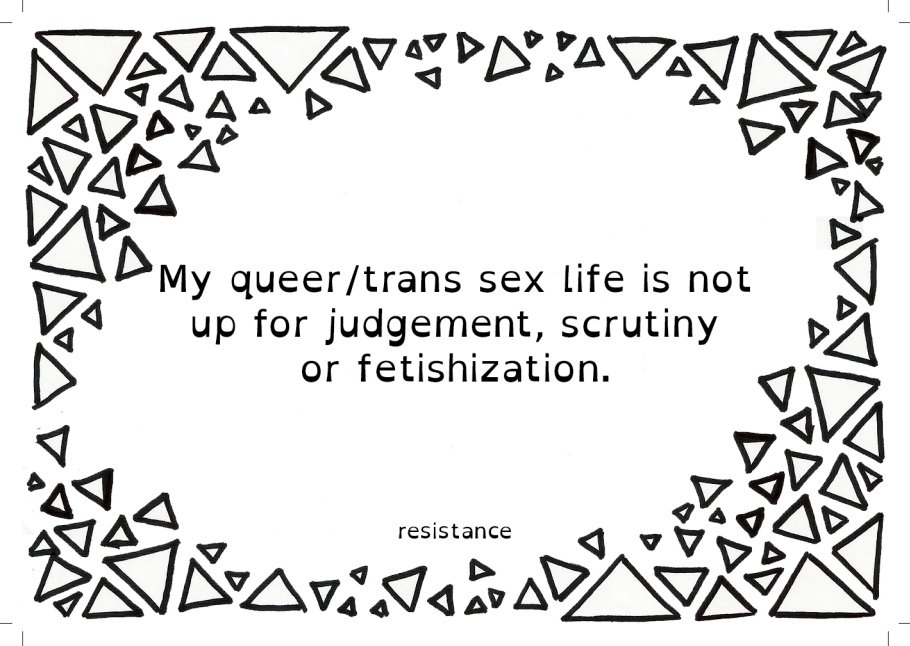
You are made of light and stardust.
You are a galaxy of possibilities.

self-love

A decorative border of various heart shapes, including large and small hearts, some with arrows, surrounding the central text.

I am not a problem to be fixed.

self-love



My queer/trans sex life is not
up for judgement, scrutiny
or fetishization.

resistance