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.”
I am open to hearing “no”.

consent
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
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.
My gender is not a diagnosis.
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.
You are allowed to tell your family to get over their homophobia and transphobia.
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.

gender identity
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
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.
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.
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.
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.
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.
I am allowed to say no to carrying the weight of other people’s problems.
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.
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.
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
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.
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.
Figuring out who you are is not a race to the finish line.
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.
I appreciate the things my body can do.
I honour that my relationship with my body is full of many emotions, gifts, and challenges.
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
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
I am not a problem to be fixed.

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

resistance