



We Care
Together

We Care

We Care Together is a zine created for, and by, LGBTIQ+ young people. It aims to offer some ideas and support to anyone who is trying to take care of themselves, and maybe the people around them, as we all navigate our day to day lives in an increasingly changing and often hostile world.

It offers a small collection of wisdoms to call upon when needed.

From other young people. From older LGBTIQ+ folks. From communities and from people whose lives and experiences and stories most likely intersect with yours.

The zine also creates space for you to share your own wisdom and genius within these pages – the ways that you know you can (and already do!) care for yourself and those around you. You can write and draw in this zine, responding to the reflective prompts and questions about what self care and community care look like for you. LGBTIQ+ young people at Twenty10 share some of their ideas and responses to these questions throughout the zine to get you started.

LGBTIQ+ people have such rich histories and skills in doing this work. Of caring for ourselves, and our communities. Of working together to resist, to persevere, to thrive. We have such rich histories of changing the world. Of creating honest and just futures.

These skills live in our minds, our bodies, our communities, our spirits. And though it is hard work to change the world, LGBTIQ+ people have always found ways to push, to resist, to imagine and to collectively make change happen.



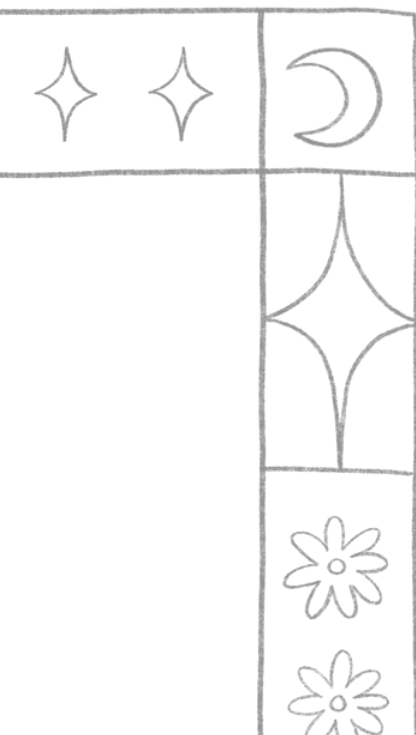
Self care can teach us the value in prioritising our own wellbeing and safety. This is especially important for LGBTIQ+ people, who often navigate lots of the hard stuff about the real world around us.

The idea of self care can also suggest that each of us is responsible for ourselves - and that solitary activities like mindfulness, deep breathing, meditation or yoga are all that's needed to keep us healthy. But breathing exercises will not pay the bills, nor will they protect LGBTIQ+ rights! While some of these self care practices are deeply impactful and helpful to many, they do not address the root causes of harm and distress that LGBTIQ+ people face daily.

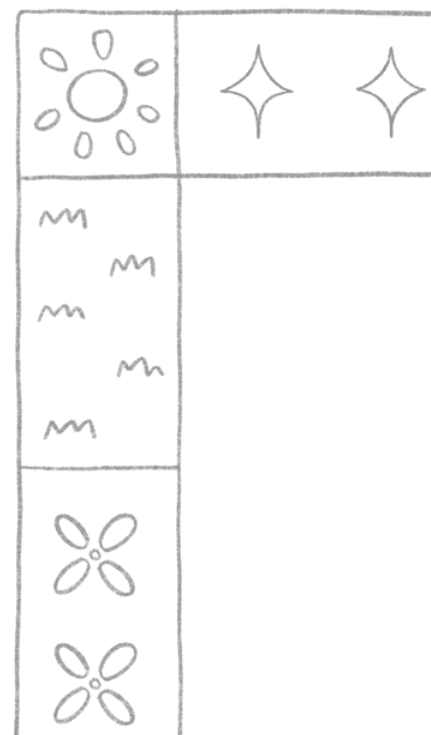
Instead, what history and experience shows us, is that community, connection, belonging, collectivity, sharing and mutual aid - care for each other - is what helps us stay well. Humans are not solitary creatures. Our care for self is deeply tied to caring for others.

For this reason, this resource proudly places care for self right alongside care for others. The wisdom for each is so interconnected that we can begin to see them as one.

Some of the ideas in here are offered for the individual yet many of these are offered for you and your community, or can be adapted to be shared with loved ones, friends and chosen family.

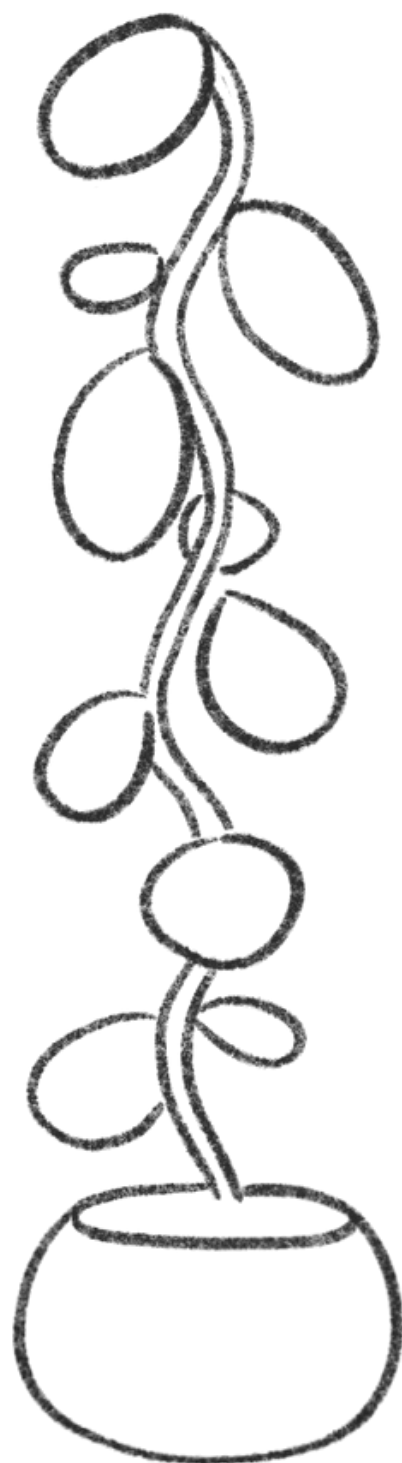
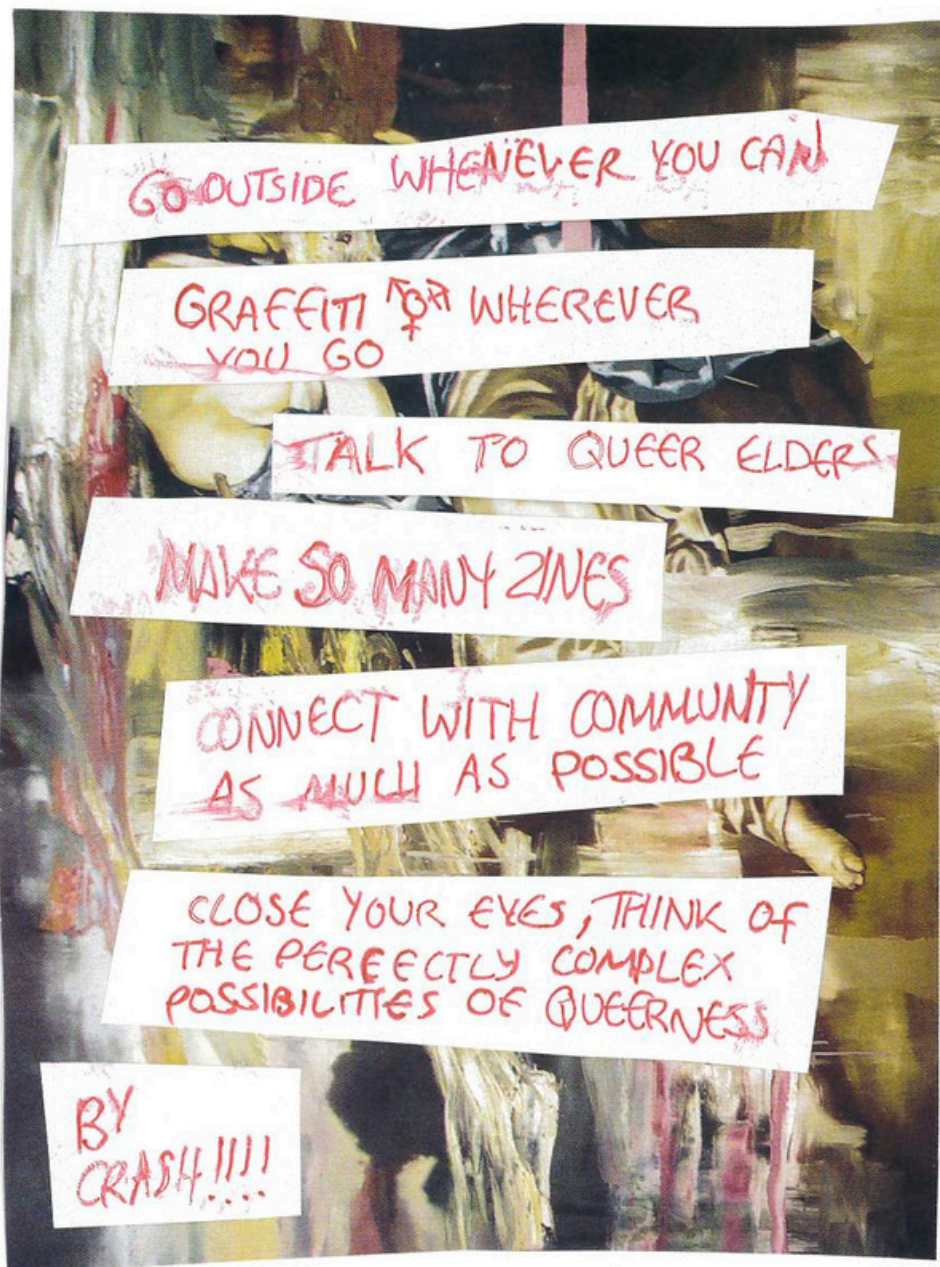


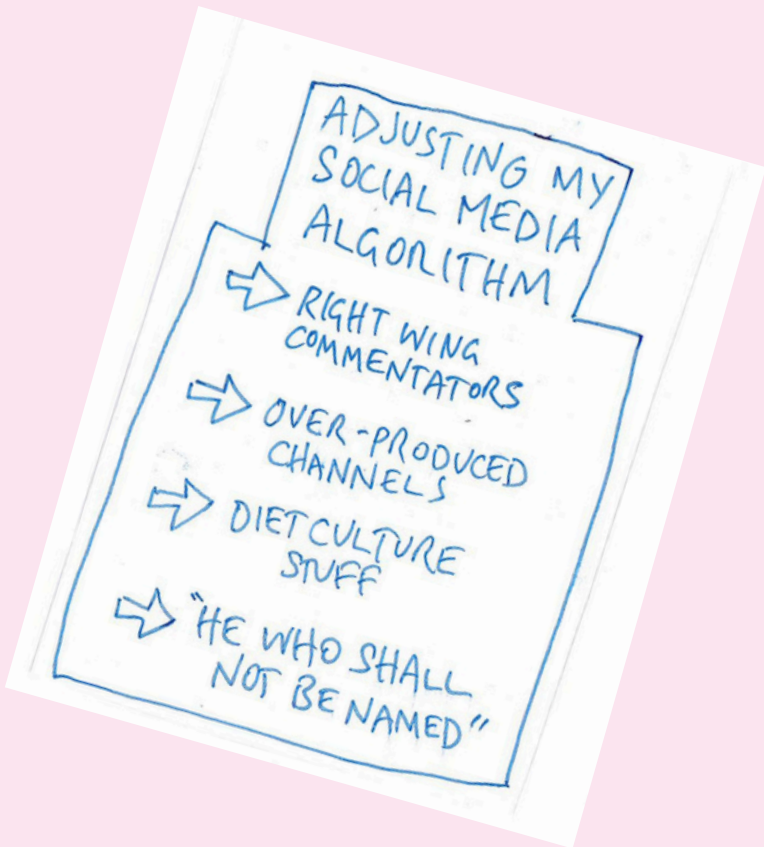
Be gentle, patient and generous with yourself as you develop relationships of care with yourself and with others. It's no easy feat and can take time. But the more we do it, the easier it will feel for all of us, together.



"It's not about self-care - it's about collective care. Collective care means shifting our organizations to be ones where people feel fine if they get sick, cry, have needs, start late because the bus broke down, more slower, ones where there's food at meetings, people work from home - and these aren't things we apologize for."

— Leah Lakshmi Piepzna-Samarasinha, Care Work: Dreaming Disability Justice





Removing tiktok/instagram from my homescreen to make me pause before subconsciously scrolling bad news

Counselling, if its accessible

Dinner catch ups with friends I haven't seen

HOW TO SURVIVE

Attending protest marches

Finding something new to watch

Finding a safe person to hangout with

Groups - support or social, pre-organised, online or IRL (like at Twenty10 or the Gender Centre)

Reading queer fan fiction

Art / drawing with rage and
grief

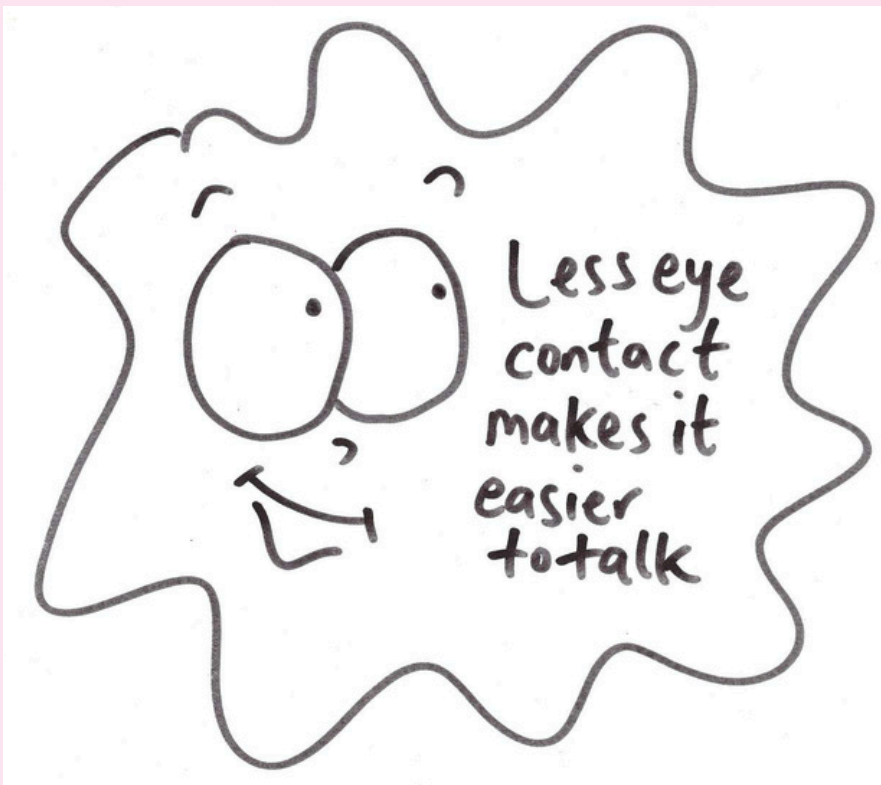
Reading comics / manga

Friends - going on walks
and talking, less eye
contact makes it easier
to talk

Asking for help with talks
that are difficult

SHITTY TIMES

Listening to 'angry music'



Cuddling with my pets

WHAT WORKS FOR SOME PEOPLE

"Drawing a little picture to give to someone is a nice distraction, and makes me feel excited about something. Also then I'm doing a cool little creative thing which is a positive boost."

Clarifying if we want a listening ear, or solutions

Finding a trusted person to talk to

Crossing things off lists!
Including adding just to cross it off immediately. Creating a reward system, or using apps to gameify changes.

Adjusting my algorithm on social media to give me nicer things like art projects and fashion, animals

Remember: these may or may not work for you



These are just suggestions - everyone is unique

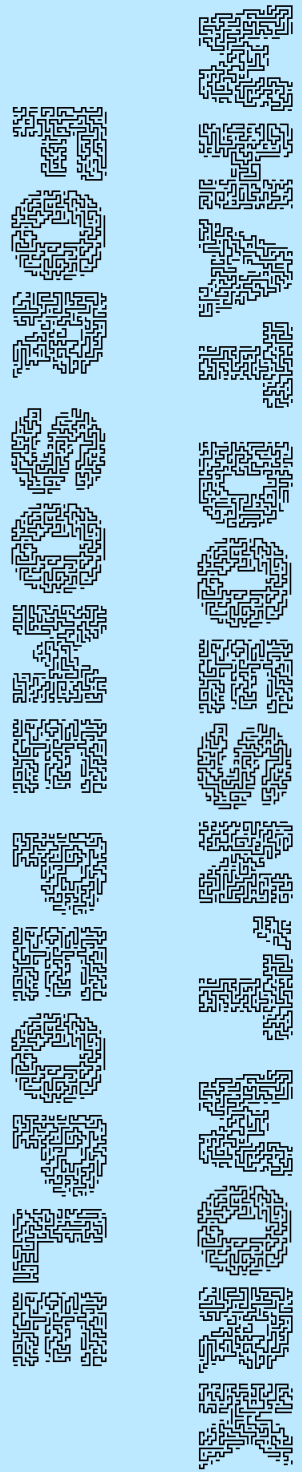
Being told to "just breathe" or "calm down"

Being dismissive of people's feelings and experiences

Giving unsolicited advice

Taking away my phone/internet is isolating and removes resources that can help me

Destructive/harmful coping mechanisms - like staying up til 3am, or doomscrolling a bad algorithm



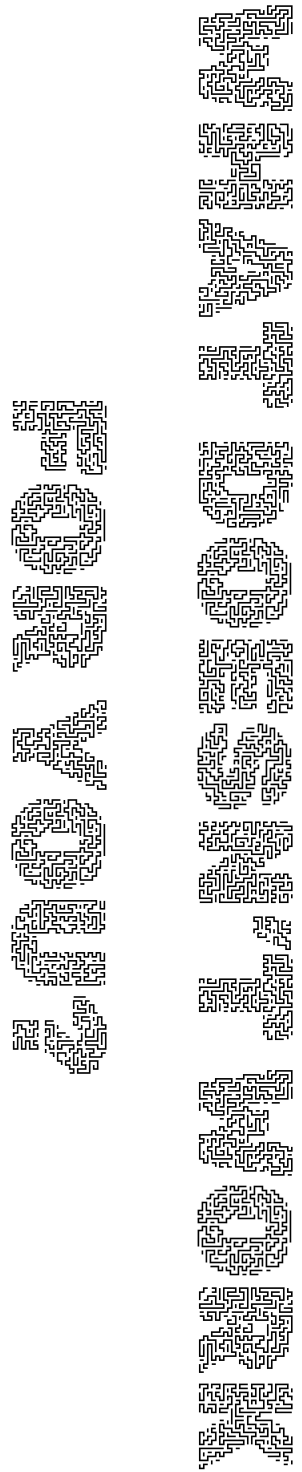
Being asked to do more things when overwhelmed (ie. Go for a walk, sleep earlier, eat better)

Use the space on these pages to start thinking about the things that work for you, those that definitely don't work for you - and maybe some things in between.

It might be that some strategies work but only in some circumstances. Maybe some supports feel better coming from certain people, but not others? Or perhaps some friends are wonderful people that you love, but not always the best people to turn to for support? There may even be things that you do to care for yourself, that you'd like to change. Care and caring can come in many forms, and can take thoughtful intention to get better at it - that's perfectly okay.

WHAT WORKS FOR YOU?





 **ALYINAS**
@alyinas

does a face mask
this is going to fix everything.

4:52 PM - 12 Jan 2018 from **New York, NY**

37,293 Retweets **78,365 Likes**



[Follow](#)

Tabbycuts Selfcare tips/ideas




Cozy Time
(Blahaj)

- Snuggle plushies
- Snuggle people


Watch cute/relaxing shows

- The Owl House
- Slice of Life anime
- My Little Pony




Warm Cozy Drinks

- Hot Chocolate (with marshmallows!)
- Tea
- Chai Tea
- Mocha



Internet

- Chatting with friends (text/voice)
- Avoid social media!



Relaxing Games

- Minecraft (peaceful)
- Tomodachi Life



Music

- Youtube
- Game Soundtracks
- Favourite songs



Cat Energy

- meowing
- cut ears
- being cozy

Making Things

- Colouring in
- Writing
- Drawing/sketching
- Clay modelling



Think your way to a happy

CARING FOR OTHERS

NATIONAL GEOGRAPHIC
OTHERS

Community is there for good times & bad times.

You don't have to (if you can't) be every thing for everyone but you can do a little for some people and others

can do a little for you, too

everything is worth it

That is: it's worth doing some thing rather than nothing!



taking care of community needs to include self-care also; you're part of your community, too



networks of care (like food webs in ecosystems)

like this:

Now interdependence is my new best friend
FRIENDSHIP WITH SELF-SUFFICIENCY OVER!!



0 km (0 mi) 60 km (37 mi)

Shizuoka

Expos-
ees and trees
Forest
ulture

care
this f

care
this f

swb

I HELP MY FRIENDS BY

"Showing up for my friends (ie community care) is not a burden or inconvenience, its an honour to be trusted and I want to maintain relationships"

Thinking of things that I can do that they would find helpful and offering to do them instead of asking "what do you need / what can I do?"

Having codes or phrases that you've agreed upon, that you can say to each other and mean that you need to talk about something or are struggling, so that its easier to communicate in those moments/less awkward

Sharing resources ie clothes swaps, pantry items, networks, recommendations of services

Figuring out a code/framework to bring up something difficult (ie. If you're struggling with something, an issue, emotion, conflict, someting bothering you, observed change in behaviour)

Use your own strengths and interests - being genuinely yourself!
Don't try to be someone you're not

Don't assume what they need (but if struggling to answer what they need, you can list suggestions)

Below is some space for you to consider and write down the ways in which you show care for others in your life. We've included some prompt questions as a starting point – but feel free to select one, combine some, or respond in your own way. Think about what kind of care you would like to share, and how you might do this in a way that still allows you to care for yourself.



How do I show care for others right now?

How do I show up for others?

How do I want to show care for others in the future?

Who are the people I care most about?

How do I show care to these people?

What are the qualities and strengths I enjoy sharing with others?

What is my love language to friends and chosen family?

Common options include:

Acts of kindness and service

Giving gifts and sharing

Physical warmth and consensual touch

Words of affirmation and support

Spending quality time together



THE ZONE OF

FABULOUSNESS

The Zone of Fabulousness is a concept created by Canadian activist, therapist and organiser, Vikki Reynolds PhD.

It is a name for our personal space of connection, where we can hold space for our messiness, our imperfections, and still feel connected to our values and to others.

It's the zone where we can be in solidarity without being overwhelmed and where we can take care of ourselves while also taking care of others.

Sometimes life gets rough though. It is common for humans to move out of the Zone of Fabulousness.

Sometimes people can move out of this zone by becoming disconnected. This can look like: numbing out or isolating ourselves.

Alternatively, sometimes people move out of the zone by overconnecting or merging. This can look like: not being able to turn the news off; finding it hard to say no to an event, or taking on other people's problems as our own.

We all move in and out of the Zone of Fabulousness in our own ways - so it can help to get to know what this looks like for you. Use the suggested questions across the page to consider how this works for you.

When are you fabulous?

How do you know when you're in the zone?

AVOIDANT
DISCONNECTED
NUMB
ISOLATING



THE ZONE OF
FABULOUSNESS



OVER CONNECTED
MERGING
TANGLED UP
OVERWHELMED

*What do you think / feel / say / do that
lets you know you're fabulous?*

*How do you and your friends keep
each other fabulous?*

“I am dreaming of a world where LGBTQ+ communities are lavishly resourced to organise community-led, peer-based healing, care, and mutual aid for each other. I am dreaming of a world with an abundance of LGBTQ+ elders, where we are surrounded by queer and trans people who are old and thriving, living alongside children being raised by families and communities who love them for the perfection of exactly who they are, honour their bodily sovereignty, and joyfully affirm however they choose to express their genders or sexualities, at every stage of their lives.

This is the care I dream of. This is the world I am working to help create.

I want to know: What is the care you dream of, and how can we work together to bring it into being?”

(Zena Sharman, in *The Care We Dream Of*)

Respond to the questions and prompts below on the opposite page

CARE WE DREAM OF

How can others show care to you?

What are the qualities and gifts you dream of sharing with the people around you?

How can others support you to care for yourself?

Liberation for LGBTIQ+ people looks like...

What brings you joy?

What are the qualities and gifts you wish to receive from the people around you?

Healing together means that we...

What does utopia look like for you?
What do we need to get us there?

“What is the care you dream of, and how can we work together to bring it into being?”

A series of horizontal lines for writing, alternating between solid and shaded lines. The lines are arranged in a repeating pattern of a solid line followed by a shaded line, providing a guide for writing.

BEING LGBTQIA+

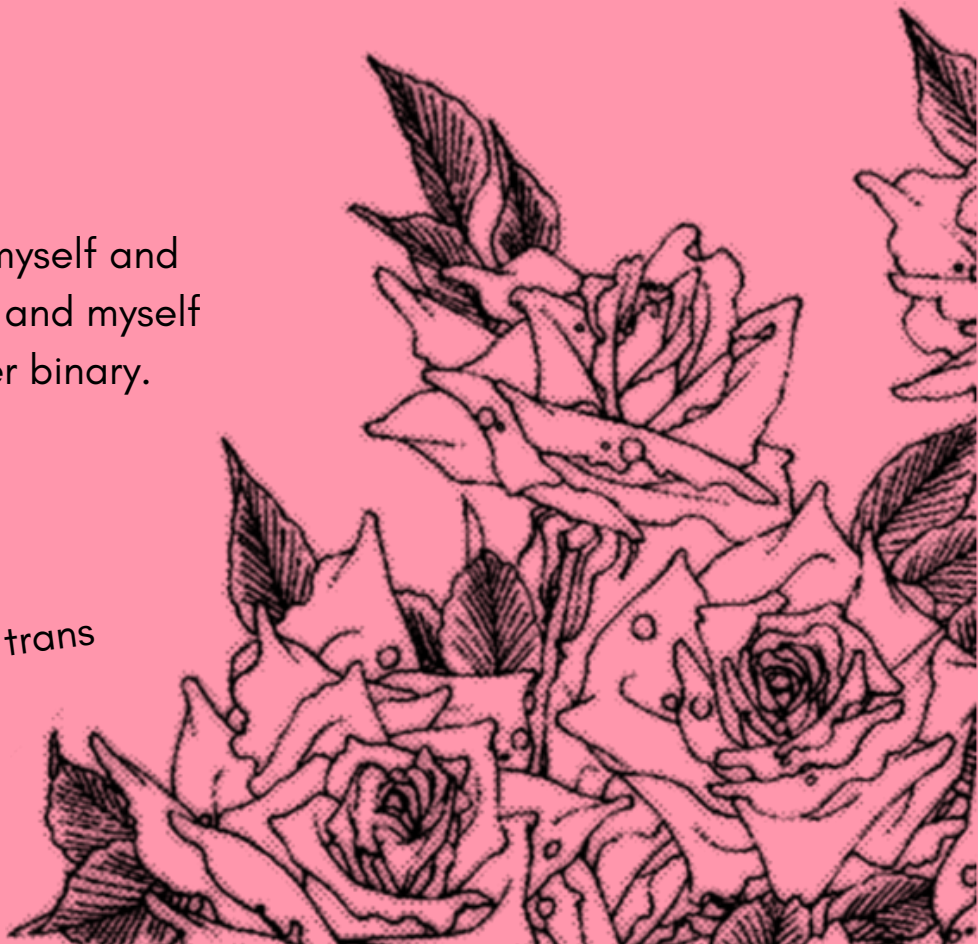
Its nice and good to be different

The human experience is far more complex than some may point it out to be. Everything is a wide spectrum. We are all unique but we can overlap in shared experiences as well - gender, kinds of attraction, types of relationships, ways to conceptualise yourself.

Its so valuable to have your own creative freedom to express yourself (art, fashion, communication, problem-solving)

How to be aware of myself and think about my gender and myself outside of the gender binary.

Its very cool to be trans



HAS TAUGHT ME

That I was always going to be queer

How to be proud of my differences

There are systems and social expectations that should be questioned - nothing is "just how it is", these social constructs can be deconstructed and changed to be more inclusive and supportive.

Advocacy work, understanding our rights and how to contribute to collective action/change by learning LGBTQIA+ history, the strength and action by Black trans women, scripts to write to politicians, about intersectionality.

That there are so many people like me, actually. I'm not alone.



INTERSECTIONALITY = WISDOM-MAGIC-POWER-STRENGTH

The term intersectionality refers to how different aspects of a person's identity combine to create unique forms of discrimination or privilege, and is commonly used to point out the multiple ways that people can be marginalised.

We also know that these intersections can give people unique, often empowering skills, experience and insights on what it means to persevere, to survive and even thrive in a changing world.

We know that marginalised people become the strongest, most resilient people in the room. The challenges we overcome become notches on our belt, and give us highly developed tools in our kit.



HOW DOES BEING LGBTIQ+ EMPOWER YOU?

I'm open-minded and compassionate to diverse identities/experiences

Deeper understanding and valuing of relationships, community and family - diversity of what they can look like and how meaningful, complex and beautiful they can be

Learned how to listen out for and seek allyship and safe spaces

It has taught me that we define ourselves and can be as specific or broad as we need - identity also shifts

My intersectionality makes me creative, my art is inspired by that I am queer, mob & plus-sized, and I ~~do~~ belong to all three communities.

How has your unique place and experience in the world -
including the challenges you've faced -
made you wise?
made you caring?
made you adaptable?
made you creative?
made you fun?
made you a good friend?
made you passionate?
made you strong?

What is a quality or trait you
inherited from those around you?

What is one that you've forged
entirely on your own?

What wisdom or vibes do you
share with those around
you?

What is a challenge that you
have overcome?

What is a challenge that you
are overcoming?

What is a challenge you hope
to overcome?

What would the people
closest to you say are your
best qualities?

What do you see or notice
about the world, that is
uniquely your perspective?

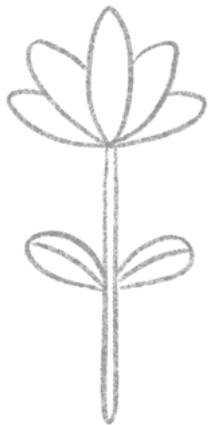
What would you say are
your best qualities?

What magic do you see in the
world around you?

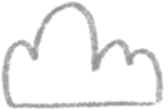
How are you connected to
this magic?

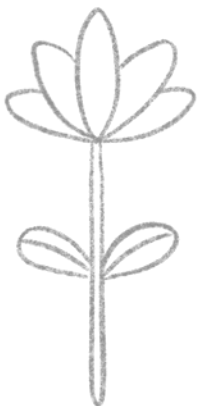
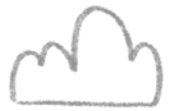
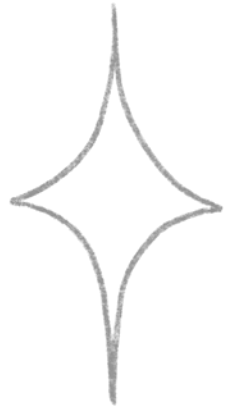
Use these prompts
to consider how
being LGBTIQQA+
empowers you





Use this space to respond
to the prompts on the
opposite page





Magic and ritual might look like lighting a candle, taking time in nature, in the sun, or in water. It might mean collecting stones, or sharing some snacks with friends.

Where does magic or the sacred appear in your life?

Where might you build more ritual or magic into your life?



The radio played "try a little kindness"
I wore a
Left a piece of
On the window
Then as I
I met someone
A beautiful
and now

The radio played "try a little kindness"
I wore a dress, felt like a royal highness
Left a piece of bread for the duck that lay
On the window, thank you they say
Then as I was walking down the street
I met someone I'm glad to meet
A beautiful girl with hair that's brown
And now I can't live without her around

kindness
try a little
kindness
I wore a
left a piece
on the window
then as I
I met someone
a beautiful
and now

"Be you. How you 'be you' can change - so 'be you' how you are in that moment. In that moment how you are 'being you' is real and still real if it changes in a couple of hours, days, weeks, etc."



"Time can change a lot. Keep doing what you can. Soon you will be able to look back and see the differences in your life."

Its okay to not know who you are and to experiment with your gender identity and sexual orientation

ADVICE FROM OTHER LGBTIQA+ YOUNG PEOPLE



Being young is the perfect time to experiment and try things out safely - even if it IS just phase (everything is a spectrum) but its also totally okay to trial things as an adult if its safer later.

"Feel your feelings. Wear whatever. Express yourself how you want to."

The storm will pass

It sounds implausible

But one day you will look back

And see how far you've travelled

Realising it never 'got better'

Instead you ~~are~~ pushed yourself

In the harsh seas you became a sailor

And made your way to calmer waters

You defented the demons with determination

And other beasts along your path

Will be docile in comparison

If life has taught us anything

Is change, and those who adapt survive

Times are hard and vulnerable

As is walking as an infant

~~But~~ you will get through this

Nothing is eternal

And soon you will breathe will peace

♡ you are strong ♡

it was a rainy day &
i jumped up out of bed
with a joyous smile i want to say
"no school today, instead
i will jump onto the puddles
i will lay upon my couch
i will ask my cat for cuddles
today i'll be a slouch"
enjoy your days
however you want
to Diva



It was a rainy day
I jumped up out of bed
With a joyous smile I want to say
"No school today, instead
I will jump onto the puddles
I will lay upon my couch
I will ask my cat for cuddles
today I'll be a slouch"
Enjoy your days
However you want
to diva

SERVICES & SUPPORTS TO KNOW ABOUT

TWENTY10

Twenty10 is NSW's largest and longest running organisation working to support young LGBTIQ+ people, their families and communities. Twenty10 offers a range of services to LGBTIQ+ young people across NSW (aged 12-25), including transitional housing; counselling; support for those experiencing family, sexual and domestic violence; and social support groups and programs.

Use the QR code below on the left to learn more about Twenty supports or see a calendar of upcoming groups and events. Use the QR code on the right to access a series of padlets containing a wide range of supports and resources for LGBTIQ+ young people.



twenty10.org.au/youth-services



padlet.com/twenty10

QLIFE

QLife is a free and anonymous peer-support and referral service run by LGBTIQ+SB people for LGBTIQ+SB people. You can access QLife between 3pm and 9pm, every day of the year. Support is available by phone on 1800 184 527, or by webchat on the QLife website. Scan the QR code below to go to QLife's website.



qlife.org.au



ACON

New South Wales' leading HIV and LGBTQ+ health organisation

<https://acon.org.au>

Gender Centre

Provides specialized services, housing, and support for the trans and gender diverse community

<https://gendercentre.org.au>

InterAction

The leading national body by and for people with innate variations of sex characteristics.

<https://interaction.org.au>

Intersex Peer Support Australia

An intersex peer support, information and advocacy group for people born with variations in sex characteristics and their families

<https://isupport.org.au>

Minus18

Advocacy and social support programs for LGBTIQ+ young people

<https://minus18.org.au>

Multicultural Peers Project

Provides inclusive mental health and community support to queer and trans youth from Middle Eastern, North African, South Asian, Muslim and broader faith-based communities

<https://multicultural-peers-project.com>

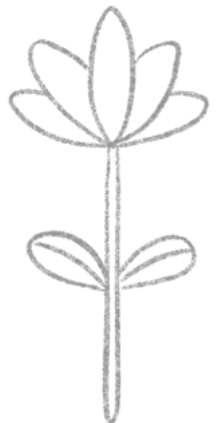
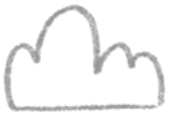
TransHub

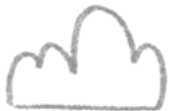
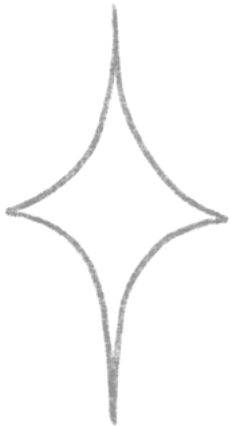
A groundbreaking digital platform for trans and gender diverse people, their loved ones and health providers

<https://transhub.org.au>



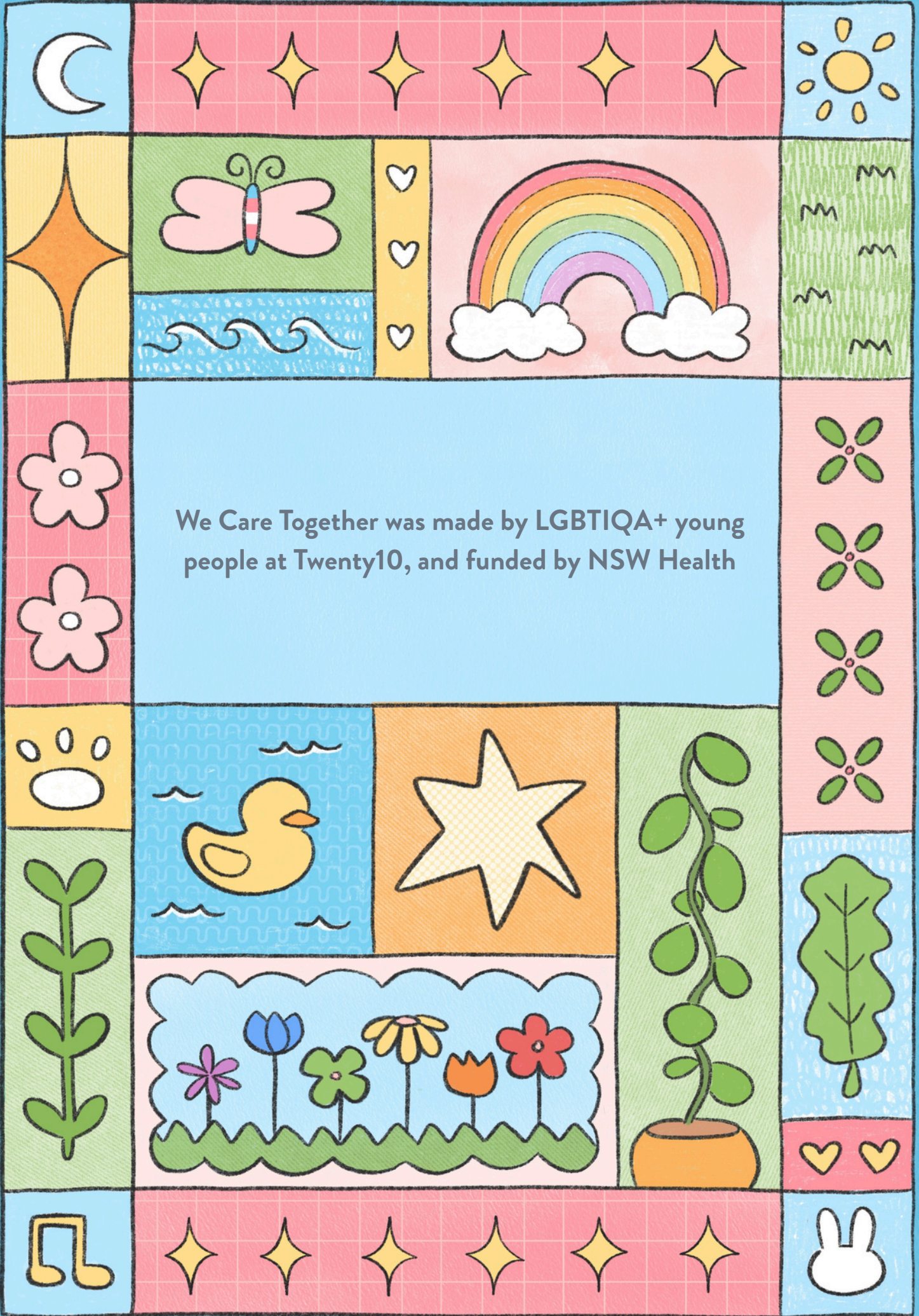
This space is for you to write down any other supports or resources that are important for you





This space is for you to write down any other supports or resources that are important for you





We Care Together was made by LGBTIQ+ young people at Twenty10, and funded by NSW Health