

## **Body Affirmation Data Set: A collection of resources that help Trans\* and autistic people thrive in our bodies.**

This contains health care resources, DIY recipes for embodied access tools, and open questions.

### **1. Trans\* HRT + Surgery data from different P.O.V's**

#### TRANIFESTO

a blog by Matt Kailey providing information on various Trans\* related topics including information on hormones and surgery

<https://mattkailey.wordpress.com>

#### HUDSON'S FTM RESOURCE GUIDE

a resource guide with info on testosterone, surgery, grooming, clothing and more

<http://www.ftmguide.org>

#### MEDICAL THERAPY AND HEALTH MAINTENANCE FOR TRANS GENDER MEN

A Guide For Health Care Providers

<https://www.nickgorton.org>

#### FTM PORTAL

an online forum in German by and for trans\* men

<http://forum.ftm-portal.net>

#### GERMAN-TRANS (ON REDDIT)

an online forum on Trans\* experiences in Germany

<https://www.reddit.com/r/germantrans>

### **2. Health care providers for Trans\* and autistic people**

#### AWNNETWORK

a list of health care providers, esp. gynecologists, providing sensory-considerate health care, mostly in the U. S.

<https://awnnetwork.org/autistic-womens-health-provider-survey-results/>

#### QUEERMED DEUTSCHLAND

a directory of queer friendly doctors and health care providers in Germany

<https://queermed-deutschland.de>

#### TRANS\*DB

directory for health care and community resources for Trans\* people in Germany

<https://transdb.de>

### THRIVING AUTISTIC

a non-profit promoting and protecting the rights of autistic and neurodivergent people by providing information and contacts to neurodivergent therapists.

<https://www.thrivingautistic.org>

### BEFORE YOU GO, AWWNETWORK

Know Your Rights & What to Expect at the Doctor and in the Hospital. Tips and advice (life hacks!) for autistic trans people about finding and going to doctors

<https://awwnetwork.org/wp-content/uploads/2020/10/Final-Version-Before-You-Go-Know-Your-Rights-Booklet.pdf>

## **3. Embodied access resources for autistic people**

### FRAGRANCE FREE FEMME OF COLOR GENIUS

a resource for learning how to make and use fragrance free products by Leah Lakshmi Piepzna Samarasinha

<https://brownstargirl.org/fragrance-free-femme-of-colour-genius/>

### WHAT'S IN YOUR SENSORY KIT

a list of stimming resources, stim toys and access hacks

<https://www.autistic.com/whats-in-your-sensory-kit/>

### THE OBSESSIVE JOY OF AUTISM

a text on autistic joy

<https://juststimming.wordpress.com/2011/04/05/the-obsessive-joy-of-autism/>

## **4. Embodied practices and services for feeling good**

### QEQUAL - UNIQUE AND EQUAL

a platform on which to find beauty and wellness services by queer, Trans\* and non-binary affirming providers in Berlin

<https://www.gequal.de>

### THAM DOES CLAWS

safe space for nail art in Berlin

<https://www.instagram.com/thams.does.claws/>

### SKINSHIP 21 DAYS SELF-PLEASURE

21 day self-pleasure calendar centering queer, trans, non binary, intersex, Agender/gender fluids and femme bodies

<https://skinshipberlin.bandcamp.com/album/skinship-21-days-self-pleasure-calendar-vol-ii>

COUNTING FEELINGS DATA SETS by MELT, 2023

HOWTO HAVE A REST DAY

an illustrated Instagram post with suggestions of how to have a rest day as an autistic person

<https://www.instagram.com/p/CdmDrfEv9JO>