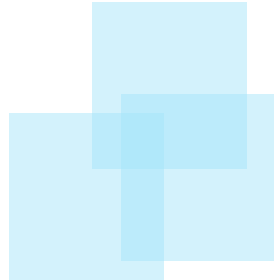


Makeup and Presentation

Welcome to Transcend !



Announcements

Profit Share - October 7 at
H&J's Teahouse

Emergency Contact Sheet

Possible CAPS Training Dates
- 11/1 or 11/2 5:00PM

Transcend Member Drive vvv

Upcoming Meetings

Clothing Swap - October 13

Trans and Queer History -
October 20

Folders



Contact Information



Medical Resources



Presentation-Related R...



Transcend Meeting Sli...

Community Agreements

- Take Space, Make Space
 - Take steps to make sure everyone has the chance to speak.
- Use “I” Statements:
 - Speak from your own point of view, rather than assuming others’.
- Assume good-faith.
 - But don’t be afraid to challenge something you disagree with.
- Progressive Stack and Hand-Raising
- WAIT (Why Am I Talking?)
- Jargon giraffe
 - If you don’t understand a term, raise your hand in the shape of a giraffe

Presentation !

What is presentation?

- Presentation deals with how you present yourself to others
 - This meeting will (hopefully) help clear things up if you have questions about a certain topic, or don't know where to even start.
- Important things to remember:
 - Presentation is up to personal preference!
 - Do whatever makes you happy - whether it be a more feminine presentation, a more masculine one, or anywhere in between or beyond!
 - There is no “right or wrong” way to present as your gender - it's all up to what you like.
 - These are not strict guidelines! They're here so you can play around with them!

Self-perception

Perception- impression of a person, based on all five senses

Self-concept → self-awareness → self-esteem

self-fulfilling prophecy - when you act a certain way for a certain goal to be achieved = TRANS YOUR OWN GENDER

when we manage our identity, we decided on a particular communication behavior to influence how people perceive us

Self-perception and presentation

Be mindful of your mannerisms and the situation you're in

People look for consistencies and patterns

A gender schema! to identify us, so we use that against them
(schemas happen through gender role socialization)

Difference between gender presentation and “passing”

- Gender, particularly the gender binary, is a construct that varies in importance to people
 - Passing as one of the binary genders means playing into binary definitions of masculinity and femininity
 - Masculinity and femininity mean different things to different people!
 - You don't need to be perceived as your preferred gender in order to be yourself and feel like your gender
- Passing is not a requirement for being trans!
 - Only dress how you feel comfortable
 - Passing can help in social situations with cis people, but it presents its own challenges as well, such as mismatched name and documentation
 - passing also can be affected by unfair beauty and physique standards associated with the cis binary genders

Clothing tips for passing

-using baggy clothing can help obscure body features and secondary sex characteristics

-a lot of clothing is already designed to be gendered! Women's clothing is often fitted and can accentuate hips and waist, while men's helps to flatten the chest and hips

-this can cause problems with sizing, but often helps gender presentation significantly

-ask friends to buy clothing for you, especially underwear!

- Gender-affirming items and trans-specific clothing can help a lot!
- Binders and binding tape are very good, but please be careful about comfort and breathing issues (GC2B, flavnt, and trans tape)
- Padded bras or extra padding is available outside of trans-specific stores, silicone pads are often adhesive and can be worn under a shirt without a bra
- Packing and tucking is also an option! Please watch safe tutorials before doing so
- There is a large disparity between what trans men and trans women can do in terms of presenting their gender openly, so please consider what areas you'll be going to and your own safety

Mannerisms

Feminizing Tips

- **Vocal intonation and inflection!**
- Use more hand gestures
- Knees/ankles together when you sit
- Walk with a narrower step/sway hips
- Smile more

Masculinizing Tips

- The “Bro Nod”
 - This should reduce the amount of smiling you do
- Vocal fry
- Subtly taking up more space
- Walking without swaying your hips/walking with a wider step
- Less casual interactions/small talk



Voice Training



Voice Training Overview

- What is voice training?
 - Voice training is the practice of changing your voice over time to fit your gender presentation as you see fit.
 - Voice training can be a difficult road for many but it also can help alleviate dysphoria!
- Misconceptions about voice training:
 - HRT will change your voice
 - Only testosterone does this by thickening your vocal cords, but once they are thickened there is no way to reverse it
 - Voice training is impossible
 - No it isn't! It's just hard is all

Voice Training Vocab and Concepts

- Resonance
 - This is how your voice vibrates and where it tends to vibrate most in your body
- Pitch
 - This is how high or deep your voice is
- Enunciation
 - This is how much you pronounce every sound in a given word
- Filler Words
 - These are words such as “like” and “uhh” that are meant to fill dead spaces in conversations when you think
- Vocal Cords
 - This is the part of your larynx that vibrates to produce sound - the looser (controllable) or thicker (uncontrollable) they are, the deeper the sound produced.

Masculinizing Voice Training

- This type of voice training centers around increasing **resonance** in the chest, as well as deepening your **pitch**.
 - This is easier said than done - getting the resonance right is the most vital part of this type of voice training.
- Testosterone may help voice training out by decreasing the pitch by thickening **vocal cords**, but the resonance is still something to work on.
- In addition, it's anecdotal that masculine voice types tend to use more **filler** words - this is anecdotal though so I wouldn't worry too much about it

Feminizing Voice Training

- This type of voice training centers around increasing **resonance** in the head, as well as raising your **pitch** slightly.
 - Getting the resonance right is also the most vital part of this type of voice training!
 - One trick that helps is to keep a hand on your chin/throat/chest and practice (a LOT) speaking without feeling vibrations in your chest.
- If a testosterone-centered puberty has happened, then the vocal cords will be a little thicker but that's not really much of an issue
- Things vital to this type of voice training (in order imo) are resonance, mannerisms (getting to that), and pitch.

Makeup >:3

Makeup in General

- Makeup can be used for masculinizing or feminizing
- Anyone can use makeup!
- It might be kind of overwhelming when you start, but using resources such as Youtube, having a friend help you, and practicing will make you better and faster at your makeup.
- All tutorials can be found in the [Transcend Presentation Playlist](https://www.youtube.com/playlist?list=PLCbW_nirqiFGuianP_SLayZWwiCezmy5aX)



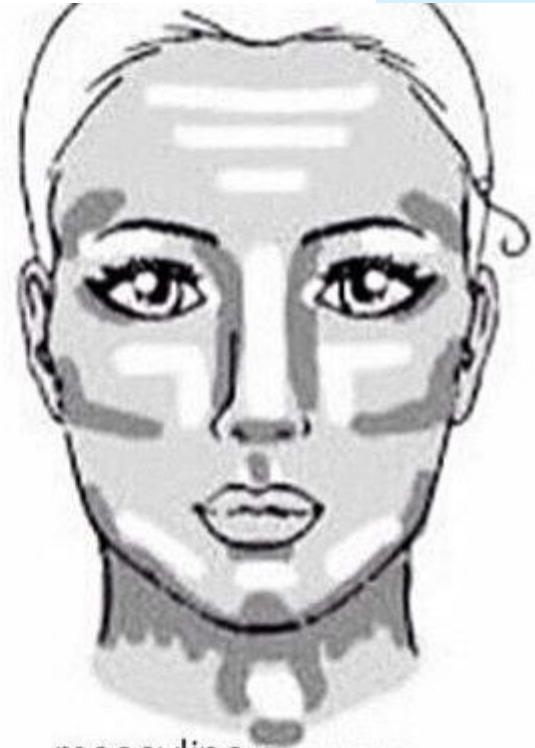
https://www.youtube.com/playlist?list=PLCbW_nirqiFGuianP_SLayZWwiCezmy5aX

sidebar! drag and the trans community

- First drag balls were held in the late 1800s by black trans women and gay men (William Dorsey Swann)
- Harlem Renaissance allowed for black and gay communities to unify and form drag culture in nightlife spaces, created a space for trans women to freely experiment with their appearance and gender
- gave trans men an opportunity to participate in nightlife activities normally barred from cis women
- drag introduced the normalization of using multiple pronouns
- many trans women continued to call themselves drag queens

Masculinizing Makeup

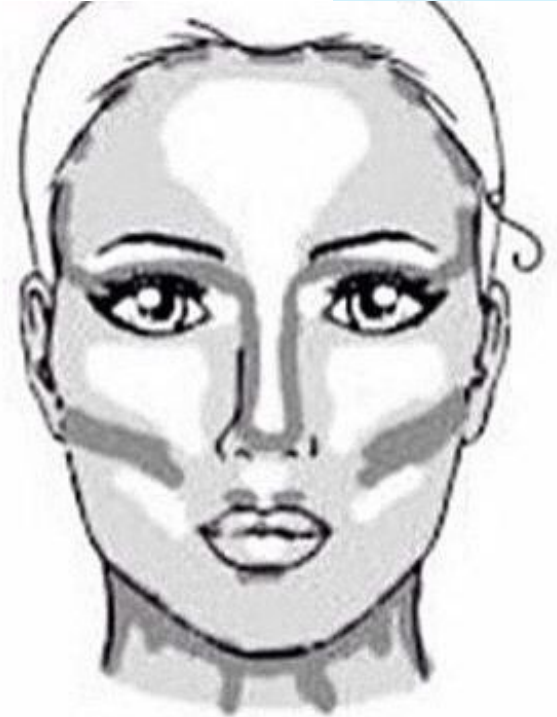
- Thickening up your eyebrows
- Using concealer and/or foundation to cover up any acne or discoloration caused by testosterone
- Using contour to make sharp, square features
- Finding hairstyles that will help accentuate more masculine facial features
- Downplaying the lip-line
- Contouring the collar-bones and jugular notch
- Acne-spotting and face cleansers are important if taking HRT!



masculine Features
Contouring

Feminizing Makeup

- Using contour to round out more feminine features
- Color correcting makeup can hide shadows left by facial hair
 - Black hair leaves a blueish shadow, so an orange color correcting foundation will help to cover this up
- Generally wearing makeup itself will make you look more feminine, but it can be used subtly
- Hairstyles that will make your face look softer as well as well kept hair can be better than just having your hair as long as possible
 - **Condition your hair!!! This is not negotiable**



feminine Beauty
Contouring

Where can I find products that work for me? How much does it cost?

- drug store products work fine, and have great options for skincare as well (tackles problems with second-puberty)
- don't try to buy every product at once!! Start with a few and then slowly build up your routine
- ask for recommendations from peers and search for products that tackle your specific issue, don't buy skincare or haircare products that are vague about what they accomplish
- there is no pressure! Money can be tight and there are other ways to pass outside of the very expensive beauty industry (stretch that dollar and use products for more than one thing) :)

Share your tips!