

THE
OUT
SIDERS'
HAND
BOOK

THIS ZINE BELONGS TO A
WONDERFUL PERSON CALLED :

IF FOUND PLEASE RETURN TO:



HELLO

HELLO YOU

Thank you for opening this zine and getting this far! Let's start by saying you are a brilliant person and the fact you are holding this means you are now part of a national gang of queer and trans* people!

This Outsiders' Handbook is written by four artists who identify as part of the LGBTQIA+ community. We all grew up in the UK and we found our friends and each other through the internet and by doing arty stuff.

We want to share with you ways we continue to meet other queer and trans* folk like us, to give you encouragement and offer you a bit of love and care.

Should you want to talk with other people who have read this zine then check out
#TheOutsidersHandbook

We hope you find this useful!
Stay weird and keep smiling! x

Please thank whoever gave you this zine - thank them for bringing you into our lives!

Contributors

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Take
EVERYTHING
at YOUR
OWN PACE



HELLO

I'm Scottee.

I'm an artist and I live in Essex in South East England.

I'm a fat, queer, working class, femme. I'm going to break down what these identities mean because they might be new to you!

FAT - I've always been fat, it was something I was bullied for when I was a child and teenager but as I've grown up I've become more comfortable with my fatness. I now love my fat body!

QUEER - When I came out, I came out as gay although I always knew this didn't feel right. I didn't fit in with the gay stereotype, I was never really accepted by gay men and I felt more comfortable with those who identify as queer. When I was about 24/25 years old I began to identify as queer!

WORKING CLASS - I grew up on a council estate in North London. My Dad is a roofer and my Mum works for the council. My Mum's family came to this country in 1953. Although some might say I grew up poor, my family gave me lots of love and encouragement to be the person I am.

FEMME - I am effeminate! This means I feel more comfortable wearing clothes that are often found in the Women's section of a shop, my voice is high pitched and my characteristics are what some might call effeminate. Unlike some of our beautiful trans* friends, I don't feel like transitioning or changing my body would make me happier. I am comfortable in the body I am in but I don't feel like a cisgender man (someone who identifies with the gender they were assigned at birth) - I identify as femme. I use pronouns of he/him/they/them and I ask people not to call me a boy, man, male or masculine.

I grew up in North London. To be gay or queer where I grew up was considered to be the worst thing ever. No one was LGBTQIA+, everyone was straight (apparently). I knew I needed to find my people but how was I going to do that if no one around me was like me? Answer: the internet!

I've been using the internet since I was, like, 12. I didn't have a computer at home so I used to go to the library after school and use social media sites to talk to people across the country. This is how I met some of the first LGBTQIA+ people I ever knew (some of the people I spoke to then are still in my life!).

I began to build friendships with other people like me, and each of us would chat and talk for hours. We were friends to each other and we each knew what the other person was going through. I even met my first boyfriend online!

I think finding other people like you online is super useful, but you do have to be safe. I asked people for images, I slowly built relationships, I then spoke to them on the phone / through webcam and once I felt safe we would meet in a public space for a coke and build a real life friendship from there.

I started to find LGBTQIA+ youth groups - these are clubs for queer & trans* youth! The youth workers are fully qualified and help create a space for other teenagers like you! I found these super useful in helping me feel like I could talk safely to an adult about my fears and needs, as well as finding other people my age who I could make friends with.

I came out to my parents when I was 17. I was watching Jeremy Kyle on telly with my Mum and it just slipped out. I was so shocked that I had actually plucked up the courage to do it that I began to cry. My Mum handed me the home phone and told me I should call my friends and let them know that I had told her and everything was OK. My Dad was sad that I had decided to tell my Mum first but he still accepted me and wanted me to be happy.

I am very close to my Grandparents, My Nan is super religious so I wanted to tell them when I was ready. Unfortunately my Uncle decided to out me to my Grandad. Luckily my Grandad said he couldn't care less, that he would always love

me. My Uncle's plan to destroy my relationship with my Grandad failed.

Coming out felt right for me but I don't think it is the right thing for everyone. I can tell you I felt much happier for doing it and it felt like a massive weight was lifted off my shoulders. I felt like I could breathe.

However, I don't think it's healthy to push yourself out - if it's unsafe for you to come out, if you feel like you are not ready or you're still questioning your identity then take your time - there's no rush. Take everything at your own pace!

You might decide to come out to a good friend first and that might be enough for a while. You might just decide in your own head and that's also just as valid. It is your life and you must do what you think feels right and what's most helpful for you.

I've always found going to queer spaces really helpful - although at first it's really scary. I think before going into a gay bar for the first time I walked around it for 20 minutes worried that someone might see me going in or that I didn't know the rules. You soon work everything out and find the spaces in which you feel welcome!

I prefer hanging out in places that are LGBTQIA+ focused but don't sell alcohol - cafes, LGBTQIA+ centres, queer performance nights, community groups. I was lucky growing up in a big city meant that many of these things already existed but there was still gaps.

When I was 18 my friend and I started to run queer performance and club events because we wanted a place we could hang out that was fun, had performances, where we could wear whatever we wanted and say the things we needed to say. Sometimes you have to make your own space or support others in making new spaces!

I met my husband when I was 18 and we've been together ever since. We now live in a house by the seaside! We are currently going through the adoption process to adopt two children from the care system and start a family. We became husbands in 2014, shortly after the law changed and meant we could marry.

I've come along way from the being that bullied, fat, femme and queer kid. I hope that offers you some hope, whoever you may be, whatever wonderful person you are.

I want to tell you over and over again that you are an incredible human - that you will be loved! I need you to keep that head high and stay brave, knowing you

are telling the truth! You are amazing and your brilliance has only just begun!

I also want to acknowledge that things can be really shit - it can be really awful, sad and disheartening at times but I promised you this - you will find your gang and with it you will find yourself!

I found my gang online, in queer clubs, over coffee in shopping centres..

I found myself by meeting other queers like me, other people who understood what I was going through.

So, I am waiting for you to say hello to me online - I will be your first pal! You can find me on twitter, facebook and instagram as @scotteeisfat - come say hi!

Here are some other folk I really love who you might consider following, other queers that would love to be your friend.

@LeGateauChoc @misschazmatazz
@junodawson @shonfaye
@LottieLamour @MikeSegalov
@MsLadyPhyll @TheTeddyLamb
@unskinnny_bop

If you want to find a youth group then these brilliant people can point you in the right direction...

@project_indigo @Genderintell
@Mermaids_Gender
@YoungTransLeics @TheProudTrust
@LGBTcentreMcr @UnityGroupWales

With love from your queer friend in Essex. X

we
got
you

BEFORE WE BEGIN

WE LIVE IN A WORLD THAT IS DOMINATED BY VIOLENCE.

YOU ALREADY KNOW THAT, I THINK, I RECKON THATS WHY YOU HAVE A COPY OF THIS HAND BOOK.

BUT IT ALWAYS BEARS REPEATING - THAT WE LIVE IN A WORLD OF SQUARE HOLES, FULL OF PEOPLE WHO ARE SOFT, GENTLE AND ROUND, AND EACH AND EVERY DAY, VIOLENCE IS ENACTED ON OUR BODIES, MINDS AND SOULS IN ORDER TO GET US TO FIT.

A BIT OF US BROKEN OFF HERE, SOMETHING CRUMBLING OFF THERE - AND ITS IN THE SNIDE COMMENTS, STARES, ABSENCES AND SILENCES AS MUCH AS IT IS IN PHYSICAL ASSAULT, ABUSE, OVERT LIES AND DESTRUCTION. IT FEELS RELENTLESS, AND IT IS SO HARD TO NOT INTERNALISE IT ALL.

WE ARE TOO MUCH, OR NOT ENOUGH.

I CANNOT OFFER YOU A PROMISE THAT THINGS WILL GET BETTER - BECAUSE THE WORK OF CHANGING THIS IS NOT LIFE-LONG, IT IS GENERATIONS LONG. IT STARTED BEFORE YOUR LIFETIME, AND WILL CONTINUE WHEN WE ARE ALL DUST.

BUT I CAN OFFER YOU A DIFFERENT WAY OF LOOKING AND THINKING AND FEELING ABOUT THIS.

I ~~OFFER~~ OFFER YOU THE CHANCE TO DO LIKE BELL HOOKS (A WONDERFUL, OLD SCHOOL, BLACK AMERICAN FEMINIST LEGEND, WHO IS NOT ALWAYS RIGHT, BUT WHEN SHE IS, SHE IS BREATHTAKING), AND CHOOSE THE MARGIN. IT IS A SPACE OF RADICAL OPENNESS, A SPACE OF RADICAL PERSPECTIVE, A SPACE OF RADICAL RESISTANCE. IT IS WHERE ALL THE BEST STUFF HAPPENS. IT IS A SPACE FROM WHERE YOU CAN CHANGE THE WORLD.

IT WILL NOT ALWAYS BE EASY TO BE LOCATED THERE.

BUT IT IS THE SPACE FROM YOU CAN SEE THINGS DIFFERENTLY, IMAGINE THINGS ~~DIFFERENTLY~~ DIFFERENTLY, ~~THAT~~ AND BUILD A LIFE THAT COMES CLOSE TO MAKING YOU FEEL FREE. AND YOU ARE NOT ALONE THERE. I'M THERE WITH YOU, AND SO ARE ALL THE OTHER FREAKS.

WE GOT YOU.



me

I'm Selina Thompson! Hi.

So to paint a picture for you - I'm 28 - and I'm a cisgender (this means that my experiences of gender identity correspond with the identity I was assigned at birth) woman.

I'm black (with dark skin, and a big old gap between my teeth - shout out to the gap-teeth gang!) and fat (about 25st at about 5ft 6, and a dress size 28), with dreadlocks, and I'm currently sat in my little flat, typing this out on a Macbook, wearing a Whitney Houston T shirt (How Will I Know era Whitney).

I lived on a council estate until I was about 12, at which point a lawsuit from my little sister's adoption (both my little sister and I were adopted) allowed us to move out into the sort of working class suburbs, I guess - you know the deal, you get a nice house, but there's nothing in it, cus you're still broke! Shouts to the council for homing us twice though... wink.

I have temporal lobe epilepsy (this means that sometimes I have hallucinations) and bipolar II disorder (this means that sometimes I am deeply depressed, and sometimes, much more rarely, my brain goes faster than I can cope with) and I take medication for both these things. I am a performance artist (I show off for money) and a writer (I hide in the house and write so I don't have to leave it) - and I was privileged enough to go to a (free) grammar school and also to do an undergraduate degree.

I'm telling you all of this to give you a sense of some ways in which I might be an outsider too - and some ways in which I am definitely not. We all contain a little of both.

I also identify as ace! When I say this, what I'm saying is that I fall somewhere on the continuum of asexuality. Asexuality is a sexual orientation characterised by sexual attraction to no one - and it's estimated that about 1% of the population is asexual. It's often really misunderstood as a sexuality, but it's worth noting that like all sexual orientations it is healthy, not a phase (though like all sexualities it is a spectrum, and people can grow

and change), and it's about attraction, not about your willingness to engage in sexual activity. Feeling sexual attraction is not a default - and if you're reading this, and feeling like maybe it applies to you, I want you to know that you're not alone, that there is a name for your experience, and so much language out there for what you're feeling, and that there is a community for you to connect with too.

Again -

We got you.

www.russellbrandfanforum.net

I've struggled with this bit.

On some levels, it's because I don't have a huge amount to tell you about growing up — people tend to fetishise the bit of growing up that is being a teenager, but then you hit your 20s, and you realise that the bulk of the growing up is still to come for many people. My teenage years were uneventful and bookish, I was quiet and nerdy with quiet nerdy friends, and some slightly louder friends from off of the internet, and some very loud friends from being into drama. I was happy and well and safe and boring. I spent a lot of time on the internet talking to people

about Russell Brand, so I guess I was embarrassing as well.

On some other levels it is because there are some small pockets of pain and trauma that are still too tender to touch. Things that I cannot quite heal from or move past, which it is still not safe to talk about. Some time in a hospital here, a period without a home there. Some things around food and the body, some situations around sex and safety that mean I hold a great deal of sadness for me 10 years ago. The sadness hurts, but I am glad to feel it, because somewhere within its melancholy is a little kernel of self-love and self-worth — a knowing that I deserved better.

Hmm.

I'd like to say 4 things to my teenager self I think, and I'll offer them to you now.

1. Don't diet. Never start. Never.
2. There is no such thing as 'not black enough'.
3. The shame that middle class people force working class people to feel for being poor is not your fault nor your responsibility. Take that free shit. Take it with panache and flair. Do what you have to do.
4. Your body belongs to you, your body belongs to you, your body belongs to you, you, you, you, you.

Romantic Friendships and
Intimate Solitude

What can I offer you as a route
to survival?

ALL ADVICE IS AUTO BIOGRAPHICAL
I GUESS, SO HERE IS WHAT KEEPS ME GOING:

- Friends on whatsapp. Sometimes the intimacy of a conversation in person is too much, but the intimacy of the internet or of our technology is the only thing that sustains us. People that poo-poo these kinds of relationships have never been unable to leave their home, their bedroom, their bed. For the days when your whole world shrinks to the size of a mattress: your phone is your greatest ally.

- Friends I made on the internet. Always be safe - try to only meet with strangers in public spaces, don't give out super personal information, be on the lookout for people who are abusive, or forcing you to do things you don't want to do. But when you connect with someone online, the connection is usually built from a shared point of view, from similar interests and struggles.

These people can be your nearest and dearest. Slide in the DMs of that one girl on twitter who you always seem to have a little reply to reply chat with. Engage with that Instagram story with the funny thing you thought of. When connection feels like a possibility, embrace it.

- Don't be afraid to be alone. To stay where it is warm and cosy and safe. Have skills and activities and rituals that sustain you. Cooking elaborate meals for one, doing shitty watercolours, reading the tarot, doing new moon rituals, making zines, knitting, reading, making your own skincare. Know the things that can bring you back to yourself, when the world makes you disassociate.

- Establish the boundaries that you need to with your family. Family is hard. I am lucky - I have a Mum, Dad, sister and Nan who I love, and who love me in healthy ways. But even in that context there are times when I have to put myself first, in ways that mean saying no to them. You may have really tough familial situations. You don't owe your family anything, if giving to them depletes you. It can be so hard to absorb that message into your soul. But try.

- Find a physical activity that makes you delight in your body. Mine is Aquafit. Me and the pensioners, dancing in the swimming pool to Tom Jones. Makes me feel like one of them hippos from Fantasia. Always lifts my

spirits. Find yours. It could be curling, or sweaty ass night walks, the elite activity of jogging, or pushing people about at a roller derby. Society says only physically perfect people get to move their bodies. I say fuck that.

- Don't be ashamed of the fact that you need certain things to survive: medication, money, therapy - these are the things that come to mind. We often mistake self-comfort for self-care - but more often than not, self-care is distinctly unglamorous, and makes life awkward and inconvenient for others. Oh well. You need to come first in your life.

- Listen. You are going to be wrong about so many things. So listen, listen, listen so you can learn.

- Stay soft. Cry lots, demand and expect love and care and gentleness, and give all of those things to others, abundantly. This is the hardest thing. But if you can do it, it will keep you alive, in the richest most beautiful way.

- The Insight Timer app has lots of great guided meditations. I can't believe I'm recommending meditation, I hate people that meditate, but sometimes it's the only thing that keeps me breathing.

The Lights That Never Go Out

Writers (give them a google, find their back catalogue of books, get them at a library... or search for PDFs, which isn't legal, so I'm definitely not saying you should click on the PDFs)

bell hooks

Audre Lorde

James Baldwin

Assata Shakur

This Bridge Called My Back anthology

The Invisible Orientation -

Julie Sondra Decker

Heart of the Race: Black

Women's Lives in Britain -

Beverley Bryan

Good Telly (I like wholesome content)

Steven Universe

Revolutionary Girl Utena

Chewing Gum

Atlanta

Charmed

Daria

Desmond's

Bob's Burgers

Adventure Time

Musicians

Moses Sumney

The Internet

Benjamin Clementine

Kelela

H.E.R.

Valerie June

Kimya Dawson

Kate Bush

Websites

The Asexuality Visibility
Network www.asexuality.org/

The Asexual Journal
theasexual.com/journal/

Film

Dee Rees' work, especially
Pariah and Bessie

The BFI Player (there is some
seminal black british film on
here that everyone should watch
- and lots of queer work too)
player.bfi.org.uk/

People off the Internet (give them a google)

Johanna Hedva

Chani Nicholas

The Hoodwitch

Jessmyn Stanley

Hannah Black

Bridget Minamore

But these are just the things
that soothe my soul! And what
soothes me will not be what
soothes you. Nerd out. Find
what gives you comfort, that
helps you feel seen in this
world.

And remember' -

We got you.

**YOU ARE NOT
TOO MUCH,
SIMPLY THE
WORLD IS TOO
SMALL.**



DON'T LOSE THE ROUGHNESS OF YOUR BACKS

TRANS ALABANZA

I think everyone knew I was queer — other, different, trans, something else, weirdo, outsider, oppressed, the thing that was not like everyone else — before I did.

Everyone would draw attention to my otherness before I could really comprehend what was so different about it. The boys on my council estate would notice the way I walked differently.

My brother would comment on how different his interests were to mine.

The kids at school would always question my sexuality.

& my family would note my different interests in clothes far before I knew they were different.

What I mean to say, is that I do not think I am innately OTHER. Something ODD. Something DIFFERENT. Something STRANGE. It is more that the world has created this for me. I rejoice and celebrate these facts of myself now, but I think I want to start this by affirming and saying something:

the world others us, and we just learn to cope with that othering. We are not innately other, that is something done to us. The feeling of being other'd can be beautiful, but it can also be tough.

And in those tough moments, I remind myself, this is something done to me, not something innate about me.

I am as Other as I wish to be. I embrace the other. But I recognise it was not a choice. the world others us, and we just learn to cope with that othering.

I am Black and filipino and white british. An other'ing mix.

I am from a working class background, and grew up on a council estate. An other'ing accommodation.

I am queer. I like and feel sexual attraction to people of varying genders or none. I am trans. I was told I was male at birth, but I am neither male, nor really female, I am something in between or nowhere. I am gender non-conforming. I am other'd by the world because of how I dress. I wear clothes that people with beards, or stubble, or deep voices, or penises are told we cannot wear. But I do, I wear them. I look good.

I am many other things. I am loud, I am shy, I am scared, I am bold, I am soft, I am frightened, I am brave, I am anxious, I am a worrier, I am a warrior, but also — in the truest sense of the word — I feel I am a survivor. & I feel it is hard to write down into a condensed page just how we, I, you have survived — but instead, I guess I want to let you know that I have survived. That there were times when I thought I could not, times when I thought survival was too far out of reach, and times when the world has successfully knocked me down, but that I am still here. That I have experienced not just survival, but also the sense of thriving, and in none of these moments did I have to erase any part of myself that the world had other'd. if anything, those other'd parts are what has helped me survive. I do not think survival is clear, or tidy, or linear. I think sometimes survival feels natural, and sometimes it feels like the hardest thing. I feel like survival is something you are constantly learning how to do, and something you never fully master. Despite this, I realise that there are some things I've

learned along the way, that I would like to share with you.

TRAVIS' MESSY SURVIVAL GUIDE

THAT IS IN NO WAY OFFICIAL OR UNIVERSAL BUT MAYBE IT CAN HELP YOU:

1 FIND YOUR SQUAD

your clique. your formation. your goals. your team. I think finding a squad, in whatever shape or form, can really help you feel like survival is possible. It is also important to note that your squad CAN and WILL change. Your squad won't always look the same, it will change as you do, as your needs fluctuate — but i do think a squad can help you feel like your other'ness is something that can be celebrated, be rejoiced in, and be powerful. When i was younger, on my council estate, I knew one other faggot/queerkid/nancy. At that point, my squad was a squad of two. We spent all our free time together. We didn't talk about our queerness, but we knew in our eyes that we both were saying it without words.

A lot of the time, my squad was also on the internet. Other queer people in fashion blogs, online communities, writing groups and chat rooms. I guess that looks different now, maybe the chat room is now an instagram account, but the sentiment is still the same. A squad doesn't have to be in physical space, it can be in the realms of the internet, it can be one person or twenty, it can exist in your home town or across the globe. But I would try and put energy to finding one. It helps. It lets you scream into something other than your pillow, and laugh into another person's eye.

2 MAKE YOUR OWN RULES



I remember I was 15 when I first had a feeling that I could be trans. meaning, i didn't have any words for what it could mean, but I knew that this body labelled

'boy' didn't quite fit me, that hearing 'he' made me tense up, that I felt more free when i was seen as something other than man. I googled trans and looked at all these images pop up on the screen. None of them resembled my black, hairy, body. All of them looked like 'perfect women', white, slim, perfectly in place. My gender felt like a clown. Like a laugh. Like something seriously unserious. It felt messy. It felt not within borders or binaries, but this google search didn't reflect it. For ages, I thought this meant that I could not possibly be trans. That I must be another other, somewhere else, on my own, no gang in sight.

cont

2 Layers

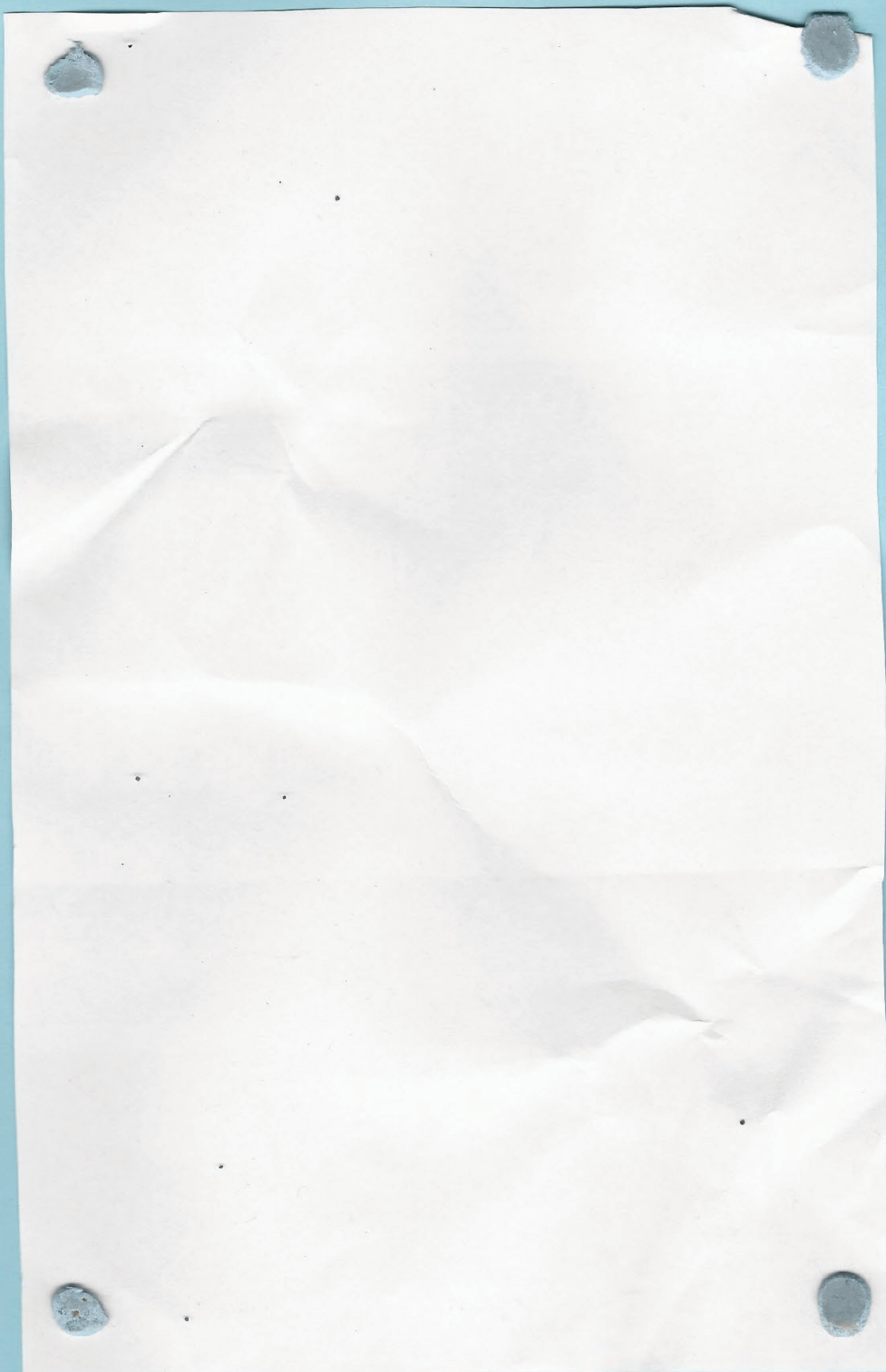
Now I reflect on this and wish i could scream at my younger self that trans does not = that google search. That there are a million and one ways to be trans because there are a million and one trans people. That your gender is yours. You make the rules for it. And you make how to express it. That there is more than man or women. That you can be and express your own way of being something. Labels help, and can bring comfort, but you do not need to be the same as someone else with that label. Making my own rules for my queerness, my transness, for how i could be and act and look, is something that helped in my survival. I am in charge of my gender. I am in charge of my body. I make the rules on who I am, and who i am allowed to be.

3 HIDING YOURSELF DOES NOT = FAILURE.

It is very easy for me now, as I write this in the dressing room of a queer club I am about to perform in, to scream 'be yourself!!! be you!!! express yourself!!! be free!!!!' - but so often I realised this was not possible for me. Every day when I go outside I choose whether or not to express myself fully on the streets. Some days I do -

some days I will receive hate, abuse, shouts and screams - and some days I do not. I choose not to wear makeup, to put on some trousers and a jumper. It is those days that I wonder if i'm failing. Failing at being the queer i imagine myself as, failing to show me, for me - and then i think it is about repeating that 'hiding does not equal failure'.

You may be reading this in your room, where only you and one other person online knows how you feel about yourself and the world, or you may be reading this in a boring office job that forces you to wear a suit instead of the high femme leather skirt you like - and you may feel like this hiding is something to be ashamed of - but i feel in learning to survive, I learned that hiding is not failure, it is preservation. That not everyone can be bold, loud and out. That not everyone, at all times, can scream their queerness to the rooftops. But this does not make you less significant, or less valid. If your queerness, your transness, your imagery of you, only exists right now in your head, your notebook, your pen, your dreams - then it is still real. You do not need to be out to exist. Sometimes, the things that are hidden are the most special. Learning when and how to be, in order to stay safe, is not a failure - it is a survival tool we should not have to know, but i'm glad we do.



I left this space blank above,
for you/me to draw or name or
write something we are hiding,

that we wished we could share,
just so it can exist between us
in this moment. It is read. You
are not failing - the world is.

The radical
act is to
exist.

The radical
act is to be
seen,
to choose to
allow others
to see these
radical
bodies.



Hello! I am Emma.
I was assigned male at birth,
but I identify as female.

I am a trans woman,
I am an artist and performer,
and I am Dad to my little boy.

I use female pronouns
(thanks for asking)
and you?

That's amazing!
CONGRATULATIONS!

I don't think we get to hear that enough,
so seriously...

IMAGINE
YOUR IDENTITY
HERE!

My pronoun
are:
MY CHOICE

NONE OF
US IS YET
A ROBOT

My pronouns
are:
BEAUTIFUL

CONGRATULATIONS!!

And now you get to know the biggest secret of all...

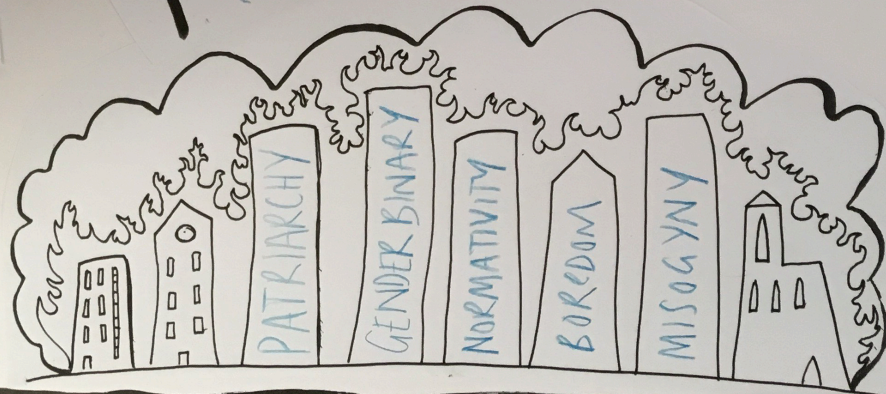
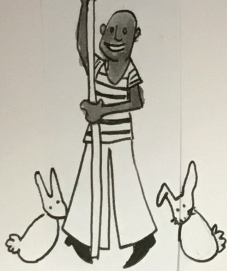
That ANYTHING can be broken, any rules bent or
rewritten.

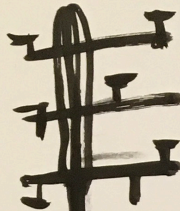
I'm not saying that it's easy,
but knowing that it is possible gives you an
amazing POWER because you don't just have to
apply it to gender and sexuality _ you can apply
it to ANYTHING...
even queerness itself!

You are already doing this right now, just by being
your own glorious self. Because there has never existed
anyone quite like you before : so thank you for
being here and making that possible!

Our LGBTQIA world keeps turning
and shifting and re establishing its
rules.. it is OK to shift and flex your
position within (or without) it.

USE SOME RED ACEITE
(OR A RED SWEET WARTER)
TO UNLOCK YOUR SECRET
POWERS + THE HIDDEN WISDOMS
x x x





I also grew up in a time before the internet,
and it is quite hard to believe what that was like.

a complete dead end to my understanding of anything broader than my family and friends and the filtered lens of the television.

a screen with only static.

When I was growing up, trans people just didnt exist
(of course WE DID) but.. .

so all of the instincts that I felt and the truths that I might have known about myself, I had no way to articulate or understand... and I have felt a lot of shame because of that.



I should have known EXACTLY

But it doesn't work like that.

TO ALLOW
OURSELVES TO
HEAL IS THE
RADICAL ACT.

But the WHEN is everything...

Something that has been a great help to me has been to learn our history, queer history, trans history, connecting myself to the others like me/us who have gone before.

helps me imagine what it might be like to be alive
in the future!

Nobody will be 100% you, but it's ok to take inspiration (steal ideas) from a bunch of different people.

thatwasincredible.



A PAGE FOR TRANS WOMEN & GIRLS...

I wanted to give us some space
because there can be alot going on out there
and there's some things I wanted to say to YOU.

First up (and this might be hard to hear) but
you are beautiful.

yeah,yeah, I know... but you are. Beautiful.

- try not to hold yourself to cis beauty ideals,
(but understand it's ok to do this too)

- BE KIND TO YOURSELF

- I don't know your history, but chances are you
feel more vulnerable now than the world brought you
up to feel. That's OK. Don't be scared but be sensible.
Look after yourself and allow others to look after u too.

- Trust other trans women, seek out other trans women,

(it took me ages to learn this because I was frightend,
of not being trans enough, woman enough, femme enough,
pretty enough, radical enough...)

YOU. ARE. ENOUGH.

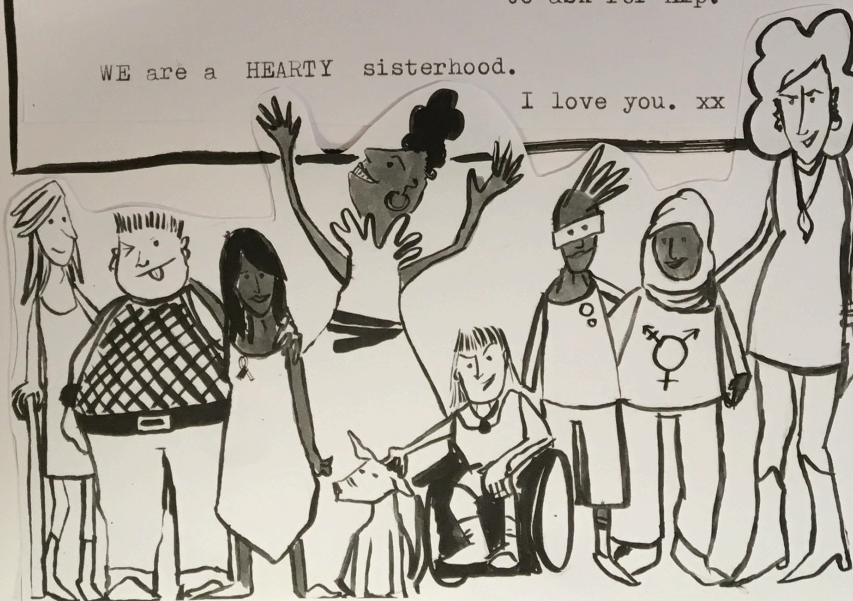
It is OK to take up space.

It is OK to be tough, to be strong.

It is OK to be vulnerable and it is definitely OK
to ask for help.

WE are a HEARTY sisterhood.

I love you. xx





WE WHO ARE CHANGING

WE WHO INVITE TROUBLE

WE WHO HAVE MADE A CHOICE

WE WHO SOMETIMES WAIVER

WE WHO ARE HERE TODAY

WE WHO BREATHE

WE WHO JUMP

WE WHO SOAR

WE WHO LEAVE THIS ROOM CHANGED

FROM HOW WE CAME IN

OK. IN NO SIGNIFICANT ORDER, HERE IS A
COMPENDIUM OF PEOPLE I LOVE + AM INSPIRED/
ASSISTED BY ONLINE + IN REAL LIFE! ♡

"Linky Linky"

REVOLUTION
NOW.

CHANGE
NOW.

SOME OF THE WORDS HERE ARE FROM MY SHOW - 'KINKY FOR CHANGE'
WHICH YOU CAN WATCH ONLINE FOR FREE AT www.facebook.com/noneofusisyetarobot

myriddinpharo.com
selina.thompson.co.uk
travis.alabanza.co.uk
krishnaistha.com
eilidhmacaskill.com
rosanacade.wixsite.com
odofemi.com
harrygiles.org
Sheaford
barley.co.uk

this is the website
of Morgan M page -
check out her AMAZING
Podcast series on TRANS
HISTORY! O.F.T.V

[SSEXBOX] - Brazil based LGBTQIA
org... find on FB.
queerbrasil.com
mygenderation.com
gendered.intelligence.co.uk
ClinicQ.org.uk (franshealth - london)
www.tdor.co → trans.deny.of.resilience
marlboroughtheatre.org.uk
glasgow.buzzcut.wordpress.com
liveartleeds.com
welcometo.nightvale.com

AND ME!

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@ashpalmo
@kateshieldsart
@mzzkimberley
@campbellx
@uglastefania
@museumoftransology

Books!!

PAUL B. PRECINO - TESTO JUNKIE
*TOPSIDE PRESS *
IMOGEN BINNIE - NEVADA
JULIA SERANO - WHIPPING GIRL
HELEN ROYD - MY HUSBAND BETTY
CAT FITZPATRICK - GLAMOUROUS



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@candykesson
@imogenbinnie
@beerscape
@gillidactyl
@katebrarstein
@stampellie
@merrittk
@stayednco
@uhh_kate

Hello,

I'm Lu Williams and It has been my pleasure to put together The Outsiders' Handbook. I'd describe myself as a working class queer artist, curator and self publisher from Southend.

I run Grrrl Zine Fair as a way of platforming women and non binary artists through events and zine publications. I organise events with zines, bands and artists, create installations, run zine workshops and I also look after a continually evolving feminist and LGBTQIA* zine library.

I've found zine making as an amazing way of collectivising groups of people, spreading voices i think are really important to wider audiences and the process of collaging during zine workshops as a form of self care and relaxation.

As a contemporary artist with a diverse practice i've also found that creating zines and printed matter is a much more user friendly way of looking at art, reading about it and even becoming art itself!

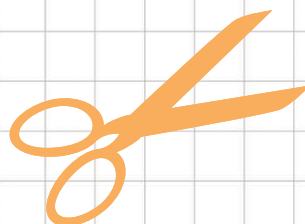
Making a zine is something everyone can do as a way of sharing their ideas or as a way of creating something personal just for yourself.

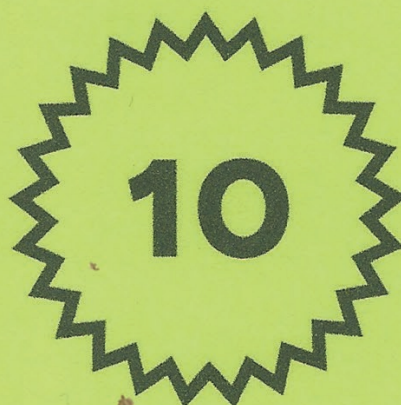
I hope you've enjoyed reading The Outsiders' Handbook as much as I've loved reading and cutting and pasting each page, the writers are truly wonderful artists who continue to inspire me to keep fighting the good fight everyday.

If you'd like to keep up with myself or Grrrl Zine Fair you can find me on Instagram as @grrrlzinefair and @luwilliamsdotcom or on the web at www.grrrlzinefair.com and www.luwilliams.com.

Love and Solidarity,

Lu





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Development
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**COLLABORATIVE
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PROGRAMME**



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