

# PHYSICAL TRANSITION

## NON-MEDICAL

**Non-medical physical transition** refers to a wide range of practices that modify and evolve gendered features of someone's body. Often, this alleviates distress related to gender dysphoria where there is discomfort when someone's bodily attributes are perceived in a way that does not match their gender identity. These practices can be temporary or permanent and can be done without doctors.

Some examples are:

**Chest binding** (e.g., wearing binders or sports bras to flatten chest appearance)



**Stuffing** (e.g., stuffing or padding bras or underwear to enhance shape and appearance)



**Tucking** (e.g., concealing the penis/scrotum to create a flat appearance)



**Packing** (e.g., using items such as a packer or rolled up socks to give the appearance of a bulge)



In general, transition refers to the **variety** of changes a person may pursue in order to express their gender. There is **no** standard checklist or schedule for any of the transition processes. It is often gradual, non-linear, and complicated.

Each person has different needs and each transition is unique.