

SELF CARE GUIDE FOR ABORIGINAL AND TORRES STRAIT ISLANDER TRANS PEOPLE - COPING WITH THE UPCOMING FEDERAL ELECTION



“CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION, AND THAT IS AN ACT OF POLITICAL WARFARE.” –AUDRE LORDE, BLACK FEMINIST LESBIAN ACTIVIST AND ICON

SWITCH OFF

- Turn off social media for a bit – information overload, transphobic and racist messaging from the election campaign can make us feel paralysed, hopeless, confused, energised or all of these emotions at one.
- Allow yourself some space to feel how you are feeling- no one has the right to tell you how you should be feeling.

REMEMBER THAT NO POLITICIAN OR GOVERNMENT LAW HAS THE ABILITY TO CHANGE WHO YOU ARE



SUPPORT

[BLACK RAINBOW](#)

[OLIFE](#)

[TRANSFOLK WA](#)

[TRANS HUB TRANS VITALITY TOOLKIT](#)

[HEADSPACE](#)

[WALKERN KATATDJIN](#)

COPING WITH THE ELECTORAL ROLL

The electoral roll uses the name on the ID you provide when you enroll to vote. You can change your name on the electoral roll [here](#).

- There is a chance you will be dead-named or mis-gendered when going to vote. You can:
 - Take a friend with you to the electoral roll.
 - Try to stay in the present and re-affirm your gender, someone with you could help do this.
 - Acknowledge that individuals ticking off your name at the electoral roll may not be educated on trans issues.
 - Be aware of your legal [rights](#).

CONNECT WITH YOURSELF

This looks different for all of us. You could:

- Take a walk outside or on Country.
- Jog or dance for the length of an upbeat song.
- Watch some Aboriginal & Torres Strait Islander Trans and non-binary content like this [video](#).
- Listen to LGBTQA+ [podcasts](#) and Aboriginal and Torres Strait Islander [podcasts](#).
- Has anything helped you in the past when things have got you down? This might include making or creating new things, seeing a favourite movie or family or friends.



GET INVOLVED

- If you are going to write something on social media give yourself 5- 10 minutes before posting it- we can be more effective communicators when not angry or upset.
- Check out elected members' trans rights voting histories [here](#).
- Find advocacy agencies in your local area which support Aboriginal and Torres Strait Islander and trans rights.
- Write an email to your local MP about a concern you have in the upcoming federal election – you can get a friend or adult to help you.

