



NJ/PA AFFIRMING VOICE TRAINING PROVIDERS

- [CD Speech Therapy](#)
- [Brain Life Connection](#)
- [Penn Medicine Becker ENT](#)
- [Raise Your Voice](#)
- [Your Lessons Now](#)
- [Prismatic Speech Services](#)
- [Authentic Voices](#)

You do NOT need to change your voice if you don't want to! Changing or not changing your voice does not change your identity!

SOURCES & MORE INFO:

- [Undead Voice](#)
- [The Vocal Congruence Project](#)
- [Folx: Voice Transition Options: A Comprehensive Comparison of Voice Training, Vocal Fold Surgery, and Hormone Therapy as Voice Transition Methods](#)
- [Plume: Masculine and feminine voice training for trans folks](#)
- [Reddit: R/TransVoice](#)
- [Renee Yoxon](#)
- [Mayo Clinic: Gender-affirming \(transgender\) voice therapy and surgery](#)
- [ASHA: Gender-Affirming Voice and Communication Change for Transgender and Gender-Diverse People](#)

All About Sex Ed ★ can help! ★


Reach out to us for help or with questions, including finding online or in person voice training resources, gender-affirming care providers, and more!



WE ARE HERE FOR YOU -
REACH OUT IF YOU HAVE
MORE QUESTIONS!



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allaboutsexed.org



Everything you want
to know about

VOCAL CONGRUENCE

an info guide
created by AJ Freno



WHAT IS VOCAL CONGRUENCE?



Vocal congruence is when a person's voice is in alignment with one's sense of self and accurately reflects who they are. Everyone can use resources to help their voice align more closely with who they are, not just transgender people!

ASPECTS OF VOICE

- pitch: how high or low your voice sounds
- resonance: the quality of the sound of your voice
- weight: "lightness" or "heaviness"; controlling the bass in your voice
- intonation: the rise and fall of pitch in your speech

ANATOMY OF VOICE

Lots of parts of our body impact how our voice sounds, along with factors like where we grew up and our cultures!

- Vocal cords/folds
- Larynx/voice box
- Muscles of your mouth and throat, like your lips and tongue
- Your lungs and diaphragm

WAYS TO FIND YOUR AUTHENTIC VOICE

Self teaching

- Using online resources such as those collected here or among other online communities like Reddit or Youtube can help some people change some of the aspects of their voice.
- Changing your voice by yourself requires time, dedication, and motivation; but this method is the most cost effective!

Voice training with an SLP or voice coach

- Voice training with a professional like a speech language pathologist (SLP) can help you better understand and adjust all aspects of your voice to feel more like your authentic self.
- A great option for singers!
- Voice training may be expensive, depending on your insurance and the provider you choose.

Hormone therapy

- For people who take testosterone as part of their gender affirming care, they may see their voice deepen; as their vocal cords get bigger, their pitch range can move lower.
- Testosterone only impacts the pitch of your voice, not other aspects that you may wish to change.
- Estrogen taken by people who have already undergone puberty will have no impact on your voice.

Gender affirming voice surgery

- These surgeries can raise the pitch of your voice by permanently changing the anatomy of your vocal cords.
- This treatment option is more invasive and costly than others, and still only impacts pitch.

To learn more about vocal congruence for all kinds of people, learn from trans people, and find tips for creating your authentic voice, check out the HiTOPS YouTube playlist on voice training: <https://tinyurl.com/vocalcongruence>

