

# FACTS ABOUT BINDING

Researchers continue to find evidence that suggests binding provides “mental health benefits, alleviates chest dysphoria, and reduces depression and anxiety” for transgender and gender nonconforming people (Pehlivanidis, S., & Anderson, J. R., 2024; Jarrett et al., 2018).

Though the majority of people who bind reported at least one negative symptom and a desire to see a health care professional about their symptoms, only 14% reported that they have done so (Jarrett et al., 2018). A lack of affirming and knowledgeable health care providers could be contributing to this disparity.

People with larger chests are more likely to experience dermatological symptoms from binding, such as irritation or rashes. Be sure to wash your binders correctly, clean your skin before and after use, and contact a doctor if you notice a rash appearing.

## SOURCES & MORE INFO:

[thegetrealmovement.com/bindsafe](https://thegetrealmovement.com/bindsafe)

[Fenway Health](#)

[point5cc.com/tips-to-bind-your-chest-safely/](https://point5cc.com/tips-to-bind-your-chest-safely/)

[University of Vermont Children's Hospital Trans Youth Program](#)

[Activcore Pelvic Health Center of Princeton](#)

Pehlivanidis, S., & Anderson, J. R. (2024). A scoping review of the literature exploring experiences in the trans and gender diverse community with chest binding practices. Jarrett B.A., Corbet A.L., Gardner I.H., Weinand J.D., & Peitzmeier S.M.. Chest Binding and Care Seeking Among Transmasculine Adults.

# How HiTOPS can help

- ★ Stop by The Closet, our free resource for young people 11-24 years old that provides access to clothing, hygiene products, and gender affirming items such as binders and Trans Tape.
- ★ Get sized for a binder at HiTOPS to make sure you are wearing one that fits. Come by when The Closet is open, or send us an email to schedule an appointment.
- ★ Join HiTOPS groups if you are a young person ages 11-18 to get support from peers as you explore your identity!

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



- ☎ 609-453-2555
- ✉ [afreno@hitops.org](mailto:afreno@hitops.org)
- ✉ [info@hitops.org](mailto:info@hitops.org)
- 🌐 [www.hitops.org](http://www.hitops.org)

📍 300 Witherspoon St  
Suite 204  
Princeton, NJ 08542

What you need to know about

# BINDING

an info guide created by AJ Freno



# HiTOPS

SEX EDUCATION & SUPPORT FOR ALL YOUTH



# WHAT IS BINDING AND WHO CAN DO IT?

Binding involves the compression of the chest/breast tissue to create the appearance of a flatter, smaller chest. Binding can help reduce gender dysphoria or make you feel better about the appearance of your body.

Anyone of any gender can bind! While typically people think of transgender men or AFAB nonbinary people binding, some cis women bind their chests, and some cis men with gynecomastia bind, too. Anyone who wants to have the appearance of a flatter chest can bind, as long as they do so safely.

# WHERE CAN I GET A BINDER?

## to buy:

- [gc2b](#)
- [Underworks](#)
- [FLAVNT](#)
- [T-Kingdom](#)
- [Shapeshifters](#)
- [B Ur Slf](#)
- [TomboyX](#)
- [Spectrum Outfitters](#)

## free or low cost:

- [The Closet @ HiTOPS](#)
- [Point of Pride](#)
- [FTM Essentials](#)
- [Gender Gear](#)
- [American Trans Resource Hub](#)



# HOW DO I MAKE SURE I'M BINDING SAFELY?

There are so many different ways to bind and kinds of binders - whether you choose a binder or chest tape, a full or half length binder, or a binder that is pull-on, zipper, Velcro, or clasps, you want to make sure you are binding safely.

- Never use anything as a binder that is not intended for the use of binding. This includes ACE bandages, duct tape, plastic wrap, etc.
- Do not bind for longer than 8 hours straight. If you start to feel pain when you breathe or discomfort from your binder, remove it ASAP.
- Never sleep or exercise in a binder. Switch to a sports bra if you still want some compression.
- Never wear multiple binders at once.
- Wash your binder regularly. Check the tag to make sure you are washing and drying it correctly so it doesn't shrink.
- When purchasing a binder, make sure you measure yourself to make sure you are wearing the right size, and use the company's size chart to determine what size is right for you. When in doubt, size up! Wearing a binder that is too small for you can cause injury.

For more information about binding with Trans Tape, see our full guide on using Trans Tape here: [tinyurl.com/usingtranstape](https://tinyurl.com/usingtranstape)



# EXERCISES FOR PEOPLE WHO BIND

For people who bind, certain exercises can help release some of the tightness that builds up from having compression around their torso all day. These stretches can alleviate tension and improve tissue health and mobility.

## pectoralis stretch



## belly breathing



## cat & cow



## trunk side-bending stretch



## plank



To learn more about binding safely for all kinds of bodies, hear from people who use binders regularly, and find tips for sizing yourself for a binder, check out the HiTOPS YouTube playlist on binding: [tinyurl.com/bindingvideos](https://tinyurl.com/bindingvideos)

