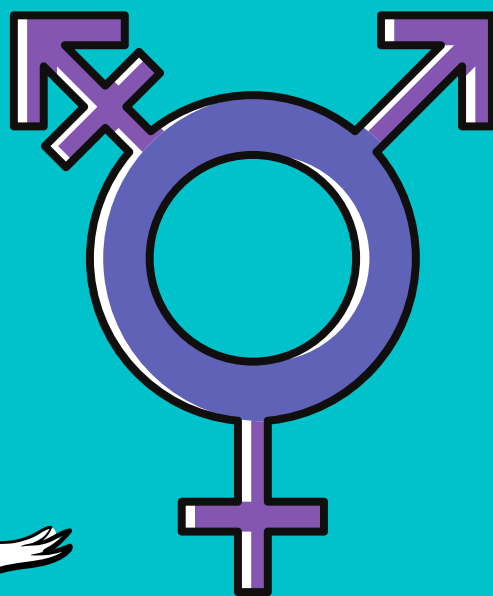




Peer Advice

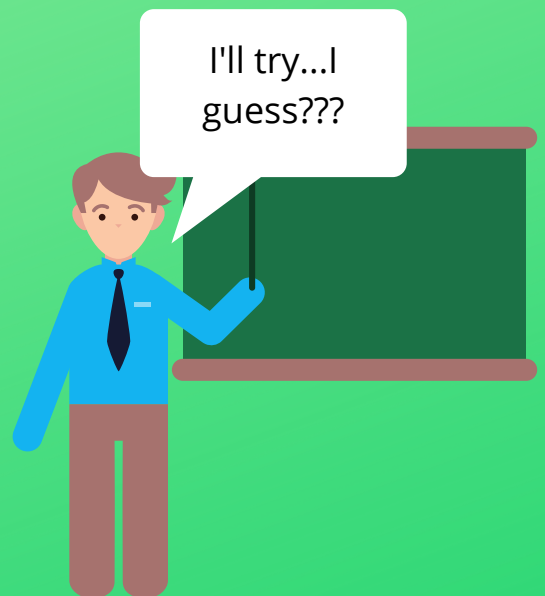


**By the Agony Piblings at
Fruitbowl**



Dear Agony Pibling, I have recently realised I am non-binary and want to tell school but don't know how. No-one gets it. I told one teacher and he said he will "try" but continues to use the wrong pronouns and my dead name. What can I do?

- Bruce



Bruce, I know what you are going through. Keep pushing them to use your correct pronouns; it's for your wellbeing and them only "trying" isn't good enough. If they still don't call you by your preferred name and pronouns, talk to someone higher up. They should help. Best of luck!

- Agony Pibs.

Bruce, when I changed my name I went to the head of wellbeing and they changed my name on the register. I never officially came out, people just kinda worked it out. If you can't do this though, wearing a non-binary badge and name and pronoun changes on social media can be useful. It may not get everyone to change but it could help you find people who will support you. I'd also recommend finding an LGBT+ youth group and seeing if they can give more advice.

- Agony Pibling of the Place

Remember that at SAYiT we can support you with issues at school relating to LGBT+ things such as social transition and name changes.



Dear Agony Pibling, I used to self-harm but with giving myself more headspace and self-care time I managed to stop. Recently though I've been having a hard time and can't stop thinking about doing it again... I'm scared as I don't want it to take over me like it used to. What should I do?

- Chelsea



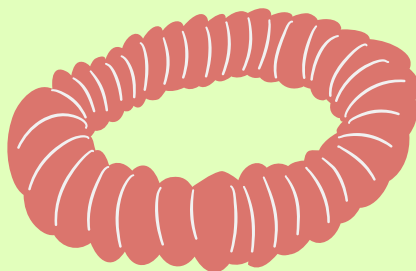
Dear Chelsea, thanks for writing to me <3

I completely understand what you're going through as I've been through it as well. What I found worked for me was getting a rubber band and red food colouring. You put the band on your wrist and put the food colouring on the band and snap it on your skin as much as you need. You can do the same with ice and red food colouring but rub the ice where you would usually harm. Love you niblet! Hope it all goes well. <3

- Agony Pibling K.

Dear Chelsea, that is so amazing you have managed to stop self harming. I know that can be really hard to do. Sometimes doing something really different to what you are doing in the moment can help with pervasive thoughts of self harm. For example, go to meet a friend, take a hot or cold shower, or play really loud music. Personally, something that has helped me, is finding different ways to express my feelings. Writing and drawing and singing can be great for this. Take care of yourself.

- Agony Pibling 002



Dear Agony Pibling, I have made a new friend recently. We have loads in common (they like the same anime as me!) The problem is they are really flirty. They said they just see me as a friend which I'm glad about cz same but then will touch me on the leg a lot and regularly ask me if I fancy them and if I think they're cute. I don't want to lose them as a friend but am worried if I reject them they won't speak to me? Why would someone flirt with me if they don't have feelings for me? Please help.

- Thor

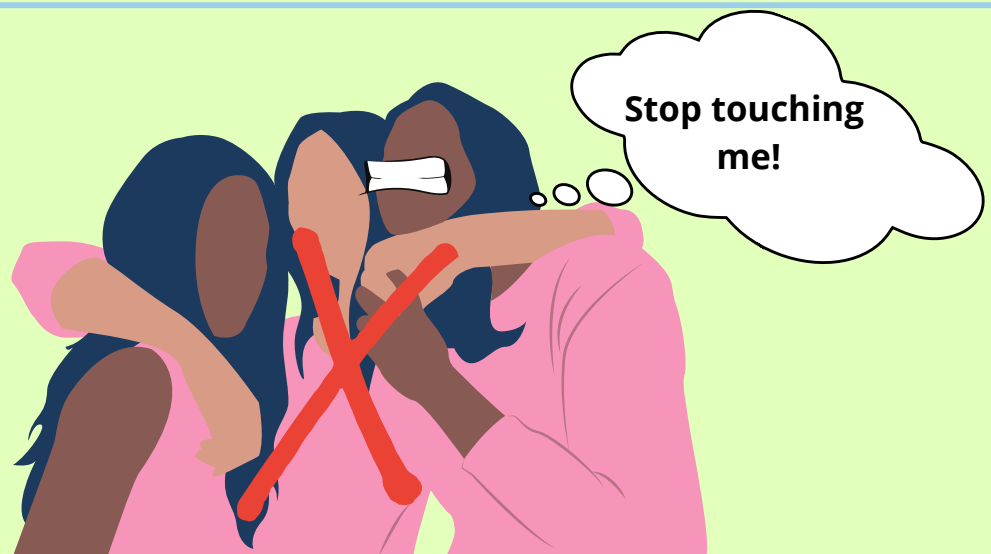


Thor, having a new friend is exciting but boundaries need to be discussed and put in place. If they are making you feel uncomfortable don't be afraid to tell them. You deserve to feel safe and respected with your friends. Tell your friend how they are making you feel and ask them to stop. If they don't stop then tell an adult you trust and try and distance yourself from them. They're not a true friend if they don't respect your boundaries.

- Agony Pibette

Thor, firstly I'd advise you to sit your friend down and talk to them and maybe ask why they are touching you like that? Maybe they have feelings for you and don't know how to tell you? Tell them how you feel and ask them about how they feel. That should release some of the stress and anxiety. Make sure to talk to them about personal space and about your boundaries. Tell them you don't like being touched like that and if they continue you should break the friendship as respecting boundaries is very important.

- Agony PibPib



Dear Agony Pibling, I'm really worried about my partner. She doesn't believe I love her and I have to see her every day and tell her I love her a lot otherwise she'll have a breakdown. Sometimes I'm busy with friends or stuff so I can't see her and then she's sad and I'm worried and feel really guilty. Am I a bad girlfriend?

- Gen



Why aren't u
answering?

Don't u love me?

If u don't come
here then u
obvs hate me



Dear Gen, first of all, can I say I'm very sorry this is happening to you, it sounds very upsetting. You are not a bad girlfriend. This is your partner's problem and is to do with her own insecurities. I recommend talking to her about it and how you both feel. You have your own life outside of the relationship and she should respect your boundaries. Thank you for sending this question in.

- Ago. Pibz.

Dear Gen, It sounds like ur gf is going through a tough time and is depending on your for support in a way that is not healthy. I think you need to be clear about what you can and cannot do. It is important to have a support network that is bigger than just your partner. Help ur gf to think about other people she can go to when having a hard time. If she persists in making you feel bad for doing other things, u should consider ending the relationship. U are allowed to see ur friends and take time away from ur phone, and should not be made to feel guilty for this!

- Agony Pibling III



Dear Agony Pibling, I've recently started using a binder (in the last 3 months) but sometimes when I take it off I feel breathless and have a sharp pain. I feel really dysphoric without it on and want to wear it all the time but it's really starting to hurt! What should I do???

- Mushroom



Remember, you can borrow binders from SAYiT or buy one from Spectrum Outfitters.

Dear Mushroom, while it is normal to feel some discomfort from binding, if you're having lasting pains and it's getting too painful to wear, it's possible the binder you're using isn't the right size for you. Also, you should always try not to wear your binder all the time. I understand it is difficult not to bind, but constant binding can have serious health risks further down the line, which can lead to potential complications with top surgery in the future, if that is something you would be interested in. If nothing else, it would be good to keep the binder off at night when you sleep. It's great that you feel comfortable, not just with binding, but also with asking for help.

- Agonia Pibonia

Dear Mushroom, it sounds like u are either wearing ur binder too long, or that it is too small. It's very important to look after ur physical health and there are some risks related to binding too much or wearing too tight a binder. Why not get a tight crop top or tight sports top that u can alternate with the binder? U can also wear bigger clothes when not binding. The main thing really is to not wear a binder when sleeping or doing vigorous exercise. I also suggest surrounding urself with gender-affirming friends which hopefully will help with ur dysphoria. Keep on keeping on and don't be afraid to ask for support.

- Agony P Jr



Dear Mushroom, I am sorry this is happening. It sounds quite difficult. I think you should find a good way to deal with the dysphoria on binder breaks. Things like baggy jumpers or relaxing with a pillow against your chest. I also suggest doing things you enjoy and that distract you. Watching TV covered in blankets also helps. Try not to ignore your body's boundaries.

- Agony Aunt



Dear Agony Pibling, my family don't know a lot about LGBTQ+ issues and I've recently come out as gay to my friends but my mum is now getting suspicious. My family have said they would disown us if me or any of my siblings were ever to actually come out at home. Some homophobic and unkind comments have been made towards LGBTQ+ people on TV by my siblings/mum. It makes me sad I can't be my authentic self with my family. :(

- Sunflower



Dear Sunflower, if family say bad things about LGBTQ+ people you could try playing LGBTQ+ music really loudly! Ok, on a more serious note, did you know there are support groups for parents of LGBT+ young people? There is even one at SAYiT! You could see if your mum would be up for going to that to gain a better understanding of what's going on for you. It is a good idea too to make sure you have a safe place to stay if your family does not react well - with a friend with a stable home for example. Your family should want to support you, not hurt your heart.

- Agony Pibling J

Dear Sunflower, this sounds really hard, I am sorry. Maybe it would be an idea to think about where your family's prejudice comes from? Is it from religious community or the way they were raised for example? If it is religion you could find LGBTQ+ people of faith support groups such as Imaan for Muslims and Keshet for Jews. You could also speak to a trusted adult who knows your family, but who you feel would be supportive towards you. There are also always wellbeing people you can speak to at school, or youth workers at SAYiT. You are not alone - there is lots of help out there!

- A. P. XI

Dear Sunflower, believe me I know. Before, I came out as trans my grandparents said the same (that they would disown me). Before I moved out I told them in a way they could understand. I told them how I felt and that even though I knew it was hard for them, it would mean a lot to me if they could respect that. I would suggest speaking to a supportive family member first if you have one for some back-up. It is a hard thing to do, but if you can find a way to speak to them on their level, you might be surprised.

- Aggie P



SAYiT youth workers are here to talk about anything you are worried about. Just grab us at group, or text us and we can set up a 1:1 chat :)

**Thank you to all you
amazing young
people for giving
such fantastic
advice. You are all
stars!**

