

FOR FACILITIES

Chest binders: why access matters

What are chest binders?

- Chest binders are specially-designed compression garments that fit tightly across a person's body to more safely and comfortably flatten their chest.
- For transgender men and non-binary individuals, chest binders allow them to have a more masculine or gender-neutral appearance.
- Chest binders lessen gender dysphoria, improve body image, enhance self-esteem, and help people feel more affirmed in their gender identity.



How do they work?

Chest binders are constructed out of nylon and spandex, with an inner panel on the front of the garment to provide compression.

When worn under a shirt, they resemble an undershirt or sports bra. They are often white, black, or tan in color.

Why do they matter?

Without access to chest binders, trans people are far more likely to turn to unsafe binding methods such as Ace bandages, plastic wrap, surgical garments, duct tape, or other materials.

Unsafe methods can cause serious health issues:

- skin irritation (rashes, blisters)
- breathing issues (shortness of breath, fainting)
- fractured ribs

✔ Impact on those in custody

A properly-fitting chest binder protects against health risks while also providing emotional and mental health benefits.

Studies have found that the mental health effects of binding safely “were almost universally positive” among those surveyed.

More than 70% of those surveyed reported:

- a positive mood
- decreased dysphoria
- decreased depression/anxiety
- lowered suicidality

✔ Impact on your facility

These positive impacts often result in:

- lesser incidents
- lower use of force
- an overall improvement with the person in custody's compliance

Through Point of Pride, chest binders are **FREE.**

Point of Pride is a 501(c)(3) non-profit organization. They mail free chest binders to folks who cannot afford or access them.

With the help of their counselor, an incarcerated person can submit their request and receive 1-2 garments in the mail. **There is no cost to the recipient or to the corrections facility.**



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