

From: [REDACTED]@wustl.edu>
Sent: Wednesday, January 26, 2022 12:23 PM CST
To: [REDACTED]@parkwayschools.net>
Subject: RE: Question
Attachment(s): "Safer Binding (1).pdf"

Hi [REDACTED]

I'm attaching a response from Dr. Garwood.

"I would actually decline any requirements for disclosure by students or from school to parents. I would, however, provide general education to school nurses, teachers, school counselors so that they are aware this may be something they encounter. In some circumstances a private conversation between PE teacher and student may be appropriate (Or between student and school counselor). The basic safety facts can also be shared with nurse, counselors, PE teachers (and music/band makes sense too). Another thought is that when a trans student comes out at school and approaches leadership for name change admin could ask for them to touch base with the school nurse for some education or could give the student one of our binder safety handouts?"

I've attached our hand out on safe binding for you to review.

My biggest concern would be if an unsupportive parent learns this handout is being distributed, the ramifications could be significant.

[REDACTED]

From: [REDACTED]@parkwayschools.net>
Sent: Thursday, January 20, 2022 2:52 PM
To: [REDACTED]@wustl.edu>
Subject: Re: Question

* External Email - Caution

Thanks, [REDACTED]

I know our staff wouldn't necessarily want to tell the parents but were curious if they HAD to if it becomes a health issue?

Do you think it's best practice to talk it through with a student when they let us know they are wearing one? Just to make sure they are being safe?

The only reason we'd want a nurse, PE, or Music teacher to know is because we had a few instances where a student passed out when wearing one that was too tight (when participating in PE activities or singing and out of breath... Just wanted to put that into context...)

I think we'd double check with our lawyers about this too. I'm curious if there is a best practice from a social perspective. We definitely want kids to be comfortable with what they wear and be who they are! We just don't also want them to pass out or ruin their spine because they didn't know much about binders before using them! (i.e. if we can educate them to be safe, is that best practice?)

On Thu, Jan 20, 2022 at 2:40 PM [REDACTED]@wustl.edu> wrote:

Hi [REDACTED]

I hope you have been well too, I know schools are experiencing a lot of stress right now.

These are interesting questions. I haven't heard these as an issue before so my thoughts below are merely just my thoughts.

First, it's not technically an issue of parental consent for a minor to have access to a binder. However, parents can make it an issue. A quick google search revealed parents of a 13-year-old being VERY upset a trans-affirming online source sent their child a chest binder without parental consent. I'm not sure what a school counselor's position is on informing parents what their kids are wearing outside of the home. For example, what if the family was very religious and the student didn't wear their cross at school? Or if at school, a student had a t-shirt or band that was banned at home? Or if someone's shirt was too tight or shorts or skirt too short? A binder obviously can be more difficult to hide depending on the situation.

Second, in terms of discussing with student using a binder, that may step into condoning/endorsing using of a binder without talking to the parents, depending on the situation.

Third, in terms of staff at school knowing a student is wearing a binder, I'm not entirely sure this is necessary to know ahead of time. If a student is using a binder correctly, there wouldn't be anything a school nurse can do. A PE or choir teacher may need to know, but that may be a need to know basis depending on activities and limitations.

I hope this is helpful. Let me talk to our doctors about this as well so make sure I'm not missing anything in terms of medical needs or what schools would need to know.

[REDACTED]

PSD 045

From: [REDACTED]@parkwayschools.net>
Sent: Thursday, January 20, 2022 1:51 PM
To: [REDACTED]@wustl.edu>
Subject: Question

* External Email - Caution

Hi [REDACTED]

I hope you have been well! I wondered if you or another resource that you know of could help us with a question that has been coming up.

We are seeing an increase in students wanting to use chest binders. One of our outside counseling providers told us that their agency usually has a series of questions they ask the student when they learn they are using a binder. The questions are to gauge where the student is in terms of SAFELY using the binder (i.e. it's not a good idea to wear it all day, it can cause spine/back issues if too tight, they need to be careful if exercising or singing, etc.) There were also times when the student's parents did not know that their student was using a binder and would not have approved of it but the school counselor was made aware.

My questions are these:

1. Is it best practice to have a procedure/series of questions to ask kids when they learn they are using a binder? (To be sure they are considering their own safety)?
2. Do we have an obligation to tell parents if we learn the student is using a binder?
3. It seems that it would be beneficial for others in the building (nurse, PE teacher, music teacher) to know if a student is using a binder for safety reasons. Should we have a procedure for telling others on a need-to-know basis? (Again for safety).

We are working hard to balance encouraging kids to be who they are, dress how they feel comfortable, with their physical safety. We'd welcome any thoughts you have on this!

Thanks!

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[REDACTED]

Parkway Core Values

* Integrity * Kindness * Perseverance * Respect * Responsibility *

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[REDACTED]

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PSD 046

This handout provides information on safer binding. If you have specific questions that were not addressed please contact our office at: (314) 273-8251

WHAT IS BINDING?

Binding is sometimes practiced by trans-masculine or other gender expansive people for a variety of reasons. Binding is the act of compressing or flattening the chest area for a more masculine appearing chest. This may help reduce dysphoria, ease body discomfort and help affirm one's gender.

However, it is important to note that not every trans-masculine or gender expansive person feels the need to bind. Binding is NOT required.

LOW COST BINDERS

The following programs offer binders for free or reduced cost. **Please note there may be a waiting list or period.**

Point of Pride

pointofpride.org/chest-binder-donations

Point 5CC

point5cc.com/chest-binder-donation/

FTM Essentials: Free Youth Binder Program

ftmessentials.com/pages/ftme-free-youth-binder-program

FITTING

It is important to note that sizing among manufacturers may be slightly different as well as methods used to measure your size. Use the sizing guideline provided by the website you are purchasing from to help find your size. If you're in between two sizes it is recommended you round up to the larger size.

GC2B uses the sizing guidelines below:

BINDER SIZING

SIZE	CHEST
XXS	27-30"
XS	30-32"
SMALL	32-34"
MEDIUM	34-36"
LARGE	36-38"
X-LARGE	38-40"
2XL	40-42"
3XL	42-44"
4XL	44-47"
5XL	47-52"



ILLUSTRATION BY MARTA PUCCI

HELP US IMPROVE THIS HANDOUT!

If there are questions you wish were answered, or you have additional questions, comments, or concerns, please contact our office at: (314) 273-8251

BINDING OPTIONS:

KT (Kinesiology Therapeutic) Tape (\$10-\$15)

Athletic skin tape designed for pain relief of injured muscles, tendons and ligaments, KT tape can also be used for binding using strips on each side of chest. It stays in place several days and can be worn in water. This tends to work better for those with less chest tissue. Use warm water or baby oil to remove to avoid tearing skin. It can cause skin irritation or discomfort. Over time, a binder is safer and more cost effective.

Athletic Compression Shirt (\$25-\$50)

Typically made from Spandex and Lycra, these shirts are designed to absorb sweat from your body. They typically work better for people with less chest tissue.

Binder/Medical Compression Shirt (\$30-\$100)

A binder will offer the most compression and there are companies like GC2B, PointFiveCC, Flavnt who design binders specifically for trans-masculine or gender expansive people. These should be worn for no more than 8 hours at a time and never overnight.

Layering Shirts (varies)

Wear a tight-fitting shirt as a base layer with each layer of shirt becoming looser. Although layering shirts can be less restrictive you may become hot. Try moisture-wicking fabric for sweating.

Sports Bra (\$25-\$50)

You can wear a sports bra under one shirt, or layer shirts on top of sports bras. There are many types of sports bras. Ones with higher Lycra content compress better.

BINDING SAFETY TIPS:

- We do not recommend binding with duct tape or Ace bandages. These can cause injury to the ribs and increase the potential for fluid build up in the lungs.
- It is not recommended that you wear your binder when exercising, as this can cause trouble when breathing and lightheadedness. When exercising we recommend using a sports bra.
- Wash your binder method at least once a week if it is worn daily. Read the manufacturer's instructions for washing directions.
 - If using a machine to wash use the delicate cycle and cold water.
 - Hand wash in cold water and mild detergent. Do not leave it to soak.
 - It is best to air-dry as the dryer can cause premature wear and shrink the binder.
- Consider wearing a light cotton shirt under your binder as most binders do not breathe well. If you do not have a shirt to wear under your binder, a light layer of corn starch can help reduce perspiration.
- We do not recommend binding over night. You should take your binder off whenever you are in a comfortable and safe place to do so, especially after school or work. **You should limit your time in a binder to 8 hours or less.**