

Coping with Anti-Trans Media as a Trans or Gender Diverse Person

Mainstream media is often ill-equipped to cover or talk about trans issues and trans people. Trans rights and trans people are often considered 'up for debate', and sometimes, the media seems fixated on trans issues in a harmful and negative way. Trans people are regularly bombarded with trauma and tragedy when trans issues are covered by the media, and this can have a harmful impact on us. Here are some tips for managing negative media coverage of trans people:

1. **Unplug:** When the media is talking about trans issues in a way that causes harm, it is important to remind ourselves that we can unplug and disengage. We are not obligated to read the articles or scroll through transphobic posts. We can unplug.
2. **Find Affirming News Sources:** There are many trans-inclusive media outlets around the world. Publications like PinkNews and Xtra Magazine feature positive and uplifting stories about trans people and trans identities. Focusing on positive media coverage can help us recognize the immense contributions trans people make to their communities, as opposed to negative coverage from other sources.
3. **Connect with community:** When trans issues are in the media, particularly when issues are sensationalized or trans people's rights are framed as a danger or threat, connecting back to our community can help us feel seen and supported. Our communities are always best equipped to care for us in moments like these, and simply being in community spaces can help ground us in the beauty, brilliance, and resilience of our communities.
4. **Block and Mute Liberally:** If you're finding yourself immersed in anti-trans media coverage, or, as happens for some trans people, you find your social media isn't always a safe place for you, it can have an impact on your mental health and well-being. You deserve virtual spaces where you can be yourself, and where your rights and identity aren't constantly questioned. When bigotry comes up on your feed, you have every right to block and mute liberally. You deserve safe environments without having to manage discriminatory comments.
5. **Don't Read the Comments:** Comment sections on mainstream media news articles, and on many social media platforms, often draw out transphobic and homophobic people. While reading the comment section – or getting into an argument in the comments – can be tempting, it is often a source of stress and anxiety. Avoiding comment sections is a good way to reduce the impact of transphobic media and messaging on your well-being.