

Resources for the participants and their close ones

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General resources

- <https://wikitrans.co/> : Amazing resource for anything related to trans identities, inclusive language in French, any word about LGBTQIA+ things you might not understand or you might want to check because you're not sure. Greatly recommended!
- GLAAD, the world's largest Lesbian, Gay, Bisexual, Transgender and Queer media advocacy organization, has put together media resources including a [LGBTQ+ glossary](#) and a [trans glossary](#).

Resources to explore inclusive language in French

- *Miroir, Mioirr* (2022) by Carla Demierre is a fun and interesting short novel which she wrote using only inclusive, non-binary language, playing with grammar and typographies in French. It is available for free, right here: <http://head-publishing.ch/mrioir>
- The work of the linguist Alpheratz is another interesting thing to look at. They explored inclusive language in French, neologisms, typographies, grammar, it's very eye-opening and fun: <http://www.alpheratz.fr>
- For typographic plays, do have a look at the work of this French-Belgium group, Bye Bye Binary (BBB), who give tools, a survey of the history of language, a library of typographies, podcasts, etc.: <http://genderfluid.space/>
- For something academic, a book co-authored by one of our invited speakers: *Le cerveau pense-t-il au masculin* by Pascal Gygax, Sandrine Zufferey, and Ute Gabriel ([Payot link](#))

Resources in CH

- <https://www.unil.ch/egalite/lgbtiq> This page from the Bureau de l'égalité here at UNIL is dedicated to the queer community. It has resources, a list of associations, of services

here to help, social events, mental health support, etc. And if you have any questions, you can contact them, they're nice :) ! There's also a page on transidentities and how to change your name here at UNIL, for instance.

- <https://agnodice.ch/> : Agnodice is a Swiss foundation that helps to promote the plurality of gender identities and expressions in our society. It has therapists who are specifically trained to work with children and teenagers under 18, as well as parents and close ones. The idea is to provide as much psychological and medical help as possible, and to make things as easy as possible, whether it's with family, school, social environment. They also provide formations and help for professionals whose work requires working with trans people.
- <https://www.mycheckpoint.ch/fr/> : The Checkpoint, by the Foundation Profa, is a good local resource for **medical, psychological and social help**. They are mostly known in gay men's community, because that's the population they initially had in their patients (mainly because of the AIDS crisis), but now it's growing. It exists in several European countries and it has great resources. You can get checked for STIs, you can get the PrEp through them, psychological help, advice, etc. The Lausanne center is still mostly dedicated to folks assigned male at birth, or **men* who have sex with men***, but it's slowly changing (see next resource). They also organise events (Instagram below).
- <https://www.profa.ch/l-check/> : The L-Check recently opened in Renens. It's promoted as a **center for women* who have sex with women***, but they do specify that no matter your identity and sexual orientation, you're welcome! They have the **same resources as the Checkpoint** (see above). One reason for the creation of this center is the need for safer gynecologists who were trained properly to know which questions to ask, how to ask someone's pronouns, learn to say what they're going to do before doing it, basic questions of consent, etc.
- <https://www.profa.ch/lavi/> : La LAVI (Loi d'Aide aux Victimes d'Infractions) is a center here to **help with difficult situations, when you've had violent experiences, when you have PTSD, etc.** The process is fairly simple. You can call them, briefly explain why you need their help, they'll ask you if you want to meet with a man or a woman counselor, and give you a time for your meeting. The counselor will assess if you can get their help or not (this can be the tough part, and I've (Ezra) heard bad experiences with counselors with internalised misogyny for instance... but some are great. Mine was very

helpful). They can provide psychological and legal help. And they can pay up to 10 sessions (sometimes an extra 10 if needed) with a therapist, and/or 2 sessions with a lawyer.

- www.360.ch : a lot of people know the French magazine TÊTU, which is great, but here's another great one! A queer Swiss magazine, strongly recommended for LGBTQIA+ local and international content ; not so long ago the print was available for free at the Grange).
- Finally there are a lot of local festivals about queerness! There's the [EVERYBODY'S PERFECT](#) in Geneva, which is an annual movie festival. The [SPIELACT](#), which is about inclusivity and diversity in general, also in Geneva. [The Positive Life Festival](#), educational events around the topic of HIV. The [Fessestival](#), around sexuality and gender (Genève). And the Lausanne equivalent, [La Fête du Slip](#). There are many others. Once you start following a couple of local organisers, the rest will find you (algorithms and all :)). The [Magazine 360°](#) is also the perfect media to keep track of these events.

The next section gives you IG resources, but here are the IG of Swiss associations and organisations that can be useful

- [trajectoires non binaires](#) is a group of activists full of resources, for trans and non-binary folks ; mainly based in Geneva, they have a lot of events, they're full of resources (if you have admin questions, if you need to share or need some advice, feel free to message them).
- [vg_vogay](#) Vaudoise association that advocates sexual and gender diversity.
- [vgjeunes](#) Same as above, except it's more in charge of social events in Vaud.
- [vg_alliage](#) Again, similar, but for LGBTQIA+ folks and disabilities this time.
- [association transparents](#) is a *suisse romande* association for the close ones and parents of young folks who are trans*, non-binary and still in the process of figuring things out.
- [transgendernetwork_ch](#) is a non-profit organisation in Switzerland.
- [les.medusales](#) is a new bookshop that opened just recently, here in Lausanne. It's queer, feminist, decolonial.

Resources on IG

These are divided in subsections, just to make it easier to find things that might resonate with your interests, but note that these definitely overlap in many ways—so it's worth looking at the whole list :)

Queer folks talking about their disabilities, using their experience to educate others, to fight against ableism

- [spencer2thewest](#) (he/him) Motivational speaker whose content revolves around questions about disability and his own body. He's pretty funny and sweet, and his content is great!
- [a_different_spectrum](#) (he/him) gay guy who talks about his autism, ADHD and Tourette syndrome ; he plays music, draws. He's great! <3
- [robertandycoombs](#) (he/him) An artist, photographer, whose work revolves around questions of bodies and sexualities ; what it means to be disabled and queer, where is the representation – sexualised or not – of these people and bodies? His work is beautiful. Also he's very nice :)
- [aaron__philip](#) (she/her) is a black, disabled, gender non-conforming femme who's fighting fighting for the visibility of black, queer and disabled people. She works in the fashion industry.

Sex worker, militancy

- [o.s.m.o.s.e](#) (all pronouns) In French. A very frontal and loud militancy on this account, about sexuality, sex work, gayness, queerness, HIV, feminism. Pretty powerful!

Educators, advocacy, local event raising awareness about HIV

- [positivelifestival](#) A festival of arts, sciences, raising awareness about HIV and telling stories of people with HIV, here in Switzerland
- [seropotes](#) A non-profit organisation (in French) of LGBTQIA+ folks fighting for HIV awareness

- [supersero](#) A medical and health activist about HIV (in French), he's pretty funny and also debunks a lot of misconceptions about HIV and people with HIV

Swiss queer artists, activists, sex workers, educators

- [avril_nyx](#) (any pronouns) If you want to learn more about sex working, with political and philosophical discourses, but also a lot of fun anecdotes, Avril is great! They're a sexworker, an artist, and he's also very nice :)
- [linn.molineaux](#) (iel/they) They're a queer artist and author based in Geneva, and they're pretty awesome!
- [loic_valley](#) (iel/they/sieer) A non-binary and trans actor, queer activist. They do performances, workshops, a lot of interesting and exciting projects!
- [klimte_slam](#) (iel/they) They're a queer artist and slam poet, who gives performances, workshops, and also works on exciting artistic projects!
- [vividellamore](#) (they/them) non-binary sex therapist, and sex-positive performer
- [auriel.exe](#) (they/he) a non-binary artist, tattooer, who does a lot of free labor to educate and share their experiences as a trans person.
- [gleglejuvino](#) (they/them) They're a non-binary creator, working on campaigns and communication strategies. They're also a consultant on gender diversity, and an HIV activist, based in Geneva.
- [marius.diserens](#) (he/him) A young Swiss politician in Nyon, specialised in Gender studies, fighting for intersectional feminism.
- [Léon Salin](#) (he/him) Léon Salin is a trans guy (here in Lausanne) who does a lot of educational content, talks about his own experience, transition, everyday interactions as a trans person, etc.
- [dr.hazbi](#) (they/them) Albano-Swiss professor, activist, counselor, also known as the artist [Yougo Girl](#). They have a column in the magazine 360° (see Swiss ressources above). They debunk a lot of things and it's pretty inspiring! For instance, last year they organised a conference for the Fête du Slip (see above, in local events in Swiss

resources), in conversation with the gay Franco-Algerian imam Ludovic-Mohamed Zahed, on Islam and queer identities.

Black and afro-descendant folks, women, trans-feminine folks, who are pretty badass, and who, to be honest, do it all! <3 They could go in so many of the sections, queer and feminist advocacy, and activism against fatphobia, racism, ableism...

- [XYMediaFR](#) is the first transfeminist audiovisual media in France. It's great! It's educational, activist, loud, debunking a lot, keeping you informed. There's also [an article in the 360°](#).
- [mynameisjessamyn](#) (she/her) is an awesome yoga instructor who's become famous for the awesome ways in which she celebrates her black, fat body, in the most awesome way! She's pretty amazing!
- [ihartericka](#) (she/they) A pretty badass activist and educator who does it all. Their activism and education is around blackness, disability, queerness, being fat, and she's dismantling *a lot* online.
- [blairimani](#) (she/her) Amazing educator who lives at the intersection between black, queer and muslim identities. Her content raises awareness about feminism and queer advocacy, but not only, she also talks about ableism and racism for instance.

Queerness and Religion

- [thequeermuslimproject](#) Advocating against both queerphobia and Muslim hate. This section could also include [Blair Imani](#) (see previous section). I'm (Ezra) am this here, as I think it's a very important topic that folks don't talk about, or not enough. Look at the Podcast section if you're interested, there are 3 podcasts that I recommend on that topic.
- [Isaac.deolive](#) A gay man who's speaking out in the media, here in Switzerland, about his faith and what he's been through (TW conversion therapy). His IG account does not seem specifically made for educational purposes, but in his bio there are links to his interviews and all. As a suggestion, you can have a look at [this interview in the 360° magazine](#) (a queer Swiss magazine, strongly recommended for LGBTQIA+ local and international content ; not so long ago the print was available for free at the Grange).

- [aqueersearchforfaith](#) By a lesbian Catholic on the spectrum. I (Ezra) only just found this account while compiling this list, but the content looks welcoming, citing sources, and elaborating on religion and queerness, seems educational. There are posts about the history of the link between religions and LGBTQIA+, supporting messages, an episode of a podcast in which she's being interviewed, etc.

Other models of romantic and/or sexual relationships

- [remodeledlove](#) By a demisexual polyamorous mother who shares about her life, partners, life at home, how she and her partners (and partners of partners) live their family, love, and sexual life. It's heartwarming :) and if you're looking for different models of loving, healthy relationships, this one's a wonderful example.
- [plante_aromantique](#) (she/her) This account is educational, about being aromantic.
- [lavitaloca34](#) (she/her) An educator specialised in relationship dynamics and non-monogamy. She's great, and her posts "Today's Polyamory Reminder" are pretty amazing!

Sexual health and sexuality

- [queersextherapy](#) (they/them) A queer sex therapist who makes a lot of educational content.
- [drvarunasrinivasan](#) (she/they) A sexual health expert who's pretty awesome! They talk about solo sex and with partners, debunks many things, including false discourses about masturbation, bisexuality, sexual fantasies, what is cheating or not cheating, and emphasises the importance of communicating in relationships.
- [consent.wizardry](#) A pretty impressive account with loads of information on consent, trauma, sexualities, queer advocacy, etc.

Intersex awareness and advocacy

- [Interact_adv](#), an American NGO that advocates for the legal and human rights of children born with intersex traits
- [Pidgeon Pagonis](#), an American intersex activist

Trans folks and drag performers who advocate for trans rights – the content of most of these raise awareness about trans experiences

- [justsaysk](#) (she/they) Awesome content, educating, political, and also very very soothing, a lot of euphoria for trans people :)
- [alokvmenon](#) (they/them) Alok Vaid-Menon is a gender non-conforming author, speaker, poet, comedian. Their feed includes a *lot* of really good educational content about queerness, sexuality, gender, religion, colonialism, race, heritage. They also have some poetry and a short educational book about non-binarism (see literature section).
- [pinkmantaray](#) (he/him) Asian American trans man who is an inspirational speaker, author and advocate for trans inclusion, radical body acceptance, and mental health awareness.
- [kelsiphung](#) (they/them) French Vietnamese non-binary filmmaker, writer and illustrator who shares a lot of political and personal thoughts in their stories.
- [pattiegonia](#) (she/he/they) An American drag queen and environmental activist.

Literature

Queer writings in Switzerland

- [Paulette éditrice](#) (CH) is a Swiss publishing house whose latest collection of books is entirely dedicated to writings by queer people. Strongly recommended, it's pretty awesome!
- [Blutbuch \(2022\) by Kim de l'Horizon](#) Swiss writer who won the German Language Book Award for their novel that bends the binary of language. I (Ezra) haven't read it, but I'm looking forward to reading a translation of it :) !

Gayness in Different Cultures / Contexts; Men and Masculinity

- [Andrew McMillan's poetry](#) It deals a lot with questions of masculinity and sexuality, attraction to what is perceived as masculine bodies, but also growing up as a gay man for instance.

- Ocean Vuong's poetry and first novel *On Earth We're Briefly Gorgeous* It would be unfair to summarise it in a few words... his work is beautiful! The novel revolves around questions of queer identity, being a gay man, and being Vietnamese-American, with all its migrational implications – the war, the language, the social status, class, intergenerational relationship, his mother. It's pretty incredible.
- "L'intranquille" by Joseph Kai (2021) is a gorgeous graphic novel about being queer in Beirut. It's beautiful, touching, and important in terms of representation and cultural awareness aside from our Western society. [Here's an awesome interview with Joseph Kai on his work.](#)

Gothic literature, violence amongst queer folks, the body

- Carmen Maria Machado's short stories in "My Body and Other Parties" and her book *In the Dream House* That book is a mix of novel narrative, autobiography, essay, and historical archive. It's amazing. It deals with questions of violence amongst queer people. Machado has a lot of gothic and feminist influences, including Angela Carter.

Collection of texts by activists, and specifically educational content

- [Nous Sommes Partout](#) It's a collection of activists' texts that is constantly growing. It is online, for free. But there is also a print edition, by Abrüpt. The texts are mainly in French. It's international. The print version had texts from Switzerland.
- *Queer: A Graphic History* (2016) by activist-academic Meg-John Barker and cartoonist Jules Scheele gives an illuminating account of queer thoughts, LGBTQIA+ actions in this non-fiction book. From identity politics, gender roles to privileges, sexuality, relationships, it's a groundbreaking work really. Very approachable and educational.
- *Gender: A Graphic Guide* (2020) is another work by Barker and Scheele (see above), this time specifically about the complexity and fluidity of gender identities, from masculine and feminine, to non-binary, trans and fluid genders. There are other great books in these series, by other authors too, for instance *Feminism: A Graphic Guide*.

Polyamory, Asexuality, and rethinking relationships

- *More than Two* A book on polyamory, with a glossary of neologisms to talk about all kinds of relationship configurations, and helpful tools, anecdotes, advice.
- bell hooks. *All about love* The book discusses aspects of love today. It's a mix of personal anecdotes and philosophical ideas.
- *How to Be Ace: A Memoir of Growing Up Asexual* by Rebecca Burgess (2020) An memoir graphic novel, following Rebecca from school to work to relationships. She shows what it means to have to navigate her asexual identity and mental health in a world obsessed with sex.

Trans identities

- *Appelez-moi Nathan* by Catherine Castro and Quentin Zuttion A graphic novel with a trans protagonist transitioning
- ALOK has published two collections of poetry and a short book about non-binarism. You can find all of it on their website <https://alokvmenon.komi.io/>
- Kae Tempest's poetry They make poetry, slam poetry, on themes such as escapism, transformation, trans identity, all kinds of connections to the world and between folks.
- Julian K. Jarboe's *Everyone on the Moon is Essential Personnel* Their collection of short-stories is a mixing of sci-fi horror, fairy tales, bodily autonomy and transformation.
- *Gender Queer: A Memoir* (2019) by Maia Kobabe is a graphic novel about Kobabe's coming of age story, as a non-binary, queer person.
- *Gender Euphoria: Stories of joy from trans, non-binary and intersex writers* (2021) A celebratory collection of joyful texts, auto-biographical stories that focus on euphoria, since, so often, we mostly read and see stories about how queer folks struggle, through dysphoria, self-discovery, coming out, etc. These stories are important, but the euphoric are too, and we need to be reminded of that every once in a while :) !

Queer theories

- Donna Haraway's *Cyborg Manifesto* (1983, 1991) Explores the boundaries between human and animal, but also the notions of feminism associated with identity politics. The cyborg also inspires to move beyond the limitations of traditional gender politics. The cyborg does not recognise purity and innocence, it turns against its maker.
- Gloria E. Anzaldúa's *Borderlands/La Frontera: The New Mestiza* (1987) is a semi-autobiographical work in which she speaks against the idea of purity, in favour of the notion of mixed race (*una raza mestiza*).
- Leslie Feinberg's *Transgender Warriors: Making History from Joan of Arc to Dennis Rodman* (1996) laid foundation for much of the terminology and awareness of gender studies. She also helped bringing these issues into a more mainstream audience. In it, Feinberg defines "transgender" as a very broad umbrella. It is also one of the first books to articulate a trans-historical understanding of transgender identities.
- Emi Koyama's *Transfeminist Manifesto* (2003) defines her work as a movement by and for trans women, working for the liberation of all women and beyond. She really emphasises the need for solidarity and coalition.
- If you really want to go into recent, deep, complex but eye-opening queer theories, look at Talia Mae Bettcher's work (published around the year 2010 and more recently). Bettcher talks about intimacy, intimate personhood, perception of bodies and gender identities.
- [The Xenofeminist manifesto \(2015\) by the collective Laboria Cuboniks](#), relies on politics of alienation, embracing the idea of otherness, but also coalition in our differences, whether it is between humans, non-human animals and natural environment. It's available in 19 languages, online, for free!
- *The Glitch Feminism Manifesto* by Russell Legacy (2018) explores identity as formed through the internet rather than in spite of. Russell's theories build on Haraway's *Cyborg Manifesto* as well as on the work of Sadie Plant, who coins in 1994 the term cyberfeminism.

Podcasts

This is mostly a selection of French / local podcasts, because there is lack of local representations of sexuality and gender identities, whereas there is already a lot of content available in the US and the UK.

Debunking patriarchal and sexist normativity, in society, and in love and/or sexual dynamics

- [Le coeur sur la table](#) and [Les couilles sur la table](#) These two are great if you want to learn more about sexuality and love relationships.
- [Embracing Glitch Feminism](#), Russell Legacy (see queer theories in the literature section), invited on the podcast Tech Won't Save Us.

Queerness and being arabic and/or muslim

- [JINS](#) A podcast about queerness, sexuality, feminism, intersectionality and inclusivity, regarding arabic and/or muslim people. It's in French. I (Ezra) came across it a while back while digging for information about my dad's side of the family, in Morocco. I'm sharing this one because there is a lack of representation and information. Go for it, it's very interesting!
- [Queer Muslim Resistance Podcast](#) and the [Queer Arabs podcast](#) are two awesome resources in addition to the JINS podcast, in English this time and mostly US based.

Aromanticism and asexuality

- [Vivre sans sexualité](#) and [Free from desire](#) These two deal with asexuality or grey areas in sexuality

Queer folks sharing their own stories

- [Coming out](#) Interviews with queer folks and their coming out story. Some are celebrities, others are less famous. It's great :)
- [The Stories of Us*](#) Also a podcast with stories by queer folks, this time produced here in Suisse romande.

- Voyage au Gouinistan A wonderful Swiss podcast to discover lesbian and LGBTQIA+ culture more generally. Two lesbians, journalists, in a relationship, a woman and a non-binary folk. They revisit together their lives and love live, as queer folks <3 (They just started season 2, Destination Vieillistan, on aging as queer folks, and agism)

Series, films, documentaries

Disclosure Documentary on Netflix, “an in-depth look at Hollywood's depiction of transgender people and the impact of their stories on transgender lives and American culture”.

Female Pleasure Documentary by Barbara Miller, exploring female sexuality in the 21st century.

Pose Series on Netflix set between 1987 and 1998, looks at the African-American and Latino ball culture, downtown scene, and the rise of the yuppie milieu, and HIV.

Special Created by Ryan O’Connell, this series on Netflix is a semi-autobiographical story about a gay man, Ryan, with mild cerebral palsy, who decides to rewrite his identity and go for what he wants in life. It’s about gayness, relationships, disability, friendships – it’s funny, emotional and heartwarming.

Sort of An amazing series by the co-creators Fab Filippo (a straight white male) and Bilal Baig (a queer brown trans-feminine folk). Bilal Baig plays Sabi, the main protagonist, a gender-fluid, non-binary child of Pakistani immigrants who is figuring life out. The show explores and celebrates gayness, trans life, racial difference, interracial relationships, in a heartwarming, funny, and very emotional way. :) <3

Sex Education A Netflix Series which most of you probably already know, but it’s worth mentioning, as there is a lot of diversity in terms of sexual, romantic and gender representation. Also, it’s fun, and light (for the most part) :)

Heartstopper Again, a quite famous Netflix series based on the webcomic and graphic novel of the same name by Alice Oseman. It’s a coming-of-age story and it’s very celebratory, representative of the LGBTQIA+ community. Very heartwarming!