

WELLNESS PRACTICE

**ZINE-MAKING
FOR
BEGINNERS**

WHAT ARE ZINES?

A ZINE IS A MINI BOOKLET TO TELL YOUR STORY, SHARE YOUR OPINIONS, OR EDUCATE PEOPLE ABOUT AN ISSUE THAT MATTERS TO YOU. TRANS & QUEER YOUNG PEOPLE HAVE HISTORICALLY USED ZINES TO EXPRESS THEMSELVES AUTHENTICALLY, BUILD COMMUNITY, ORGANIZE, AND DEMAND VISIBILITY!

MATERIALS

1. PAPER (8.5X11)

2. YOUR FAVORITE ART SUPPLIES

PENS

MARKERS

COLORLED PENCILS

CRAYONS

PAINTS

PASTELS

ETC.

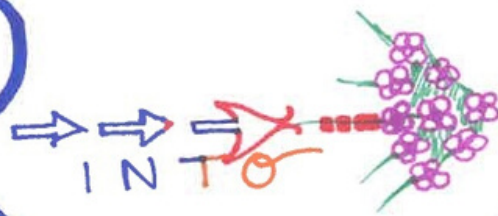
3. MAGAZINE CLIPPINGS (OPTIONAL)

4. SCISSORS

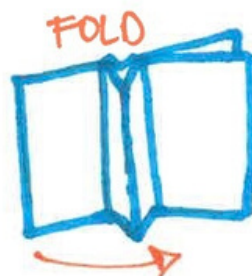
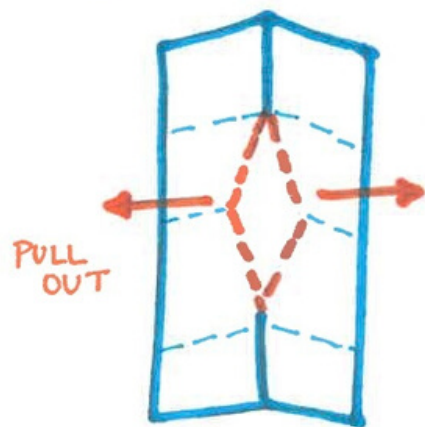
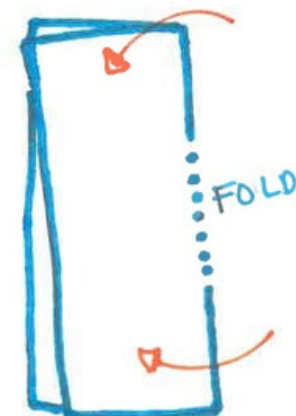
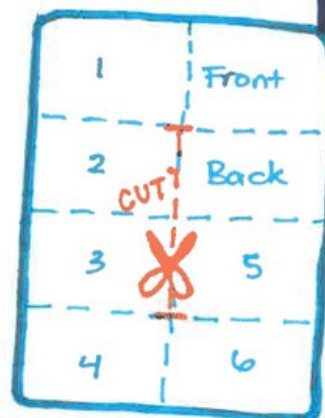
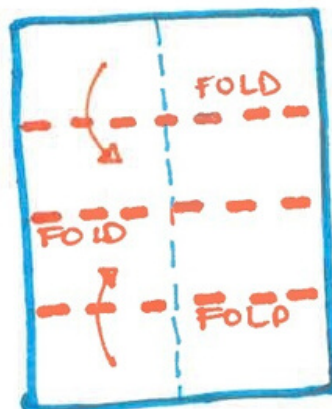
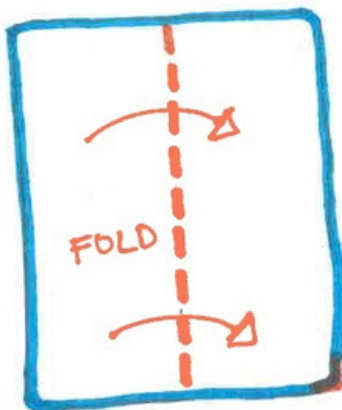
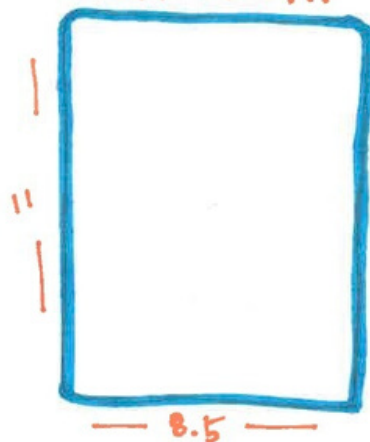
BASIC SETUP

How to fold

PAPER

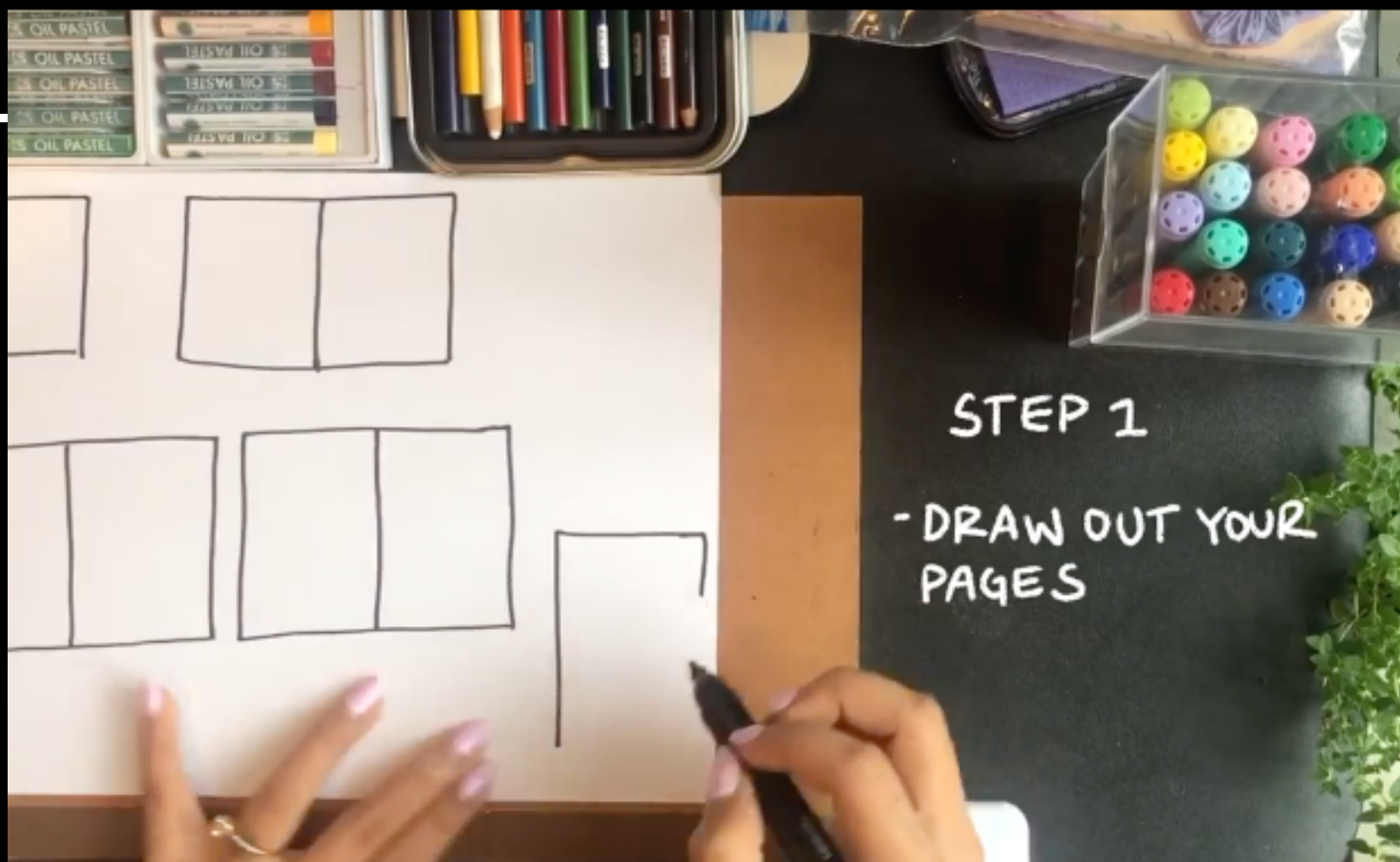


*Start here!...

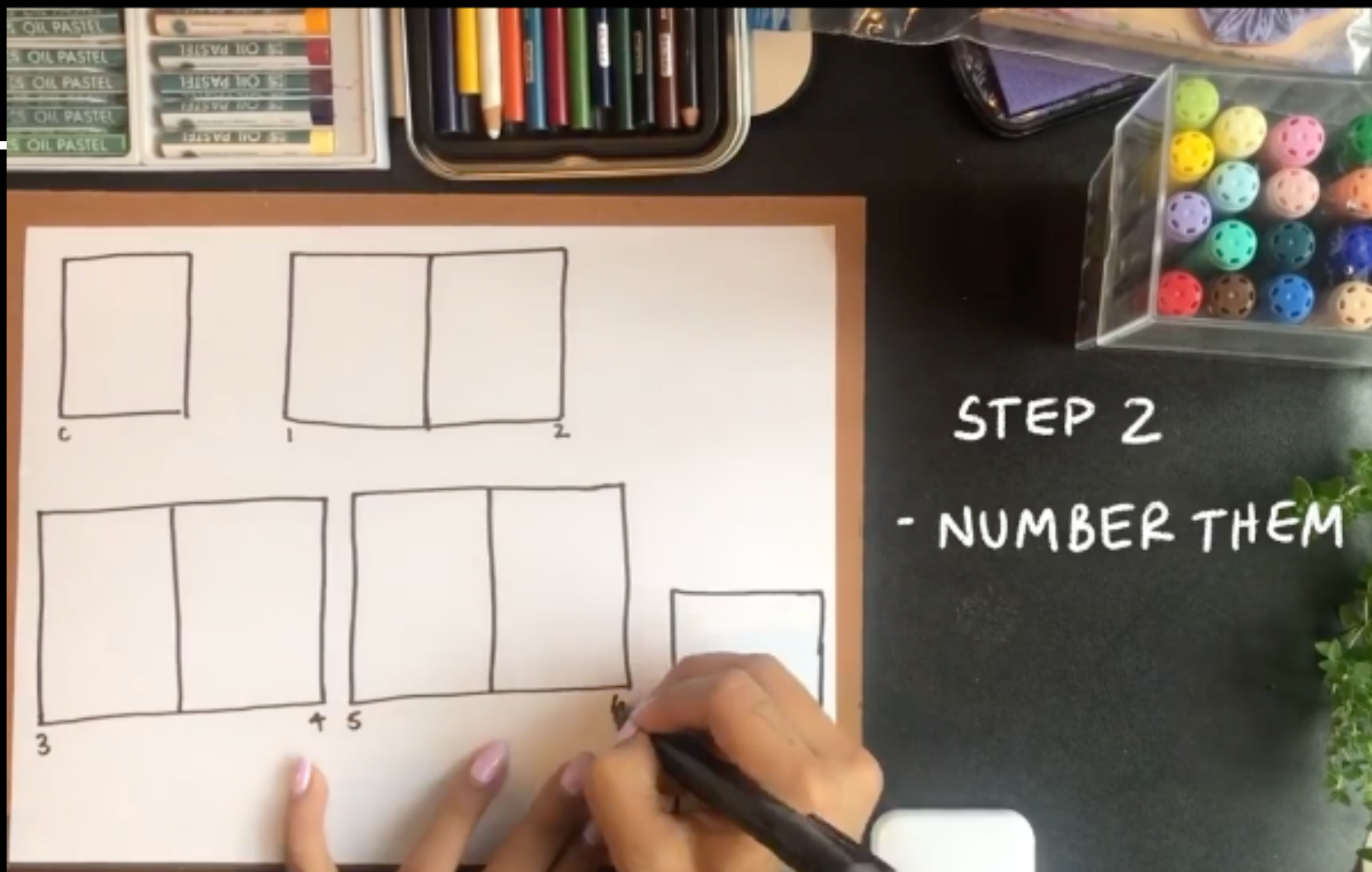


TRANS
YOUTH 2019!

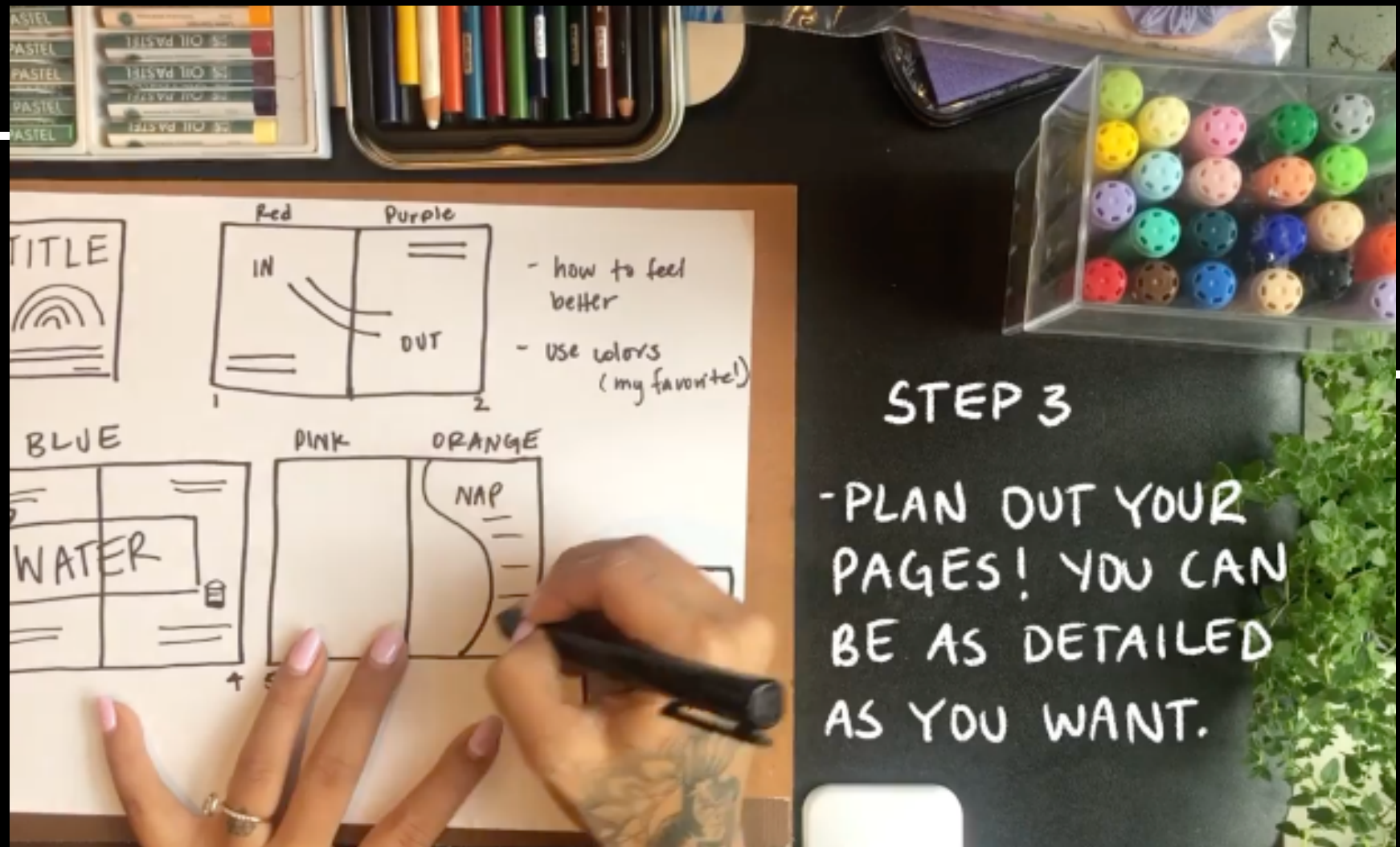
PLANNING STEP 1



PLANNING STEP 2



PLANNING STEP 3



SAMPLE PROMPTS

1. EXPRESS WHAT LIBERATION MEANS TO YOU.
2. DESCRIBE YOUR EXPERIENCE AT A BLACK LIVES MATTER PROTEST.
3. EXPLAIN THE SCHOOL-TO-PRISON PIPELINE FOR SOMEONE WHO'S NEVER HEARD OF IT OR EXPLAIN WHY WE NEED #POLICEFREESCHOOLS.
4. CREATE A HOW-TO GUIDE ABOUT HOW YOU FIND AND BUILD COMMUNITY ONLINE.

ZINES FOR INSPIRATION

TRUTH COUNCIL ZINE LIBRARY

OURTRANSTRUTH.ORG/TRUTHZINELIBRARY

QUEER ZINES

QUEER-ZINES.TUMBLR.COM

QUEER ZINE ARCHIVE
ARCHIVE.QZAP.ORG

PEOPLE'S ZINE LIBRARY

WWW.SEMANATHOMPSON.COM/THE-PEOPLES-ZINE-LIBRARY.HTML

BLACK AND BROWN PRESS

ISSUU.COM/BROWNPANDPROUDPRESSCHICAGO

QUALIFICATIONS OF BEING

WWW.QUALIFICATIONSOFBEING.COM