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!
Journaling is a great way to check in with yourself and process how you're doing mentally, emotionally, and physically.

**MATERIALS**

1. **PAPER (8.5x11)**
2. **YOUR FAVORITE ART SUPPLIES**
   - Pens
   - Markers
   - Colored Pencils
   - Crayons
   - Paints
   - Pastels
   - Etc.
3. **Magazine Clippings (Optional)**
4. **Scissors**
BASIC SETUP

HOW to fold PAPER

*Start here...

1. Fold
2. Fold
3. Fold
4. Fold
5. Cut
6. Fold

Front
Back

COLOR here

THE BEST ZINE EVER!
BY: YOU

TRANS YOUTH 2019!
PLANNING STEP 1

- DRAW OUT YOUR PAGES
PLANNING STEP 2

STEP 2
- NUMBER THEM
PLANNING STEP 3

- Plan out your pages! You can be as detailed as you want.
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/BROWNANDPROUDPRESSCHICAGO

QUALIFICATIONS OF BEING
WWW.QUALIFICATIONSOFBEING.COM