

# affirmations deck



## about this deck

This deck of Affirmation Cards was created by a collective of queer and trans youth as part of Planned Parenthood Toronto's Filling in the Blanks project. In creating resources around sexual health for youth in our communities, we thought carefully about things we wished we had access to when we were struggling with our identities, or when we were struggling with the erasure, normativity, and violence in our everyday world. When young people feel that we are seen and valued, that can have a powerful impact on how we feel about ourselves and our ability to create change in our lives and communities. We hope that this deck finds its way into the hands of young queer and trans folks who might not otherwise have access to supportive communities.

We know that not every single card will work for everyone. We all have different experiences, and that's awesome. We especially wanted to send some love and affirmation towards folks who identify as non-binary, and whose attractions are non-binary. When you come across a card that doesn't resonate with you, we invite you to reflect on who it might be valuable to, and why. We intentionally created the deck to speak to people at different places in their journey of understanding themselves and we hope you find that this deck can grow with you. Perhaps some cards that don't speak to you now will in the future.

## how to use it

There are so many ways to use this deck! You decide what works best for you, your community, or your friends! Here are a few of our ideas:

1. Randomly select a card whenever you have some time for personal reflection or need a little hug from the universe.
2. Pick a favorite card and carry it around in your wallet, pin it to your bulletin board, or tuck it into the pocket of your favourite pants.
3. Have each person to choose a card at the end of a community gathering and invite them to share their thoughts on the affirmation they selected.
4. Pass the cards out during a workshop/gathering and use the thoughts on the cards to guide a de-brief on the material you have recently learned about.
5. Use them for arts and crafts, to make greeting cards, or to decorate.
6. Select a card and use it as a writing prompt.
7. Something to notice is that the artwork on the cards corresponds to the subject matter (also identified by tags on the cards), so you can take all the ones about bodies, or about resistance, and use them however you like!

## tag legend

Bodies: Spirals  
Gender: Fishscales  
Identity: Leaves  
Relationships: Stars  
Self-love: Hearts

Consent: Ribbon  
Healing/Recovery: Circles  
Pleasure: Stripes  
Resistance: Triangles  
Sexual Orientation: Squares

The artwork on these cards was a collaboration between Michiko Bown-Kai and Logan Beaugard.