



TRANS DAY OF VISIBILITY



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INTRODUCTION



Trans Day of Visibility (TDOV) occurs annually on March 31. It is a necessary time to celebrate and honor the trans and nonbinary community and call attention to what we need to be safe in our homes and be free to live our lives without fear and discrimination. This toolkit is designed to empower you with steps you can take to support and uplift the community, resources to arm yourself to become a better advocate, and tools to help you create a tangible impact in the movement for equality for all.

KEY TALKING POINTS

THE FOLLOWING ARE KEY POINTS TO PREPARE YOU TO SPEAK UP FOR TRANS RIGHTS AND JUSTICE.

- **There is no place for violence in North Carolina.**
 - Violence against LGBTQ+ people is never okay—this includes physical harm, verbal attacks, and discrimination.
 - Everyone deserves to live without fear, no matter who they are or who they love.
- **Safety and Security for All**
 - LGBTQ+ people should feel safe at home, work, school, and public.
 - Policies like anti-bullying rules and hate crime laws help protect LGBTQ+ people from harm.
 - Training schools and workplaces on LGBTQ+ issues help create safer spaces for everyone.
- **Prevent Violence Through Education**
 - Discrimination and violence don't just happen randomly—they come from harmful beliefs and stereotypes.
 - Teaching people about LGBTQ+ experiences helps break down fear and misunderstanding.
 - More education and awareness mean fewer acts of hate and more acceptance.

KEY TALKING POINTS

THE FOLLOWING ARE KEY POINTS TO PREPARE YOU TO SPEAK UP FOR TRANS RIGHTS AND JUSTICE.

- **Stronger Communities = Less Violence**
 - When LGBTQ+ people have support, they're better able to stand up to violence and discrimination.
 - Crisis hotlines, legal help, and support groups are essential for staying safe.
 - Organizing together makes communities stronger and helps push for real change.
- **Working Together to Make Change**
 - Stopping anti-LGBTQ+ violence isn't just one group's job—governments, police, schools, and communities all need to work together.
 - Laws and policies only work when people enforce them and hold each other accountable.
 - Everyone, no matter their identity, can take part in making the world safer for LGBTQ+ people.
- **Supporting Survivors**
 - People who experience anti-LGBTQ+ violence need real support—not just words.
 - Therapy, legal aid, and safe spaces help survivors heal and rebuild their lives.
 - Standing with survivors means listening to them and offering real help.

KEY TALKING POINTS

THE FOLLOWING ARE KEY POINTS TO PREPARE YOU TO SPEAK UP FOR TRANS RIGHTS AND JUSTICE.

- **The Importance of Legal Protections**
 - Laws should protect LGBTQ+ people from violence, discrimination, and harm.
 - Stronger legal protections—like hate crime laws and anti-bullying rules—help prevent violence before it happens.
 - Every LGBTQ+ person deserves to be treated fairly under the law, without exception.



INFORMATIONAL RESOURCES



HERE ARE SOME TRUSTED RESOURCES TO CONTINUE
YOUR EDUCATION.

- [The Trans Lifeline](#)
- [Advocates for Trans Equality Resources Page](#)
- [Advocates for Trans Equality Health Insurance Tutorial](#)
- [Advocates for Trans Equality 'Know Your Rights' fact sheets.](#)
- [OutList LGBTQ+ Affirming Healthcare Directory](#)
- [GLAAD LGBTQ+ Resource List](#)
- [Trevor Project Resource List](#)
- [American Foundation for Suicide Prevention LGBTQ+ Crisis and Support Resources](#)
- [Current Advice for Name and Gender Change Documentation](#)
- [LA Trans Advocates "Know Your Rights Under Project 2025"](#)
- [Advice and Information on Gender Marker Changes from a Passport Adjudicator](#)
- [Official Internal State Guidance on Gender Markers](#)
- [LGBTQ Equality by State Tracker](#)
- [Canada's Advice on Travel and Sex/Gender Markers](#)
- [Lambda Legal Identity Document Checklist and FAQ's](#)

TAKE ACTION!



Visibility is not enough to keep our trans community safe. Here are some steps you can take to uplift and ensure trans people are protected and have a voice in the fight for equality for all:

1 FIGHT BACK AGAINST ONLINE HATE AND HARASSMENT

- Report and block transphobic accounts and misinformation.
- Use privacy tools like encrypted messaging and alias accounts for activism.
- Educate yourself and others about digital self-defense and doxxing prevention.

2 SHOW UP FOR TRANS PEOPLE WHERE IT MATTERS MOST

- Review these talking points so you can defend transgender people in everyday conversations.
- [Understanding Medically Necessary Care for Transgender People](#)
- [Gender Affirming Care Bans Talking Points](#)

3 LET THE GOVERNMENT KNOW WHAT YOU THINK OF THEIR NEW PASSPORT POLICIES!

Your unique public comments are required to be read by the State Department and will help the ACLU build their case against the Trump Administration! Leave unique public comments below:

- [Federal Register Public Comments 1](#)
- [Federal Register Public Comments 2](#)



#FLYTOBLUESKY

Social media should be a place for connection, activism, and joy—not unchecked hate and harassment. Unfortunately, X (formerly Twitter) has become increasingly unsafe for LGBTQ+ people, with weakened content moderation and rising anti-trans rhetoric. ENC encourages our community to fly with #FlyToBluesky and build safer, more inclusive online spaces.



How to Participate in #FlyToBluesky:

- Move your social media presence to platforms like Bluesky, Threads, Mastodon, and Discord.
- Share why you're leaving X using the hashtag #FlyToBluesky to encourage others to join the movement.
- Follow and support trans-led accounts on safer platforms to rebuild strong, affirming digital communities.
- Tag your friends and organizations to spread the word and make the shift together.
 - Follow ENC on Bluesky: [@equalitync](https://bsky.app/profile/@equalitync)

SPREAD YOUR WINGS, SPREAD THE WORD

Use the following copy or graphics, or modify it and share it on your platforms to take action with #FlyToBluesky.

Facebook/IG Sample Text

Make a move from Twitter Today!: Social media should be a place where trans people can thrive—not a space where hate and harassment go unchecked. I'm moving from X (formerly Twitter) to platforms prioritizing safety and community, like Bluesky, Mastodon, and Discord. X has become a dangerous space for LGBTQ+ people, with rising harassment and weakened moderation. It's time to build something better.

♥ Join me in creating safer digital spaces! Drop your new handles below so we can stay connected. #TransSafety #TransJoy #FlyToBluesky



SPREAD YOUR WINGS, SPREAD THE WORD

Use the following copy or graphics, or modify it and share it on your platforms to take action with #FlytoBluesky.



LinkedIn Sample Text

As online spaces become more hostile toward marginalized groups, choosing platforms that prioritize community safety is more important than ever. X (formerly Twitter) has failed trans and queer users by allowing unchecked harassment and rolling back protections.

I'm moving to platforms like Bluesky, Mastodon, and Discord to foster safer, more inclusive spaces.

If you're considering transitioning away from X, check out these platforms where we can continue connecting without fear of harassment. Let's build something better! #LGBTQSafety #InclusiveSpaces #TransRights #FlyToBluesky

SPREAD YOUR WINGS, SPREAD THE WORD

Use the following copy or graphics, or modify it and share it on your platforms to take action with #FlyToBluesky.

Twitter Sample Text

Leaving X isn't just a choice—it's a necessity for trans safety. I'm moving to Bluesky & safer spaces [Insert your handle or profile link]. Where are you heading? Let's rebuild together! 💜
#TransSafety #FlyToBluesky



SPREAD YOUR WINGS, SPREAD THE WORD

Use the following copy or graphics, or modify it and share it on your platforms to take action with #FlytoBluesky.

Email Sample Text

Subject: I'm Flying to Safer Spaces Online—Join Me Today!

Hi [Name],

I'm reaching out because I want to stay connected—but not on X (formerly Twitter). Over the past year, X has become increasingly unsafe for LGBTQ+ communities, with unchecked harassment and weakening content moderation.

That's why I'm shifting to platforms that are actively working to protect trans and queer voices, like Bluesky, Mastodon, and Discord.

I'd love to stay in touch! Here's where you can find me: [Insert your handles]. Can I count on you to make the move, too? Let's support each other in creating safer digital communities.

Stay safe,
[Your Name]

AFFIRMING AND EDUCATIONAL MEDIA



Below are a few pieces of media to uplift your spirits this TDOV. We encourage you to check out [our comprehensive list](#) to find more.

Articles

- [Articles by Trans Activists](#)
- [The Trevor Project: Guide to Being an Ally to Transgender and Nonbinary Young People](#)
- [PFLAG: Executive Order Explainers and Resources](#)

Books

- [Payden's Pronoun Party](#)
- [Black on Both Sides: A Racial History of Trans Identity](#)
- [Becoming Eve](#)

AFFIRMING AND EDUCATIONAL MEDIA



Below are a few pieces of media to uplift your spirits this TDOV. We encourage you to check out [our comprehensive list](#) to find more.

TV And Movies

- [Clean Slate](#)
- [Heartstopper](#)
- [The Life & Death of Marsha P. Johnson](#)
- [Boy Meets Girl](#)
- [Close to You](#)

Podcasts

- [TransPanTastic](#)
- [TransLash Podcast with Imara Jones](#)
- [Trans Questioning Podcast](#)

SHARE SOME TDOV JOY!

Use the following copy or graphics, or modify it and share it on your platforms to inform your base that you're showing up for trans rights this Trans Day of Visibility and all year round.

Facebook/IG Sample Text

✨ **Visibility is just the beginning—Action is everything.** ✨

Trans Day of Visibility is about more than just being seen. It's about fighting for trans safety, rights, and liberation daily. That's why I'm using the **2025 TDOV Toolkit** to take real action—online and offline.

🗣️ From **pushing for better policies** to **supporting trans-led mutual aid**, we ALL have a role to play.

💖 **Download the toolkit, spread the word, and take action!** Let's protect and uplift trans lives—today and every day. [Insert toolkit link]

#TDOV #TransRightsAreHumanRights #ProtectTransLives

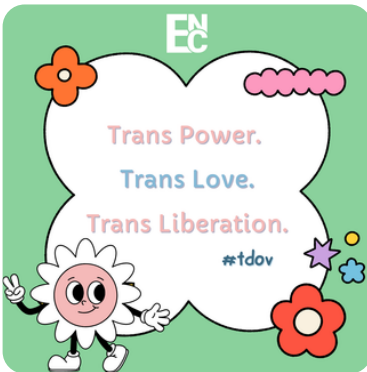
SHARE SOME TDOV JOY!

Use the following copy or graphics, or modify it and share it on your platforms to inform your base that you're showing up for trans rights this Trans Day of Visibility and all year round.

LinkedIn Sample Text

Trans visibility matters—but visibility alone is not enough. This Trans Day of Visibility, I'm committing to action. Equality North Carolina's 2025 TDOV Toolkit offers tangible ways to support trans communities, from advocating for policy change to funding trans-led initiatives.

We all have a role to play in making the world safer for trans people. Download the toolkit, take action, and share it in your networks. Together, we create change. [Insert link]
#TDOV #TransRights #LGBTQAdvocacy



SHARE SOME TDOV JOY!

Use the following copy or graphics, or modify it and share it on your platforms to inform your base that you're showing up for trans rights this Trans Day of Visibility and all year round.

Bluesky Sample Text

Visibility isn't enough. For #TDOV 2025, I'm taking action. Get the toolkit & share! [Insert link] #TDOV



SHARE SOME TDOV JOY!

Use the following copy or graphics, or modify it and share it on your platforms to inform your base that you're showing up for trans rights this Trans Day of Visibility and all year round.

Email Sample Text

Subject: Take Action for Trans Lives—TDOV 2025 Toolkit Inside!
Hi [Name],

Trans Day of Visibility is about more than just being seen—it's about taking action. That's why I'm sharing the 2025 TDOV Toolkit, which offers tangible steps you can take to support and protect trans people in your community and online.

Here's what you'll find inside:

- ✓ Ways to fight for trans safety in digital and real-world spaces
- ✓ Resources for funding trans-led mutual aid and advocacy
- ✓ Strategies for pushing inclusive policies in schools, workplaces, and government

Download the toolkit here: [Insert link]

Together, we can ensure that trans liberation isn't just a dream—it's a reality. Please share this with your networks, and let's take action together!

Best,
[Your Name]

WHERE WE LEAVE YOU

Whether you're beginning your journey as a community advocate or you've been doing this for years, Equality North Carolina appreciates your continued support in fighting for our rights and our most marginalized communities. Our movement grows stronger through the sharing of information and the creation of safer pathways for our communities not only to survive but thrive. Continue showing up however you can share the workload with someone you trust to take leadership in this movement. Hold onto your hope no matter what: it's your most potent power.

