

# Our Collective Healing:

## A Toolkit for Queer and Trans People of Color (QTPOC)

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*"My love is political. My body is political. I talk even when I don't speak."*

(Indya Moore, n.d. para. 1)

- 1. Acknowledge that QTPOC are Racialized and it Matters.** The racial hierarchy in society and its inequitable distribution of power and resources undoubtedly impacts our experiences. Don't forget that the way the system is setup to devalue us does not reflect our value as human beings.
- 2. Connect with the Ancestors.** Sometimes the answers we need are in the history of the QTPOC who came before us. Learn and utilize ancestral knowledge to resist, persist, and work to build a better future for us all.
- 3. Recognize and Affirm Our Cultural Roots.** Our QTPOC experiences look different across cultures and ethnicities. They shape how we love, heal, and express ourselves. Whether or not we feel a sense of belonging within the White queer and trans community, which by design excludes us, reach out and connect with affirming QTPOC from our culture of origin for support.
- 4. Exercise Self-Determination.** If labels used to describe our affectional orientation and gender identity are not emotionally congruent with who we are, remember that we get to be the authors of who we say we are.
- 5. Create a Healing Community That Values All of Us.** Many of us grow up silencing and hiding parts of who we are based on where we are and with who we are. We deserve to experience love simply for existing. Build a community of people who look and love as we do and people who see and celebrate our beauty and authentic selves.
- 6. Nurture Self-Compassion by Engaging in Self and Community Care.** Surviving and thriving in the face of multiple forms of oppression is emotionally, physically, and spiritually exhausting. Make time to rest and nurture your mind, body, spirit, and community—these acts of self-compassion and community care allow us to refuel and keep working towards actualizing our hopes and dreams.
- 7. Value that Trust is Gained.** It is okay to not trust people and groups who have failed us and our Queer and Trans Community of Color in the past and the present (e.g., White, cisgender, heterosexual people). Those who deserve our trust will work to gain it, instead of expecting it automatically.
- 8. Cultivate Queer Liberation.** Refusing to settle for anything less than a life that brings us and our Queer and Trans Community of Color fulfillment is at the heart of queer liberation. Find ways and create opportunities to experience joy with self and others—and while we are joyful, let's resist feeling guilty for embracing what brings us and our community pleasure and meaning.

[How to Cite This Toolkit Use:](#)

Adames, H.Y., Chavez-Dueñas, N.Y., Cruz, X., & Mchabcheb, R. (2021). Our collective healing: A toolkit for queer and trans people of color (QTPOC). Retrieved from [www.icrace.org](http://www.icrace.org).

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