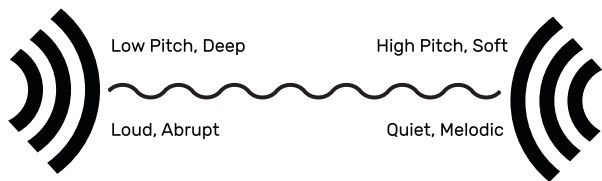


Disclaimer

This information should be used as a general guide and should not be substituted for direct care from a qualified professional. This resource can provide information for individuals to work independently. If you have any healthcare issues that may interfere with the use of your voice, you should consult a healthcare provider before engaging in any exercises. Permanent and severe damage to your vocal anatomy can occur. Be aware of signs of vocal disorders: difficulty swallowing, uneven voice, vocal fatigue, loss of range, hoarseness or pain, and throat discomfort among other symptoms. If you experience these symptoms or any discomfort, you should see your doctor immediately; you must not participate in speech therapy with a professional or by yourself!

Communication is on a Continuum



Keep In Mind

The target for changing communication is up to the individual. Starting point and goals may vary based on an individual's vocal structures, cultural norms, and personal preference. There is no specific kind of communication you need to achieve! It is just important that you stay healthy and comfortable with whatever you choose.

FINDING YOUR VOICE: A SHORT GUIDE TO VOCALIZATION

HOTT (Health Outreach to Teens) is a welcoming, non-judgmental, confidential program designed specifically to meet the health & wellness needs of LGBTQ young adults aged 13-24. HOTT provides services to insured & uninsured youth regardless of ability to pay.

At 18th St location only and on a mobile medical unit that travels to sites throughout NYC. For more information, visit callen-lorde.org/HOTT.

Locations

Callen-Lorde

356 West 18th Street
New York, NY 10011
212-271-7200

Callen-Lorde Bronx

3144 3rd Avenue
Bronx, NY 10451
718-215-1800

Thea Spyer Center

230 West 17th Street
New York, NY 10011
212-271-7200

Hours and programs vary by location, visit callen-lorde.org for more information.



Available on Request

callen-lorde.org

 @callenlorde



CalLEN-LORDE

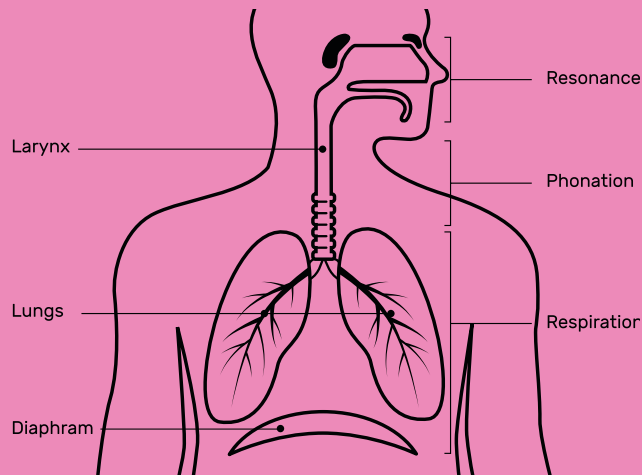
Keep It Healthy

Where Does Voice Come From?

The health of your voice and vocal tract is important. This includes the health of your mouth, teeth, tongue, throat, larynx, and vocal folds.

A Healthy Voice is Maintained by:

- Reducing or eliminating smoking
- Reducing or eliminating alcohol or caffeine
- Drinking enough water to stay hydrated! Room temperature water is best.
- Treating acid reflux/heartburn if necessary
- Reducing excessive use of your voice on a daily basis (lecturing, singing, acting, etc.)
- Avoiding voice strain
- Resting your voice when necessary



Keep in Mind

Don't solely focus on changing the pitch of your voice— there are many other communication cues that can help affirm your gender!

Make It Yours: How Can The Way I Communicate Affirm My Gender?

Through Consistent Exercises That:

- Change social norms of speech
- Vocabulary, politeness, directness, emotional expression, etc.
- Change aspects of communication
- Articulation (like pronunciation)
- Pitch (how high or low the sound is)
- Duration (the length of your words, sentences, speech)
- Intonation (the melody of your speech)
- Resonance (how deep, loud a voice sounds)
- Voice quality
- Non-verbal cues (eye contact, facial expressions, gestures, posture, touching)

Getting Started

Diaphragm Breathing Exercise

Practice daily for just a few minutes! Sit tall as if a string is pulling up your body and relax your shoulders.

1. Start by placing a hand on your chest and a hand on your stomach.
2. Push out your stomach and fill your lungs with air. Imagine there is a candle in front of you.
3. Pull your stomach in and breathe out for a count of 3 seconds as if blowing out the candle. Be sure your chest does not move as you breathe out

Laughing

Feminization

Higher pitch, more horizontal lips (less space, wide smile), quieter, say "ha" Masculinization: Lower pitch, more vertical lips, louder, say "heh"

Speech Feminization Exercise

to warm up your voice, adjust breath control, and vary pitch.

1. Start by putting your lips together and blowing out air between them. (You want your lips to vibrate). Do this about 10 times.
2. Next, slide your pitch up a little and then down a little as you continue to vibrate your lips.

Speech Masculinization Exercise

To increase resonance (increases the space in your mouth/ throat) and relax the muscles for speech.

1. Open your mouth/throat wide as if you are about to yawn.
2. Say "one, two" counting to ten.
3. As you practice, speak louder and blend the sounds. You can yawn, sigh, or use an exaggerated "L" sound to open up your throat, such as in the word "Lollipop."

For additional speech tutorials, look on YouTube!

Resources

NYU Speech-Language Hearing Clinic

665 Broadway, 9th Floor, New York, NY 10012

<https://steinhardt.nyu.edu/csd/clinic>

Ask about free group therapy or reduced price individual sessions. Teens must be accompanied by a guardian to receive services.

Transgendervoice.net

Feminizingthevoice.com

Voice Training: EVA (Exceptional Voice App) exceptionalvoiceapp.com

Pitch Exercises and Ear Training: vocalist.org.uk

Tips for Voice: looking-glass.greenend.org.uk

Youtube Videos for Trans Women

Voice Training for Trans Women— Our Trans Journey
Male to Female: Voice Feminization
How to Talk Like a Girl

Youtube Videos for Trans Men

FTM: How to Lower Voice Pre-T
Transitioning as a Singer