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COURT COURT OF QUEEN'S BENCH OF ALBERTA

JUDICIAL CENTRE MEDICINE HAT

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RESPONDENT HER MAJESTY THE QUEEN IN RIGHT OF ALBERTA

DOCUMENT AFFIDAVIT OF JP

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AFFIDAVIT OF JP

Sworn on this 23 day of May, 2018.

I, JP, of the [REDACTED] in the Province of Alberta, MAKE OATH AND SAY:

1. I am a school teacher with a Bachelor of Education degree. I am married to CP, and we have [REDACTED] children. I have personal knowledge of the facts herein deposed, except where based on information or belief, in which case I verily believe same to be true.
2. Use of the terms such as “we”, “us” and “our” references my husband and myself, unless otherwise indicated.

Our Daughter’s Experience of Bullying

3. We have a daughter who is currently [REDACTED] and in grade [REDACTED]. Sadly, she has experienced a lot of bullying in school. As parents, we have sought to protect her and to support her.
4. While a student in a public school within the [REDACTED] Public Schools division, our daughter was frequently bullied. She was bullied emotionally and sometimes physically, even coming home from school with black eyes. In 2017, the bullying of our daughter intensified. We noticed a negative change in our daughter and a drop in her self-esteem.

Our Daughter Opens Up to the School Counsellor

5. In November 2017, our daughter decided to go see the counsellor at her school. She informed us she hoped to receive advice about her self-esteem and how to stop the bullying she experienced. I supported my daughter seeing the counsellor, trusting that this individual would advise my daughter wisely, and do so while holding my daughter’s best interests as paramount.

6. During her first meeting with the school counsellor, my daughter advises that she was open about the regular tormenting by her peers and how she felt that she did not fit in. The school adviser listened during this first meeting, and then advised our daughter that she was “probably a boy”, and that this was the source of her difficulties.
7. The second time my daughter met with the counsellor, the school counsellor told my daughter that “you are a boy” and advised our daughter to consider joining a group of people “just like” her, referring to the GSA club (which was called by a different name) at the school. My daughter had been raised to trust and respect school authorities, and acted on the school counsellor’s recommendation to attend the GSA. The GSA was led by a teacher who worked closely with the school counsellor.

Our Daughter’s Participation in a GSA

8. On the very first day my daughter attended a GSA, Wednesday, February 7, 2018, she was encouraged to think that she was a boy, and that she would feel more comfortable being a boy. She was taught on the first day how to bind her breasts with and without a chest binder by practicing on a mannequin dummy. My daughter was encouraged to bind her breasts by those in the GSA group.
9. My daughter felt like she was different and that she didn’t fit in with other girls. The teacher leading the GSA told my daughter that the thoughts that she had been having are signs of being a boy. In the GSA, my daughter was taught that if she felt like a boy than she was a boy.
10. However, my daughter has since told me, “Honestly, I did not know what I felt like. I was told what I felt like.”

Our Daughter's Gender and Name Changed in School

11. Despite this, the teacher leading the GSA and the other students in the group began to refer to my daughter with a new "boy's name" and male pronouns. Attendees of the GSA, including the teacher, discussed with my daughter how she could legally change her name when she was older.
12. By both attendees of the GSA and by the school counsellor, my daughter was told many stories about people getting kicked out of their homes for "coming out" to their parents. She has told me that she was afraid to tell us what she was experiencing because she did not want that to happen to her.
13. Attendees of the GSA told my daughter to tell her friends about her new name and identity as a boy. Eventually everyone in the school began referring to my daughter by a name stereotypically used for males, and also referred to her with male pronouns. Further, my daughter was told that she should no longer use the girls' washrooms or change rooms, but rather could use the staff washrooms and change in the school infirmary.
14. At the GSA, our daughter was taught that a sex change operation was an option for her, but that she would need to start taking hormone pills, which she could begin immediately. She was told that after she was 18 years old, she could legally opt for a sex change, which included surgically getting a penis.

School's Failure to Notify Us About what Our Daughter was Going Through

15. Despite the dramatic, life-altering subjects being discussed and promoted to our daughter, no one from our daughter's school notified us about what was happening. No one called to discuss the bullying, her new school name, her using different bathrooms, or identifying as a boy in general. No one called to advise that the school had taken it upon itself to

encourage our daughter to have a sex change operation. By the end of February 2018, my husband and I noticed that our daughter's happiness, self-esteem, social behaviour and eating habits were significantly deteriorating.

16. At the GSA, my daughter was told to start dressing like a boy and to cut her hair short. My daughter, being only [REDACTED] vulnerable and impressionable, complied and began dressing in baggy clothes. Further, on or about February 25, 2018, she asked me to cut her hair short, which I did. I assumed it was simply a fad. We did not oppose our daughter cutting her hair and continued to support and encourage her. We had no idea of the pressure our daughter was facing at school to be a boy.

17. Later, on the same day I cut my daughter's hair, my daughter confided in me that she had been having feelings that she was a boy and had been discussing this with school counsellors and in the GSA. I calmly assured my daughter that we loved her regardless of what she was experiencing and that I wanted to help her in any way I could. My daughter expressed her relief after telling me and seeing my reaction.

18. The next day I called the school and asked to speak to the school counsellor. A meeting was scheduled several days later. At the meeting, I told the school counsellor that my daughter had told me that they were meeting and discussing my daughter's gender. I told the school counsellor that I was very concerned about my daughter's well being and thought we should discuss my daughter's situation to determine how best to help her. The school counsellor refused to discuss anything about my daughter with me, insisting that it was all "confidential". My understanding is that the school counsellor is a school teacher within the school, and is not a psychiatrist, psychologist or professional counsellor.

Our Daughter's Suicidal Depressession

19. Our daughter continued to be very sad and depressed. We were still not aware of how our daughter was being treated by her school (as a boy with another name), of the materials our daughter was being subjected to at the GSA, or of what the school counselor was telling our daughter about her gender, her identity as a boy and that she could have a sex change operation. We knew our daughter was going through a hard time and while we sought to talk with her about how she was doing, we did not pressure her to disclose more information than she was comfortable doing.
20. Slowly, we began to discover what was happening to our daughter. In late March 2018, I saw an email on our computer from the school to my daughter, addressing her with the different name, stereotypically used by boys. Our daughter began telling us more about what she was experiencing in school and at the GSA where she was learning about presenting as a boy and binding her breasts. I was not aware of what binding was until my daughter told me. Attached as **Exhibit "A"** to this affidavit is information about binding (<https://www.minus18.org.au/index.php/resources/sexuality-info/item/441-how-to-bind-your-chest>).
21. On or about the second weekend in March 2018, while our family was in the process of moving to a new home, my husband happened to see our daughter's diary open and noticed that it made reference to suicide. On closer review, my husband saw that my daughter had been regularly writing about killing herself as a result of what was happening at school. Further, in the diary, my daughter wrote that she had once tried to kill herself by taking a large quantity of pills. Thankfully, the suicide attempt was not successful.

Our Daughter's Openness with Us and Her Improvement

22. Both my husband and I were shocked and sorely grieved to learn of our daughter's suicidal depression. We had a long conversation with her. She talked to us about her feelings of suicide and depression, and we learned that our daughter was engaging in self harm, including cutting herself. We did everything we could to encourage and support her, and planned activities and events that she would enjoy and find fun. Eventually, after attending a concert together in late March 2018, my daughter opened up to me, and shared a lot of what she had been experiencing in her school and at the GSA.
23. After discussion with our daughter about the serious issues she was experiencing, we agreed with her to enrol her in a different school after spring break 2018. Her new school has agreed to keep us informed so we can support our daughter in what she is going through.
24. Our daughter, by her own choice, now identifies as a female using her own name, and her new school and classmates affirm her in this. Since changing schools, we have seen significant improvements in our daughter's mental and physical health. She has told me that she is happy to know that she is a girl. Our daughter dresses as she chooses, including in clothes that some may stereotypically associate with boys. However, I have also noticed that she is more frequently dressing in some of her more feminine clothes.
25. Most importantly, she is no longer experiencing or writing about thoughts of suicide or engaging in self-harm.

Our Concerns About Bill 24's Prohibition on Parental Notification

26. I am informed and do verily believe that after the passage of Bill 24, the *School Act* now prohibits schools from informing parents about GSAs or “activities”, even about challenges their own children are experiencing in those GSAs or “activities”.
27. Our daughter’s previous school’s decision to withhold information from us delayed our ability to help our daughter with what she was going through. Our daughter tried to kill herself as a result of what was happening at school, where she was not receiving the kind of help that she actually needed. Had the school kept us informed, instead of thinking that it was wiser than her parents, and better suited to help her than her parents, we could have helped earlier. I am angered by the school’s arrogance, and its intentional withholding of information that helped put our daughter in harm’s way.
28. Our daughter is like most young people – she is impressionable and naïve, and she wants to be popular with her peers. We’ve been through that when we were young and we are able to help advise and counsel our daughter, who we love. We intend to be an ongoing source of support and protection. I am concerned about Bill 24’s restrictions against informing parents of their child’s activities at ideological clubs.
29. I make this Affidavit in support of the application to stay provisions of the *School Act* added by Bill 24, including provisions that prohibit the notification of parents concerning their children’s involvement in GSAs and “activities”.

Sworn before me at the [REDACTED] in
the Province of Alberta, on May 23, 2018.



A Commissioner for Oaths in and for the
Province of Alberta

Marty Moore
Barrister & Solicitor



JP

..(1).

THIS IS EXHIBIT " A "
referred to in the Affidavit of
JP

Sworn before me this 23
day of May A.D. 20 18

[Signature]
A Commissioner in and for the Province of Alberta
Marty Moore
Barrister + Solicitor

Healthier And Safer Ways To Bind Your Chest

BY MINUS18 CREW

Friday, 27 October 2017

**You've gotta
make sure you
do it right**

Some people bind their chest as

a way of dealing with chest dysphoria, presenting as masculine in public spaces or even just cosplaying as a character with a flat chest. You should chat to a trusted health professional before you start binding.

Unfortunately there's a lot of misinformation out there about binding that can be unsafe, and it's important that if you do decide to bind, that you do it safely. Check out this super useful guide on how to bind safely, including some more cost accessible methods.

Different Binding Methods

1. Bandages

Don't bind with bandages. Nope. Not even just for a day. Don't do it. Yes, I know Lady Gaga did it that one time. Don't do it. Bandages are the least safe way of binding out there. They can cause permanent damage to your chest tissue, lungs and ribs. It's not worth the risk, I promise you. Especially Ace Bandages! They're designed to get tighter with movement - which is the last thing you want!

2. Layering shirts

This can be super useful if you've already bound your chest and you still have some visible chest tissue, or if you don't own

anything to bind with. It's not hugely effective if you have a large chest, but hey. Better than nothing. A tight sports bra or undershirt under one or two larger shirts (button up shirts hanging loose, particularly ones with pockets on the chest are great for this) can make your chest look dramatically smaller.

3. Sports bra method

If you own a couple of sports bras at home, try this out sometime. A tight fitting sports bra can totally flatten a small chest, and for those of us who are a bit bigger, try layering a couple. If you wear one bra normally and a second one backwards, it can be even more effective. There's a few guidelines to follow, though! Try not to wear bras that are more than a size too small- they might fit tighter, but they can be super damaging. And if they're particularly tight, don't wear them for too long! I keep to a rule of 8 hours tops.

4. Neoprene

This is a thick, kinda rubbery material. Like wetsuits. Actually, exactly like wetsuits. You can buy back braces and the like made out of this that will work for chest binding too. Just do them up under your arm to hide the Velcro, combine with a loose

shirt and you're good to go. You might need to trim it a little bit to fit, but it's easy enough to do!

5. Sports compression wear

A lot of athletic companies make compression shirts. They're easy to put on and often in stock at places like SportsMart so you can even try them on!

6. The pantyhose method

Stockings and pantyhose with a 'control top' can be converted into a super cheap binder. They're not the most comfortable or effective things but when you're stuck, it'll help. Just trim the legs off, and cut a hole in the crotch for your neck- and voila! You might need to layer these, too, to make them more effective. Keep in mind that this isn't the safest method, and try not to do it for long, but it's good for an emergency.

7. Professional binders

There's a few companies that sell binders specifically for dealing with gynecomastia (growth of breast tissue) in cis men, and some that are even designed for trans people especially! Most of these you can only buy online, and they tend not to be cheap, but they're the most effective method out there. With a bit of googling you'll also find some good reviews of most of these to help choose before you spend all your money!

Safety Tips

Some use binding methods to help alleviate body dysphoria, but it has a level of risk attached to it. Because you are compressing tissue, it can cause damage and potentially even breakages to your ribs if done improperly, if things go wrong with your ribs, it has the potential to be lethal. So it's important to be careful, safe, and use correct methods to stay healthy, and look after your own wellbeing. Always talk to a health professional if you experience any pain or major discomfort.

Use the safest methods you can afford, and watch out for chafing, excessive sweating, rashes and pain. However, if you experience any issues around chafing, try wearing an undershirt or using a talcum powder under your binder of choice.

If you notice any pain in your chest, give yourself a breather and try to restrict yourself to 8 hours of binding at a time.

If you are having any difficulty breathing or are experiencing pain, take your binder off straight away. And be sure to get yourself to a doctor or hospital as soon as possible if that doesn't make it go away.

Take breaks from binding, too. If you've been binding every day for a week, maybe stay home for a day where no one will see your chest, or try layering shirts for a day or two.

Remember, above all else, to listen to your body!

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