

inside @ OUT

Empowering the transgender community
through ART and self-portraiture

VIRTUAL PARTICIPATION GUIDE - PART 1

HOW TO GET STARTED:

What is a self-portrait?

A self-portrait is ANY visual representation of a person, created by that person.

But I can't draw myself, that's impossible! Now what?

A self-portrait can be something that looks exactly like the person BUT...it can also be:

- **Abstract** (colors, shapes, words, collage, etc)
- **Symbolic/Metaphorical** (objects or scenes representative of some aspect of who you are)
- **Words** (lines of writing, quotes, words, or repetition of words/phrases)
- **Fantasy/Imaginary** (you can create yourself as some other being or creature or combination of things)
- **Cartoon/Manga/Anime style**

What do I use to create my portrait?

- If you are an artist, please use any media/materials you prefer to work with. It can be 2D or 3D or digital
- If you are not an artist and do not have access to art materials, please contact me and let me know what you would like to use (paint, markers, colored pencils, pastel, etc) and I will drop off or mail the items to you. My phone number and email are at the end of this guide.

Ok I have my materials. How do I start?

This portrait is a celebration of YOU. You are a beautiful, valuable human being with a distinct purpose in this world! The portrait can be representative of you at any time period (past, present, future.)

Think about the following questions. This is simply a warm-up activity for the creative part of your brain:

- If I asked your closest friend, family member or partner to tell me what they love about you as a person, what would they say?
- What are some positive words you would use to describe yourself?
- Consider how colors represent emotions (red: passion, intensity, anger, loud, blue: cool, bright, etc.) What colors match your personality? Are there 1 or 2 colors you wear most often?
- Is there 1 aspect of your identity that you'd like to focus on for this portrait? For example, are you a musician, athlete, writer, parent? Is your occupation a large part of your identity? Have you gone through something recently that has made you stronger, more aware, or changed you for the better (even if it was difficult)? Your portrait can convey one or several aspects of who you are.



VIRTUAL PARTICIPATION GUIDE - PART 2

WHEN YOUR PIECE IS FINISHED:

CREATE A HI-RESOLUTION DIGITAL IMAGE

- Use a scanner if possible, or carefully photograph your work on a flat surface.
- If you take a digital photo of your piece, try to avoid having a glare from overhead lighting, or shadows of yourself on the piece. Make sure you hold the camera/phone level so your piece isn't angled and distorted.

If you are local and need assistance with digitizing your artwork, I can come to you and take the photograph.

COMPLETE THE ENTRY FORM AND UPLOAD THE PHOTO(S) OF YOUR WORK

Complete the [Inside Out Entry Form and Permission to Exhibit](#) so that your work can be featured in the permanent online exhibit at:

<https://www.insideout-transart.org>

It will also be featured on social media on the instagram account @insideout_transgender_art

If you wish to remain anonymous, you can indicate so on the form.

IF YOU HAVE A PROBLEM COMPLETING THE FORM: Please contact me! You can text, call or email me at 859-628-7808 or jay@insideout-transart.org

And that's it! Thank you for participating in this exhibit. I will be creating portraits with other trans people from various cities around the world and adding them to the website.

Jay DeFazio

Artist, writer, trans man, and creator of Inside Out