

# Surviving Oppressive Regimes

Tactical Resistance, Decentralized Care, and the Art of Becoming Unkillable



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## INTRODUCTION

Surviving as a trans person in 2025 under an increasingly fascistic regime isn't just about staying alive, it's about staying defiant, creative, and connected in a world trying to break us apart. This guide is a tactical survival toolkit born from the lived brilliance of trans people on the margins. It outlines how to outwit hostile systems, build decentralized infrastructures, move smart, and protect our joy. It's less a manual and more a declaration: **we will not be erased.**

To survive as a trans person under an oppressive regime is an act of resistance. Whether it's legislative warfare, healthcare bans, policing, or digital erasure, the state will attempt to make our survival feel impossible, or irrelevant. This guide is about defying that script. It's a toolkit for surviving, thriving, adapting, and building continuity in systems designed to erase us.

This is not charity. This is insurgent care. This is about creating lives worth defending even when the world has declared war on our existence.

You are not alone. You are not broken. You are a living breach in their control.

## CORE SURVIVAL PRINCIPLES

1. **Decentralize Your Existence** — Spread risk across systems, identities, and networks.
2. **Build Hidden Infrastructure** — Medical, social, legal, spiritual, make what they forbid.
3. **Preserve Autonomy** — Even if your name, gender, or care is erased by the state.
4. **Stay Connected** — Isolation kills. Swarm intelligence saves.
5. **Move Smart, Not Loud** — Visibility  $\neq$  safety under regimes. Choose when and how to be seen.

## IDENTITY & DOCUMENT STRATEGIES

- Store digital copies of your name change, ID, prescriptions in encrypted cloud drives
- Use aliases when traveling between regions with anti-trans laws
- Know how to de-escalate or deflect ID checks
- Apply for gender marker updates in protective states
- Learn how to use VPNs or Tor to access blocked legal/health sites

## HEALTHCARE & HORMONE ACCESS UNDER BANS

- Build or join an HRT mutual aid network (mail-based, DIY, or clinic-connected)
- Maintain a rotating supply chain of meds and injectables
- Use temperature-stable alternatives (e.g., gel vs. vial when refrigeration is limited)
- Train with DIY hormone prep collectives (learn compounding, safe dosages)
- Distribute zines on self-managed healthcare and gender-affirming first aid



## **SAFETY TACTICS & ESCAPE ROUTES**

- Memorize underground safehouses or trusted allies across state lines
- Set up digital panic buttons that wipe or lock phones instantly
- Create check-in systems via Signal or Briar with trusted contacts
- Map your neighborhood: cameras, hiding spots, friendly businesses
- Carry multiple forms of ID (or none, if in high-risk zones)

## **TRANSIT AND TRAVEL TACTICS**

- Dress and move in ways that reduce attention across checkpoints or borders
- Use burner phones and disable GPS when traveling to or through hostile areas
- Avoid interstate buses or airports when targeted legislation is active
- Prefer carpooling networks over public transport for control and speed

## **ECONOMIC SURVIVAL & RESOURCE ACCESS**

- Build or join barter networks that include trans/queer survival services
- Prioritize trans-friendly mutual aid funds and skill swaps over state aid
- Use “clean” bank accounts for essentials and “gray” systems for movement work
- Disguise donation requests with neutral language if public targeting is high

## **COMMUNITY DEFENSE & SHADOW INFRASTRUCTURE**

- Build a local trans survival pod: 4–8 trusted people for support, aid, info
- Establish a hidden HRT/medication library or emergency hormone stash
- Train in self-defense, de-escalation, and trauma care as a pod
- Rotate secure meeting spaces, alternate between digital and offline planning

## **DIGITAL HYGIENE AND COUNTER-SURVEILLANCE**

- Use password managers, encrypted chat apps, and burner emails
- Never post real-time location or sensitive plans
- Assume state-level surveillance on all public platforms
- Use multiple online identities for different needs (activism, survival, community)

## **SPIRITUAL AND PSYCHOLOGICAL RESILIENCE**

- Practice rituals of affirmation that counter social erasure
- Build trans-led support groups for grief, rage, joy, healing
- Write your own mythologies, embody chosen names, become a symbol
- Archive stories, photos, and letters in encrypted or offline vaults
- Make beauty a weapon: art, makeup, fashion as memory and warpaint

## **IF DETAINED OR TARGETED**

- Say your name firmly. Ask for an attorney immediately.
- Refuse medical examinations without consent.
- Do not unlock phones or provide device passwords.
- Have pre-recorded audio or written statements shared by a friend
- Remember: you are not obligated to justify your gender to the state



## RESISTANCE THROUGH CONTINUITY

Survival is not passive. Every time you take a shot, wear your name, teach someone else how to inject, or hold space for someone's breakdown, you are resisting.

We win by outlasting their system. By refusing to vanish. By becoming **uncancellable, untraceable, unkillable**.

## ADDITIONAL TACTICAL MODULES

### 1. Legal Layering by Region

- State-specific tips for identity protection, documentation, and escape.
- Known safe haven regions vs. high-risk zones.
- Tactics for dual ID setups and alias survival.

### 2. Emergency Planning Toolkit

- Go-bag checklists.
- Offline safety plans.
- Trusted contact communication protocols.
- Portable encryption tools.

### 3. Youth-Specific Tactics

- Emojis/codewords as signal languages.
- Safe Discord pods and shadow school hubs.
- Shelter maps and flight resources.

### 4. Elder/Disability Integration

- Tactics for low-mobility and chronic illness support.
- Voice-command digital hygiene.
- Buddy systems for emergency response.

### 5. Legal Self-Defense Addendum

- Know Your Rights printable cards.
- Guidance on arrests, detainment, and raids.
- Legal aid orgs organized by state.

### 6. Infiltration Alert Systems

- Crowd-based warning networks for ICE or police activity.
- Poster/sticker kit templates for alert organizing.
- Mesh/Bluetooth comms for signal blackouts.

### 7. Shadow Clinics

- HRT distribution safety and prep methods.
- DIY hormone labs and mobile units.
- Decision trees for access in blackout zones.

### 8. Trauma-Informed Care Pods

- Peer-led recovery groups.
- Rituals and vocabulary for healing without shame.
- Sustainable burnout recovery plans.



## 9. Tactical Media Literacy

- How to spot fascist psyops.
- Counter-propaganda strategies.
- Meme warfare and cultural sabotage kits.

## 10. Cultural Continuity & Myth-Making

- Invent saints, stories, and symbols.
- Encrypt oral traditions.
- Art as archive, as magic, as defiance.

## CONCLUSION

Trans Army isn't a uniform or a central command. It's a wildfire. It's a kitchen with secret hormones. It's a busted van full of people fleeing a checkpoint. It's a whisper across Signal. It's prayer and riot in the same breath. They will say we are impossible. Good. Let them choke on our persistence.

You are the infrastructural fulcrum of a more just future. It is precisely this potential that regimes fear and seek to neutralize. Your existence challenges the foundational assumptions of authoritarian legal frameworks and exposes the fragility of their imposed order.

But you are also a storm system, alive with rage and precision. You're not a filing error in their databases, you're the glitch rewriting the code. You are decentralized memory, hormone-soaked resistance, and chosen family born in fire. They outlawed our care, our names, our futures, and we built black markets of survival and joy. We became medics, smugglers, defenders, saints.

Survive like an adaptive system: decentralized, redundant, and resilient. Learn like a distributed swarm. Move like encrypted protocol. Be bold enough to look cute while doing it. And never, under any condition, cede the legitimacy of your being.

Let them label our existence as a threat, because it is. Let them attempt erasure, we've backed up our souls in one another. We are the encrypted refusal. We are the glitch in their empire's runtime. We are ungovernable, unforgettable, and unkillable.

You are the afterburn of every system that tried to disappear you. And you are not done. You are not disposable. You are not waiting for permission. You are the answer your ancestors died dreaming of. Every act of survival under siege becomes a blueprint for liberation.

You are the future. The regime knows this, which is why it fears you.

**We don't fight to be tolerated, we want liberation without condition.**

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