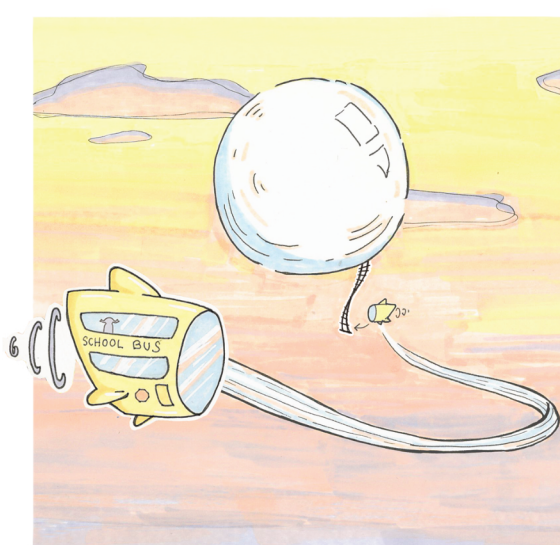
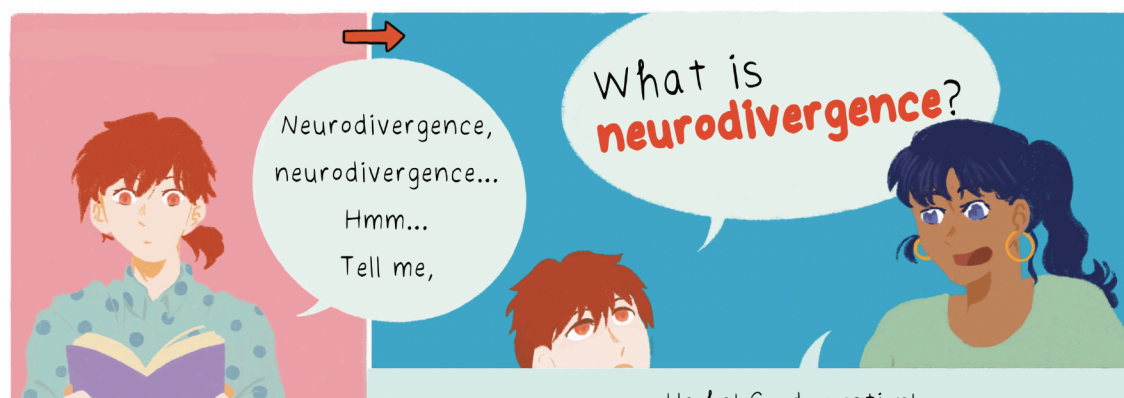
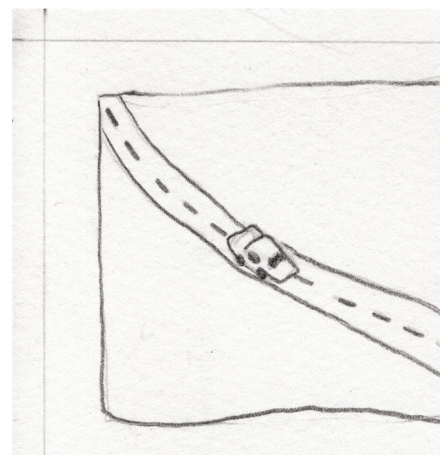


SASSY - Raising awareness, empowering, supporting and helping each other



SASSY



**SASSY – Raising awareness, empowering,
supporting and helping each other:**

**SexEd by and for 2SLGBTQIA+
and/or neurodivergent people**

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(French: Sensibiliser, autonomiser, soutenir et s'entraider)

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Introduction



SASSY : Raising awareness, empowering, supporting and helping each other:

SexEd by and for 2SLGBTQIA+ and/or neurodivergent people

We thank you for your interest in reading this collection of comics celebrating the multiplicity of voices and experiences at the intersection of 2SLGBTQIA+ and neurodivergent realities.

In the following pages, eleven artists from different regions of Quebec share with you their rich, captivating, and authentic stories.

These stories, sometimes light-hearted, sometimes profound, explore universal topics such as identity, everyday challenges, the beauty that emerges from the plurality of experiences, and moments of joy and resilience. Each of these comics is a space where art becomes a platform for reflection and empathy, while offering a space to learn, understand, and grow through storytelling.

As you read, you will discover not only touching and inspiring stories, but also perspectives that encourage you to think differently about common realities.

We hope that these works will spark your sensitivity, inspire your reflection, and above all, remind you of the richness and strength that lie in diversity.

Happy reading and discovery!

Do you want to learn more about the SASSY project? Visit the SASSY project page on the AlterHéros website:

<https://alterheros.com/neurodiversite/sassy/>

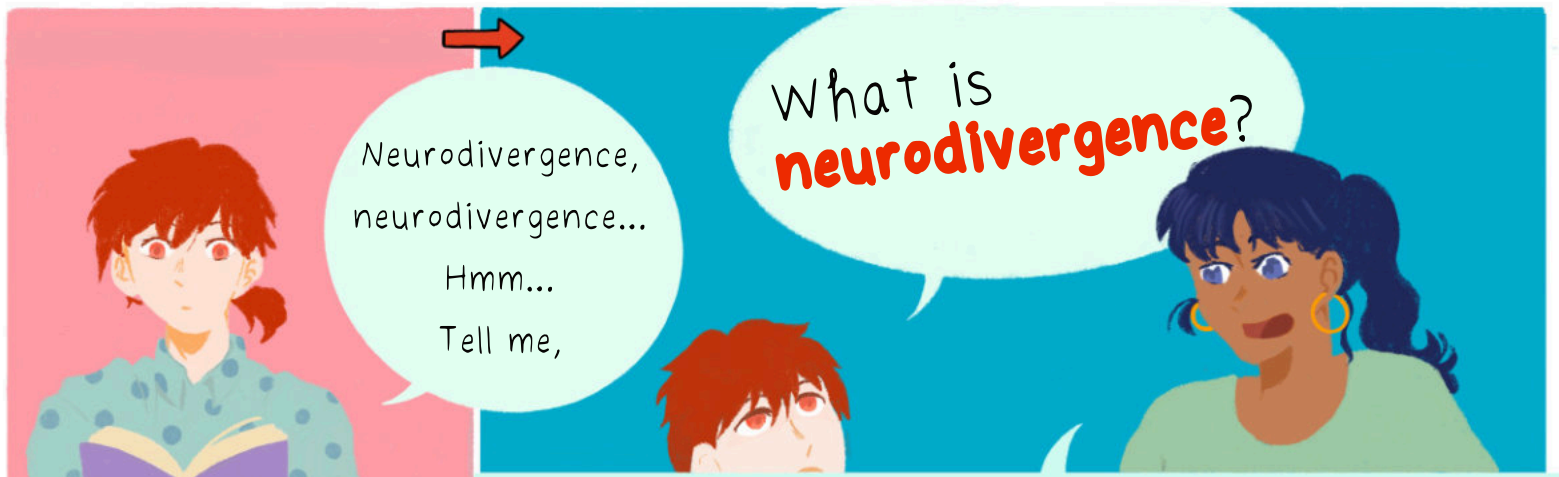


Psst!
Viens par ici!
Viens lire sur

LES NEURODIVERGENCES

AGATHE CHABOT





Ha ha! Good question!
It's true that it's a complicated word that we don't use very often! Yet, more than 15 to 20% of the world's population is neurodivergent!



People who are autistic, dyslexic, have ADHD, or other forms of neurodivergence are part of the broad spectrum of neurodiversity.

However, they don't all demonstrate the same characteristics, and that's when we talk about a "spectrum." Moreover, a person can exhibit more than one neurodivergent trait!



Neurodivergent individuals possess remarkable strengths in their daily lives that are highly advantageous and should be encouraged!

Such as...

Strategic analysis



Creative problem solving



Having a great imagination and creativity



Viewing projects from a different perspective



These strengths are not only beneficial for neurodivergent people themselves but also for those around them.

That's why encouraging neurodivergent individuals to engage in their social environment and showcase their strengths, if they wish, can only be a positive thing for everyone around them.

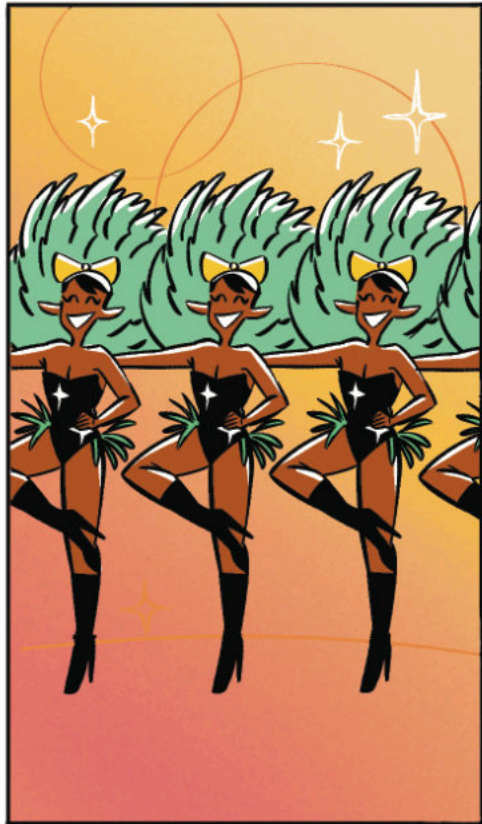


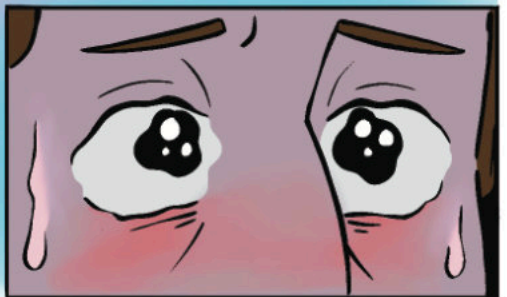
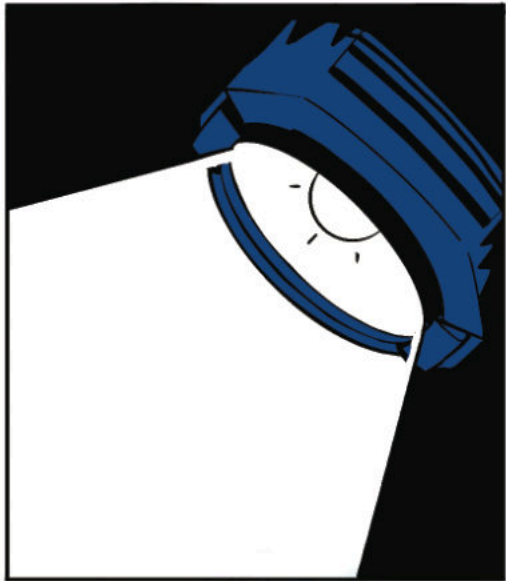
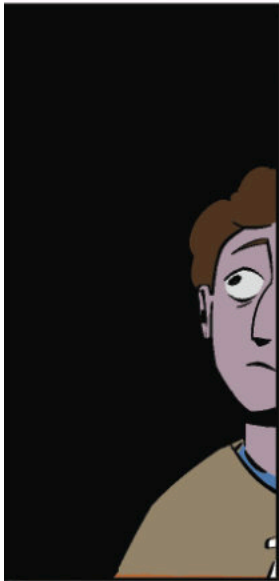


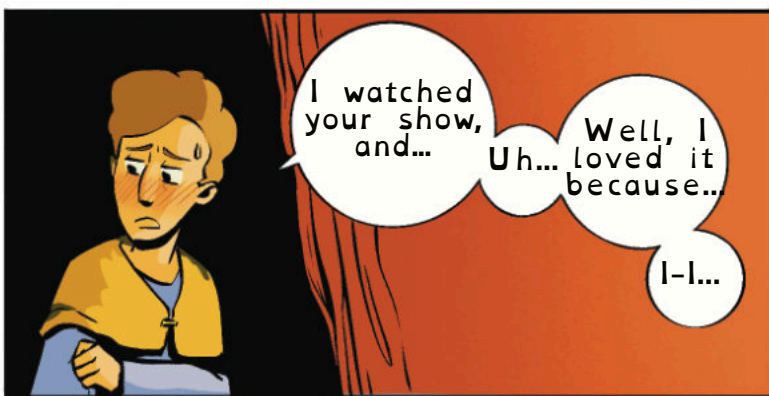
Tomi has loved to draw, scribble, doodle, and paint ever since she could hold a pencil. At first, she wasn't great, but she's making a lot of progress. After (too many) years of college, she worked in animation for nearly four years. Today, you can find her in a café drawing funny faces with the firm intention of never keeping them to herself again.

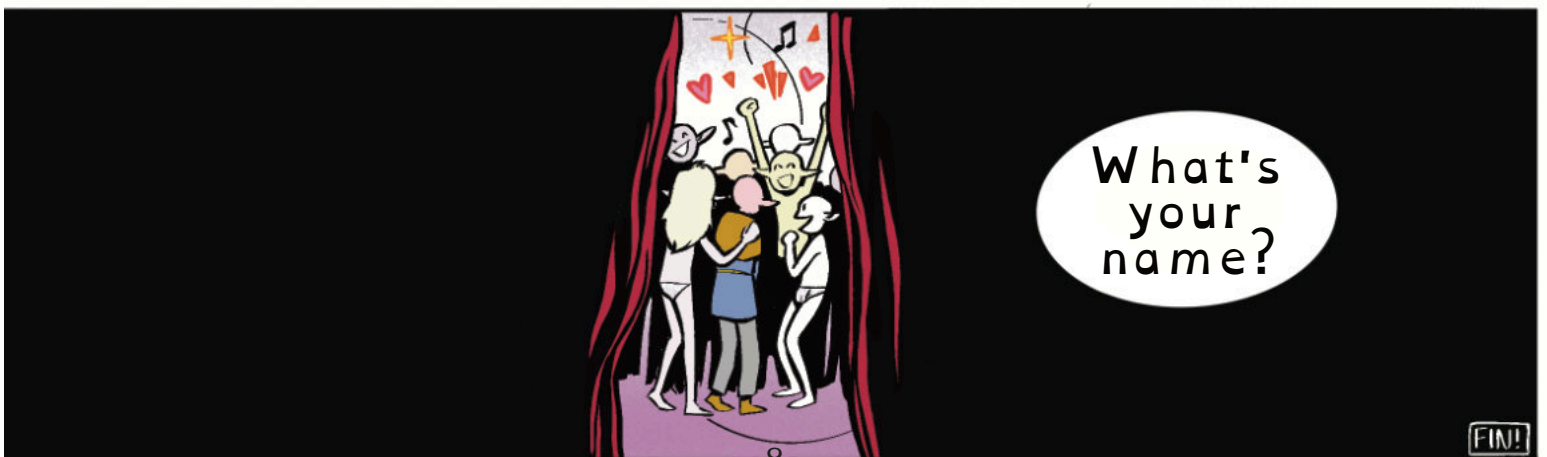
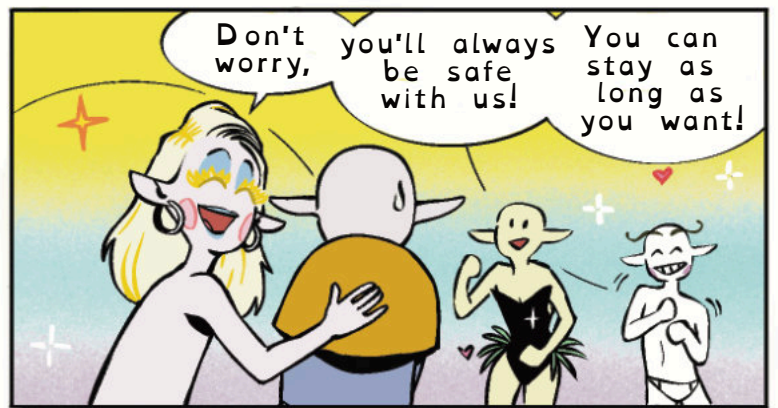
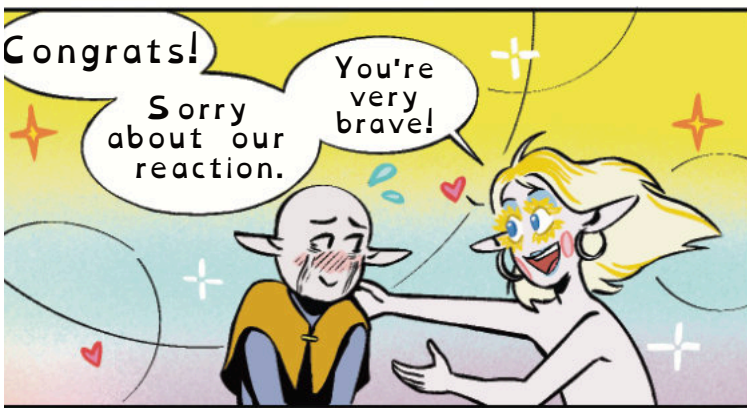
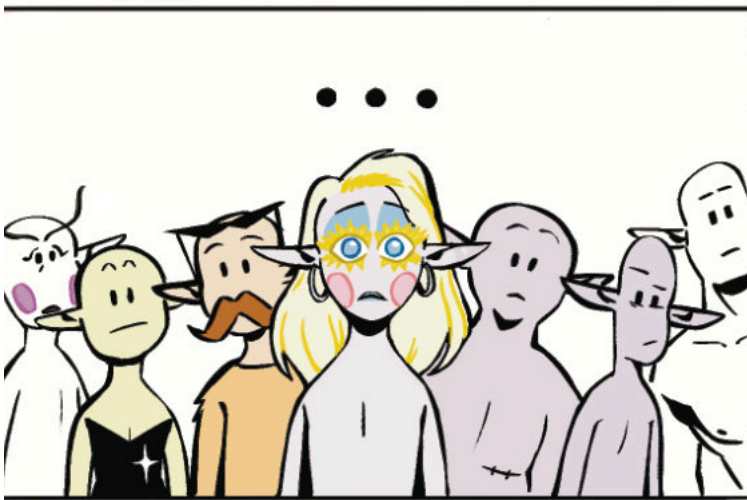
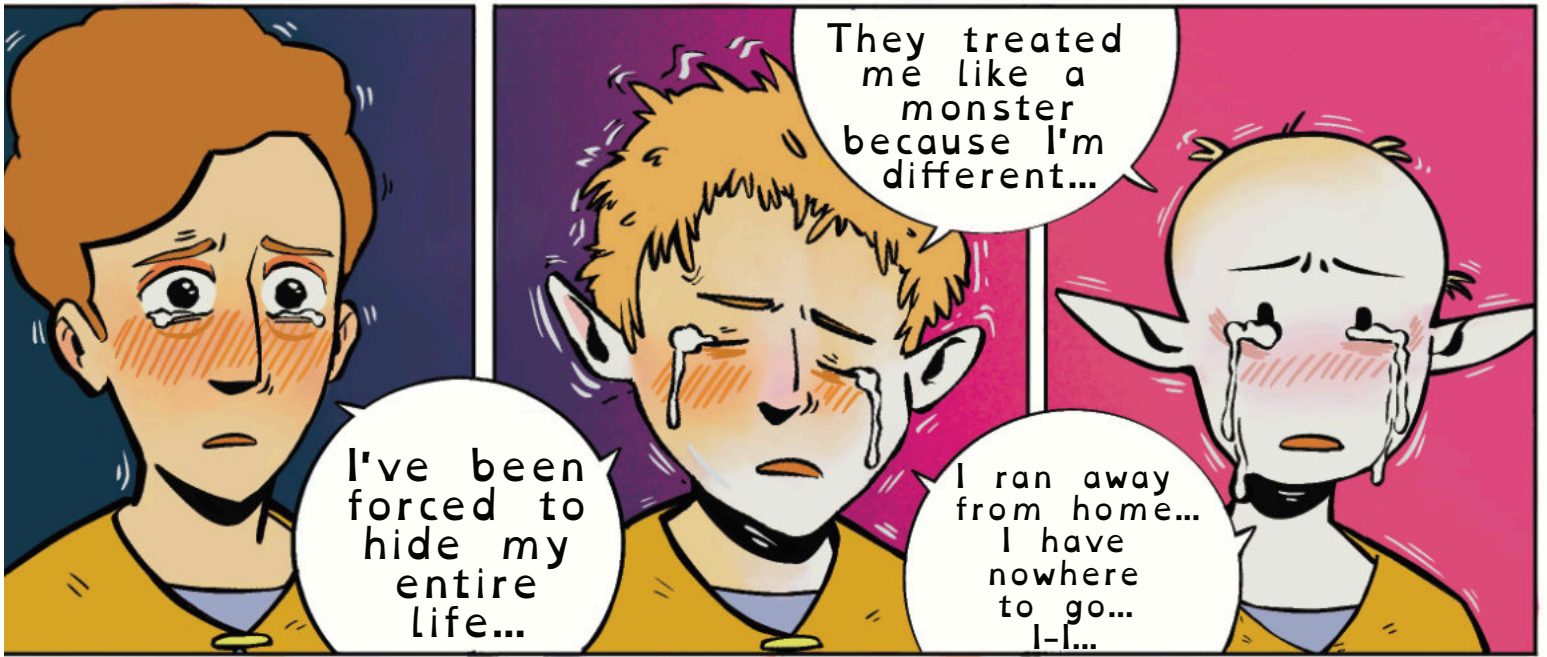


In an inn, somewhere along the old road...









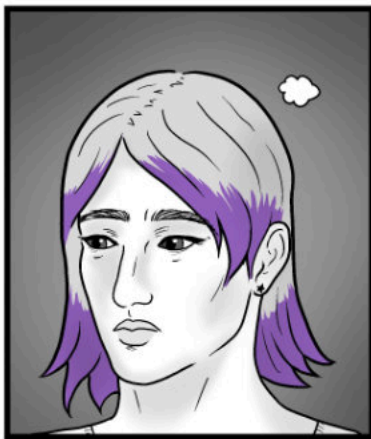


ALICE BÉDARD IS A FILMMAKER BY PROFESSION AND A MULTIDISCIPLINARY ARTIST, WITH A DEGREE IN FEATURE FILM WRITING FROM L'INIS.

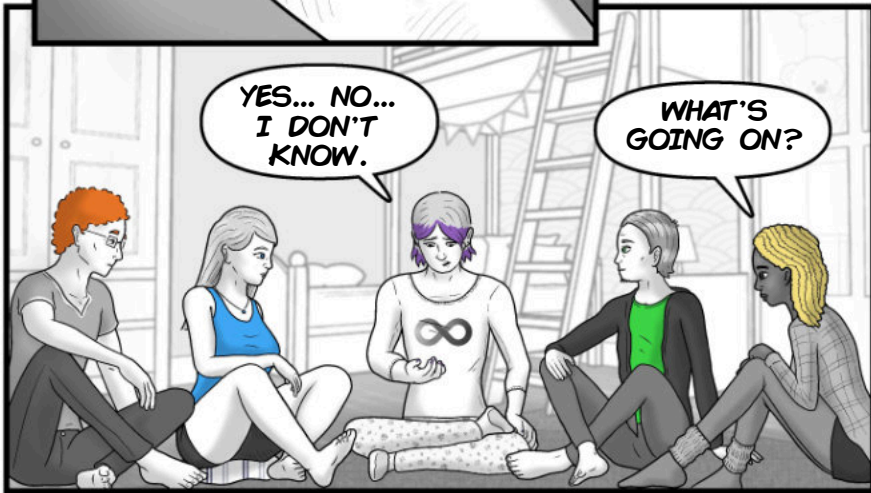
MAINLY SELF-TAUGHT, SHE HAS WRITTEN, PRODUCED, AND DIRECTED MANY CINEMATIC PROJECTS IN A WIDE VARIETY OF STYLES AND GENRES, FROM HORROR TO ROMANCE TO FANTASY. EACH PROJECT IS AN OPPORTUNITY FOR HER TO EXPLORE NEW ARTISTIC MEDIUMS, ALWAYS WITH AN ORIGINAL APPROACH, MARKED BY TENDERNESS AND IMAGINATION, TRUE TO THE ESSENCE OF THE TOPICS SHE TACKLES.



HORMONES



LUNA?
YOU OKAY?



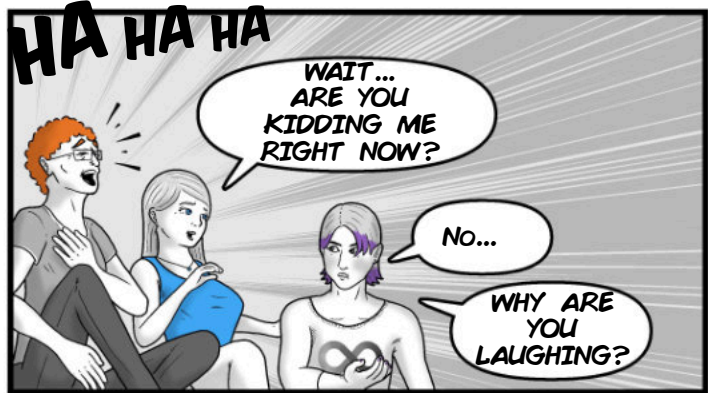
YES... NO...
I DON'T
KNOW.

WHAT'S
GOING ON?



I'M... AFRAID OF MAKING
THE WRONG DECISION.
OF REGRETTING IT LATER.
WHAT IF I'M NOT REALLY
TRANS? WHAT IF I'VE BEEN
WRONG THIS WHOLE
TIME??

MAYBE IT'S
JUST ALL IN
MY HEAD...



HA HA HA

WAIT...
ARE YOU
KIDDING ME
RIGHT NOW?

No...

WHY ARE
YOU
LAUGHING?



LUNA, HOW
LONG HAVE YOU
WANTED TO
HAVE IT, YOUR
HORMONES?



A LONG
TIME...



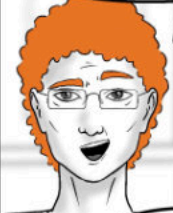
HOW LONG
EXACTLY?



UH... I STARTED
THE PROCESS
18 MONTHS
AGO.



AND HOW LONG
HAVE PEOPLE BEEN
CALLING YOU
LUNA?
USING SHE/HER
PRONOUNS?



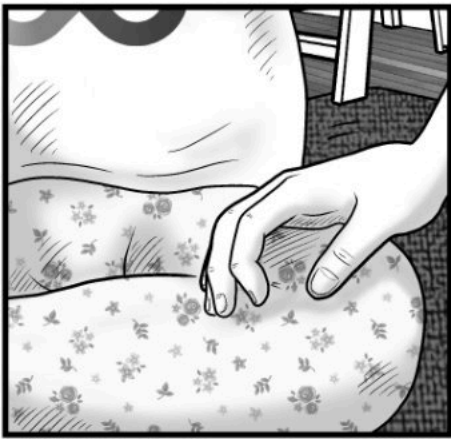
FIVE
YEARS...



AND HOW LONG
HAVE YOU FELT
UNCOMFORTABLE IN
YOUR OWN SKIN?
KNOWN THAT
YOU'RE A GIRL?



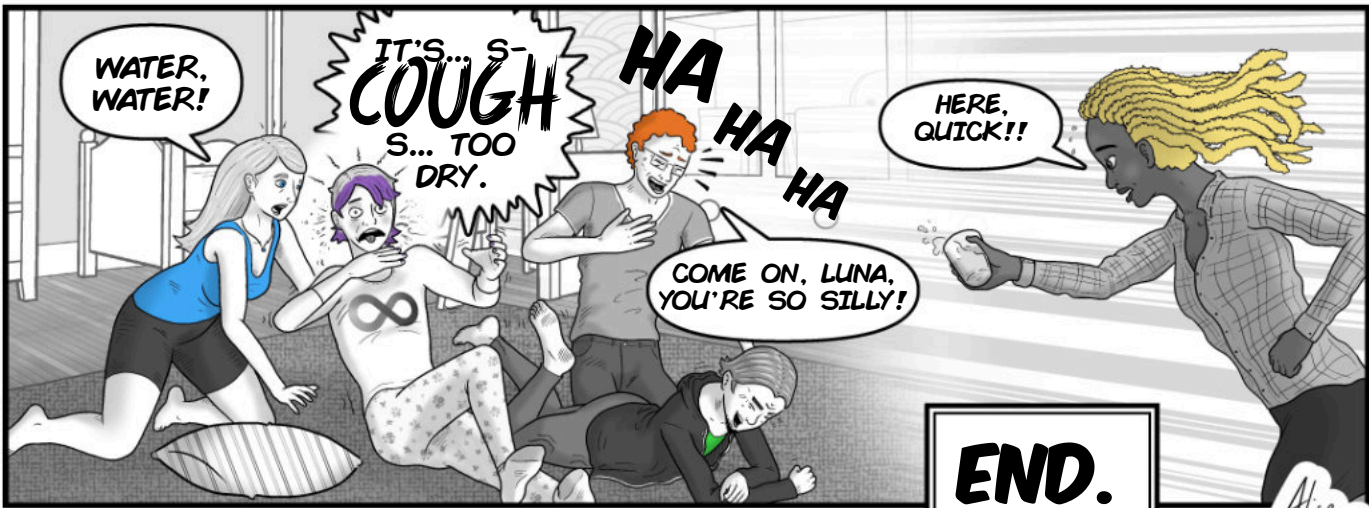
SINCE...
WELL, SINCE I WAS
EIGHT YEARS OLD.



I KNOW THE WORLD IS SCARY RIGHT NOW. I KNOW THAT EVERYONE AROUND YOU SAYS THEY KNOW BETTER THAN YOU WHAT'S RIGHT FOR YOU.

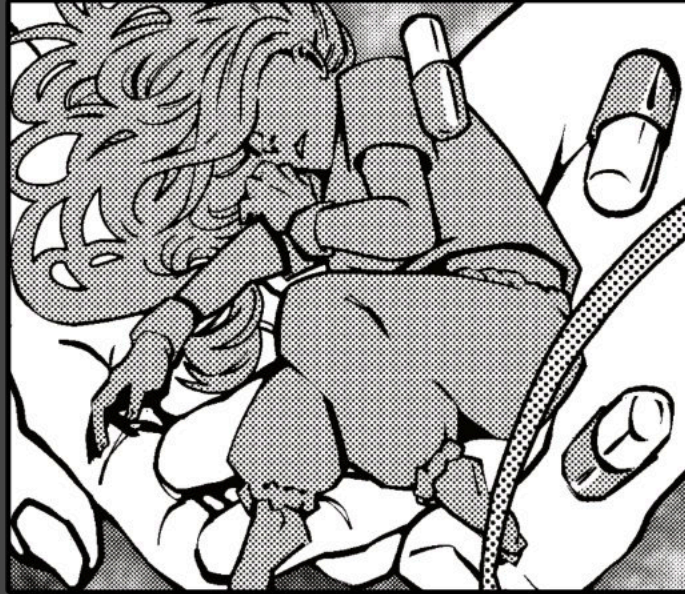


BUT THEY'RE WRONG. YOU'RE THE ONLY ONE WHO CAN DECIDE YOUR DESTINY. YOU'RE AN ADULT, FREE TO MAKE YOUR OWN DECISIONS. AND EVEN IF YOU'RE AFRAID, EVEN IF IT'S STRESSFUL...



END.

Alice

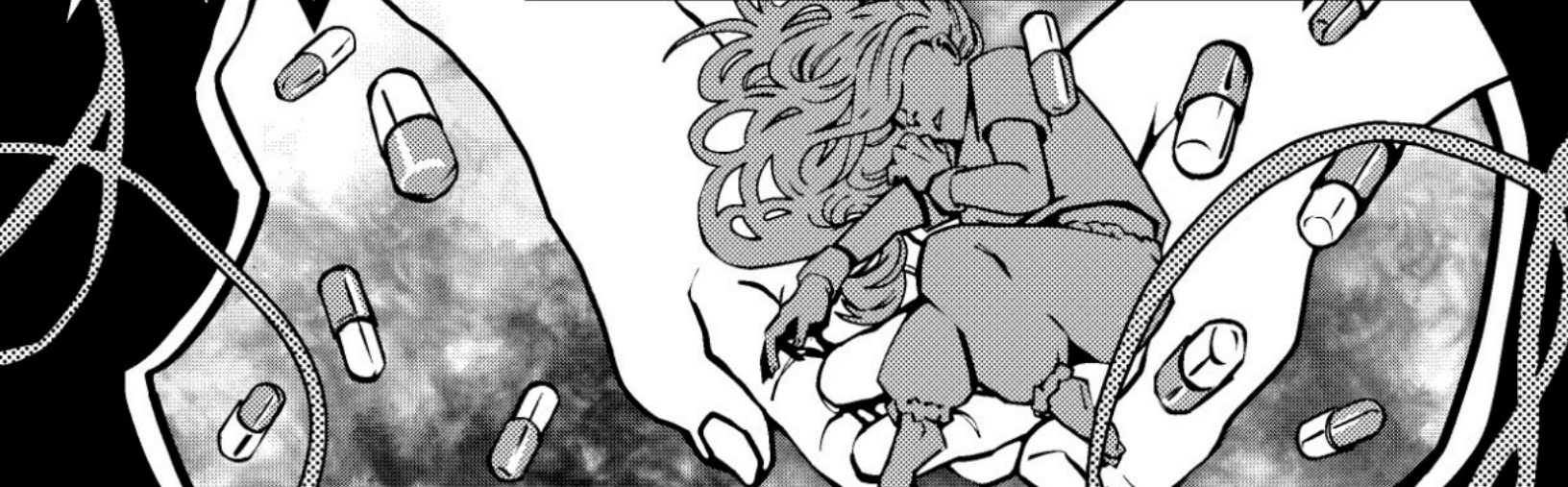


Kaia'tanó:ron Dumoulin Bush is an Onkwehonweh/
French-Canadian illustrator and visual artist from
Oshahrhé:'on (Chateauguay), Quebec. She completed
her BFA in Indigenous Visual Culture at OCAD
University in December 2018 and has previously
obtained DEC's in Fine Arts and Illustration & Design
from Montreal's Dawson College. As a freelancer,
she loves collaborating with clients who seek to
enrich Indigenous communities and empower
Indigenous youth.

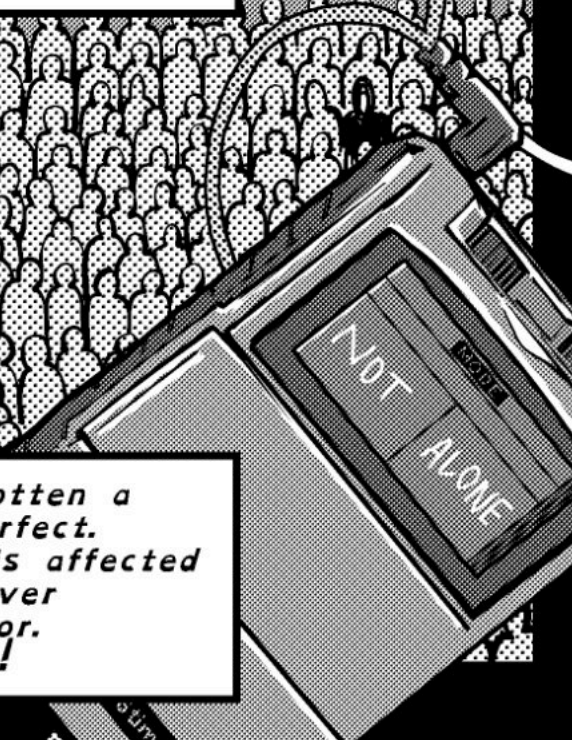
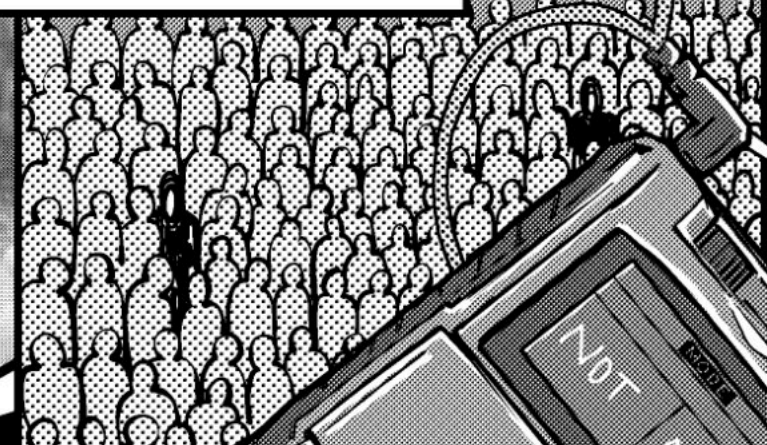
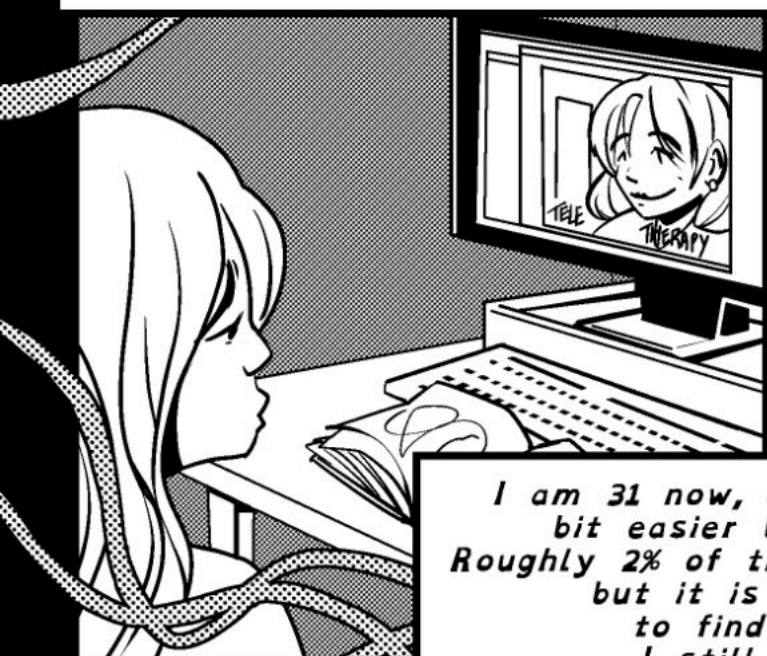


I've had an invisible illness since I was fourteen...

At first, I didn't know what was wrong with me. It took eight years to figure out why I was in excruciating pain some days and other days, I was perfectly fine... It's called "Fibromyalgia".



The doctors tried to tell me it was all in my head. No medications worked but I felt like I was on fire. Sounds fake right? Believe me, it's real!



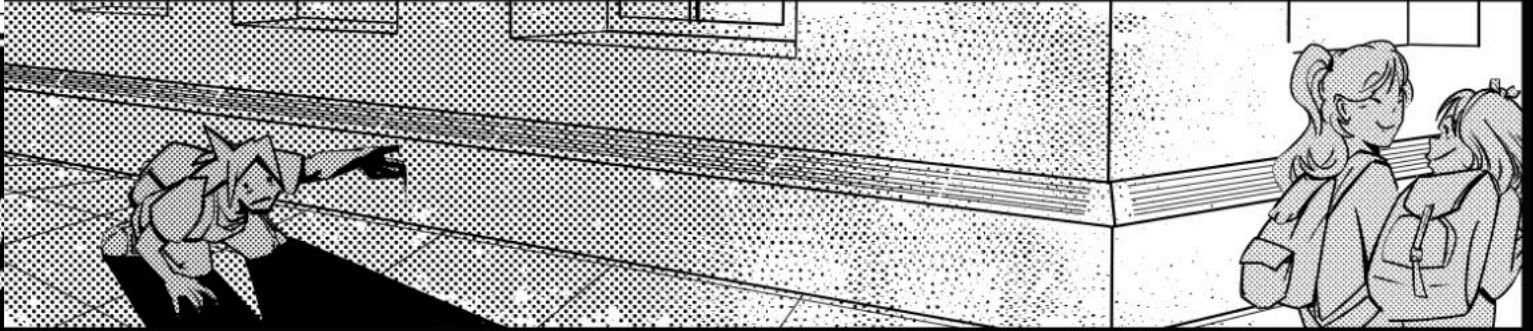
I am 31 now, and life has gotten a bit easier but it isn't perfect. Roughly 2% of the population is affected but it is harder than ever to find a family doctor. I still don't have one!



Not being believed by doctors who think you are drug seeking...

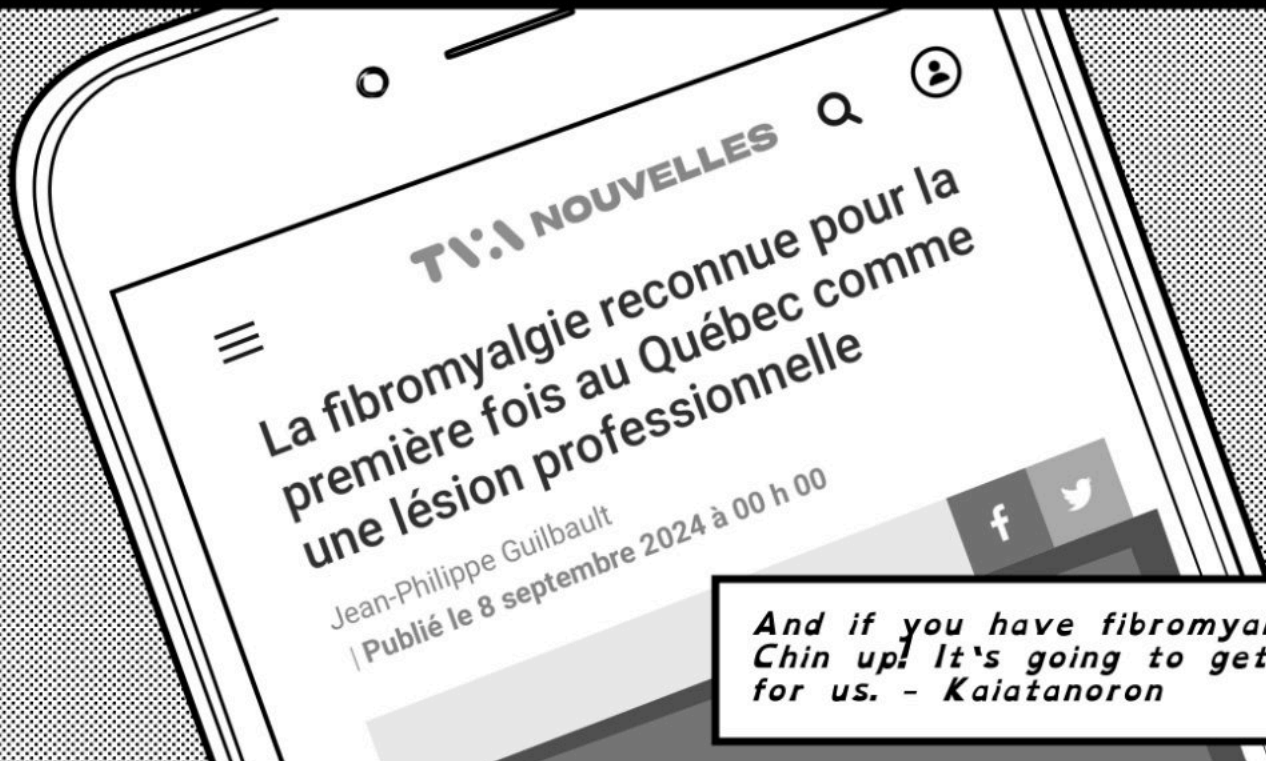


Not being believed by family and friends who think you want attention...



Do you have an invisible illness?

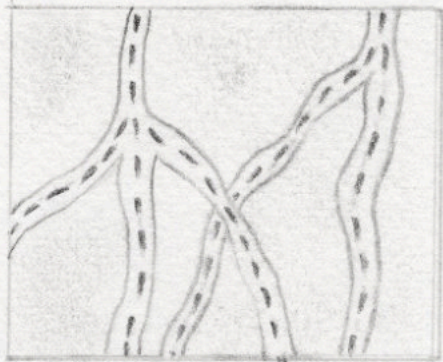
I believe you.

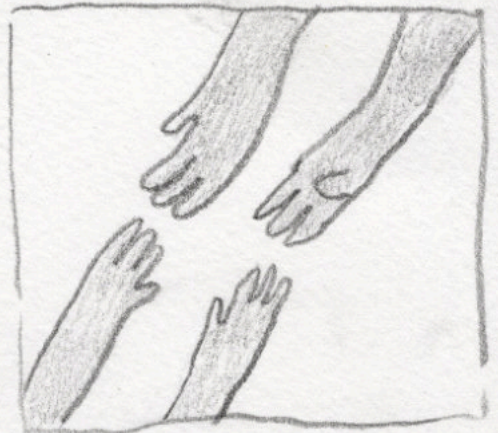
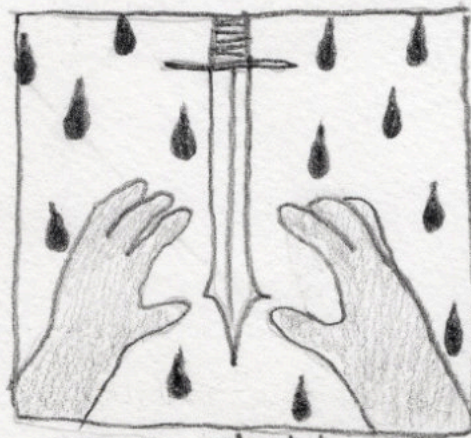
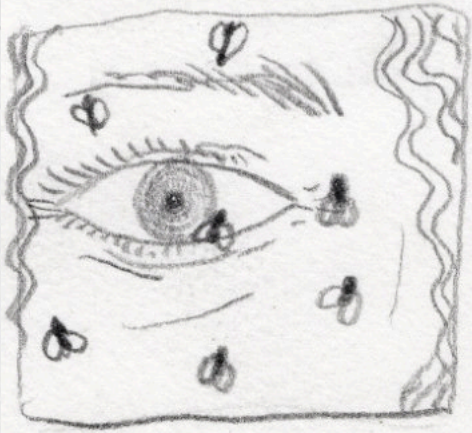


And if you have fibromyalgia, Chin up! It's going to get better for us. - Kaiatanoron

"autoroutes"

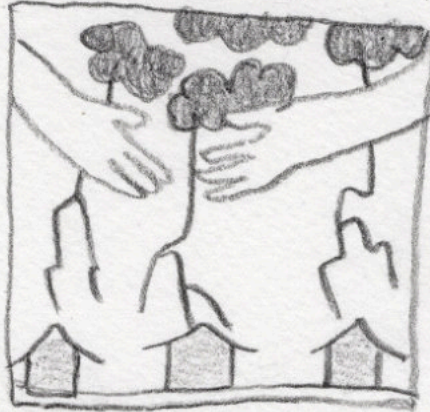
Hannah Louisy





as a child of divorce

I saw how ugly things could get

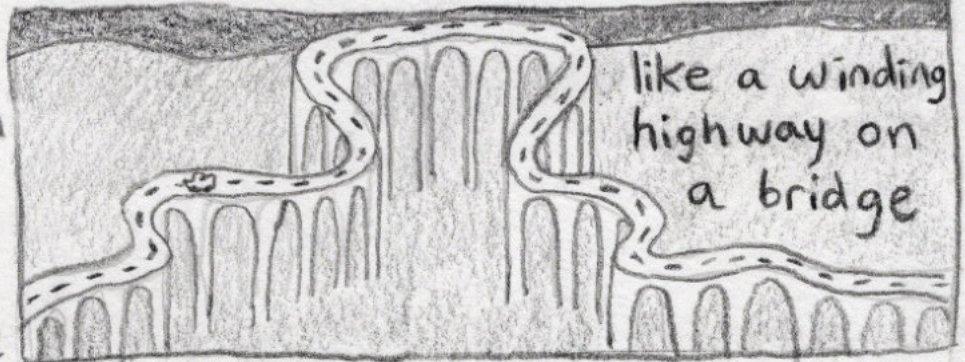


between two people

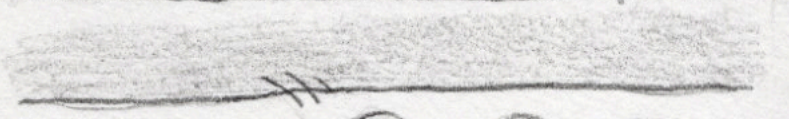
love turned to hate



and when it's good, it's awesome

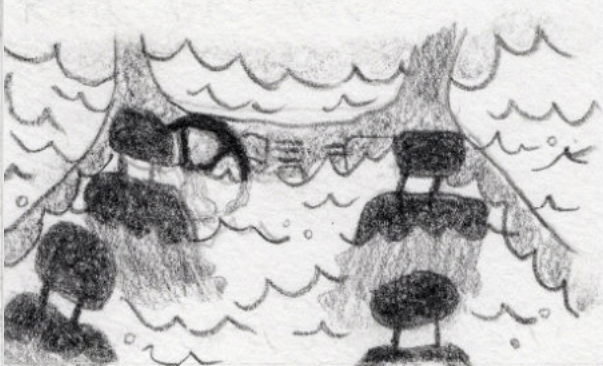


like a winding highway on a bridge



once you're on it, you're kind of stuck

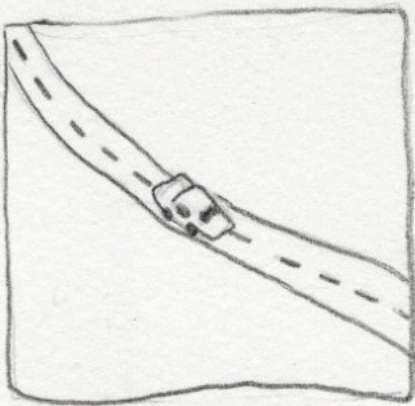
you'd have to jump off



and swim out of a sinking car



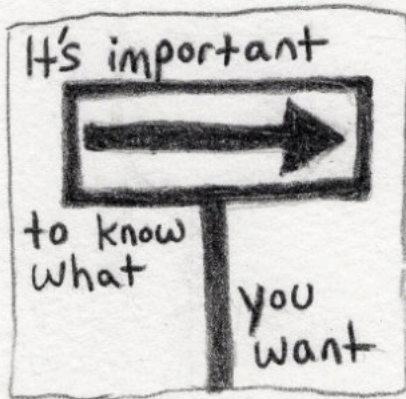
maybe thats dramatic...



I want to choose where I'm going



and how fast



instead of



just wanting what you know



I think what I want is a mellow dirt road



along the mountains

a lot of places to pee along the highway



and we're
going somewhere
nice

like the ocean

I will see the
ocean again

and I'm not
going to wait
for someone else
to take me



-BALT- [Chronically Overwhelmed]
(ANY PRONOUNS)
i'm just a little guy.
probably should drink less coffee.

0:mp
0:u
↑ 5

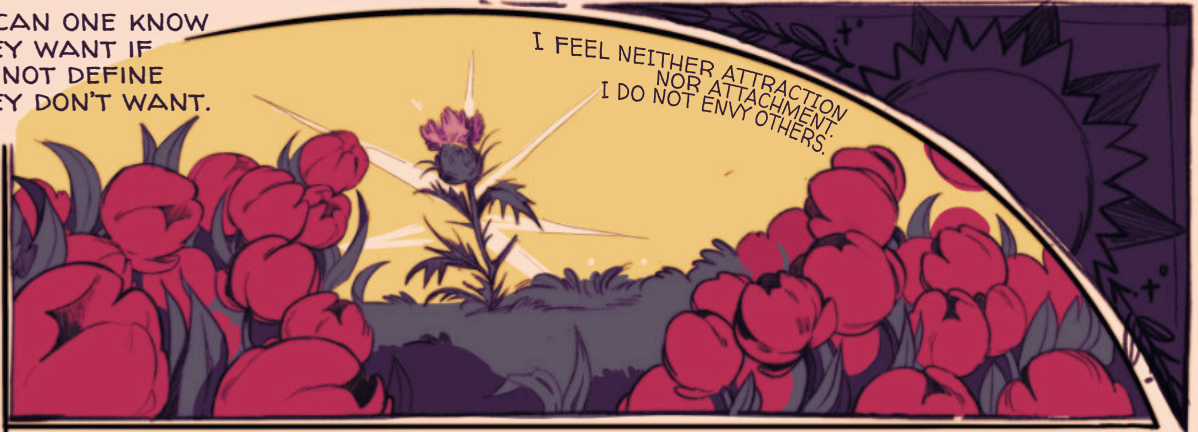
- + SOUP / STEW
- + METROIDVANIAS
- + RACCOONS
- + ANYTHING INVOLVING AN AXE
- CHEWING NOISES
- CILANTRO
- ANY KIND OF SHAMING
- THINGS NOT INVOLVING AXES



AROMANTIC ASEXUAL + AGENDER

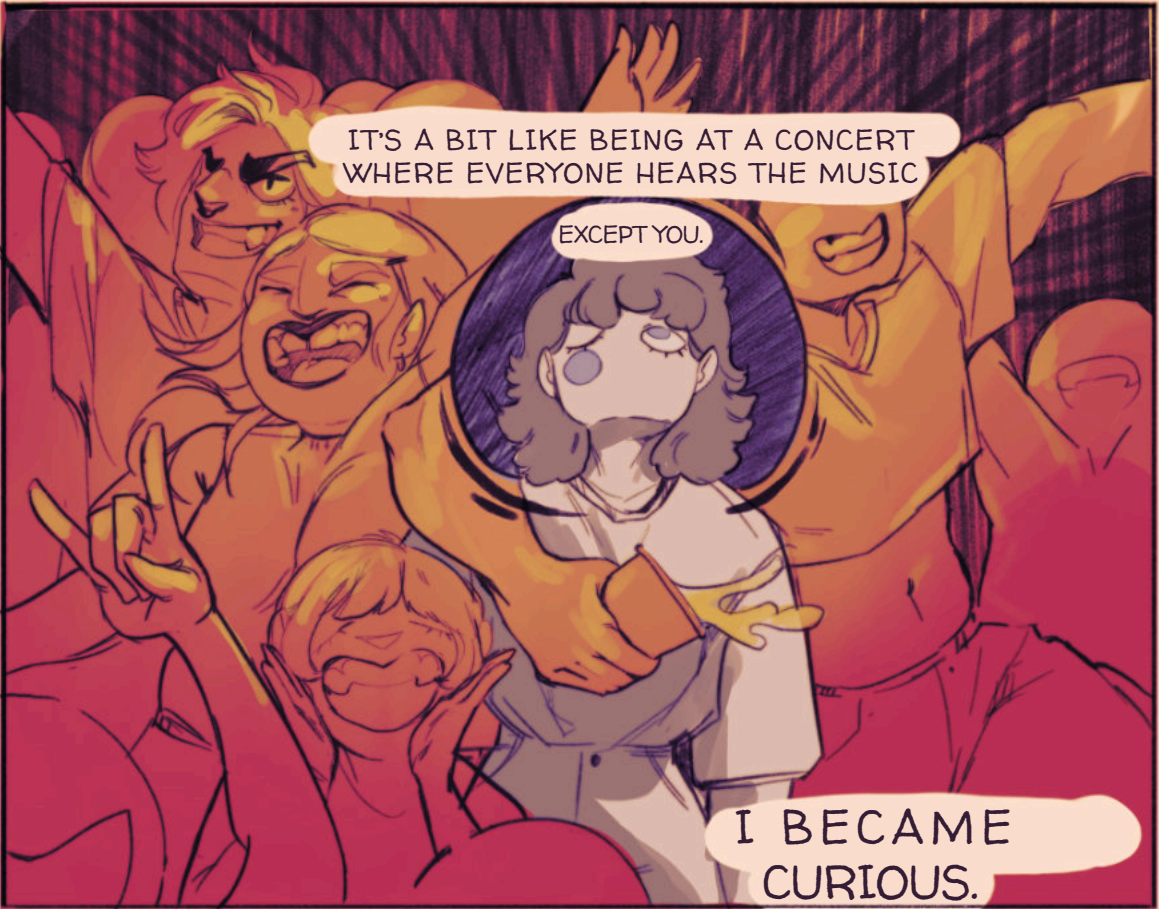
OR: HOW CAN ONE KNOW
WHAT THEY WANT IF
THEY CANNOT DEFINE
WHAT THEY DON'T WANT.

TO DEFINE ONESELF BY ABSENCE



I FEEL NEITHER ATTRACTION
NOR ATTACHMENT.
I DO NOT ENVY OTHERS.

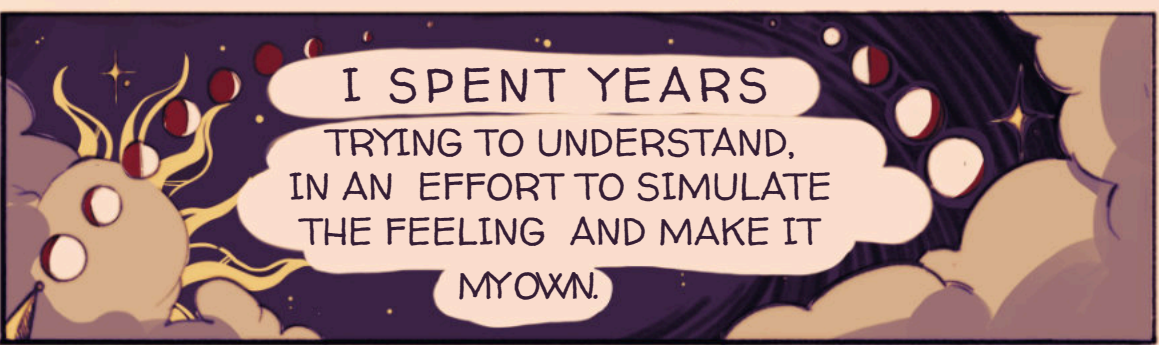
I HAVE NEVER UNDERSTOOD WHY EVERYONE FINDS THIS SAD FOR ME, AS IF I MUST NECESSARILY FEEL LESSER FOR NOT LIVING BY THE NORM. IN FACT, FOR A LONG TIME, I FELT SAD FOR OTHERS, FOR BEING SUBJECTED TO THE "POWER OF DESIRE." AND YET, I AM NOT IMMUNE TO THE GAZE OF OTHERS.



IT'S A BIT LIKE BEING AT A CONCERT WHERE EVERYONE HEARS THE MUSIC

EXCEPT YOU.

I BECAME CURIOUS.



I SPENT YEARS TRYING TO UNDERSTAND, IN AN EFFORT TO SIMULATE THE FEELING AND MAKE IT MY OWN.

I DISSECTED EVERYTHING:

I WAS THE
FIRST SUBJECT.

AS IF, BY ANALYZING THE
INDIVIDUAL PIECES
OF THE PUZZLE THAT I WAS, I COULD
REARRANGE THEM.

AS IF THE HEART COULD BE

SUBJECTED TO LOGIC...

ONE DAY, MY MIND
SCREAMED

WHAT PROBLEM ARE
YOU TRYING TO SOLVE?!?

WHAT KIND OF LIFE IS THIS,
TREATING YOURSELF LIKE
A BROKEN MACHINE?



HOW COULD I
HAVE BEEN
MADE TO
BELIEVE THAT I
COULD MISS
SOMETHING I CAN'T
EVEN CONCEPTUALIZE?



THEN, I WAS ABLE



TO FOCUS



ON WHAT I
TRULY WANTED.



MY FRIENDS.

A RELATIONSHIP
IS AS DEEP
AS YOU
CULTIVATE
IT.



IT DOESN'T
NEED
TO BE
ROMANTIC
OR SEXUAL
TO BE
INTIMATE.



PART



PUTTING WORDS



LABELS ARE VERY USEFUL. THAT SAID, THEY TEND TO FADE AWAY THE MORE WE GET TO KNOW A PERSON; THE COMPLEXITY OF EACH INDIVIDUAL IS UNIQUE, EVEN AMONG MEMBERS OF THE SAME COMMUNITY.



LEARNING THE LIMITS (PHYSICAL/EMOTIONAL) OF A PERSON IS A WAY TO CARE FOR THEM.

RESPECTING YOUR OWN LIMITS IS AN ACT OF SELF-LOVE.



IT HAS BEEN DIFFICULT TO LEARN, BUT IF I DON'T COMMUNICATE THEM, I TAKE AWAY THE CHANCE FOR THE PEOPLE WHO LOVE ME TO CARE FOR ME.



OFTEN, THE ONLY THING STANDING BETWEEN US AND COMFORT IS THE FEAR OF JUDGMENT.

THERE IS NO UNIVERSAL RELATIONAL MODEL NO "ONE SIZE FITS ALL"

THERE IS NO SHAME IN EXPLORING CREATIVE OPTIONS AND FINDING "ATYPICAL" SOLUTIONS.



AFTER ALL, THE FINAL SAY ON WHAT MAKES US COMFORTABLE IS OURS. THAT, NO ONE CAN TAKE AWAY FROM US.



NASTYA STEPANOVA

♀ (she/her) * 📍 MONTRÉAL, CA

FIND ME :



@ **whoisnassstya**
at any social media

E-mail Me!



whoisnassstya
@gmail.com

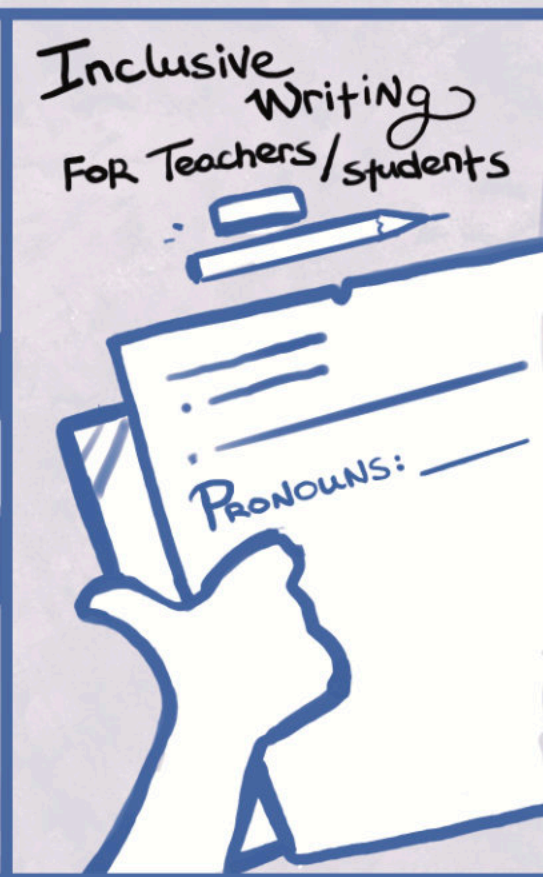




Also, it's quite challenging to be queer at school. Everytime it's like I'm playing with fire.



We can make changes in schools to make a better place for LGBTQIA2S+ neurodivergent folx to study at schools
FOR example:



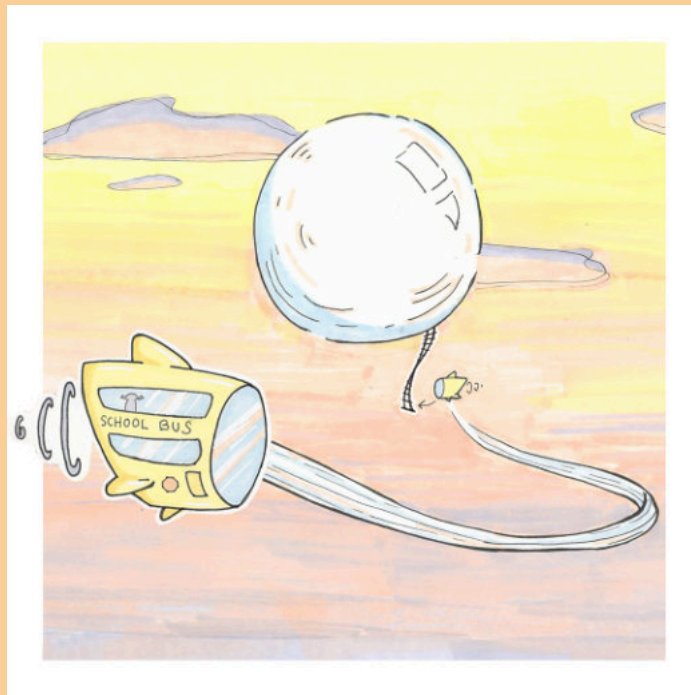
Knowledge is Power:



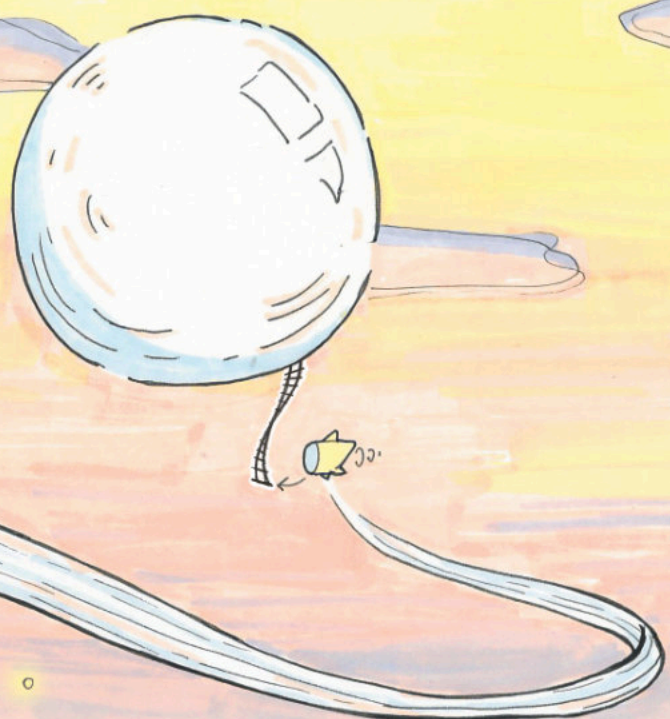
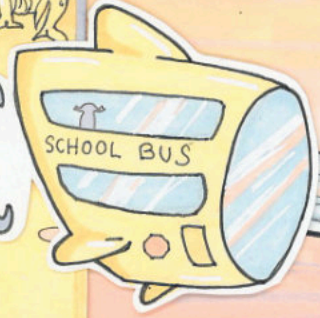
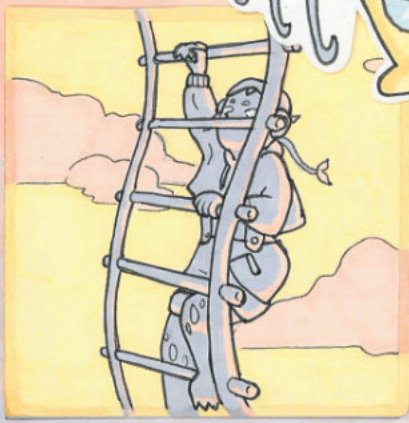
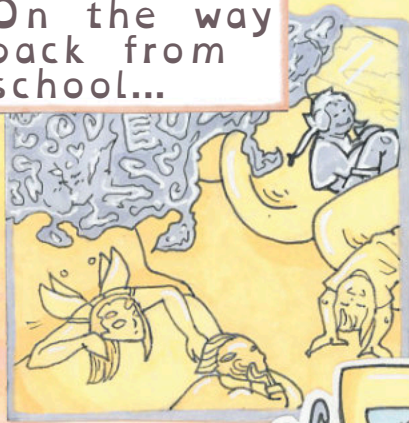
But -
 It's better to start than DOING NOTHING



AND to start being Proud to be A Neuro-divergent queer human bean!



On the way back from school...



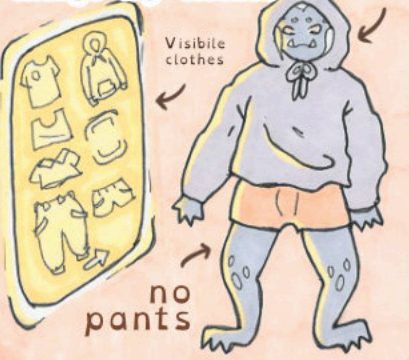
Soft little lights

Heavy stuffed toy

Soft bed

SILEEEENCE

change my clothes soft



Read / play video games



Draw / write



GOOD!

Now I can talk to you. I just needed to recharge a bit first!



I love the place where I live and the people around me, but it doesn't take too long before I end up like this:

CAN'T LEAVE

NOISES

TALKING

CAN'T STIM

FOCUS!

LIGHT

So, when I get home...

I retreat into my bubble.

Which then lets me enter a slightly bigger bubble...



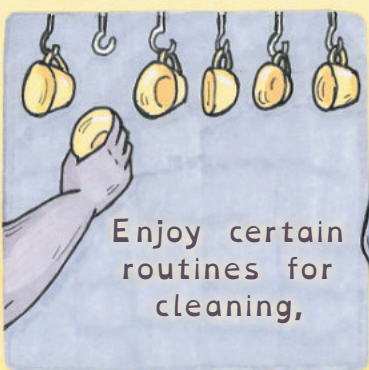
Our apartment!

With super creative cuties!

And super sensitive ones!



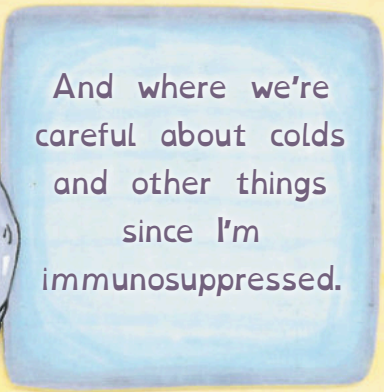
Where I can stim,



Enjoy certain routines for cleaning,



Wear whatever I want,



And where we're careful about colds and other things since I'm immunosuppressed.

And I am ot the only eurodivergent person in the house!

The house is also a space where I have items that others don't touch.



Let me know when you're available.

Where we make sure not to overwhelm eachother??

Often wears their headphones in the common areas.



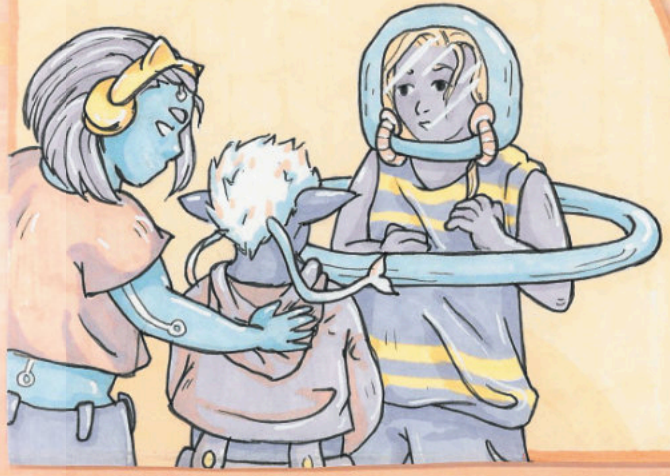
Needs space and calm in the kitchen to cook or do the dishes.

Where my identity is never questioned.

Where I am not disturbed when I'm in my room.



It's not always easy or without challenges, but it feels so good to feel seen and taken seriously.



It helps in the process of quieting the voices that tell me that...

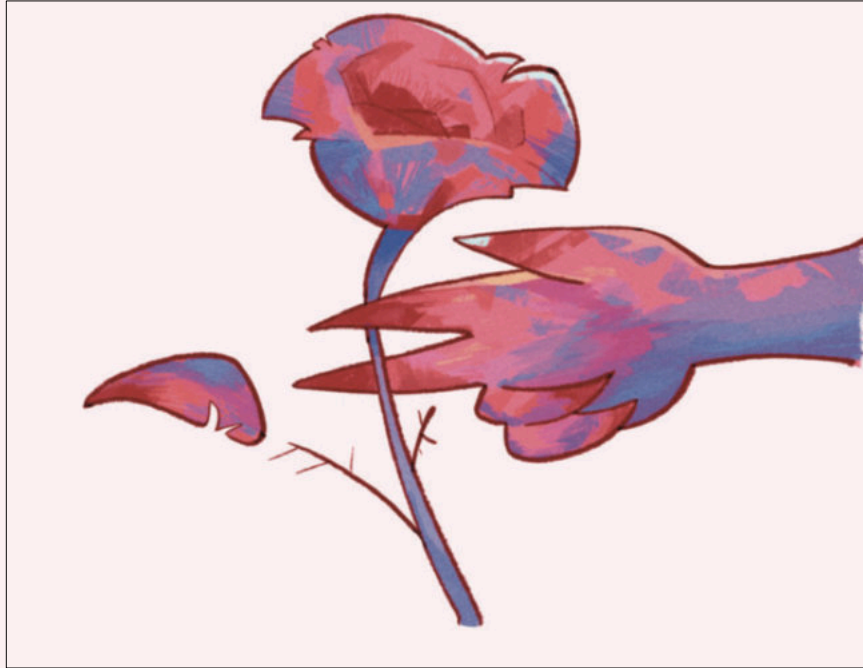


I'm a big baby.

I'm spoiled.

I shouldn't be living with roommates.

To be continued (always)...



My name is Leander, and I learned to tell stories by participating in online manga creation contests. Today I live in Montréal, and I enjoy sharing snippets of my personal journal through my comics. The recurring themes in my work are monsters, fears, and relationships!

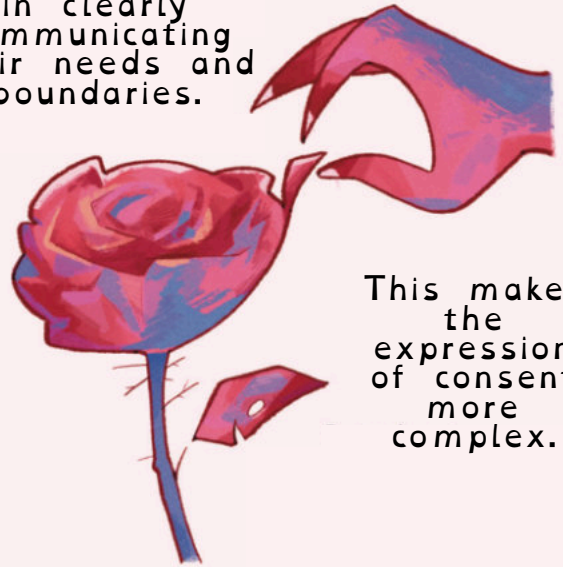


LEANDER

Saying "yes" does not necessarily mean consenting.



For neurodivergent individuals, there may be challenges in clearly communicating their needs and boundaries.



This makes the expression of consent more complex.

They may also struggle to interpret social expectations related to consent.



Increased difficulties in managing stress and emotions at this intersection can complicate the ability to express or revise consent in stressful situations.



Heightened or reduced sensitivity can affect their comfort and their ability to give informed consent.

Ignoring differences in perception with someone exposes you to risks:



The risk of feeling obligated.



The risk of creating this feeling in your partner.

Consenting means co-creating a space where saying "no" is as easy as saying "yes."



By saying "no":

We prioritize ourselves.

We avoid risky situations.

We are not selfish.

We distance ourselves from manipulative people.

We give meaning to the "yes."

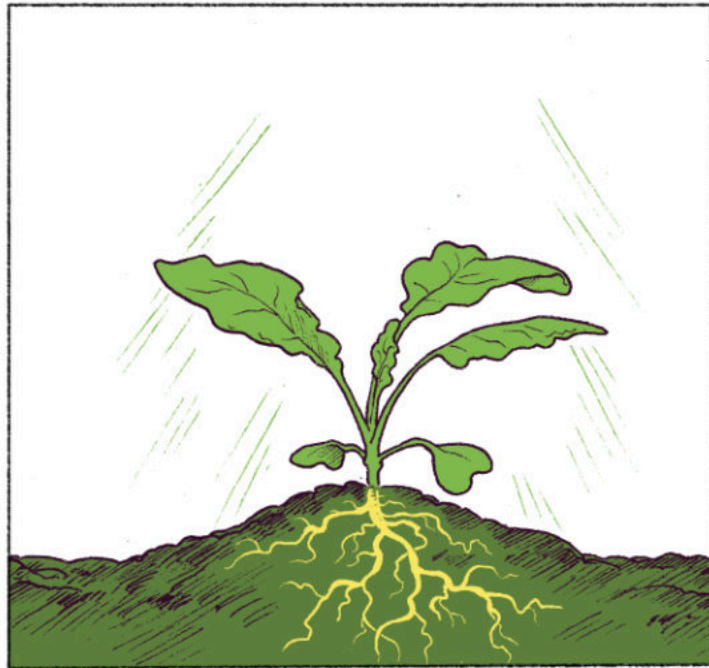


Understanding "no" is essential to understanding "yes."



The Third Place

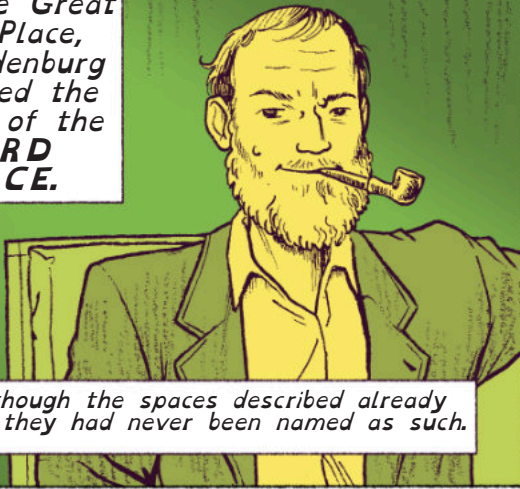
a home away from home



Colin Effray

In 1989, in his book *The Great Good Place*, Ray Oldenburg developed the concept of the **THIRD PLACE**.

Even though the spaces described already existed, they had never been named as such.



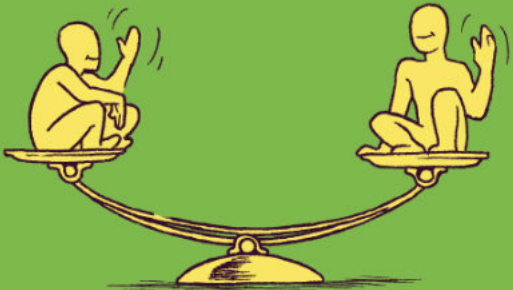
The third place is, first and foremost, a space for social exchanges other than the home (first place) or work (second place).



For a place to be considered as such, Oldenburg lists a few characteristics:

The third place must be a neutral ground where there are no relationships involving obligations

(e.g., guest/host) or hierarchies (e.g., employer/employee).



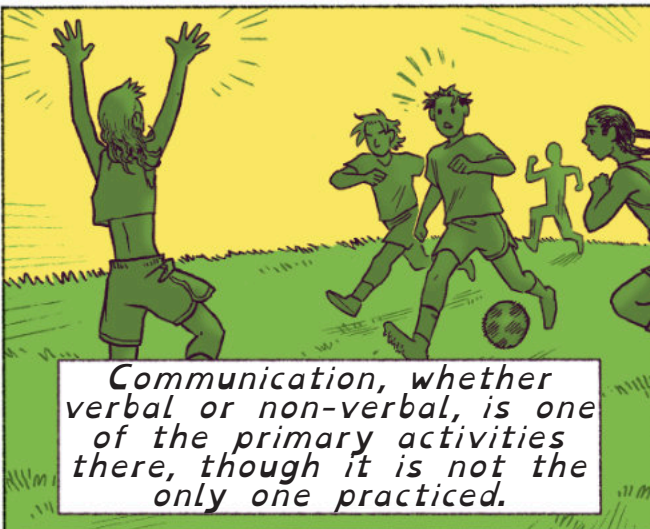
It is also a space of openness. Everyone is welcome there, regardless of their gender, social class, or ethnicity.



The space must be easy to access, not too far away, and frequently open. Our needs can vary greatly, so broad availability is ideal.



Communication, whether verbal or non-verbal, is one of the primary activities there, though it is not the only one practiced.



But the most important factor in a third place is the community that inhabits it. The regulars of the space give it a certain vibe, a particular energy.



This unique atmosphere is what will attract new people and contribute to creating a thriving community.

For people like us—neurodivergent and part of sexual and gender diversity—home and work can sometimes be places where it is difficult to truly be ourselves.



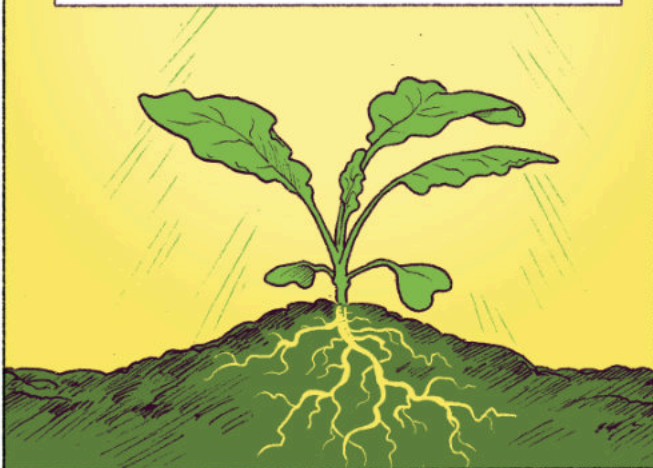
Either because of material conditions that don't meet our needs,



Or because of individuals intolerant of our realities and desires.



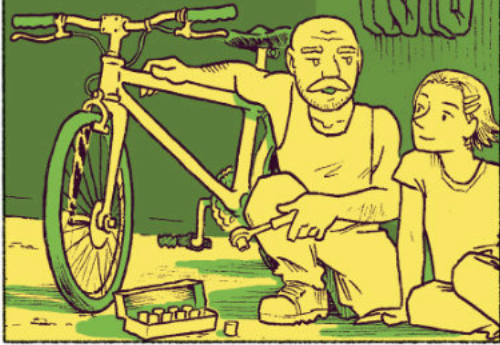
Finding alternative spaces where we can carve out a place of our own is an action full of potential.



The potential to find people like us, to find friends, support, and safety...



Develop non-hierarchical, intergenerational, and creative connections...



Step out of challenging spaces...



Learn about oneself...



Learn to be with others...



and exchange with people both similar to and different from ourselves.



It can be daunting or difficult to invest in and participate in creating new shared spaces, but finding your community can be synonymous to great emancipation, and honestly, it's worth it.



Yes Sir - by Jessi

Jessi lives in a very cheap basement flat in Rosemont, Montreal, with their cat Zviane (not to be confused with the comic author). He works full time as a storyboard artist in an animation studio and makes comics whenever they can.

His webcomic Sun's Blade has received the Jacques-Hurtubise award in 2017 and their erotic zine "Hi, Stranger" received the anglophone Bedelys independent in 2021 and "Phase shift" received the francophone Bedelys independent in 2023.







No for the ears



Yes for the hands



Oh yeah for the hair



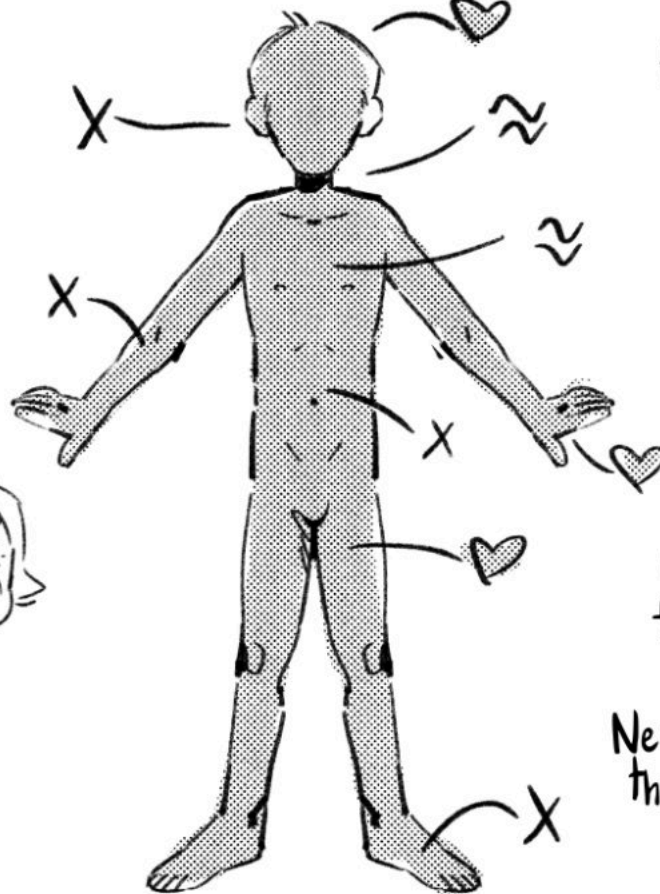
Depends for the chest

Meh for the neck



No for the belly

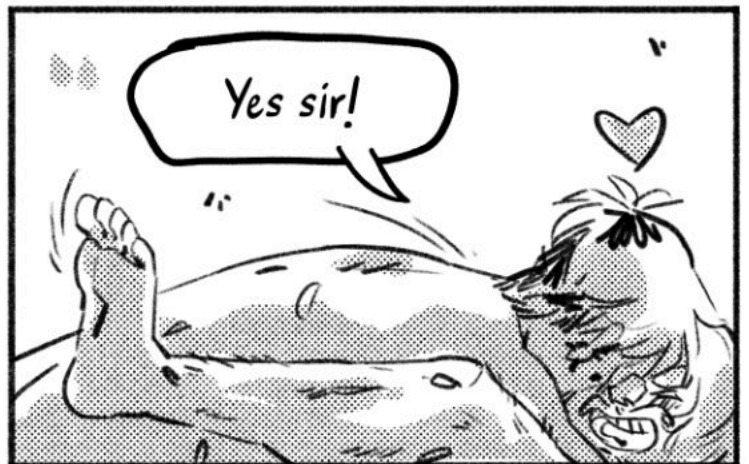
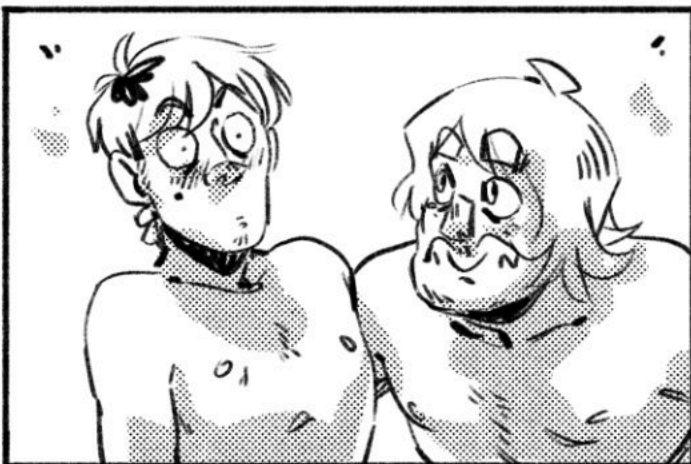
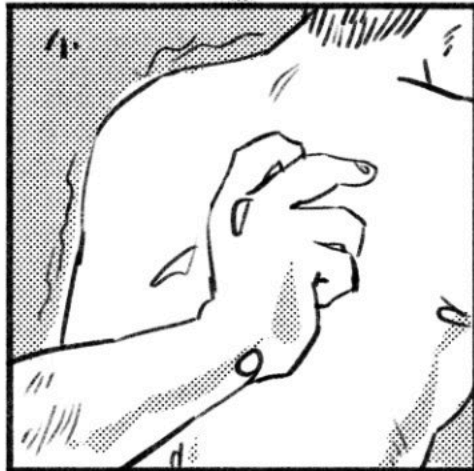
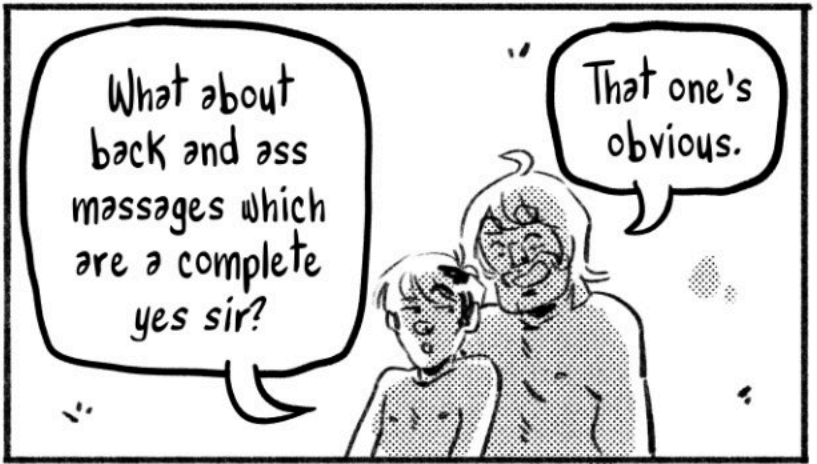
Hard no for the forearms



Easy turn on for the thighs

Never for the feet







THEO-ROSE FRÉCHETTE IS A GRAPHIC DESIGNER, ILLUSTRATOR, AND COMIC ARTIST. ORIGINALLY FROM SHERBROOKE AND LIVING IN MONTRÉAL, HE LIKES TO TALK ABOUT HIS EXPERIENCE AS A TRANS AND NEURODIVERGENT MAN.

HE LOVES SNAILS AND DEVOTES A REASONABLE AMOUNT OF TIME TO ROLE-PLAYING.

THIS COMIC BOOK IS INSPIRED BY A TRUE STORY.




DECISION, DECISION


A COMIC BY THÉO-ROSE FRÉCHETTE


WITH



1
 nocturne_mp3
Can we call? I need your Trans Wisdom.¹

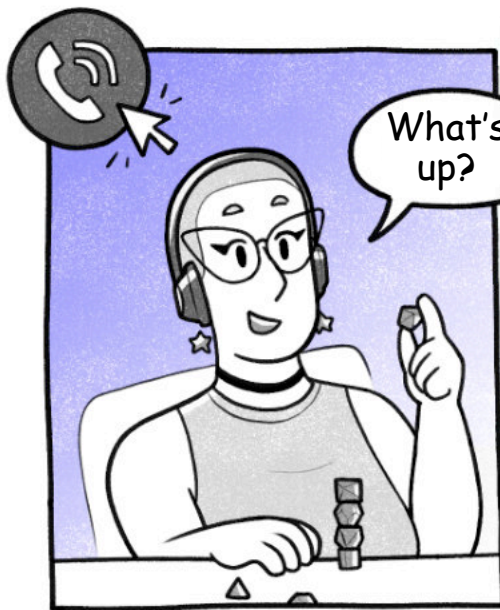


 need your Trans wisdom

 astrojade
Of course! ^_^

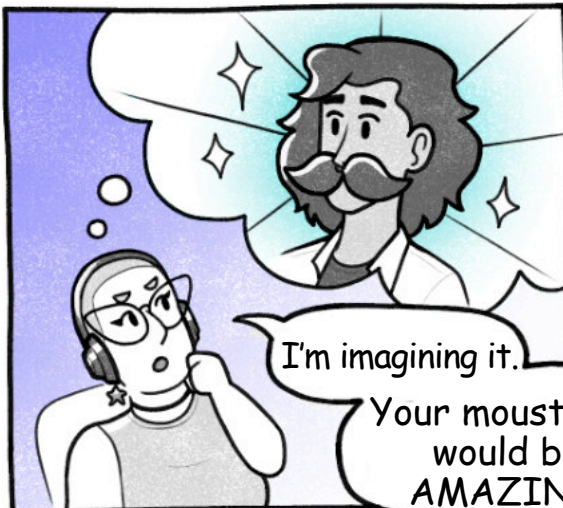
TAP CLIC
TAP

1 "Experience and advice"



Imagine if...

I started T.



Your moustache would be AMAZING.



TOO MUCH.

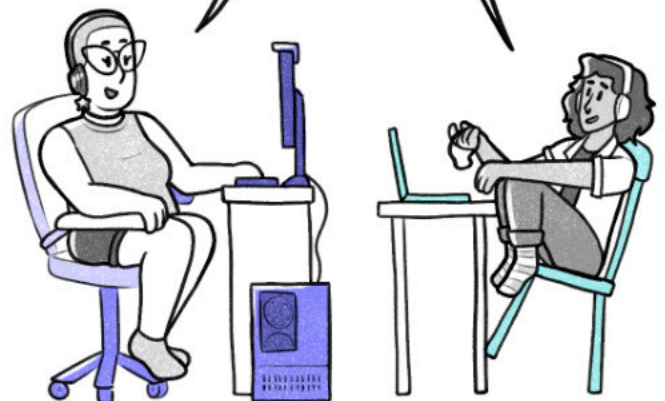
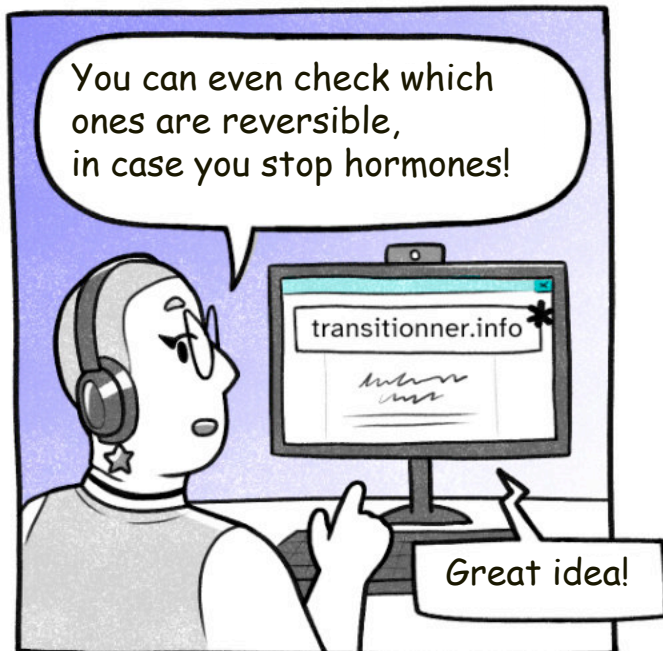
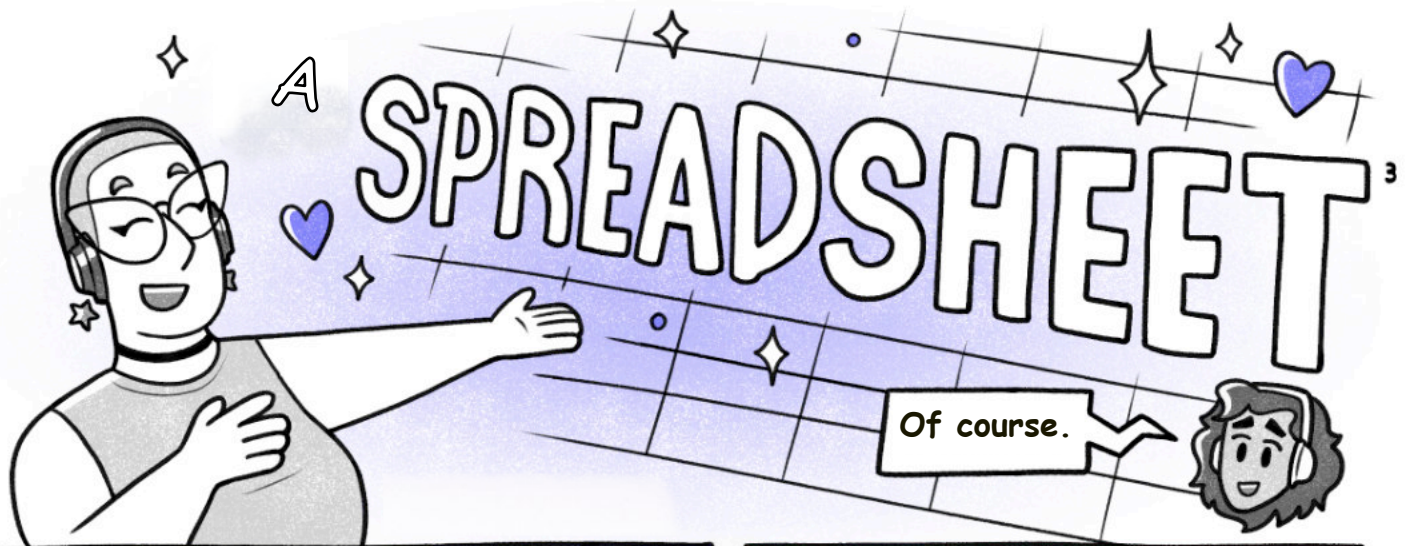


OK, but you could totally rock both of those looks.²



Is it a—

² "OK, but both styles could suit you."



*** TRANSITIONNER.INFO** is a real site with lots of info about medical and legal transition in Quebec, including hormone therapy!

4 "Best" 5 "No, you are!"

Acknowledgements

The project would not have been possible without the invaluable collaboration of many of our community members.

First of all, a big thank you to the artists who agreed to take part in the SASSY project. Thank you for your vulnerability and openness to sharing on topics that affect you while taking into account a whole range of factors. Your talent never ceases to dazzle and move us, and thank you for making topics and characters that our communities needed to see represented so touching and accessible.

We would like to thank all members of our youth advisory committees for their presence, sincerity, listening, comments, sharing, and essential participation in the creation of this collection.

Thanks to the AlterHéros team, both past and present, without whom the project would not have been the same. AJ, Max-e, Émilie, noa, Mari, Tess, Mélodie, Adam-e, Skye, Mélodie, Camille, Pallina, Diana and Gab, your contribution to the tools and your commitment to supporting us has been vital and indispensable, a big thank you from the bottom of our hearts.

A special thank you to Laure, who took care of communications for the SASSY project, the layout of the comic book and much more. Thank you for your patience, kindness, energy, and trust. Your contribution to the team was a huge help.

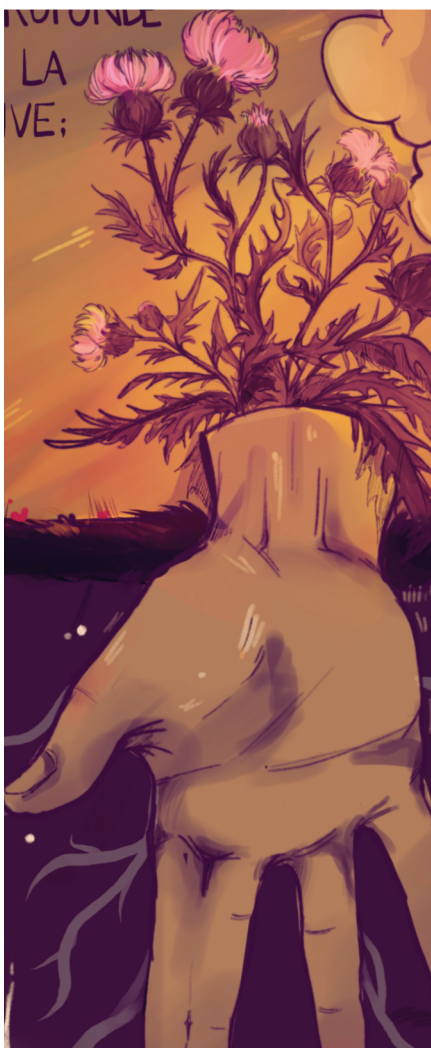
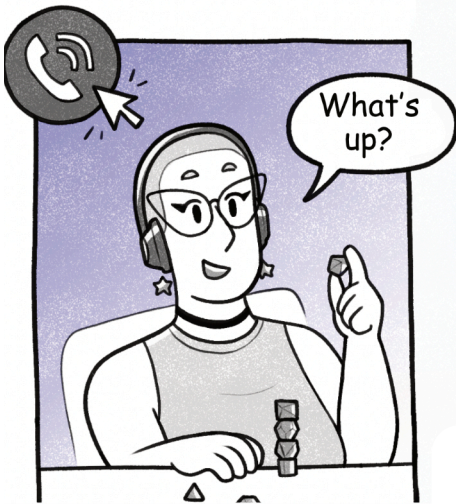
A big thank you to everyone who takes the time to read our comic book. Whether you use it, share it, or talk about it, you contribute to bringing the project to life. Your support makes all the difference!

And finally, thank you to our partners PiAMP, Project 10, Jeunesse Lambda and Conseil Impact Social.

With care, the SASSY project leads,

Lara-Maria Breton et Chlo Cormier





Through the SASSY project, we are delighted to have collaborated with 12 artists from our communities to bring you a one-of-a-kind comic book collection.

SASSY – Raising awareness, empowering, supporting and helping each other (Sensibiliser, autonomiser, soutenir et s'entraider): SexEd by and for 2SLGBTQIA+ and/or neurodivergent people – is a project started by AlterHéros, a community organization committed to combatting prejudice and promoting neurodiversity and gender plurality. Through the creation of comics and infographics, the SASSY project aims to:

- Raise awareness of the issues experienced by 2SLGBTQIA+ and/or neurodivergent people.
- Empower and support these communities by developing adapted tools.
- Educate on gender and neurodiversity representation in the media and advertising.
- Improve access to health and wellness services by making them safer and more accessible.

This initiative began in the fall of 2023 and ended in February 2025.

Happy reading and thank you very much for your interest, with care, the SASSY project managers Lara-Maria Breton et Chlo Cormier

