

Trans Sexuality

**A Safe Sex Guide for
Trans People and Their Partners**



By Tobi Hill-Meyer

A note about language

Often times, sex educators prefer to use “standard” language for our bodies (penis, vagina, etc). It’s true that using one set of words means people will be more likely to understand everything, however, doing so can feel invalidating for trans people who don’t identify their bodies with those terms.

Additionally, it feeds the myth that trans peoples bodies work the same as cis people’s bodies and that’s not true. What works for a cis man’s genitals won’t necessarily work for a trans woman without surgery or a trans man who’s had surgery, what works for a cis woman’s genitals won’t necessarily work for a trans man without surgery or a trans woman who’s had surgery

So why should we call them by the same name?

Trans people use a variety of different words for our body parts, often very personal or unique terms. For the purpose of clarity I’m going to use one set of words here – these aren’t the words I use in my personal life and there’s no reason you have to use them either, but I think they tend to be both commonly used and clear.

In this zine, to refer to genitals or sexual parts of any kind, I’ll say “bits.” For trans men’s bits I will say trans cock, front hole and asshole. For trans women’s bits without surgery I will say trans clit and asshole. For trans women who have had surgery, I will say neo-cunt and asshole.

Everyone has an asshole

Don’t assume these terms are appropriate for every trans person you meet. They are useful in some situations, but also enforce a false binary that doesn’t work for a lot of folks.

More About Bodies

Trans Cock - Trans men who have been on testosterone have their cock grow. It can vary significantly from person to person and after a few years can become about as big as a thumb. Despite being smaller than cis cock, it responds very similarly. Many trans men like having their cock sucked or jacked off using the same motions that would be used for cis cocks.

Trans Women and the Perineum - The perineum is the area between a person's bits and their asshole, also called a taint. Everyone has this area, but there are a few things about it that are special for trans women. First of all, did you know that while clits have parts on the outside, much of them are on the inside? This is true for cis women and for trans women's clits as well. For trans women, the internal part of the clit runs underneath the perineum. Many trans women find their perineum's

to be especially sensitive and notice the skin coloring of the area can change while on hormones and some trans women like it when their lovers go down on their perineum-area.

Inguinal Canals - This is the area where testes come from before descending and where they are pushed back up for an effective tuck. The area is rich in nerve endings and some trans women like their partners pushing a finger through scrotal/labial skin to penetrate the inguinal canals, an activity named 'muffing' by Mira Bellwether in *FuckingTransWomen*

Un-gendering Body Parts - Trans people receive a lot of messages about having sex the 'wrong' way and certain activities may feel misgendering. Some folks may only want to engage in touching or specific activities in a safe environment or not at all. Individual comfort levels should be respected and no one should be told that the way they have sex invalidates their gender.

The Wide World of Sex

While there certainly are trans people who feel comfortable using their bits during sex, it's not uncommon for trans people to not feel comfortable doing that, or perhaps just have an off day and not be willing to go there.

There are a lot of things you can do that don't have to involve bits, that can involve them indirectly, or that only need to involve one person's bits but not the other. Pressing your thigh into a lover's crotch can provide a lot of stimulation, grinding against a lover's leg or pressing their crotch into their partner's crotch or ass (with or without clothes). You can focus on full body sensation, run extra soft (or rough or sharp) things run over skin, scratching, biting, pulling hair, wrestling and getting pinned, toys or strap ons. There really are a lot of options.

Plenty of trans folks get into kink and BDSM and find it provides plenty of options for fun and hot sex

that don't involve genitals. This zine won't get into those details, but it's easy to find internet info to engage in BDSM safely and consensually.

And of course keep in mind that strap ons can mean a lot of things, for some people they represent penises and feel male, for others they feel female because mostly women use them. Anyone who likes them can use one. You can find a video explaining how strap ons work best with trans women's bodies at our QueerPornTube channel: queerporntube.com/user/Handbasket%20Productions

A safe rule: "If it gets wet, cover it"

No matter what you're doing, try to keep in mind whether any body fluids are present and if they are going towards openings or wet skin (bits, mouth, eyes, cuts, etc) on someone else. Saliva, sweat, and tears tend to be safe, but other fluids like cum or blood frequently carry viruses or infections.

Testing

If you're having sex that involves fluids (with barriers or not), it's a good idea to find free or affordable testing services and get tested regularly for HIV and other STIs. Knowing your status can put your mind at ease and is important for you and your partners' health.

Latex Barriers to Use

Traditional safe sex approaches frequently don't work for trans people. We're told so often that condoms are for penises and dental dams are for vaginas that it can feel invalidating or de-gendering to use them. More importantly, they often just don't work with our bodies and what we want to do. Using a dental dam with a trans man will smash down and cut off access to his cock, but condoms will be too big. For trans women, condoms are only made for bits that get hard, and while some trans women's clits do there are plenty that don't.

*Here are some ideas
for what works*

Barriers - Oral Sex with Trans Men

Here is a quick guide for making your own barrier that's just about perfect for giving a trans guy a blow job.



1. Get a glove



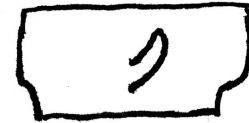
2. Cut off fingers



3. Cut side along pinky-side



4. Fold open



5. Get a more or less trans cock sized condom with extended barrier covering the surrounding area.

Oral Sex with Trans Women



Dental Dams can often be too small. When large enough, using them will smash a trans woman's clit and bits down. Some folks may like the effect, but it also decreases sensation



Plastic Wrap has been recommended by activists for a while but no studies have shown how effective it is. Still, plastic wrap can be bigger than dental dams, cover more area, be looser, and allow for more access. DON'T get microwave safe, it has tiny holes to let steam out - not good for safe sex.



Receptive Partner Condoms can be used as a loose fitting barrier. You'll probably want to take the inner ring out first.

And of course, if a trans woman's clit does get hard enough, then regular condoms work fine too.

Penetrative Sex

There are lots of things that can be used for penetrating a partner. For fingering or fisting, latex or nitrile gloves can be incredibly handy. If you have long or rough fingernails, you can put a bit of tissue or toilet paper in the fingers of a glove for added protection (they even provide decent protection by themselves). For penetration with a cock or a trans clit, condoms are pretty important. For penetration with toys, there's more information on the next page.

*Front holes, neo-cunts, and Assholes
All Need Lube*

Keep in mind that lube is always good and trans folks often need it more than cis folks. Taking testosterone reduces the natural lubrication in a front hole. In most cases, neo-cunts don't produce lubrication. And the mucus lining in assholes is not nearly enough by itself.

Toys

Some toys are made out of porous materials like “jelly rubber,” that means that super tiny bumps and ridges can collect fluids and they can never be completely sterilized. Without using condoms, bacteria can grow and you can give yourself an infection even if you only use the toy with yourself.

Non-porous materials like silicone and glass can easily be sterilized by boiling for 3-5 min or tossing in the top rack of the dishwasher. Sterilizing toys between using them on different partners (or using condoms) is the courteous thing to do and prevents the spread of infection.

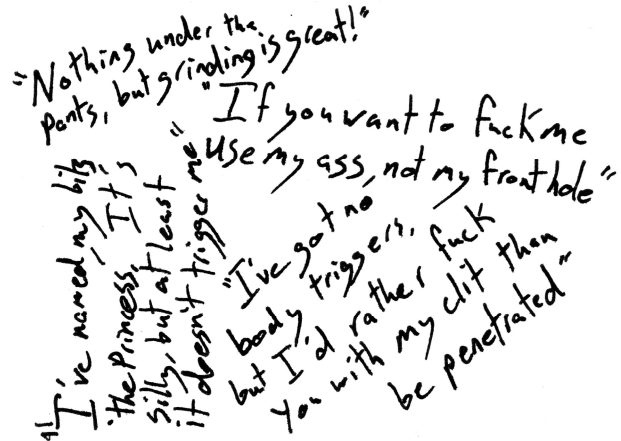
Note that silicone lube contains an additive that keeps it in a liquid state – if it gets onto a silicone toy it may partially liquefy the surface leaving it sticky and tacky. That is best to be avoided.

Communication

While a lot of this zine provides general information, keep in mind that everything is very individual and personal. Everyone will be unique.

When hooking up with a new partner it is especially important to talk about what each of you like and are up for doing and it can be really useful to check in about potential body triggers or if any areas are off limits.

There are plenty of simple ways to do this:



“Nothing under the pants, but grinding is great!”
“If you want to fuck me use my ass, not my front hole”
“I’ve named my bits the Princess, it’s silly, but at least it doesn’t trigger me”
“I’ve got no body triggers, but I’d rather fuck you with my clit than be penetrated”

Disclosure

When to disclose is an issue that has been hotly debated but there is no one right answer. What works on a romantic date won't necessarily work in a glory hole or at a sex party, what works in San Francisco won't necessarily work in rural cities.

That said, there is no obligation to disclose trans status to a partner any more than there is an obligation to religion, political affiliation, survivor status, occupation, and food allergies. All of those are fine things to discuss, but normally you don't claim someone is lying or deceptive if they haven't mentioned them by a specific point in the relationship.

There's a strong cultural message that if trans people don't disclose they are "deceiving" their partner and risking violent repercussion. However, it is important to remember that the fault for an assault always lies with the perpetrator. Choosing

not to disclose is no more a justification for being assaulted than wearing a short skirt.

The majority of anti-trans violence involves situations where someone already knew that their target was trans, and even several cases where perpetrators claimed trans panic, it was later revealed that they had ahead of time that the person was trans. And of course, plenty of cis people are perfectly capable of not responding violently when they discover a partner is trans, or even not having any problem with it at all.

Ultimately, trust your instinct. Whatever decision you make is the right decision. If you are trying to figure out when to disclose your trans status, remember to trust your intuition. The right time is when you decide it is. If you're worried about safety, try these date safety tips, and remember that in most cases you can just leave.

Date Safety

There's some basic advice for meeting people off the internet, but it applies to anytime your meeting someone new or want to be sure about your safety.

Meet in a public space, make sure your friends know where you will be, give them the info of the person you are meeting, even ask them to call the police with that info if they can't get in touch with you after a certain time, let your date know that's the plan.

Also, references can be invaluable. Were you introduced to them by someone you know? Do any of your friends know them? Can you talk to an ex-lover of theirs?

This might seem like overkill, but that's the point. You don't have to follow any of this if you don't want to, but it's good to know it if you ever feel the need to use it.

Have Fun!

Above all, take care of yourself, be creative, explore and have fun. Hopefully this zine has given you some new thoughts or ideas. If it didn't cover something that you think is important, don't hesitate to share it. If we don't create our own sex education and share it with others in the community, nobody will.

I'm personally curious to hear about solutions and ideas folks come up with to deal with the myriad of issues trans folks deal with around sexuality. Feel free to email me (NoDesignation@gmail.com), if you blog about something, create a zine, or just want to chat. I'll just warn you it's easy for me to miss or forget about email, so if I don't respond and it's been a few weeks, just send another email.

Also, please consider checking out my other zines, books, and DVDs at my website, www.handbasketproductions.com.

Sex Education for Trans People

Safe sex information is almost universally designed for non-trans (and straight) folks, the that information is given to us when and where it applies. However, there is a lot of information that is unique to trans people and trans bodies that never gets included. This zine answers the question What would sex ed look like if it was designed specifically for trans people and their partners?

Trans bodies are different

Trans people experience a wide range of feelings and desires around sex. Each individual person may or may not want to use their genitals for sex, and that may change based on the situation, how safe they feel, the specific sex act, or any number of other factors. This zine contains information for a wide variety of ways anyone might choose to have sex.

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