

Resources

Resources labeled (age 18+) contain pornography and may not be appropriate for young people.

Aslan Leather: www.aslanleather.com (age 18 +)

Crashpad Series: crashpadseries.com (age 18 +)

Fucking Trans Women by Mira Bellwether:
<http://bitchpleasedistro.tumblr.com/post/42745844798/fucking-trans-women-issue-0-by-mira-bellwether> (age 18+)

Kink Academy: www.kinkacademy.com (age 18+)

Original Plumbing: www.originalplumbing.com
(all ages)

Queertube: queerporntube.com (age 18 +)

Trans Bodies, Trans Selves: transbodies.com
(all ages)



Damon Constantinides, PhD, LCSW

Damon is a sexuality educator, social worker, psychotherapist, writer and activist in Philadelphia, PA. Contact him for more info at damon@dmccconsult.net.

www.TherapistDamon.com
www.DMCCConsult.net

June 2013

trans* sex activity book

NAME: _____ DATE: _____

G X G T A Q W M Q G M O O Q T
P B M L R N Y R I E N V G H
Z B A G Y W C G K N F S K
X K N A V A L S M D D L L
T T I U U B N G A E S S A
N R G N A H X H N R E I U
O V A Q K H O T E Q X N X
A A V E J Y A C F U U E E
V B M D G L W E E E A P S
Q E S A D Z G M N E L Y I
F F B A C T P Z I R I Y B E
I J M Y R R O C N C T O R K N
N D S U A B N C I S Y E T O I
O M D E S M M S M E N T W K L
P U V M X B O T E T S A E U U
A G Q Y S U V X F X H A R L S
R P I I E W A P S A Y F X T A
T W T M C S L L N I W V K H M
S H V R E F U O A G X E V L S

inside:

- knowing what you like
- bodies
- fill-in-the-blank
- sexual pleasure
- yes/no/maybe
- word search
- safety
- sexual manifesto/a

For trans* folks and their lovers, hook-ups, hot dates and partners!!

MAYBE
BDSM
SEX
SEXUAL
SEXY
HOTNESS
STRAIGHT
BITS
JUNK
PENIS
VAGINA
PLEASURE
SAFETY
SEXUALITY
CONDOM
DENTALDAM
KINKY
CLIT
TRANSFEMININE
STRAPON
ORGASM

Q O Y Y B N
M H U V S A
I B S E L R
O B B A K T
L D E L H M
S V E G H B
C L I T W Y
K A Q R X F
R U V Y O H
Q W D G J S
P Q Q N U V
N S Q O N Q
U I U P K R
U Y Y G P F
K K J C Z Z
T Z Q G A L

Trigger warning: This is a zine about sex and sexuality. It uses both medical terminology for body parts and welcomes you to make up your own. It also includes diagrams of sexual anatomy.

knowing what you like

You can start here, or come back to it later, but knowing what you like is gonna help you tell people what you want. Some ways to figure out what you like:

- masturbate
- talk to friends
- experiment with others
- watch porn or read erotica to see what (some) other trans* people do and like

5 things I like to do sexually are:

1. _____
2. _____
3. _____
4. _____
5. _____

CONFIDENTIAL

My Sexual Manifesto/a:

A large sheet of lined paper with two vertical red margin lines, intended for writing a sexual manifesto.

manifesto/a: a declaration of the intentions, motives, or views of the writer

sexual manifesto/a: a declaration of your sexual intentions, motives, views, wants, needs, dreams, desires and fantasies

Sexual
Manifesto/a
CONFIDENTIAL

- What names do you use for your body parts?
- How do you want people to see your body?
- What are three things that make you feel good about your sexuality?
- What are five things you need to feel and stay safe during sex?
- What are your goals and expectations for good sex?
- What are three qualities you want in an ideal sexual partner?
- What is the relationship between your sexuality and spirituality?
- What are some fantasies you'd like to try?
- What other questions do you have about your own sexuality?

thinking about sex

Sex can be a place both great pleasure and great pain. For people who are trans or gender-variant, sex is often intertwined with gender identity. Everyone thinks about how the other person (or people) see them during sex, but trans folks have the added layer of how their gender is seen, and how their bodies are interpreted. We don't even have language to talk about trans experience, trans bodies, or trans sex. Yet.

talking about sex

Most people are really good at talking about sex when they're telling a dirty joke or goofing off. But talking about sex in a real way is much harder. Talking about the things you like or don't like, how you see your body, how you want your boo to refer to your body, and explaining what really gets you off is much much harder. Sometimes we want people to read our minds. But that's not real life. And in real life, if you want to have really good sex, learning how to talk about it openly and honestly is really important.

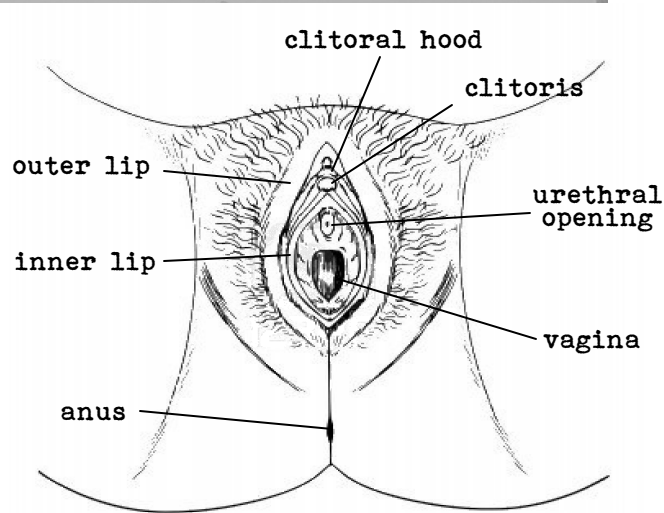
disclosure

When do you tell someone you're trans? This is a very personal question. Your own answer can even change based on the person or the situation. Here are some things to take into consideration when answering it for yourself:

- your own identity
- your level of outness
- your level of interest/commitment (you might make a different decision if it's just a one night hook up than if you're dating the love of your life)
- how far you want to go (are they gonna find out by accident?)
- are you gonna be safe (physically and emotionally)

trans-masculine bodies

When we know what's going on with our own bodies, we're able to tell others what's going on with our bodies—including what we like and don't like. Knowing your body can also keep you from accidentally getting pregnant or getting an STI. These are diagrams of people who were female-assigned-at-birth and have not taken hormones or had surgery.



Some trans masculine folks love their bodies and some don't. Some like they're sexual body parts touched or penetrated and some don't. All of these possibilities are totally normal! It's why it's especially important to *ask* when you're sexual with a trans person.

You're feeling good in your body, your bits are ready for some action—now what? They didn't cover safer sex for trans folks in sex ed. Latex is still an awesome barrier to keep sperm and STIs to themselves. Here are some ways you can use latex to stay safe:

Condom

- Can be used on a penis/clit or a dildo.
- Good for fucking in the ass or the vagina.
- You can get them at drug stores or local agencies.
- You can use them on soft or hard penises.

Dental dam

- A flat piece of latex.
- Good for oral sex on any parts.
- Good for rimming the butthole.
- Kind of hard to get—look for them at LGBT tabling events or check at local agencies. SOME drugstores also carry them. And of course, you can order them online.
- You can also use a piece of saran wrap as a dental dam.

Gloves

- Wearing it on your hand for protection.
- The thumb of a glove can be used as a condom on a clit/dick.
- Good for fisting or any kind of intense penetration. A glove with lube gets more slippery than a hand and only covers long or ragged nails.
- You can get latex or polyurethane gloves from any grocery or drug store.

Lube

- Always use lube if you're putting anything in a butt. Butts don't come lubricated like some other body parts.
- Lube can be especially important for people with vaginas who are taking testosterone because T can reduce vaginal lubrication.
- Use water-based lube with any kind of latex. Oil-based lube will break down the barrier.
- Lube is a best friend to any kind of penetrating bit — hands, clits, cocks, or toys.

safety

Safety isn't just about not getting an STI (sexually transmitted infection) or avoiding pregnancy. It's about much much more than that. For most people, to have really good sex, you have to feel safe (unless you get off on "getting caught"). Feeling safe can decrease anxiety and increase pleasure. No before we talk latex and other sexy barrier plastics, take a minute to think about what you need to feel safe during sex.

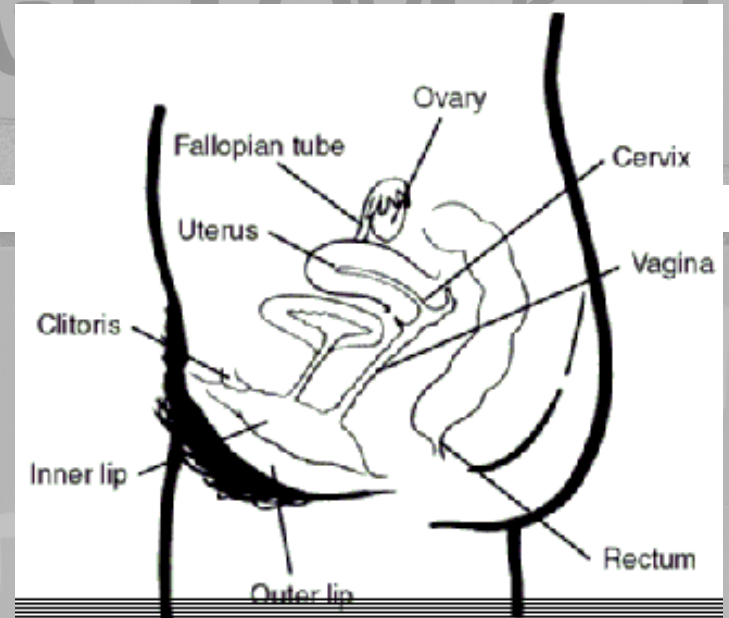
5 things that help me feel safe during sex are:

1. _____
2. _____
3. _____
4. _____
5. _____

safe, secure, in good hands, protected, out of harms way, safe and sound, not dangerous, harmless, safety, security, protection, shelter, well-being, refuge, safekeeping, safety measure, defense, protection, precautions, safe, secure, in good hands, protected, out of harms way, safe and sound, not dangerous, harmless, safety, security, protection, shelter, well-being, refuge, safekeeping, safety measure, defense, protection, precautions, safe, secure, in good hands, protected, out of harms way, safe and sound, safety, security

These are the medical terms for our sexual bodies parts. It's good to know these terms so that if anything is wrong you can tell a doctor or healer about it.

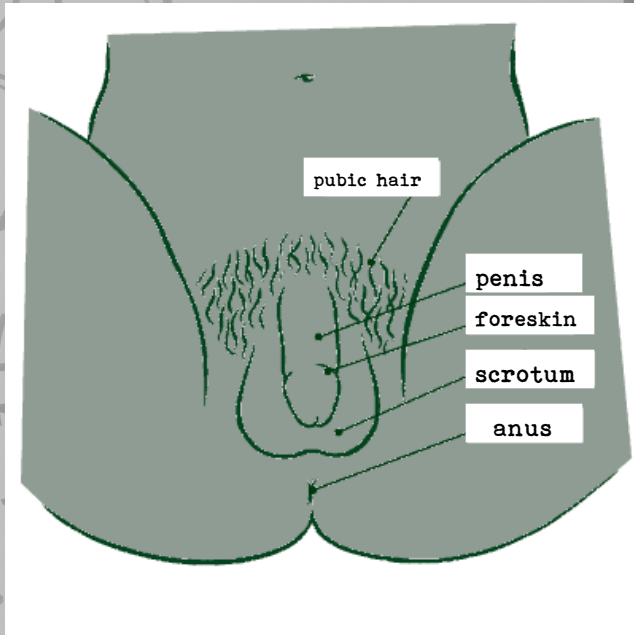
If getting your period freaks you out, but you can't/don't want to take testosterone, you might be able to take continuous birth control. It's another way to not get your period. You can get it from a doctor's office.



Transmen who are taking testosterone can still get pregnant if they're hooking up with someone who has sperm.

trans-feminine bodies

Knowing how our bodies work is powerful-it means we know when something isn't working right and can tell a doctor or healer about it. These diagrams are of people who are male-assigned-at-birth and have not changed their sexy bits through hormones or surgery.



Penises and clitorises are made out of the same cells. When a baby develops in the womb the cells turn into a penis or clit depending on the levels or hormones being released. What this means for us is:

**CLITS ARE SMALL PENISES AND
PENISES ARE BIG CLITS**

word search

NAME: _____ DATE: _____

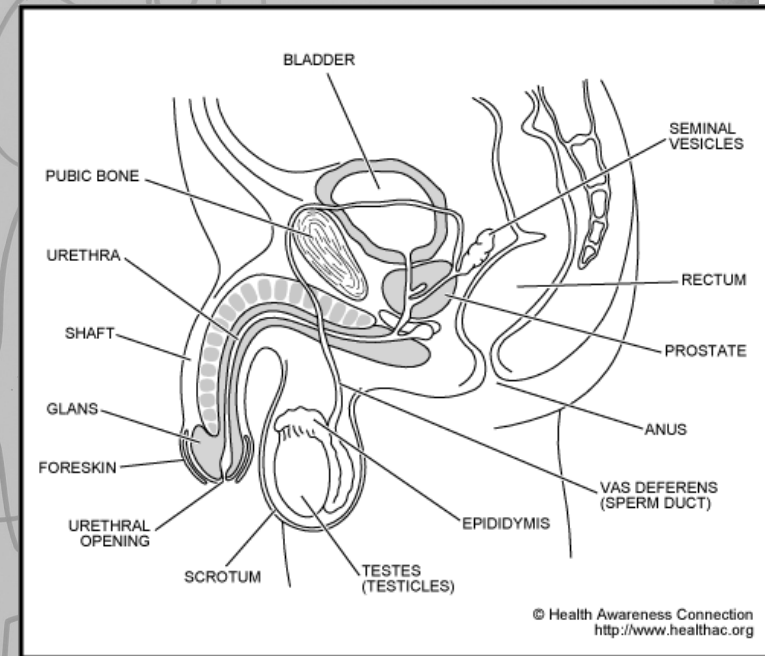
T G S L V D L T R A N S C D
 K W B L B O B F R N C E E D
 H N Q D V R Y S H U Y U W M
 N G U E X R E E U Q A J S V
 G V U J O N S X Z Z B A H E
 S I N E P J Z M L H G O B T
 H S S I O A A W J R J R R B
 R T T A K R S E O K N A X T
 Z R R U Q B H K K A N F O U
 L A A Y U D L Q M S T C N V
 M P I U E N R O S M T P J L
 H O G V M S W E W E K N O E
 U N H B K S X N H J M L T S
 Q W T N N U H V M J O A P B
 T R A A A L Z V A O B B F I
 D K R L A T G K M R D X L A
 O T E S V M C H U O X N R N
 X E D H X I T T F S U I O E
 V B N D A H S F F B S E C C
 C Y E I D A G D A A Q T D R
 Q A G B M E E P F F S N Z Q
 K M S X L V J E G J D L K L
 Z B N Y U O T O E E I A J K
 B N A A S Y R Y N M T U S I
 P G R E T T O T D U P X S N
 R U T R B C A P E M H E E K
 J F R U R L S A R Y S S N Y
 E F P S D H P N Q O J I T K
 E I B A F Q H S U Y U B O X
 J S M E S U B E E C Y B H B
 O H G L Y P F X E L F J A F
 A X R P E M P U R I A Z O F
 W N N A M S N A R T W V I M
 K X C C T N F L E I S T I B

TRANS
 TRANSGENDER
 TRANSSEXUAL
 GENDERQUEER
 FTM
 MTF
 TRANSWOMAN
 TRANSMAN
 QUEER
 STRAIGHT
 BISEXUAL
 PANSEXUAL
 GAY
 LESBIAN
 HOTNESS
 BITS
 JUNK
 CLIT
 PENIS
 PLEASURE
 LOVE
 LUST
 ORGASM
 STRAPON
 YES
 NO
 MAYBE
 MASTURBATE
 SEX
 BLOWJOB
 SAFETY
 DENTALDAM
 CONDOM
 KINKY

yes/no/maybe list

ACTIVITY	YES	NO	MAYBE	NOTES
giving oral sex				
receiving oral sex				
being penetrated				
penetrating partner				
having chest touched				
having genitals touched				
touching genitals				
kissing				
having body kissed				
using a strap-on				
receiving a strap-on				
giving hand job				
receiving hand job				
giving anal sex				
receiving anal sex				

The head, or glans of the penis is the most sensitive bit because it has the most nerve endings, like a clit.



The zine *Fucking Trans Women* by Mira Bellweather has really awesome and in-depth info about penises and pleasure for trans women.

A penis doesn't have to be hard to be sexy. And it doesn't have to be hard to put a condom on it. It's your body, you get to do what feels good.

fill in the blank: sexy body words

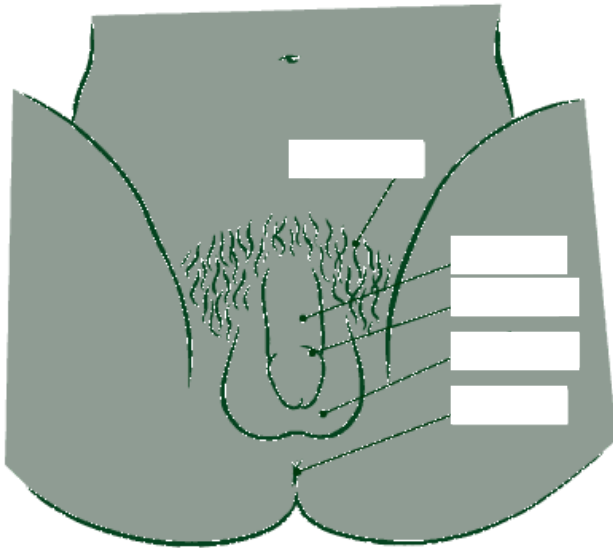
For some people using the "medical" terms that are connected to a gender they don't identify with is really uncomfortable. No problem—this is where we get to make up our own words. Language is powerful and we can use it as a tool to feel more comfortable in our own skin.

What words do you use to talk about your body?

What words would you want a hot date to use?

word bank

cock	penis	clik
clit	vagina	boycunt
dick	parts	
pussy	genitals	-----
bits	funparts	
junk	stuff	-----
ass	fronthole	
hole	backhole	-----
bonus hole	jam	-----



yes/no/maybe list

One of the most amazing things about being trans, and almost sometimes one of the most frustrating, is that when it comes to sex there are no rules. There is no one way to have sex. And there is no way to know what each person (or yourself for that matter) likes and feels comfortable with until you ask. This is where the yes/no/maybe list comes in.

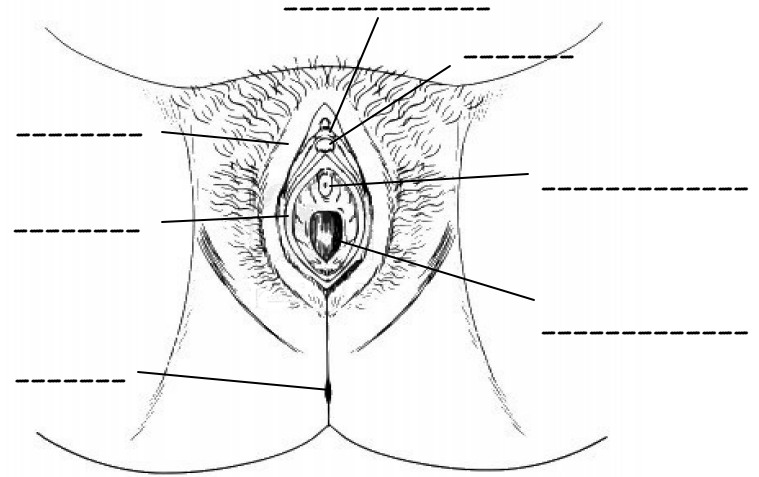
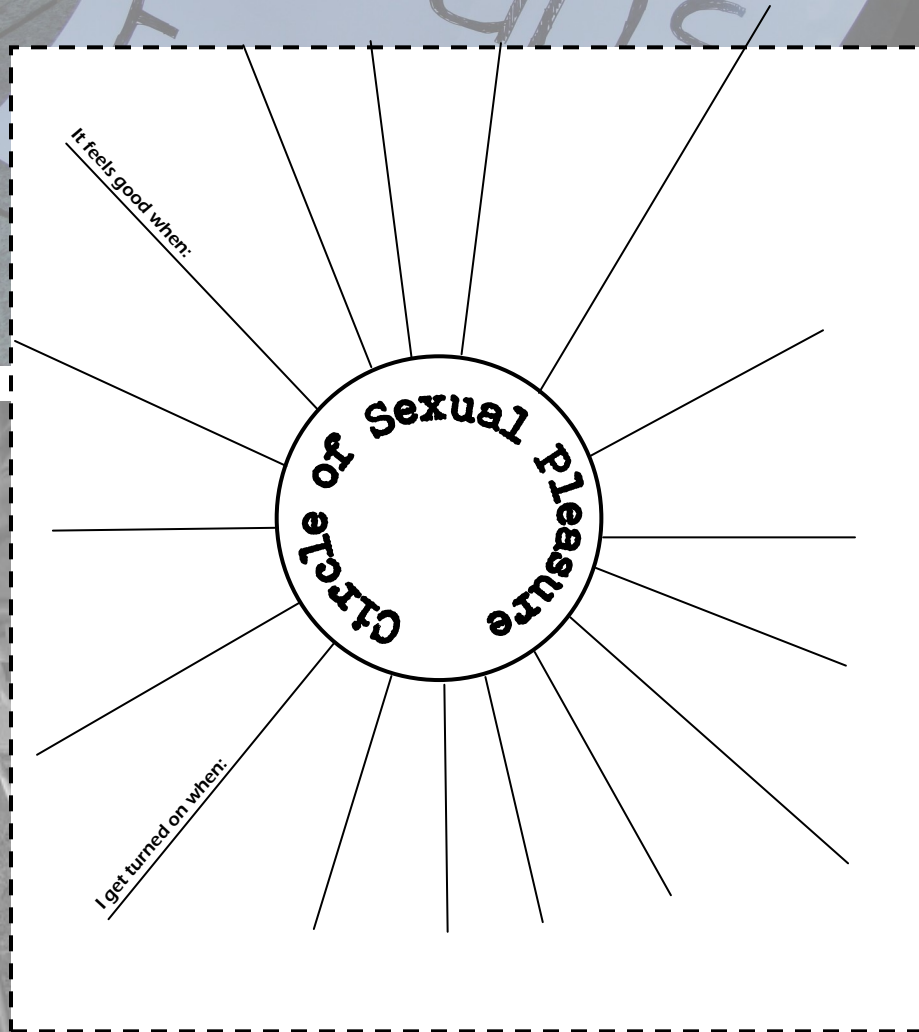
Below is an example of yes/no/maybe list and on the next page is a blank one for you to fill out. Or, make a copy and fill it out with a special friend. Think about what feels really good, what sometimes feels good, and what you're not comfortable with. If you and your boo both complete the lists you can compare notes. It's ok to say what doesn't feel good and expect that be respected.

Your yes/no/maybe list can also include things like taking a bath, getting a massage, watching porn together, being tied up, or spanking.

ACTIVITY	YES	NO	MAYBE	NOTES
giving oral sex	x			!!!!
receiving oral sex			x	Depends how I feel about my body that day
being penetrated			x	Only with people I know well
penetrating partner	x			
having my chest touched		x		

Make your own circle of sexual pleasure!
what's on your menu?

You can also have your hot date do one and
compare and contrast!



perception

You get to choose how you want your body to be talked about and touched. Many trans folks talk about feeling like their orgasms change and how they want to be touched changes after taking hormones. Lots of MTFs want their penises talked about and treated as clits. Lots of FTMs want their clits talked about and treated as cocks. People who are genderqueer or have non-binary identities might want either of these or something completely different.

Practice by jerking off. What do you like? What don't you like? It's not what you have, it's how you use it.

toys

Toys can be a way to feel more comfortable with your body when you're having sex. Some transmen don't want their clit or vagina touched, but can cum wearing a strap-on. Some transwomen aren't into penetrating with their bits, but really get into wearing a strap-on.

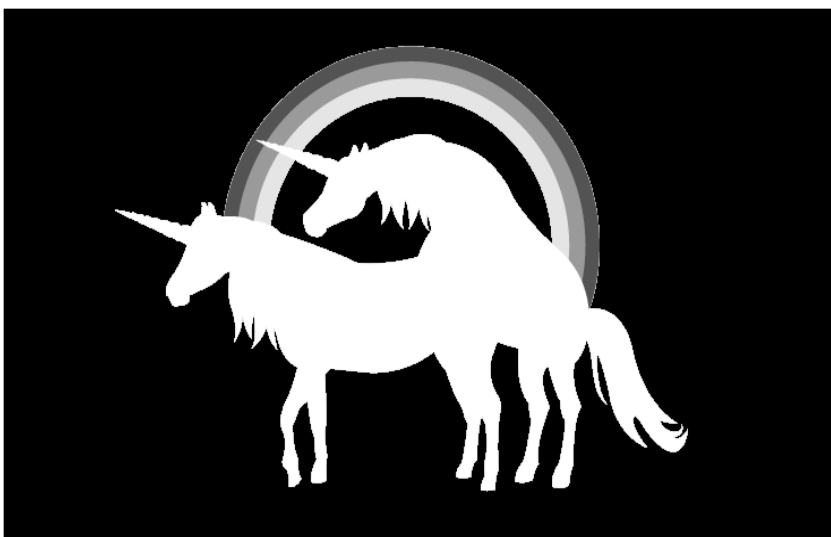
goal v.s. pleasure a.k.a. broadening the menu

goal-oriented sex = putting it in + orgasm

Most people have been taught a goal-oriented model of sex. Goal-oriented is all about scoring, winning, and getting to home base. If you don't get there, you've struck out. And if you do make it it's expected by mainstream culture that you've having heterosexual sex with a penis and vagina and you've both orgasming. No orgasm and it doesn't count. Anything besides a penis and a vagina and people just get confused. This model says that there's only one kind of "real" sex.

pleasure-oriented = focus on feelin' good

A pleasure-oriented model believes that if it feels good, do it. There is no scoring-or rather-you get to score each and every time. Any combination of body parts and behaviors equals real sex. Sexologists know that people who think about sex in terms of pleasure instead of reaching a goal, have better sex.



circle sexual pleasure

This is a visual drawing of how to have pleasure-orientated sex. Instead of a goal or finish line that you're trying to reach, it's a circle with as many arms as you can think of. Each arms contains a behavior that you consider both sexual and pleasurable. And they are all "real" sex. You can do of these activities and you're having "real" sex or you can do a bunch as once and you're still having "real" sex. There's no right order and there isn't one way to have "real" sex!

Here's one example of what could be on the circle of sexual pleasure. For this person a hot date could be holding hands and cuddling, or it could be making out and watching porn, or it could be oral sex and orgasm. Any combination is a good date with less pressure and more pleasure!!

