

What is Safer Sex?

HIV is spread through direct contact with another person's body fluids: blood to blood (needle sharing, menstrual blood, bleeding wounds), semen (vaginal, anal, or anal sex), and vaginal fluids (vaginal or oral sex).

There is NO RISK in masturbation, erotic massage, unshared sex toys (or used with a condom), cybersex, phone sex, erotica, sharing fantasies, body rubbing, and cuddling.

By cutting the tip off and cutting a condom length wise, you can unroll it to create a latex dam for oral sex or anal rimming. You can purchase Glyde Lollyes,

How do I protect myself?

Think about the situations where you are most likely to practice unsafe sex and examine ways in which you can prevent these situations from occurring. Think about the feelings or issues that keep you from having safer sex. You can work through these feeling with your peers, with sexual health counselors or outreach workers. Take responsibility for yourself, plan in advance, always keep condoms available, talk about sex and negotiate for safer sex, and have fun. Safer sex is fabulous sex!!

What about HIV testing?

There are several HIV tests available today; call your local public health clinic or HIV organization to find out what tests are available in your area. Many departments provide anonymous testing. If you are HIV positive, knowing your HIV status can help you have access to medications to help fight HIV and to keep your immune system working.

Love for Life with Latex!

extra large, silky latex squares for oral sex or rimming. Putting lube on the side touching your partners genitals will increase their pleasure. Non microwavable kitchen plastic wrap can also be used in squares or even as safer sex "underwear."

Use latex gloves if you put your fingers or hands into someone's vagina or ass.

Always keep condoms available at room temperature or in a condom key chain. Sex with latex can be terrific!! Condoms can also prolong sex. You can make condoms part of your fore play, for example your partner can put the condom on with their mouth. You can use flavored condoms or flavored lube for oral sex! If you put a small amount of lube inside the condom it will increase your sensation and pleasure. Use plenty of lube on the outside for wet, wild sex with your partner.

How to Use Condoms

Always use condoms with dildos and dicks. Check the expiration date. Be careful opening the package. Be careful with fingernails, don't tear or poke holes in the condom. Put a few drops of lube in the condom. Pinch the tip of the condom to create space for semen. Pinch the air bubbles out of the tip of the condom (it is friction against air bubbles that causes most condom breaks.) Roll it all the way to the base of the penis. Smooth out any air bubbles. Lubricate the outside of the condom and enjoy!!

Pull out before the penis softens. Don't spill the semen—hold the condom against the base of the penis while you pull out. When used on a sex toy just roll on, lube up, and go! Change condoms before changing partners or holes! Never reuse a condom.

TranSensuality Safer Sex Workshops

Service providers or trans people can host safer sex workshops where participants discuss issues and feelings surrounding safer sex, safer sex negotiation skills, and different prevention methods. For technical assistance in hosting a workshop or for additional copies of this brochure, contact TOP at 217-367-1033, email: tsplendor@prairienet.org
To discuss transgender sexuality on-line <http://clubs.yahoo.com/club/transgendersplendor>

TranSensuality

Protecting Yourself doesn't have to be a Drag!

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Myths about HIV/AIDS and Trans People

Myth: *AIDS is a gay disease and straight people are not at risk.*

FACT: Infection rates are higher for certain sex acts, but AIDS doesn't discriminate on the basis of sex, gender, or sexual orientation. If you engage in unsafe sex or share needles you are at risk.

Myth: *People with HIV look sick.*

FACT: You can't necessarily tell if someone has HIV. People with HIV disease are living longer and getting sick less. You have to assume that every one is potentially HIV positive or can have an STD. Always practice safer sex.

Myth: *HIV/AIDS is a punishment for being Transgender or gay, so I am going to get AIDS anyway.*

FACT: HIV is a virus spread by unsafe sex or needle-sharing. Anyone can get AIDS.

Are Trans People at Special Risk for HIV?

Yes, there are several factors that put Trans people at greater risk. Gender identity conflict or discomfort with one's identity or body can make Trans people repress their sexuality and may inhibit Trans people from learning about our bodies, sexuality, and safer sex practices.

Understanding and becoming more comfortable with our identity, body, and sexuality will lead us to take better care of ourselves. This includes everything from eating right, exercising, cutting down on unhealthy habits, and protecting yourself from HIV and STDs by practicing safer sex every time.

The social stigmatization of Trans people leads to shame, depression, and isolation which may contribute to alcohol and drug use. These in turn can interfere with decision-making and negotiating safer sex.

The need for affirmation and acceptance of one's gender identity (to look and feel attractive) may inhibit safer sex negotiation and encourage risky or unsafe behaviors.

Sex role stereotypes can put Trans people at risk if MTFs think that bio women are not assertive or FTMs think that bio men don't use condoms. There are all types of women and men—make sure that you are the type that takes care of yourself and your partner. Be assertive and insistent!!!

Trans people can increase their self-esteem and empowerment by seeking support and affirmation from Transgender support groups, online support chats, and by learning more about Transgender people and their proud history in many cultures.

Trans people need to seek alternative ways of affirming their gender identity. Transgender support groups can help. All people need to learn what sexual acts are unsafe and learn sexual negotiation skills. Projects like TOP and sexual health counselors can help answer questions about safer sex, teach negotiation skills, and help work through issues and feelings that keep us from having safer sex.

Transgender people who participate in the sex industry to survive or pay for their medical expenses are at high risk for HIV.

If you are homeless or unemployed and trading sex for survival needs, it is your right to receive social services from agencies such as public health, homeless shelters, and public aid. You deserve these agencies' services and assistance. It may help to take a friend or advocate for support.

If you participate in the sex industry, insist on using a condom. Better yet, learn to put one on with your mouth! That is a skill that few men can resist! No amount of money or services is worth your life. Sharing needles for hormones will also put Trans people at risk. As with injectable drug use, sharing needles can spread HIV. Keep your own needles and syringes to prevent HIV or hepatitis infections. If you must share, clean your needles and syringes in bleach and water first.

You can learn to protect yourself!

Trans Bodies Have Unique Physical Issues

- ⇒ Post-operative MTF Transsexual's new vaginas do not lubricate adequately and need extra lubrication
- ⇒ Cross-dressers who tuck (taping up the penis) may have abrasions that put them at additional risk
- ⇒ FTM's who have had a metoidioplasty or phalloplasty may need to use finger cots or female condoms rather than regular male condoms because of size

These special issues need to be taken into account and discussed with partners. Use latex and lots of lube for safer, hotter sex.

Common Feelings Which Inhibit Safer and More Enjoyable Sex

- ♥ Fear of losing a partner
- ♥ Low self-esteem
- ♥ Embarrassment
- ♥ Shame
- ♥ Passion
- ♥ Shyness
- ♥ Desire to be attractive
- ♥ Need to be wanted
- ♥ Anger or frustration

People who are comfortable with their sexuality are more likely to protect themselves and to enjoy sex more. If feelings or drug use interfere with your safer sex plans, make an appointment to talk with a counselor.

