

**HOT,
SAFE SEX
FOR
TRANS-FEMININE
FOLKS AND
PARTNERS**



Photo by SHEBA, a program of Diverse & Resilient



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Language Barriers

There are limitless possibilities for relating to our own bodies and others' through language and touch. Many trans people have specific (non-traditional) names for body parts. (Many non-trans folks have names that aren't common, too!) Be creative and come up with names together, or follow your partner's lead on how they label various body parts.



Photo by Cary Costello

Getting the lay of the land before getting laid

Holes

We all have a few possible holes that we may or may not find erotic. Holes come in many sizes, shapes, and configurations.

- Some holes generate their own fluid, some don't.
- Some holes have teeth nearby.
- Some holes are surgically constructed (vaginoplasty).
- Some holes have been surgically closed (vaginectomy).
- Some holes are well used, while others are closed for business.

Insertables

There are many enjoyable insertables that come in a variety of sizes and shapes and configurations.

- Some insertables (dildos) are detachable and reserved for just one person.
- Some penises stay soft, but are still erotic.
- Some cocks are on bodies that also produce vaginal fluids.
- Some penises ejaculate sperm or generate pre-cum.
- Some come in sizes that don't easily fit into condoms.

Other body parts

Not all sex involves holes or insertables. Here are some other things people use to connect sexually with one another.

Fingers. Tongues. Clothes. Whips. Food.
Fists. Feathers. Rope. Silk.

Taking Head Trips

Sometimes we so long for affection that we sacrifice safer sex in hopes of gaining "love" or human physical contact. And sometimes the discomfort we feel about our gender and body can make us repress our sexuality or inhibit us from learning about our bodies, sexuality, and safer sex practices. Sometimes we participate in sex for survival.

Whatever our past experience or current needs, we all deserve to be treated respectfully and act in ways that keep our bodies safe from harm. Be assertive and insistent on safer sex and needle use!!! No one is worth dying for.

HIV (the virus that causes AIDS) and STIs (Sexually Transmitted Infections) are aggressive equal-opportunities: they will happily spread into any available body, regardless of that body's configuration, gender identity, or sexual orientation. HIV and STIs won't be stopped by the identity of you or your partner(s). You can only keep HIV and STIs from spreading by knowing how they move from one body to another, and making sure that when you body and another's hook up, the two of you don't create a perfect opportunity for viruses to travel from one person to another.

ANYONE.

Who can get HIV or STIs?

I am not at risk. Right?

... When it comes to having hot, playful, creative sex, the options involving one, two, or even more trans bodies are endless! Ideas about the wonderful things one can do with a trans body far outstrip available information about how to do those things SAFELY with bodies that aren't of the typical two-styles-fit-all variety. *Hot, Safe Sex for Trans-Feminine Folks and Partners* is designed to give explicit, detailed information about how to have safer sex if you and/or your partner(s) have a trans-feminine identity or bodies modified by hormones and/or surgery.

How HIV and STIs Are Spread



Photo by Don Shewey

- ⊙ Semen, blood and vaginal fluid can carry HIV or STIs.
- ⊙ HIV and STIs are transmitted when infected body fluids come into contact with each other (any type of oral-genital or oral-anal contact, or any behavior where one person's genitals enter another person's body). It's also possible for HIV and STIs to enter through cuts, acne, or other breaks in the skin. In other words, using your bare hands – which almost always have some small nicks or cuts - to fuck with can be a means of transmission.
 - If you are inserting a penis or penis shaped body part or object into a mouth, anus, or vagina, it's safest to use a condom.
 - If you are sucking or licking someone's genitals (of any shape or configuration), it's safest to use condoms for "outies" and dental dams or plastic wrap for genitals with a lower profile.
 - If you are inserting your finger(s) or hand into someone's anus or vagina, it is safest to wear gloves.
- ⊙ It doesn't matter if you identify as female, male, or another gender, fluids that comes from a penis or vagina are body fluids you need to be aware of if you are having sex with others.
- ⊙ Sharing needles used for silicone, hormones, insulin, or other prescription or non-prescription drugs is high risk for transmitting HIV and other viruses like hepatitis.
- ⊙ Saliva is not a major carrier of HIV, but it can transmit herpes and other infections. Many people take the risk and enjoy wet kissing without too much concern. Cuts in your mouth, gums, or lips can increase your risk.

Trans-bodies are hot bodies. Keep yours and your partner(s) safe.

Made to Order Vaginas

If your vagina is younger than you are, it may be exceptionally friendly to HIV and STIs because its walls aren't as stretchy and self-lubricating as some others are. Protect that treasure! Ensure all guests are wrapped before they enter, and use plenty of lube.

Connect With Others

Disclosure

Disclosing (coming out as trans) is a personal choice. Some trans-feminine folks are eager to come out as soon as they start flirting, while others choose to never reveal their trans status. It is your right to decide what's best for you and you might make different choices in different situations. Remember that coming out (or not) can be a safety issue, so be careful and use common sense.

If you choose to disclose, you can be blunt or subtle; you might have a standard line you use with everyone, or have unique conversations with each new potential partner.

Negotiation

Some trans-feminine folks have low self-esteem and/or limited sexual experience. It can be difficult to be assertive about safer sex or even about your sexual likes and dislikes if you are shy or lack confidence. It's your right to keep your body safe and enjoy the type of sex you want to have. Negotiation can be through spoken words, body language, email exchanges, or any number of ways that allow you to state your preferences and discuss how to stay safe.

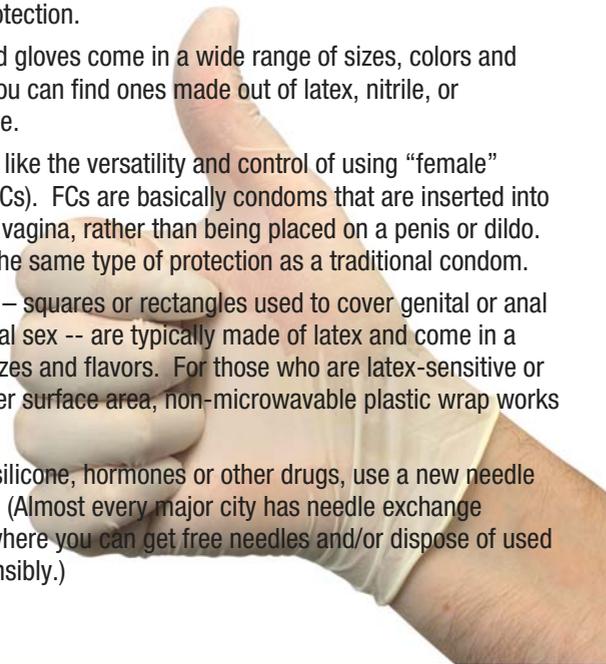


SHEBA, a program of Diverse & Resilient

Protect Yourself

Barrier Basics

- Condoms, gloves and dental dams are the three most common items used for protection.
- Condoms and gloves come in a wide range of sizes, colors and textures. You can find ones made out of latex, nitrile, or polyurethane.
- Many people like the versatility and control of using "female" condoms (FCs). FCs are basically condoms that are inserted into the anus or vagina, rather than being placed on a penis or dildo. They offer the same type of protection as a traditional condom.
- Dental dams – squares or rectangles used to cover genital or anal areas for oral sex -- are typically made of latex and come in a variety of sizes and flavors. For those who are latex-sensitive or want a larger surface area, non-microwavable plastic wrap works well.
- If you inject silicone, hormones or other drugs, use a new needle every time. (Almost every major city has needle exchange programs where you can get free needles and/or dispose of used ones responsibly.)



Pick One or the Other

Alcohol and drugs can impair good judgment and informed decision-making. Consider enjoying either sex or alcohol/drugs, but not in combination.

Silicone Safety

If you inject (pump) silicone, it's important to use a new needle every time. Needles and syringes are meant to be used only once, by one person. Sharing needles/syringes can infect you or someone else with HIV, hepatitis, or a bacteria. [Injecting silicone carries other longer-term health risks too, as well as the potential that the silicone may move from the place it was originally injected.]

What does it mean?

If your body is touching someone else's genitals, anus or mouth — or if they are touching yours — use a barrier to keep fluids from moving from one person to another. If you want to think less about all the details of what carries certain level of risk, remember:

Fluid free = safe.

Be Prepared!

- Water-based lube
- Condoms
- Dental dams/plastic wrap
- Gloves
- Ample confidence
- Readiness to negotiate
- A clear head
- Desire to have fun