



Our Bodies, Sex, & Healthy Relationships:

A 'Zine For Transgender and Gender Nonconforming Teens

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|---|--|
| <input checked="" type="checkbox"/> MALE | <input checked="" type="checkbox"/> TRANSBOY |
| <input checked="" type="checkbox"/> FEMALE | <input checked="" type="checkbox"/> TRANSGIRL |
| <input type="checkbox"/> ARE YOU SERIOUSLY GONNA MAKE ME CHECK A BOX? | <input checked="" type="checkbox"/> GENDERQUEER |
| | <input checked="" type="checkbox"/> YES, PLEASE! |



Trans Youth Equality Foundation...

Stands with the Department of Education in many states, Planned Parenthood, Advocates for Youth and our own youth in our belief that open and frank discussion about sex education is important. However, we would like to see more open and relevant dialogue about sex ed for non cis teenagers. Studies show that open dialogue about sex and sexual health with parents, advocates, and providers, prevents premature engaging in sex ,safer sex practice, lower pregnancy rates and more honesty. We want to empower trans youth to be part of these positive results. **BODY POSITIVE!** That's what we're talking about!

Susan Maasch
Co-Executive Director, TYEF

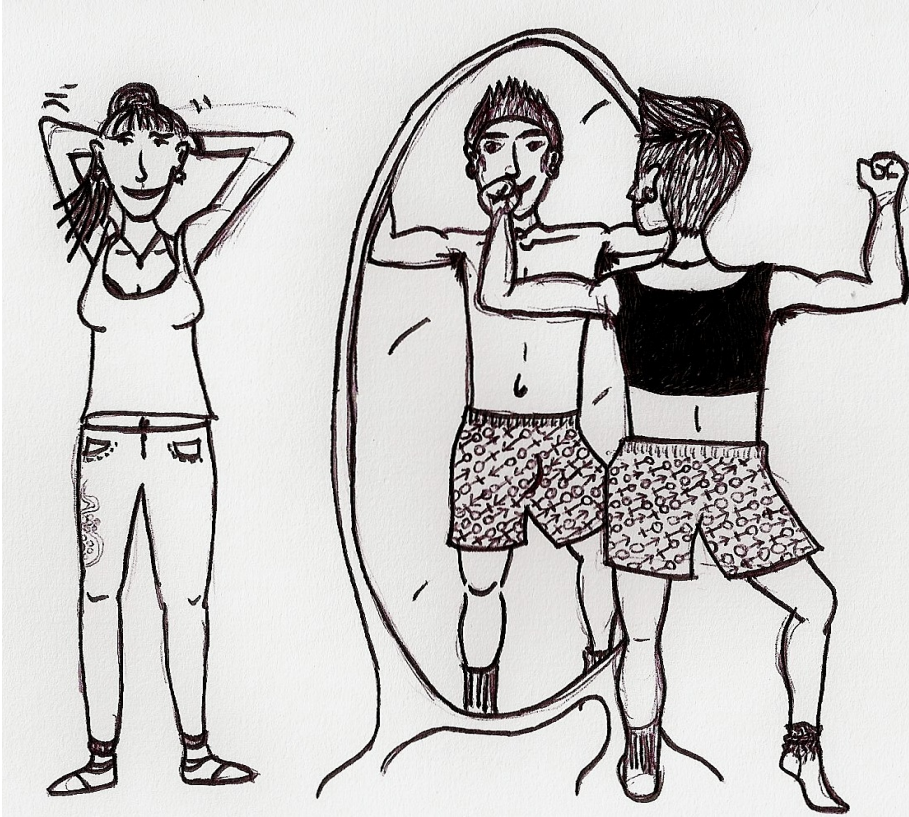
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Cover photograph (bottom) by Jess Dugan.

Some Questions from Trans Youth to TYEF:

“How will I know when I'm ready to start having a relationship with someone?”



“What do trans guys who are on T for awhile look like down there? What do they like done?”



Original artwork by FTM youth.

“How do I have a conversation about things I want to change in my relationship with my partner?”

“If a transman is in a 'gay' or 'queer' relationship, how do they have sex basically?”

Dysphoria-- the feeling that your physical body doesn't match up with your affirmed gender-- can be a serious mental block on self identity, but can also make it difficult to be intimate with a partner or feel physically comfortable in a relationship, whether gay, straight, bisexual or somewhere in between. Here we list some "passing" tips-- tricks and strategies that have worked for other transmasculine and transfeminine identified folks when they are trying to manage dysphoria.



REMEMBER: it's not about hiding, and it's not just about passing; it's about finding a way to feel good and have fun in your own skin!

BODIES

♀ OUR



Binding

For FTMs, binding the chest can be a big relief for dysphoria. Here are some tips:

-Sports bras or shirts made from thicker spandex can flatten, but many FTMs will buy a **binder**, which cost between \$20-\$40, and can be ordered online through sites like **underworks.com**.

QUICK TIP: Plaid is your new best friend. Wear checkered or patterned shirts for the illusion of flatness, even when binding loosely.

WHEN ACE-ING THE COURSE IS A BAD THING
Some FTMs will try binding with ACE bandages. But these are made for medical use-- specifically compressing an injury. The bandages don't have the necessary give to let you breathe, and can damage ribs and lungs. **DO NOT USE them!**

-Can't fork out the cash for a binder? Check out inabind.transactiveonline.org, a free binder giveaway program!

Packing

Not everyone packs, but it can be invaluable for an FTM with serious bottom dysphoria.

Packers are silicone replicas of a penis and testicles that can be worn inside briefs for a "bulge" in the pants. They are sold online, but can be expensive-- usually between \$40-\$60. You can also try packing with a pair of socks, balled up and tucked into a tighter pair of boxer briefs. It can give a bulging effect without moving around too much. Don't forget to practice around the house first, so your junk doesn't end up escaping!

Padding

On the flip side from tucking is padding. Or if you have some breast tissue, try pushing things "up" to fill out women's clothing with a **push-up bra**. You can also try a **pocket bra**, which has small pockets to hold pads sold in stores, keeping everything in place.

AN OFF-BEAT MAKE-UP TIP:

Experiment with a darker shade of foundation-- on your chest! Use a small amount of foundation slightly darker than your skin tone where your cleavage would be, and it can give the appearance of a fuller chest.

Tucking

Tucking the genitals behind and out of view can give the appearance of flatness. Try these tips:

-A **gaff** is an undergarment for MTFs who want to flatten the "bulge" when wearing women's clothing. It is made with thicker cloth, and can be expensive and uncomfortable for some people. Try wearing two pairs of underwear if a gaff is not on your radar.

-Some MTFs will use tape, but make sure you are using **medical tape only**-- it's the only kind specifically made for skin. Taping can sometimes be more of a hassle than a help, especially if you're using a public bathroom-- tape cannot be easily reused. Plan ahead!



Photograph by Jess Dugan.



•Dating Bill of Rights•

I HAVE THE RIGHT TO:

1. Trust myself above all others.
2. Be treated well by anyone I date.
3. Refuse to date anyone.
4. Be safe on a date.
5. Pay my own way on a date.
6. Be assertive on a date.
7. Use protection during sex.
8. Agree to have sex.
9. Refuse to have sex.
10. Be respected as a person.
11. Disagree with my date.
12. Say NO.
13. Get angry.
14. Fulfill myself with or without a partner in my life.
15. Know who I am.
16. Know who I'm dating.
17. Determine who I will date.
18. Use my own transportation on a date.
19. Walk away from any situation my instincts tell me to.
20. Prosecute for battery and sexual assault.
21. Receive emotional support and understanding.
22. Have a healthy dating relationship.
23. Control my own destiny.
24. Be loved.
25. Be cared about.
26. Experience intimacy.
27. Maintain high self esteem.
28. Trust myself above all others!

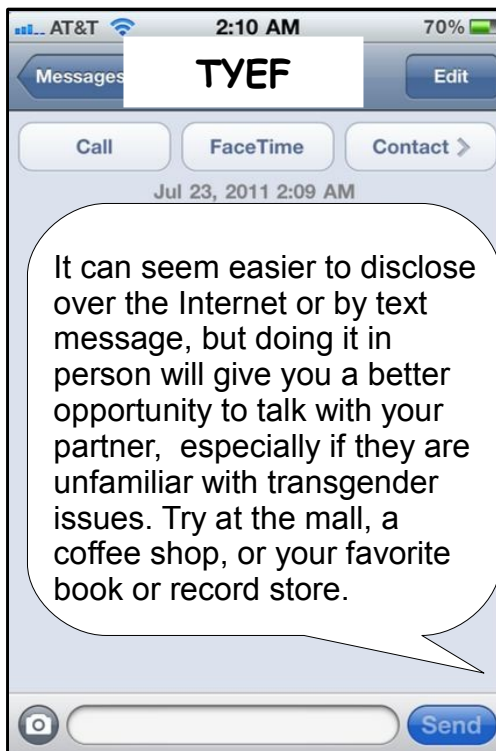
If you live stealth and not everyone knows you are trans, coming out to a date or a potential partner can be very stressful, but it doesn't have to be! Here are some things to remember:

1. Disclose in a public place. Even if you've been with the person for a long time, it might still come as a shock to them.

**HOLD ON!
PUT DOWN THAT PHONE!**

2. Someone who reacts badly-- meaning that they display excessive anger, disgust, or even violence or the potential for violence-- is not a partner you want to be with! Think of it as a foolproof test for weeding out the bad apples from the dating pool, and then leave those apples far, far behind.

3. Think about disclosing early. Coming out to your partner early on relieves you of the need to hide your identity, and it can give your partner time to process the information. Waiting until you're under the covers may seem the easiest way to go, but it is not worth the risk. Being transgender is something to be proud of and a valuable part of who you are, but many cis (not trans) people have not dated a trans person before, and need some time to adjust to the concepts. You will be happier dating an awesome sexy ally who has had time to process and maybe even learn a little bit ahead of time about getting down with you!



...but what about sex??

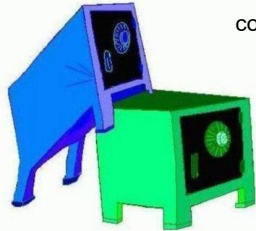
"Sex for me is all about trust. I decided I was ready when my partner and I were able to talk openly about our boundaries and what made us comfortable and feel good. Because we were able to be honest with each other, we fostered a relationship that hinged on our mutual respect. Keeping our lines of communication open at all times made our relationship stronger and our sex better!"

--The Hare



Being open with your partner is important for safe sex.

Try to bring up the things get sexual of you; if you're the moment, it to talk about want to go, or whether or not been tested. For advice topics, you can find a Planned Parenthood near you by calling 1-800-230-PLAN (7526); they can help you get access to birth control, condoms, STI (Sexually Transmitted Infections) testing, or answer tons of questions and concerns.



SAFE SEX

conversation before between the two in the heat of can be hard how far you contraceptives, you both have on any of these

"I know that I'm not ready to have sex yet. My partner and I have a loving relationship that respects my comfort zone. I've told my partner that I only feel comfortable kissing and holding hands, and when he asked me why we discussed what it feels like to struggle with dysphoria; being open with my partner did not make the feelings go away, but it helped us



understand each others' needs. We like to be intimate in different ways: by writing love letters, holding hands, making dinner together, and planning special adventures."

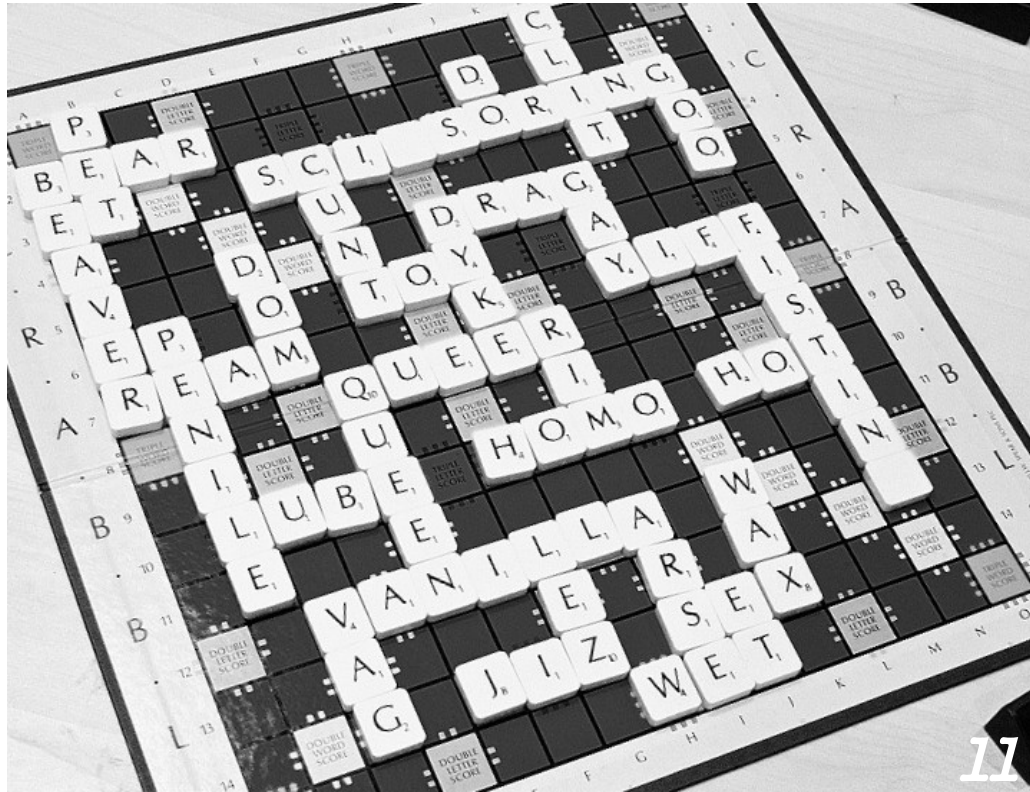
--The Tortoise

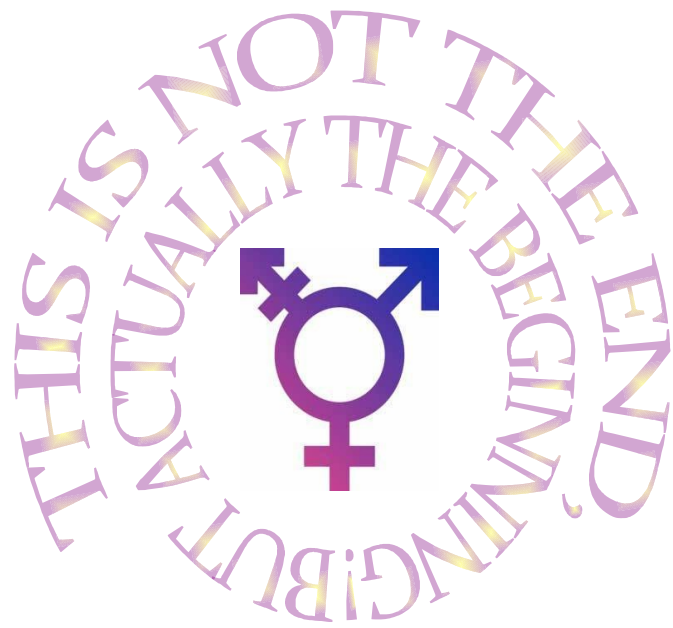
Pregnancy: It's a Real Issue

For those of us that are pre-op, it's important to understand what our bodies are capable of. Contraception is important because biologically male bodies can impregnate biologically female bodies. Trans teens are just as likely to have an unplanned pregnancy as cis teenagers, and people in our community ARE dealing with these issues.

How you have **sex** is completely up to you and your partner, whether it involves your mouth, anus, vagina, penis, breasts, or fingers, or none of the above! It's all about **RESPECT** and **SAFETY**. Trying new things can be fun but sometimes scary, so just remember you can stop whenever you want. **NO ALWAYS MEANS NO. NOT SAYING NO ISN'T CONSENT.** Sex is only fun if all parties involved want it; if someone doesn't want it, it's rape. So if you ask us how we have sex, we say,

"We have consensual sex!"





CUT ALONG THE DOTTED LINES AND TAKE A FEW MINUTES TO WRITE DOWN A QUESTION ABOUT SEX. CAN'T THINK OF A QUESTION? TRY WRITING A PERSONAL STORY, SHARING AN ANXIETY, OR DRAWING A PICTURE OR CARTOON INVOLVING SEX! WHATEVER YOU MAKE WILL MAKE IT INTO THE NEXT EDITION OF OUR COLLABORATIVE ZINE!

