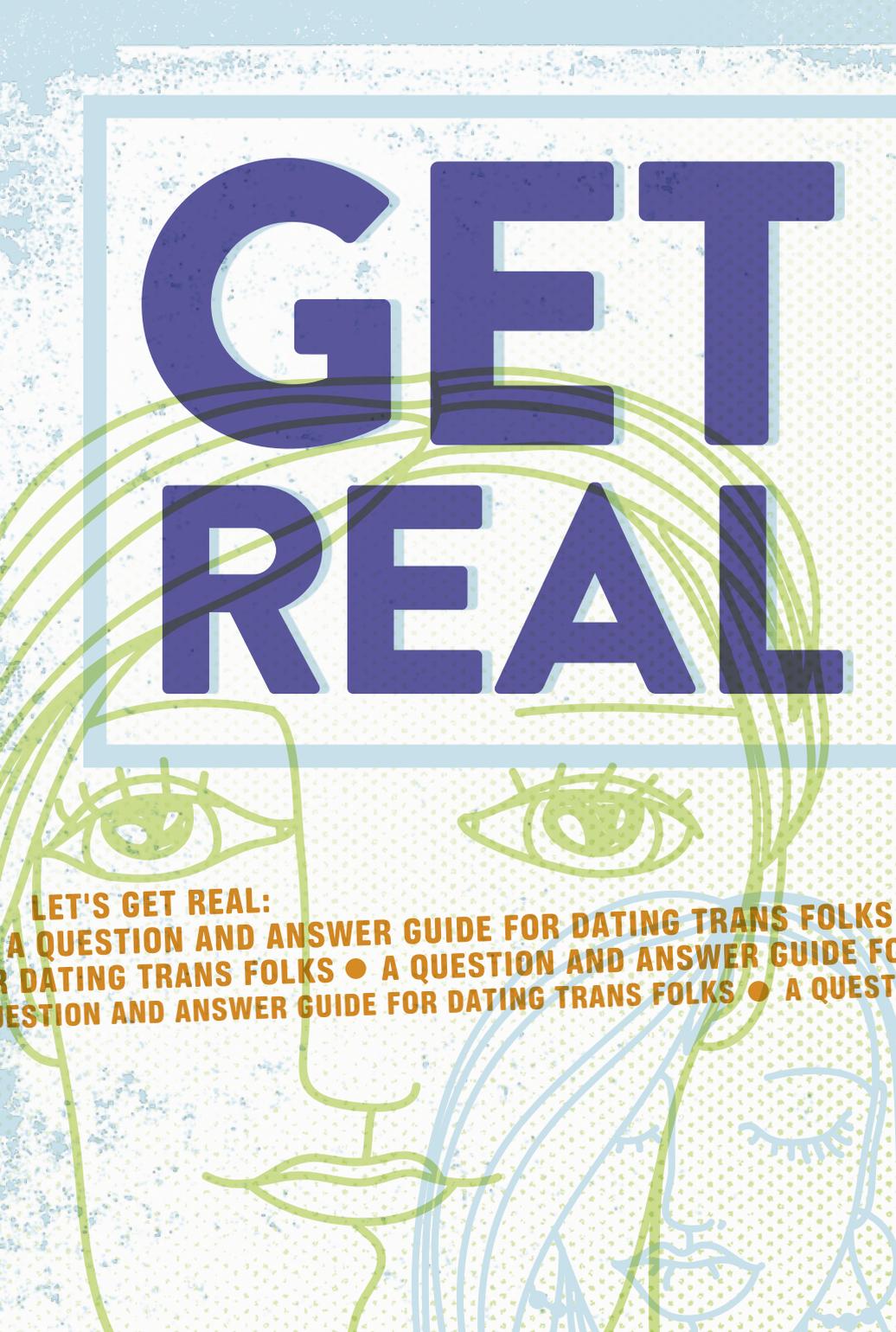
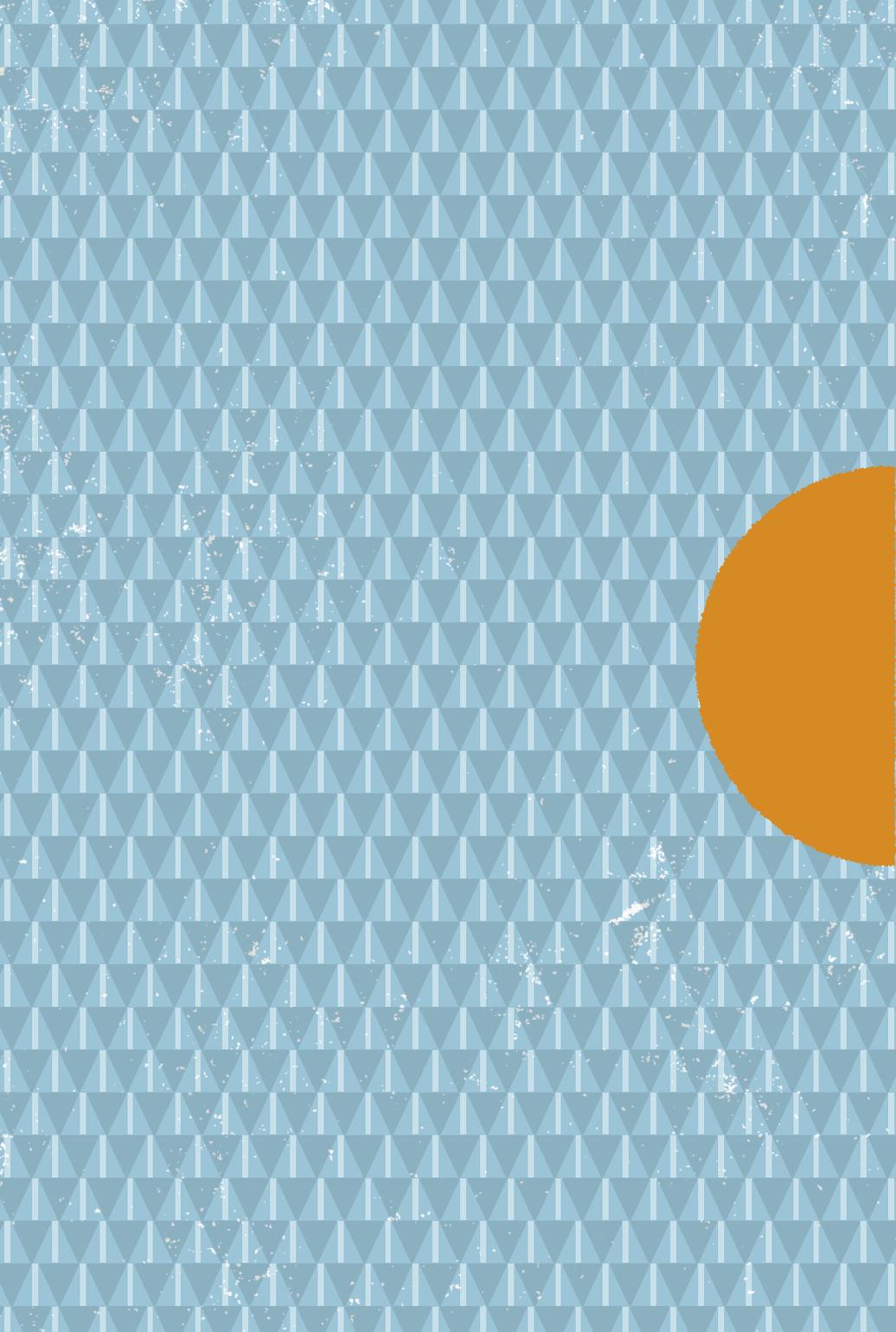


# GET REAL

The background features stylized line art of faces. A large green face is on the left, and a blue face is on the right. Both faces have large, expressive eyes and simple line drawings for mouths and noses. The faces are drawn with thick, hand-drawn style lines.

**LET'S GET REAL:  
A QUESTION AND ANSWER GUIDE FOR DATING TRANS FOLKS  
FOR DATING TRANS FOLKS • A QUESTION AND ANSWER GUIDE FOR  
QUESTION AND ANSWER GUIDE FOR DATING TRANS FOLKS • A QUEST**



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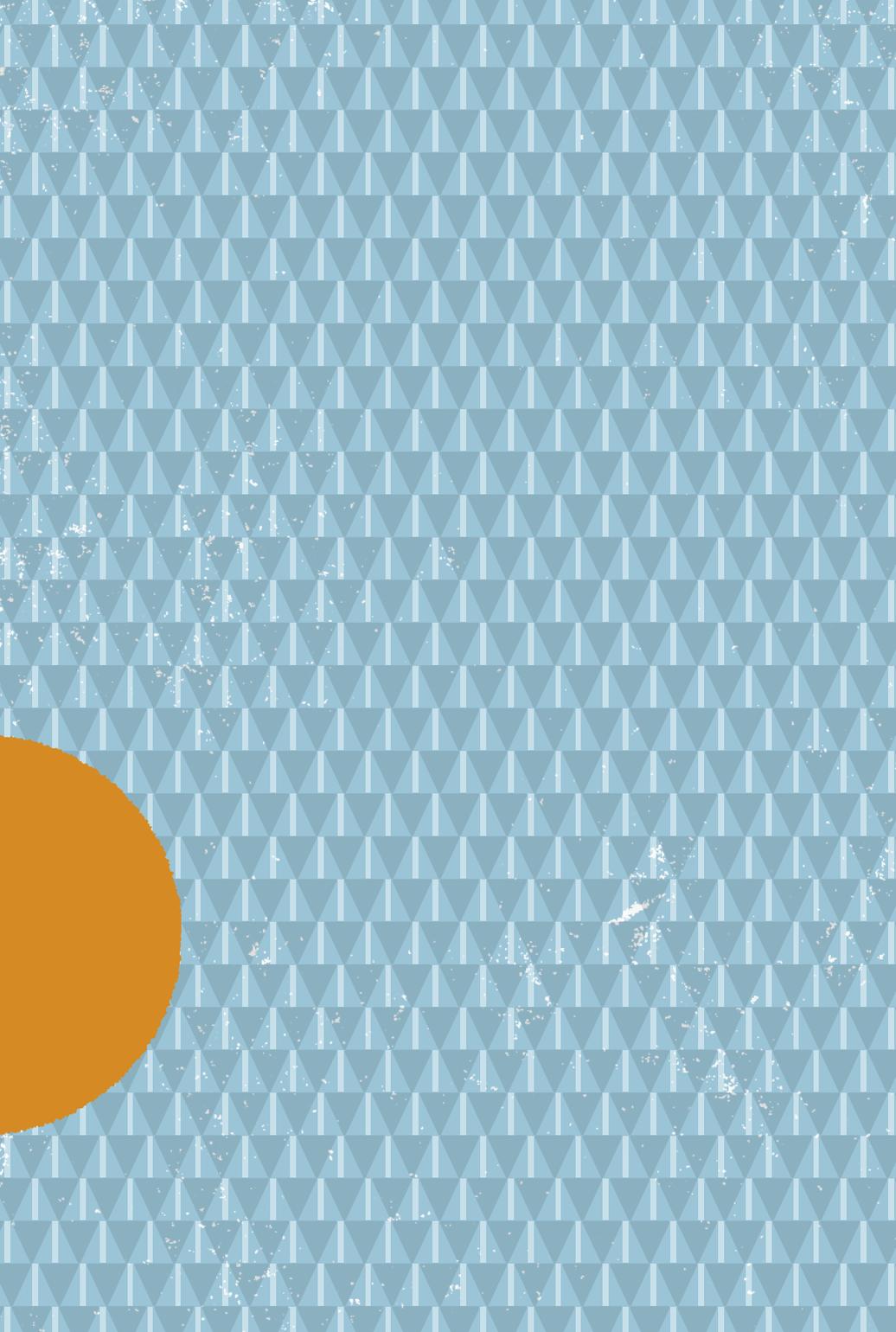
# WHO INSPIRED US

*Before we begin, we want to acknowledge some of the amazing trans specific sex and dating resources that inspired us to create this guide. We wanted to especially thank Morgan M. Page who originally created the trans women's safer sex guide Brazen, The Gay/Bi/Queer Trans Men's Working Group and everyone else who was involved in the creation of PRIMED: The Back Pocket Guide for Transmen & The Men Who Dig Them as well as Mira Bellwether's Fucking Trans Women: A Zine about the Sex Lives of Trans Women.*

*We fully acknowledge that some of these questions may or may not apply to you. We also acknowledge that there are other answers to these questions. As more resources and guides emerge, we hope that this guide is just one of several resources to help broaden your knowledge. Feel free to adapt this guide, cross out what's not relevant to you and even rip out some of the pages.*

**“Sexuality is a central part of our identity, and includes our feelings about our gender, how we express ourselves, our sexual orientation, our body image, and, yes, our sexual behaviors.”**

**- Logan Levkoff**



# A WORD ON WORDS

*Words that describe identities and body parts are very important. Words are powerful and can be used to celebrate, nurture, and affirm, but also to hurt, isolate, stigmatize, and abuse. We've chosen the words in this guide to be as broad as possible. When referring to those who are on the gender spectrum we use the word 'trans' to reflect diverse gender identities and expressions. For whatever reason you feel left out by or uncomfortable with some of the words chosen, we apologize and encourage you to replace the words that best reflects you.*

## **WHAT WE MEAN WHEN WE SAY 'SEX'**

Sex has different meanings to different people. Sex in this guide will be used as broadly as possible, and could include: fucking, sucking, licking, rubbing, scissoring, fisting, fingering, toys, kink, sexy talk, and all other sexual behaviours. We have sex for many different reasons including: intimacy, connection, sensations, pleasure, and for work. Sex also evolves within relationships. A person's relationship to sex, their own body, and intimacy with other people can shift and change over time.

## WHAT WE MEAN WHEN WE SAY ‘TRANS’

Trans refers to individuals who are born or assigned either female or male at birth but whose gender identity does not align or match with that assigned sex (either a little bit or not at all). These include trans men (assigned female at birth and are male identified) and trans women (assigned male at birth and are female identified), and also people who might call themselves any of these very different words: gender queer, gender fluid, ambi gender, and bi gender. And it can also include people who identify as Two-Spirit or Two-Spirited. Indigenous peoples may refer to themselves as being Two-Spirit acknowledging the energy of male and female spirits they embody.

Some trans people express themselves more stereotypically male or female, while others don't. Some trans people opt not to take hormones or have surgery (known as non-op), while others find that medical therapies are necessary for them (known as pre-op or post-op).

## WHAT WE MEAN WHEN WE SAY ‘NON-TRANS’

Non-trans people are individuals who are born or assigned either female or male at birth and whose gender identity aligns or matches. You may have seen or heard the words ‘cisgender’ or ‘cis’ to reflect non-trans people. For our purposes, we'll be using the term ‘non-trans’.

## NON-OP

(*aka. non-operative*) refers to a trans person who feels that criteria such as gender confirming surgeries or medical treatments not necessary to affirm their gender identity.

## POST-OP

(*aka. post-operative*) refers to a trans person who has had a form of sex reassignment/gender confirmation surgery.

## PRE-OP

(*aka. pre-operative*) refers to a trans person who has not yet undergone or completed surgery/surgeries, but feels that such surgeries are a necessary part of their transition. Some trans people don't have access to surgeries or hormones because of poverty, being under- or unemployed, or for other medical reasons that prevent surgery or hormone treatments.

# ATTRACTION

## A WORD TO NON-TRANS PEOPLE

*Being attracted to someone who is trans is part of the human sexual experience. How we respond to our attractions varies from person to person. For example, you might feel uncomfortable with these feelings or question your sexual orientation. You might even bury them altogether. You might be totally comfortable with your feelings but worried that you're going to 'do something wrong.' Or, you might find that you actually prefer trans or gender queer people as partners.*

*Attraction doesn't necessarily change who you are. It might just mean that your intimate and sexual desires don't match other people's rigid expectations, or even what your own had been! In other words, if you're attracted to someone who is trans, go ahead and give yourself permission to experience your full attraction, erotic and intimate.*

*This guide hopes to answer just some of the commonly-asked questions non-trans people have when it comes to dating or hooking up with someone who is trans. Consider this document as one source. We encourage you to reach out to others who may have a different perspective, including your local lesbian, gay, bisexual, trans, Two-Spirit, intersex, queer (LGBTTIQ\*) centre or trans organization.*

# ANSWERS TO SOME OF YOUR QUESTIONS

## **RESPECTFUL LANGUAGE, RESPECTFUL COMMUNICATION. NAVIGATING THE GENDER TERRAIN.**

As there are more resources about trans people, we wanted to highlight what we think are more commonly asked questions if your partner or lover is trans. Rather than being left to guess, make assumptions, or stumble with your words and pronouns (or worry that you will), this guide shares some tips around language and communication skills that you might find helpful.

### **HE? SHE? THEM? WHICH PRONOUN DO I USE?**

Different people use different pronouns to represent how they identify. These might include ‘he’ or ‘she’, or gender-neutral pronouns like ‘they’ or ‘ze.’ If you’ve just met someone, don’t make assumptions or use an offensive pronoun like ‘it.’ Keep it simple: avoid pronouns altogether and use their name or ‘they’ until you know otherwise. Trans people generally aren’t thrilled about being the only ones whose pronouns are constantly being questioned. So, unless you’re in a group situation where everyone is sharing their preferred pronoun, your best bet is to ask the person privately or ask a close friend of the person what pronoun they use. If you don’t get an answer, stick with using ‘they’ or the person’s name.

Some trans people don’t mind being asked directly, so if you aren’t able to find out another way (and for some reason this is information you need right now), you could ask a question as simple as: “Do you have a preferred pronoun?” or “So what pronoun do you use?”

Mistakes happen. If you slip up and use the wrong pronoun, just apologize and correct yourself. If you call undue attention to your mistake, you might make the situation even more uncomfortable.

## **IF SOMEONE ELSE USES AN INCORRECT PRONOUN, SHOULD I CORRECT THEM?**

You can ask your friend/partner/lover/hook-up if their pronoun is used only with certain people or if they use it 24/7.

Especially if they're just starting to transition (but even after that), the person may not be 'out' as trans to everyone, including certain friends or family members. In those situations, it's important to respect confidentiality. If they aren't correcting these friends or family members, it certainly isn't appropriate for you to 'out' them! The safest bet in these situations is to see how they react and follow their lead.

If you know that your trans friend/partner/lover/hook-up uses a pronoun 24/7 and someone else slips up, then yes, you should correct them. This is especially true for people who are invisibly trans, since it could put them in danger or make them very uncomfortable if others are using a previous name or pronoun that doesn't match how they look and live now. Old habits—in this case using the wrong pronoun—can change only when you and others replace and positively reinforce new ones.

*Invisibly trans refers to an individual who is acknowledged as their gender identity without an obvious or visible trans history. Some people refer to this as living 'stealth' or 'passing.' In this guide we avoid the language of 'passing,' though, because it sets it up as a kind of 'achievement' (e.g. either you 'pass' or you don't) tied into rigid gendered norms, which doesn't reflect how many people desire to express their gender. These folks may not identify as trans at all, but simply as their destination gender.*

## **WHAT DO I SAY IF OTHERS IN A GROUP ARE TALKING ABOUT A SPECIFIC TRANS PERSON?**

When a trans person starts to socially or medically transition, chances are that others will be talking about them with other people. Ask yourself whether you want others talking about your surgeries, genitals, body, relationships or other private information. While it can be hard to interject in a group conversation, saying something like, "Hey, I don't think it's cool we talk about this person if we haven't asked them whether it's okay to.", "If it's important, we should ask them ourselves." or "I can't imagine what they're going through. Let's just be supportive, okay?"

# FIRST MEETS & ENCOUNTERS

## **WHERE ARE TRANS PEOPLE? HOW DO I FIND A TRANS PERSON?**

Trans people are everywhere. Some may be invisible and live an ‘invisible’ or ‘stealth’ life, while others are more visible or upfront with their trans identity and histories. The internet is one good way to connect with trans folks, and there are events that are trans positive. If you decide to go to one of these events, don’t assume someone’s gender or sexual orientation. Always be respectful of the space and people’s boundaries, including not asking questions to strangers or acquaintances about their transition. If you would feel weirded out by a stranger asking you private information, chances are you shouldn’t be asking those questions either. Remember that people go to different events for different reasons and may not be actively seeking a sexual encounter (or one with you).

You may also want to ask yourself why you’re looking specifically for a trans person in the first place. Is it because you have questions about your own identity? Is it because you consider a trans person not fully male or female and so are looking for ‘the best of both worlds?’ Do you feel that trans people have a certain quality that non-trans people don’t? While some trans people are open to being desired because of their trans identity, others may find this incredibly offensive, exploitive or a kind of ‘fetishizing’ of who they are.

Regardless of the reasons why you want to connect with a trans person (either sexually or not), individuals deserve respect for who they are holistically and for their individualism.

## **I HAVE FEELINGS FOR SOMEONE WHO'S TRANS. DOES THAT CHANGE MY SEXUAL ORIENTATION?**

Sexual, emotional, intimate and physical attraction is a normal and healthy part of the human experience. If you're into naming your identity as gay, lesbian, bi, straight, pansexual, queer, fluid, asexual or something else, that's completely your decision. There's no rule that our identities have to change, or that they never can. Consider naming your sexual orientation based on your gender attraction rather than genital attraction. For example, if you're a straight non-trans guy who is attracted to a trans woman, your straight identity doesn't necessarily change (even if she hasn't had bottom surgery).

*“When he told me he was trans I felt confused. Not so much because of who he was, but I’ve never been in this kind of situation before. For a split second I thought whether my feelings towards him meant I wasn’t gay anymore. I guess other guys would react differently but I just told myself to go with it. That afternoon, not only did I have a great time with him but I felt even more secure about my gay identity.” - Daniel*

## **I DATED OR HAD SEX WITH A TRANS PERSON. DOES IT CHANGE MY SEXUAL ORIENTATION?**

Not necessarily. No one sexual practice is owned by, or defines a sexual orientation. It's like saying only straight people fuck penis-to-vagina, that anal sex/butt-fucking is exclusively performed by gay men, or that oral sex is only for lesbians. Having sex with someone, regardless of their genitals or gender identity, doesn't necessarily change how you identify yourself.

It's important to note, though, that refusing to clarify your identity could reinforce the invisibility or undesirability of trans people (that is, reinforce queer- and transphobia). For example, if you're a gay non-trans guy dating or attracted to a trans guy, not being 'out' about your attraction to your gay friends can reinforce transphobia in the gay community by making your partner's trans-ness invisible (assuming they're 'out,' of course). On the other hand, if this trans guy is more gender queer, you may actually be read as a 'straight' couple out in the general public. In both these cases it can be an important statement to acknowledge the privilege you enjoy and instead strive to be more visible about your relationship.

## **I JUST STARTED SEEING OR CHATTING WITH A TRANS PERSON AND THEY DIDN'T TELL ME THEY WERE TRANS RIGHT AWAY!**

Here's the deal: many non-trans people are prejudiced towards trans people, and write them off as potential dates or sex partners before getting to know them. Many non-trans people date a trans person for the first time because they got to know the person first and then were informed of the person's trans-ness over the course of that relationship. Just like you don't tell someone everything about you (surprising talents, medical conditions, sporting accomplishments, family drama) the very first time you meet someone. Trans people likewise may want to roll out the news slowly as they get to know and trust you, especially in the context of the prejudice they often face by potential partners and society in general.

## **I JUST HAD OR ALMOST HAD SEX WITH A TRANS PERSON AND THEY DIDN'T TELL ME THEY WERE TRANS!**

To be honest, this hardly ever happens. Despite what you may have seen on daytime talk shows, there isn't a conspiracy of trans people tricking or duping non-trans people into sleeping with them.

That said, genitals aren't all the same. Even with non-trans people, some penises curve off at an unexpected angle and no two vulvas are alike, and no one expects this to necessarily be confessed prior to sex. As more trans people come out and transition, some women will have penises and some men will have vulvas, and non-trans people will have to get used to that. But if you do run into a situation where this happens to you and you're not ok with it, it's absolutely your right to leave and not continue or repeat the experience. But under no circumstance is it justifiable to respond with rudeness, hostility, or violence.

## **WHAT DO I SAY IF ONE OF MY FRIENDS OR FAMILY ASKS QUESTIONS ABOUT MY PARTNER? WHAT SHOULD I TELL THEM?**

The first thing would be not to 'out' your partner as trans to anyone unless your partner gives you permission. That said, if your partner is more visibly trans, chances are you may run into some questions, so it's a good idea to discuss with your partner ahead of time. How you answer others' questions might depend on: who the friend or family member is and the nature of your relationship, the risk of rejection, etc. This can be particularly intense if it's a holiday visit or taking place somewhere you can't easily remove yourself from. Some questions to ask yourself ahead of time: What will I say if they reject my partner? Do I have access to resources or support groups? Do I have a plan should I need to leave the space? Can I be patient as they adjust to the information? Are there other safe spaces to hang out with my partner? How will I cope with the stress and anxiety about their response?

Not all responses are negative, of course. Many people respond in a welcoming and loving manner and appreciate the honesty and trust it takes to share any kind of personal and private information.

# SEX: FOREPLAY & MOREPLAY

## **CAN YOU GIVE ME AN EXAMPLE OF HOW TO APPROACH A TRANS PERSON ABOUT SEX?**

Just as you would with anyone else... But maybe that's not your strong suit in general? Ok, saying something like, "I think you're really cute/hot/attractive/stunning" is one way. Teaching you how to read social cues is outside the scope of this guide, but generally, if the person smiles back and says something like, "I think you're hot too," then that's a good sign.

You can then follow up with something like: "Are you looking to hook-up?" If they answer yes, or there's enthusiastic nodding, then the talk can shift to sex. Both of you can talk about what you're into sexually, issues around safer sex, respectful language on body parts, boundaries around what can and cannot be touched, etc.

## **AT WHAT POINT IS IT OK TO ASK ABOUT, AND INTERACT WITH, SOMEONE'S GENITALS?**

Each person has a different relationship with their genitals from celebration to distress. These feelings may or may not change over time. When is it ok to ask? Certainly not right off the hop, and only if you're planning on interacting with them. If sex is on the horizon with anyone (trans or

*“I recognize that for some it’s okay or desirable to call someone cute, or boy, but look for cues that these are the preferred and acceptable terms before using them. For a lot of us, our size, height and/or (ongoing) history of passing as younger than we are is a sore spot. Similarly, I know some trans women who don’t want everything feminised for the sake of validating their preferred sex and get cheesed if people say dudette.” - Matt*

otherwise), do not to make assumptions about how that person wants you to interact with their genitals based on what they look like, their surgery status, or based on your past trans hook-ups.

What genitals they have doesn’t tell you everything you need to know, though. It’s important to not make assumptions that your sex partner wants their genitals exposed, touched, or played with. For example, just because someone has what looks like a dick doesn’t mean they’ll use it for fucking. Just because someone has a hole doesn’t mean they want to be fucked. Always check in before a first hook-up about how to interact with your partner and their body. If you hook up more than once, you can also re-open the discussion again and tell your partner that they can too.

## **WHAT DO I CALL THEIR GENITALS?**

Ask your sex partner what they call their genitals. They are the experts of their own bodies and only they can name their body parts. Some trans people use different words to describe their genitals. For example some trans men use the words dick, cock, dicklit, t-dick, pussy, or front hole, as well as use male pronouns to describe ‘his vagina.’ For some the word ‘chest’ is preferred rather than ‘breasts.’ Some trans women use the words clit, cunt, muff, shenis, dick, wand, outtie, equipment, big clit, thingie, or strapless, or use female pronouns to describe ‘her penis.’ For some, the word ‘breasts’ is preferred rather than chest.

Finally, some trans people deflect attention about their genitals altogether and don’t label them. Follow their lead on naming their body parts. Whatever words they choose are their decision alone and should be honoured and respected.

## **WHAT IS PROPER ETIQUETTE WHEN IT COMES TO PURCHASING SEX FROM SOMEONE WHO IS TRANS?**

One of the consequences of transphobia is that it affects trans people’s ability to access employment, education or training. Because of this exclusion, many trans people are involved in sex work, though this shouldn’t suggest that many don’t necessarily like their work or take pride in it. Regardless of why they’re in the sex trade (or why they work any other job, for that matter), it’s never ok to exploit, disrespect, or dehumanize a sex worker. When approaching any sex worker, be upfront and clear about what you’re looking for, including the kind of sex you want to give and receive, where the hook-up will take place, and discussions around safer sex. Respect that sex worker’s boundaries and limitations.

## **HOW SHOULD I TREAT A STRAP-ON? SHOULD I TREAT IT AS AN EXTENSION OF MY PARTNER? WHAT IF I’M UNCOMFORTABLE WITH THAT IDEA?**

Ask your partner how you should treat their flesh and non-flesh genitals. When your partner uses a strap-on or dildo, they may want you to treat their non-flesh cock as an extension of them. Others may use it simply for sensation and pleasure. Or they may just find it a really hot visual for them to watch you being pleased/fucked/being the bottom.

Ask for feedback and check in with your partner to keep the scene hot and consensual. If you feel uncomfortable, it’s your right to say so. Open communication is always key. It’s ok to say: “Honestly, I’m just not into that” and go from there.

# RELATIONSHIPS & TRANSITIONS

## **HOW DO I DISCUSS MY OWN COMFORT WITH MY PARTNER'S TRANSITION IN A SUPPORTIVE WAY?**

If it affects your feelings, your life, or your lives together, it's important to talk about it. Partners of openly trans people can face discrimination, harassment, and isolation from family, friends, and colleagues. You may also be struggling with elements of your partner's transition yourself. In all cases, you and your partner need to decide what works best for the both of you. There may also be support groups for partners of trans people if you need a little extra support. Contact your local LGBTTIQ\* or trans organization for information.

## **HOW DO I NAVIGATE MY PARTNER'S RELATIONSHIP TO THEIR BODY OVER TIME?**

A trans person's relationship to their body can shift and change over time. For example, your partner may have originally felt comfortable with their genitals being touched, but then may change their mind, and then later may change it again! Be aware that your partner's relationship to their body is their journey and their process, and may be completely independent from you. In other words, don't take it personally, but don't be afraid to communicate your feelings either.

## **MY PARTNER HAD SURGERY. WHEN CAN WE RESUME SEX?**

That depends what you mean by 'sex'! Regardless of the surgery, you should probably wait for your partner's surgeon to say it's ok. This may take several weeks, or even months. Disturbing surgical sites can affect healing times

and visual outcomes (how it looks). Luckily, this doesn't mean that your sex lives are completely on hold. There are other hot and sexy things you can both do that don't involve disturbing the surgery area. Kissing, licking, hand jobs, sucking, or going down (if they had top surgery), teasing, fantasy sharing, hot talk, and even other (but more comfortable) fucking positions are possible.

### **I'M WORRIED THAT I MIGHT BE CAUSING MY PARTNER ANXIETY ABOUT THEIR BODY. WHAT SHOULD I DO?**

If you get the sense that some aspect of your identity or your physical body is causing your partner anxiety (such as subtle cues when you touch a certain body part of theirs, etc.), be proactive. Your partner might be uncomfortable initiating this conversation, or might be worried about hurting your feelings. Checking in shows that you care about your partner and that you want to avoid causing them stress or anxiety. Try "I really hope I'm not causing you any anxiety about your body. Can we talk about this?" or "I want you to tell me if I'm fucking up/making an error so I don't do it again. It might take time but I'm trying."

#### **ALISON'S EXPERIENCE: RELATIONSHIPS AND TRANSITIONS**

Being asked questions about how my body works -in a respectful manner - is definitely a turn on. That said, I don't always have all the answers, and there has been a lot of trial and error involved in finding my physical boundaries.

After a partner and I curiously tried using a strap-on, I found it made me uncomfortable, and I asked us to stop. The motions involved were too congruent with the sexual methods I'd have employed with my pre-operative body in a weird hetero-bizzaro world. I found my boundary by running into it head first. Feeling a little trapped in the walls of my discomfort, I decided to avoid the subject. A partner then consulted *Fucking Trans Women* and after taking a few days to cool down, we discussed some of the different types of sex described in the book. Not having considered some of them myself, my curiosity flourished once again and overpowered the sense of anxiety that I had felt. We didn't use a strap-on again until after I had surgery, but in doing research and a bit of hands-on experimenting (pun intended) we were able to have plenty of great sex without stumbling blindly into uncomfortable territory. Had my partner not done some research on their own, we might never have found that point of bliss.

## **I WANT TO BE SUPPORTIVE TO MY PARTNER BUT SOMETIMES I FEEL A BIT BURNT-OUT. HOW DO I TALK ABOUT MY LIMITS AND BOUNDARIES?**

First off, it's a good idea to have this talk prior to burning out. Some variation of this should work (for partners, but also for close friends): "You know I'm totally supportive of you and want to be there for you, but I'm feeling a bit burnt out. This is totally about me and not you, so please don't take it personally." And then discuss others they can lean on for support so that it doesn't all fall on you.

There are a number of support groups that are trans, gender queer, MTF, and FTM specific. If you live in an area where there are no such groups, calling your nearest LGBTTIQ\* organization can put you in touch with trans support groups and even potential peer supporters. The internet is also a good source to find support groups and list-serves.

## **I MISS SOME THINGS ABOUT MY PARTNER'S PAST (DIFFERENT HAIR LENGTH, PRE-SURGERY BODY PARTS, MANNERISMS, ETC.). IS IT OK TO ACKNOWLEDGE THIS LOSS?**

Regardless of how long you've been in a relationship, how long you knew them prior to their transition, or whether the transition was gradual or more sudden, feelings of loss about your partner's past is common and normal. It's also healthy for you (and your relationship) to honour and feel this loss. There are a number of counsellors and support groups you can access to share your feelings, find support, and find ways to work through those feelings.

If you share your feelings with your partner, anticipate that they might feel hurt or confused by this (or think that you want things to 'go back the way they were before'). Own your feelings—and how complex they might be—and restate that you're still as supportive as ever.

## **WHERE DO I FIND SUPPORT FOR ME? WHERE CAN I FIND OTHERS TO DISCUSS QUESTIONS AND CONCERNS?**

Your local LGBTTIQ\* or trans organization can put you in touch with peer supporters, counsellors, and support groups. If you're looking for something more private, ask if the counsellors can meet you somewhere you would be more comfortable. On the internet there are list serves, blogs, message boards, conferences, books, films, and other useful resources that can be found by typing in the search engine words such as: 'partners of trans', 'trans partner', 'fucking a trans person', transgender books and transgender films.

# KNOW YOUR RISKS

## **SEXUALLY TRANSMITTED INFECTIONS, HIV AND HEP**

Sexually transmitted infections (STI's) are not uncommon. There are cures for some STI's such as gonorrhea, chlamydia and syphilis. Where there are no cures for other STI's, treatments are available. Also HIV treatment is available for those tested positive. The basics to keep in mind is that some STI's such as herpes, HPV and syphilis can be transmitted from skin-to-skin contact while others such as HIV and Hep B and C, can be transmitted by body fluids. Body fluid includes semen/cum (and pre-cum), blood, vaginal fluids and anal/bum fluid/secretions and breast milk. Some people may not even know they have an STI, HIV or Hep and can pass it others. Using condoms, dental dams, gloves and testing can reduce the chances of giving and getting an STI, HIV or Hep. If you're sexually active, you should consider getting tested at least once per year. Your nurse, doctor or sexual health clinic can help answer your questions as well as provide treatment options.

## HOW TO CLEAN YOUR NEEDLES AND WORKS

HIV and Hep C can be passed by sharing any equipment/works (e.g. syringes, filters, cookers, tourniquets, water) used to inject substances such as drugs, hormones, or silicone. Use all new equipment every time and try not to share your works. If you cannot get new equipment, you can clean your needles and works using the following steps:

STEP 1: Fill syringe with water.

STEP 2: Shake it up to rinse it. Tap it to get out air bubbles.

STEP 3: Shoot the water out. Dump out this water. Repeat steps 2 and three until you can't see any blood.

STEP 4: Pour some bleach into a glass. Stick the needle in the bleach and draw the bleach through the syringe up to the top. Leave the needle in the glass of bleach and wait 30 seconds.

STEP 5: Shoot the bleach back into the glass. Dump out this glass of bleach so you won't reuse it.

STEP 6: Fill the syringe again with new water, shoot it out and repeat at least 3 times to make sure you rinse all the bleach out. Shooting bleach into your veins can cause serious medical problems.

If you don't have new works, do the same thing with them - rinse with water, soak in bleach for 30 seconds, then rinse THOROUGHLY with water.

And always use new cotton. Try to clean needles and works as soon after use as possible, before blood can clot on them.

### OTHER THINGS TO KEEP IN MIND:

Keep your injection sites clean by washing your hands with soap, swabbing the injection site with alcohol before and after injecting, and using band-aids after.

Hormones are usually injected into muscle with a different size needle than drugs so keep them on hand. You can purchase them at a pharmacy or community health centre.

When you're done with a needle, put them in a biohazard needle collection bin. A pharmacy or community health centre can give you a bin, or put them in a plastic water bottle. You can return the bin or bottle at a pharmacy, community health centre or needle distribution program.

Source: Coalition for Positive Sexuality (2007), brazen Trans Women's Safer Sex Guide (2013)

## **CHLAMYDIA AND GONORRHEA (THE CLAP)**

### **HOW YOU GET IT:**

- Condomless anal, front hole, vaginal sex, oral sex, sharing needles
- Can be passed from parent to child during birth

### **SYMPTOMS:**

- Not everyone has symptoms, but for those that do, they usually occur 1 to 3 weeks after transmission
- Discharge from the front hole/ vagina, anus, urethra/pee hole that is abnormally watery or thick

### **TREATMENT:**

- Can be treated with antibiotics
- If left untreated Chlamydia or Gonorrhea can lead to epididymitis or Pelvic Inflammatory Disease.

## **HUMAN PAPILLOMAVIRUS (HPV, GENITAL WARTS)**

### **HOW YOU GET IT:**

- Skin-to-skin contact with the infected area or with warts
- Condomless oral, frontal, vaginal or anal sex
- Hand-to-front hole, vagina, penis, anus

### **SYMPTOMS:**

- Not everyone has symptoms
- Round or flat warts, or raised cauliflower-like bumps that are flesh or grey coloured
- Warts may be single or in clusters

### **TREATMENT:**

- There is no cure for HPV. However, once warts are presented you can

freeze, burn or use topical creams

- Some strains can lead to cervical or anal cancers so PAP testing is important
- PAP smears for trans women are a good idea because HPV may infect the tissues that makes up the new vagina

## **GENITAL HERPES SIMPLEX**

### **HOW YOU GET IT:**

- Skin-to-skin contact with the infected area
- Can be transmitted even if there are no symptoms
- Unprotected oral, frontal, vaginal or anal sex
- Kissing

### **SYMPTOMS:**

- Not everyone has symptoms, but for those that do, they usually occur 1 week after transmission
- One or more blisters that can burst and leave painful sores usually lasting between 2 – 4 weeks
- Headaches, fever, muscle pain, tingling or itching around the genitals, tender or swollen glands

### **TREATMENT:**

- There is no cure for genital herpes. There are antiviral drugs that can help reduce or prevent symptoms, and can potentially reduce the chances of passing on the virus to partners.

## **SYPHILIS (SYPH, CUPID'S DISEASE, THE POX)**

### **HOW YOU GET IT:**

- Condomless oral, frontal, or anal sex
- From parent to child during birth
- Sharing drug use equipment

### **SYMPTOMS:**

- Not everyone has symptoms
- Syphilis has 3 stages and symptoms change depending on the stage.
- Patchy hair loss, rash on the soles of the feet, palms of the hand or elsewhere on the body, fever, swollen glands, muscle and joint pain

### **TREATMENT:**

- Can be treated with antibiotics

## **HEPATITIS A**

### **HOW YOU GET IT:**

- Feces/shit contacting your mouth, such as a used condom, sex toy or rimming/eating ass
- Contaminated food and water

### **SYMPTOMS:**

- Not everyone has symptoms
- Light coloured shit and/or darker urine/piss, exhaustion, nausea and vomiting, headaches, stomach cramps, jaundice

### **TREATMENT:**

- There are vaccines for Hep A. You may also have received the Hep A vaccine earlier but may need a booster shot to maintain your immunity. Your healthcare provider can run a blood test to let you know if you need a booster shot

## **HEPATITIS B**

### **HOW YOU GET IT:**

- Contact with blood, cum, frontal or vaginal fluids, rectal fluids and saliva/spit
- Condomless oral, frontal, vaginal or anal sex
- Sharing needles

### **SYMPTOMS:**

- Not everyone has symptoms
- Liver inflammation
- Exhaustion, nausea or vomiting, fever, weight loss, jaundice, skin rash, swollen and painful joints

### **TREATMENT:**

- There are vaccines for Hep B. You may also have received the Hep B vaccine earlier but may need a booster shot to maintain your immunity. Your healthcare provider can run a blood test to let you know if you need a booster shot.
- Treatment prescribed by your care provider can help to repair damaged liver cells and protect the liver

## **HEPATITIS C**

### **HOW YOU GET IT:**

- Contact with infected blood
- Sharing injection equipment like syringes, filters, cookers, acidifiers, alcohol swabs, tourniquets, and water for injecting substances.
- There have been more reports of passing Hep C through sexual transmission
- Sharing equipment or ink for tattoos or other forms of body modification

### SYMPTOMS:

- Not everyone has symptoms
- Exhaustion, nausea or vomiting, fever, itching, abdominal pain, jaundice

### TREATMENT:

- There are treatments available for Hep C but they do not always work for everyone but some people are able to successfully complete treatment and are cured of Hep C. Talk to your care provider about accessing Hep C treatment.

## VAGINITIS

### HOW YOU GET IT:

- Yeast: commonly caused by antibiotics, perfumed products, unprotected oral, frontal, vaginal or anal sex, birth control pills, hormone replacement therapy, douching, diets high in sugar or wheat
- Bacterial Vaginosis: unprotected oral, frontal, vaginal or anal sex, douching or using an intrauterine device (IUD) for contraception
- Trichomoniasis: unprotected oral, frontal, vagina or anal sex or sharing sex toys

### SYMPTOMS:

- Yeast: clumpy white discharge, itching and redness in the genital area
- Bacterial Vaginosis: “fishy” smell in genital area, grey or yellowish discharge, burning or irritation around the front hole

- Trichomoniasis: foamy discharge, foul or musty smelling discharge, burning or itching around the front hole, vagina

### TREATMENT:

- Talk to your doctor if symptoms become unmanageable
- Yeast infections can be treated with creams, lotions, pills, troches/lozenges and suppositories
- Bacterial Vaginosis will sometimes not require treatment, however, antibiotics are available. Bacterial Vaginosis can sometimes lead to Pelvic Inflammatory Disease (PID) if left untreated
- Trichomoniasis can be treated with an antibiotic

*Adapted: Primed: The Back Pocket Guide for Transmen & The Men Who Dig Them (2010)*



# RESOURCES

## **IN MANITOBA**

*Rainbow Resource Centre*  
Winnipeg, Manitoba  
[www.rainbowresourcecentre.org](http://www.rainbowresourcecentre.org)  
204-474-0212

*Trans Health Clinic*  
Klinik Community Health Centre  
Winnipeg, Manitoba  
[www.klinik.mb.ca](http://www.klinik.mb.ca)  
204-784-4090

*Two Spirited People of Manitoba*  
[2spirits@hotmail.com](mailto:2spirits@hotmail.com)

## **IN CANADA**

*Trans Sask Support Services*  
Regina, Saskatchewan  
[www.transsask.org](http://www.transsask.org)

*Alberta Trans Org*  
Calgary, Alberta  
[www.albertatrans.org](http://www.albertatrans.org)

*Catherine White Holman  
Wellness Centre*  
Vancouver, British Columbia  
[www.cwhwc.com](http://www.cwhwc.com)

*Transgender Health  
Information Program*  
Vancouver Coastal Health  
Vancouver, British Columbia  
[www.transhealth.vch.ca](http://www.transhealth.vch.ca)  
866-999-1514

*2-Spirited People  
of the 1st Nations*  
Toronto, Ontario  
[www.2spirits.com](http://www.2spirits.com)  
416-944-9300

*The 519 Church Street  
Community Centre*  
Toronto, Ontario  
[www.the519.org](http://www.the519.org)

*Action Santé Travesties et  
Transsexuelles du Québec  
(ASTT(e)Q*  
Montreal, Québec  
[www.astteq.org](http://www.astteq.org)  
514-847-0067 x207

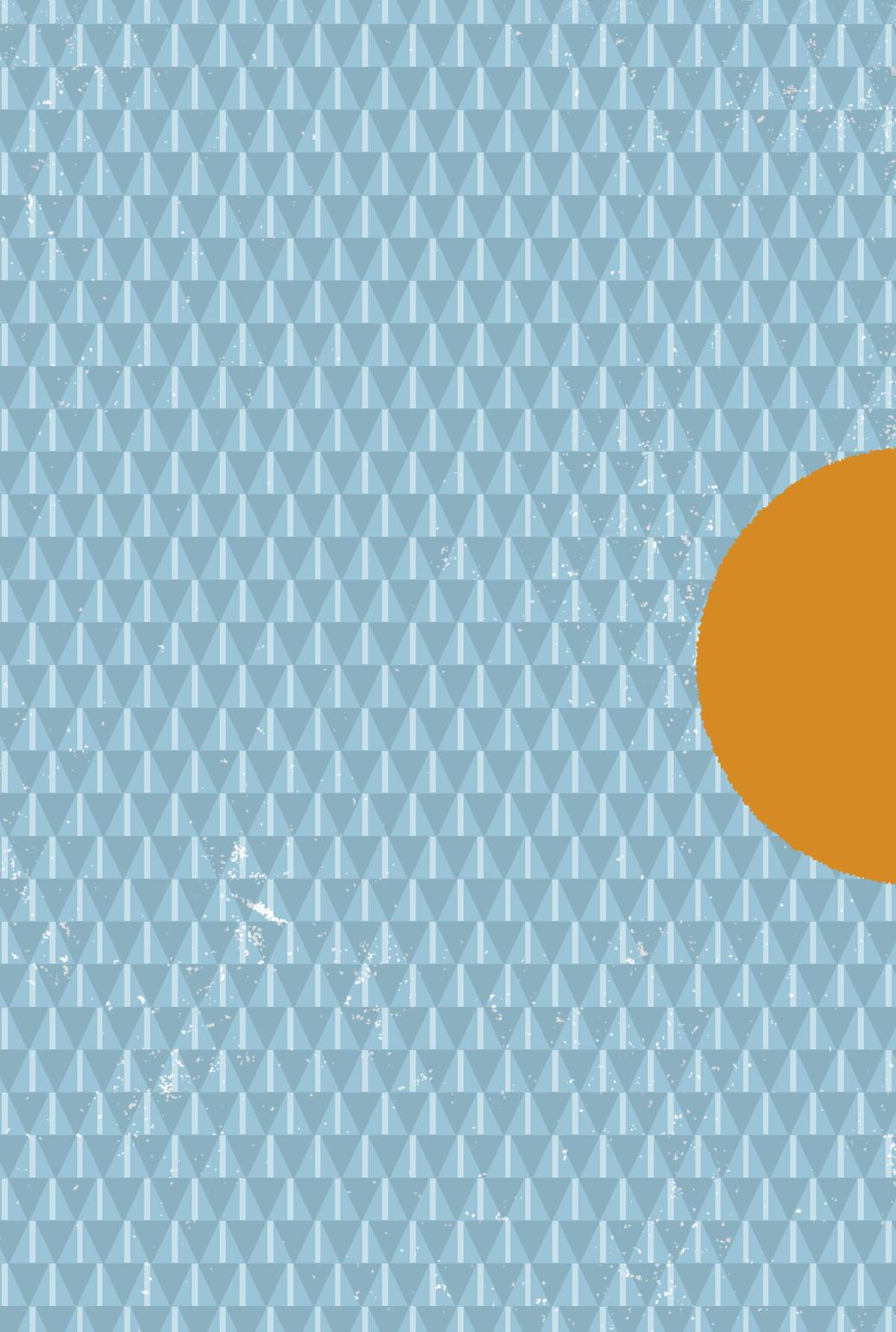
*Head and Hands*  
Montreal, Quebec  
[www.headandhands.ca](http://www.headandhands.ca)

# THE END!

*We hope that this resource has been insightful, eye opening, and educational. Beyond just questions and answers, we hope that overall you give yourself permission to let your sexuality guide your pleasures, without the guilt and shame that often weaves throughout our sexualities. Sex and intimacy is a healthy and natural part of who we are as well as a source of holistic pleasure: body, mind, senses, and spirit. We engage in all kinds of sex play, from intimate and ritualistic, to reproductive and recreational.*

*We all have a right to engage in consensual sex that feels good, and that is affirming and celebratory, regardless of gender identity, gender expression, natal sex, race, ethnicity, ability, body size, and sexual orientation. By striving to live with dignity, shamelessness, and courage, we can start to let loose from sex negativity around when, how, and with whom we should and shouldn't have sex with.*

*With that in mind, let's appreciate all forms of gender and sexual diversity. Let's liberate and celebrate our sexual selves. Let's be sex positive and experience all the pleasures that intimacy, eroticism, and sex offers.*





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**[WWW.RAINBOWRESOURCECENTRE.ORG](http://WWW.RAINBOWRESOURCECENTRE.ORG)**