

The fact is that being trans\* makes everything harder. Family, romance, friends, work and sex is all complicated by living a transgender truth. That is not to say life as a trans person cannot be filled with joy; it is just to say that living as an oppressed person will always be difficult. To help deal with this, advice is typically passed down within the community, but sex is often not gone in as it can be a touchy subject, especially between friends. So knowing the little things to make sex easier or what makes sex different as a trans person will hopefully make your life a little easier.

*A little  
guidance*

## *Safer Sex Tips For Trans Folks*

### *Contact*

---

<https://acns.ns.ca>  
[to.recruiter1@acns.ns.ca](mailto:to.recruiter1@acns.ns.ca)  
902.425.4882 ext 226



# Learn About You

Masturbation is often the first way we find out what we like about sex or if we like it at all.

However, searching out porn is often tricky for transgender people. Finding something that both represents you and does not fetishize you is complex. This means that many trans people will read their porn instead on sites like AO3. This can be good as they often tag their triggering topics. Still, it also can be difficult as many of the only options include minor danger. Some look for homemade porn by trans people either by weeding threw places like pornhub or paying for things like onlyfans. An important step is spending time thinking on what about these things turn you on, what person you most want to be if you even have a preference. Before exploring anything, whether you bring it up or your partner does, you should spend time finding out if it even turns you on or if it causes dysphoria.

## Kink/Fetish

Kink is undeniably linked to transness because of historical fetishization and the fact that if you are one kind of social deviant, you tend not be too worried about becoming another. Kink can be a vast source of gender euphoria, from things like dynamics or honorifics. However, as a trans person, your consent conversations need to cover much more ground and how you want your body referred. More than anything, do your research before you play, it's fun to try new things, but no one wants you getting hurt!

## The Stoplight System

We all know what a safe word is but do we all really feel comfy using one? Popularized by the kink community, the stoplight system is a way to quickly communicate where you are at during sex while staying in the moment, which is often people's main problem with safe words.

Essentially each colour correlates to a mental state during sex/level of comfort. Green means good, keep going. Yellow means slow down either in the intensity or redirect to a different task, but you don't need to stop the moment. Red means full stop, move in to whatever post-sex rituals you have set up. Some people add the colour purple to mean more/harder, but the use of that depends on the situation or person. At any point during sex or any sexual encounter, you can ask your partner for their colour or say your own without asking. Using this as a trans person makes dealing with dysphoria during sex much easier.

## What is T4T?

So you are on a dating app and see a cutie, but their bio is filled with some sort of code. While some of them are more cemented in gay media like masc4masc or nofatsnofems (a horrible moto), T4T is a lot less common. T4T stands for transgender for transgender. There are many reasons someone may seek this kind of relationship or sex. It can be tough to explain dysphoria to a cis-gendered person, so knowing someone is working from the same knowledge base as you can ease the process. Maybe you have not always felt seen as the gender you are in relation with cisgender people. For whatever reason, many transgender people end up in a relationship with each other, and if that's something you want, you should go for it! The nice thing about T4T being so unknown is that most of the time, you can have it in your bio and remain stealth (appearing cisgender) if you choose to.

## Sex on Testosterone

T will change the way you have sex in a variety of ways. The first many notice is that it changes the way you orgasm to be more centralized to the erogenous zones, making it more similar to the orgasm commonly associated with penises. You will also likely experience a significant jump in sex drive. Stimulation will also be made more accessible by growth in the clitoris or "bottom growth." Going on hormones does change the sexuality of some people, but there is not very much research done in to this to see why.

## Sex on Estrogen

The effects of estrogen are rarely explained in full, especially the effects on sex. The changes to the orgasm are often opposite to the effects of testosterone. The orgasms becomes more full body and muscle spasm based, similar to a clitoral orgasm. You may also find that as much as you reach a peak, you may not ejaculate anymore, this is perfectly normal. Estrogen can often lower sex drive but is as not as common as testosterone's side effects. There is a theory that this is partly because the lowering of the sex drive is countered by the rise in sex drive created by self-confidence and gender euphoria.

## Tiny Tips

- Try out dental dams! They can be used on any genital and can alleviate bottom dysphoria. They also make thin latex underwear that can do the same thing.
- Use lube! Everyone should be, but if you are on hormones or medication, natural lubrication can be decreased.
- Create your own lexicon! Try new words out for your body or sex acts, maybe you will like certain gendered terms or certain non-gendered ones. Hell, make up whole new words!
- Be aware of chasers! Some people will fetish your trans body. Not loving it for its powerful unique beauty but wanting to hold power over it or make it inherently sexual. These people are most commonly cis men and usually, go after trans-feminine people. Be wary of phrases like \*TW SLURS\* boy-girl, boy-hole/tranny-hole, lady-boy, girl-dick/tranny-dick or futanari.