

trans* sex activity book

NAME: _____ DATE: _____

G	X	G	T	A	Q	W	M	Q	G	M	O	O	Q	T	TRANS
P	B	M	L	R	N	Y	R	I	E	N	V	G	H	R	TRANSGENDER
Z	B	A	G	Y	W	C	G	K	N	F	S	K	O	A	GAY
X	K	N	A	V	A	L	S	M	D	D	L	L	H	N	LESBIAN
T	T	I	U	U	B	N	G	A	E	S	S	A	S	S	BISEXUAL
N	R	G	N	A	H	X	H	N	R	E	I	U	E	W	QUEER
O	V	A	Q	K	H	O	T	E	Q	X	N	X	X	O	QUEER
A	A	V	E	J	Y	A	C	F	U	U	E	E	D		
V	B	M	D	G	L	W	E	E	E	A	P	S	Y		
Q	E	S	A	D	Z	G	M	N	E	L	Y	I			
F	F	B	A	C	T	P	Z	I	R	I	Y	B			
I	J	M	Y	R	R	O	C	N	C	T	O	R			
N	D	S	U	A	B	N	C	I	S	Y	E	T			
O	M	D	E	S	M	M	S	M	E	N	T	W			
P	U	V	M	X	B	O	T	E	T	S	A	E			
A	G	Q	Y	S	U	V	X	F	X	H	A	R	L		
R	P	I	I	E	W	A	P	S	A	Y	F	X	T	A	
T	W	T	M	C	S	L	L	N	I	W	V	K	H	M	
S	H	V	R	E	E	U	Q	A	G	X	E	V	L	S	HOTNESS
H	P	Q	E	A	M	U	U	R	Q	O	Y	Y	B	N	STRAIGHT
O	N	Q	S	T	T	C	F	T	M	H	U	V	S	A	BITS
T								A	I	B	S	E	L	R	JUNK
N								Q	O	B	B	A	K	T	PENIS
E								N	L	D	E	L	H	M	VAGINA
S								J	S	V	E	G	H	B	PLEASURE
S								M	C	L	I	T	W	Y	SAFETY
M								S	K	A	Q	R	X	F	SEXUALITY
R								T	R	U	V	Y	O	H	CONDOM
Z								T	Q	W	D	G	J	S	DENTALDAM
T								R	P	Q	Q	N	U	V	KINKY
Y								S	N	S	Q	O	N	Q	CLIT
A								M	U	I	U	P	K	R	TRANSMASULINE
G								H	U	Y	Y	G	P	F	TRANSFEMININE
G								X	K	K	J	C	Z	Z	STRAPON
Q	S	N	A	M	S	N	A	R	T	Z	Q	G	A	L	ORGASM

For trans*
folks and
their lovers,
hook-ups, hot
dates and
partners!!

- Inside:
- knowing what you like
 - bodies
 - sexual pleasure
 - yes/no/maybe
 - safety
 - manifesto/a

content warning:

This zine includes images of and includes medical terms for genitalia. The information in this zine is for folks 18+ (alternative resources are www.scarleteen.com and www.sexetc.org).

knowing what you like

You can start here, or come back to it later, but knowing what you like is gonna help you tell people what you want. Some ways to figure out what you like:

- masturbate
- talk to friends
- experiment with others
- watch porn or read erotica to see what (some) other trans* people do and like

5 things I like to do sexually are:

1. _____
2. _____
3. _____
4. _____
5. _____

CONFIDENTIAL

thinking about sex

Sex can be a place of both great pleasure and great pain. For people who are trans or gender-expansive, it is often intertwined with gender identity. Everyone thinks about how the other person (or people) see them during sex, but trans folks have the added layer of how their gender is seen and how their bodies are interpreted. We don't even have the language to talk about trans experience, trans bodies, or trans sex. Yet.

talking about sex

Most people are really good at talking about sex when they're telling a dirty joke or goofing off. But talking about sex in a real way is much harder. Talking about the things you like or don't like, how you see your body, how you want your boo to refer to your body, and explaining what really gets you off is much much harder. Sometimes we want people to read our minds. But that's not real life. And in real life, if you want to have really good sex, learning how to talk about it openly and honestly is key.

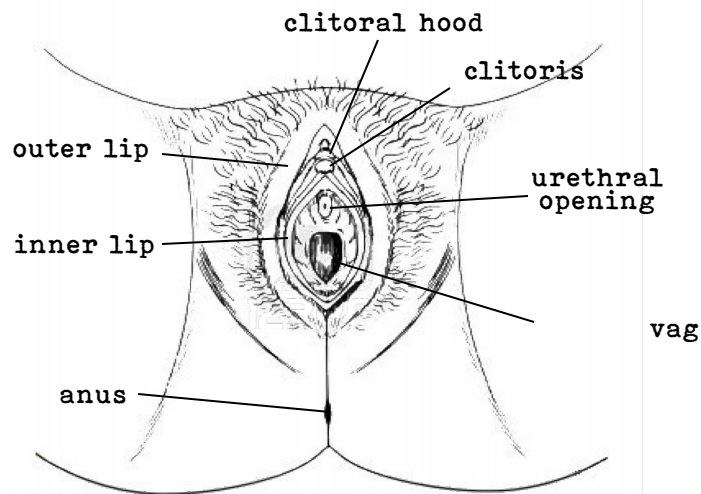
disclosure

When do you tell someone you're trans? This is a very personal question. Here are some things to take into consideration when answering it for yourself:

- your own identity
- your level of outness
- your level of interest/commitment (you might make a different decision if it's just a one night hook up than if you're dating the love of your life)
- how far you want to go (are they gonna find out by accident?)
- are you gonna be safe (physically and emotionally)

trans-masculine bodies

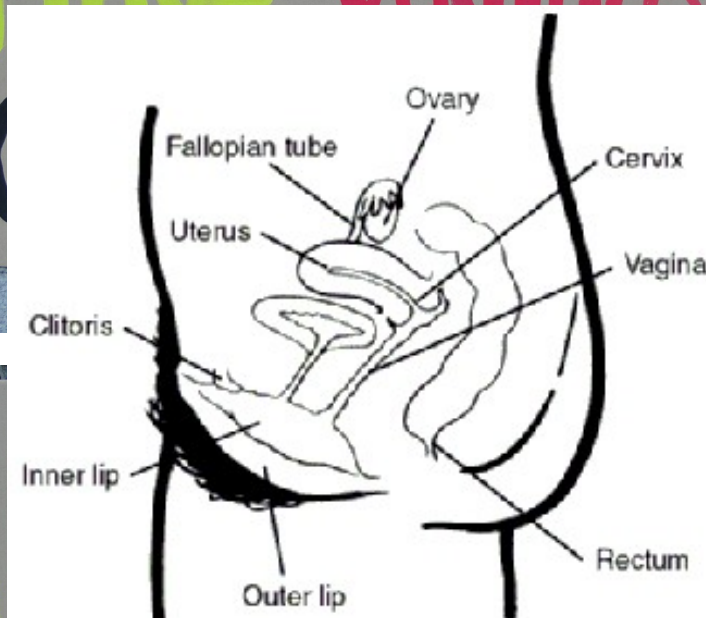
When we know what's going on with our own bodies, we're able to tell others what you want/like (and don't want/like). Knowing your body can also keep you from getting pregnant or getting an STI. These are diagrams of people who were female-assigned-at-birth and have not taken hormones or had surgery.



Some trans-masculine folks love their bodies and some don't. Some like they're sexual body parts touched or penetrated and some don't. All of these possibilities are totally normal! it's why it's especially important to ask when you're sexual with a trans person.

These are the medical terms for our sexual body parts.
wrong you can tell a doct

Transmen who are taking testosterone can still get pregnant if they're hooking up with someone who has sperm.

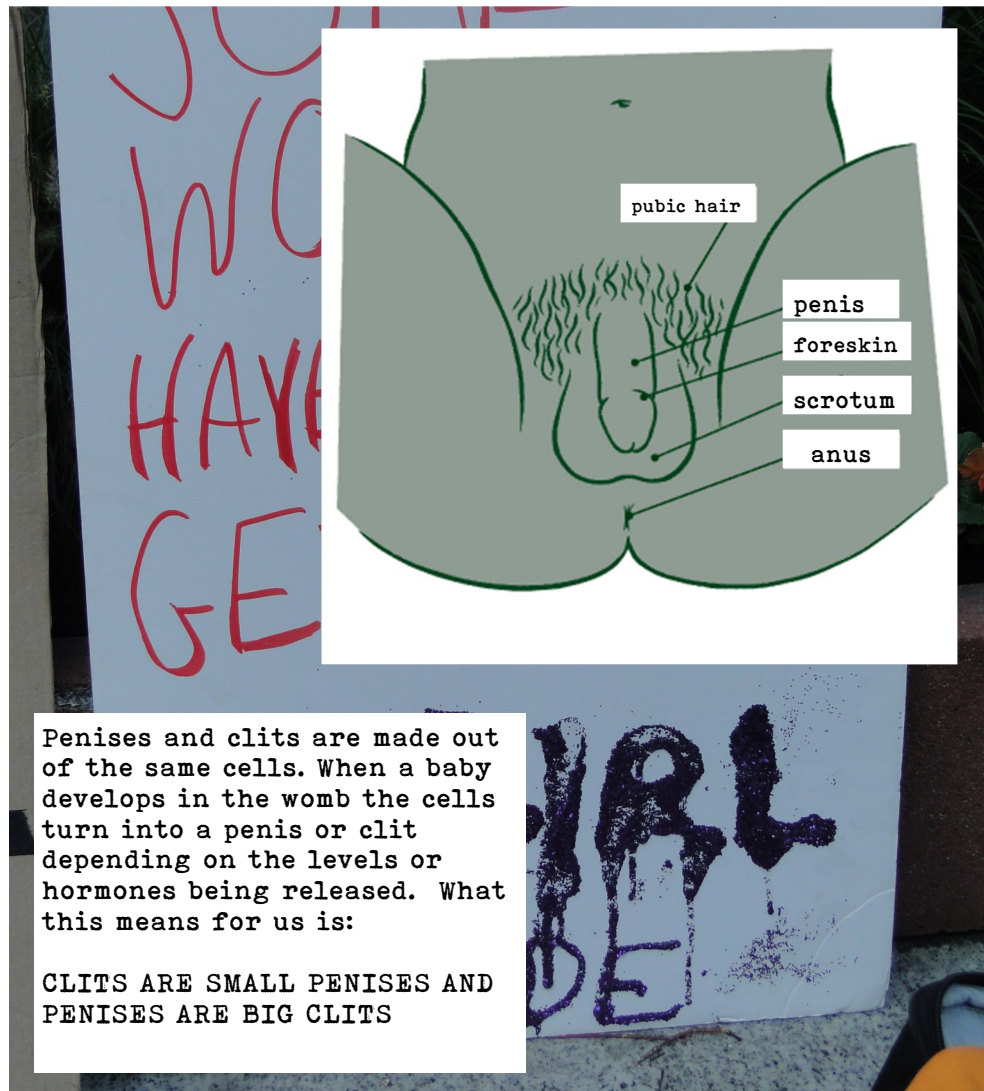


If getting your period freaks you out, but you can't/don't want to take testosterone, you might be able to take continuous birth control. It's another way to not get your period. You can get it from a doctor's office.

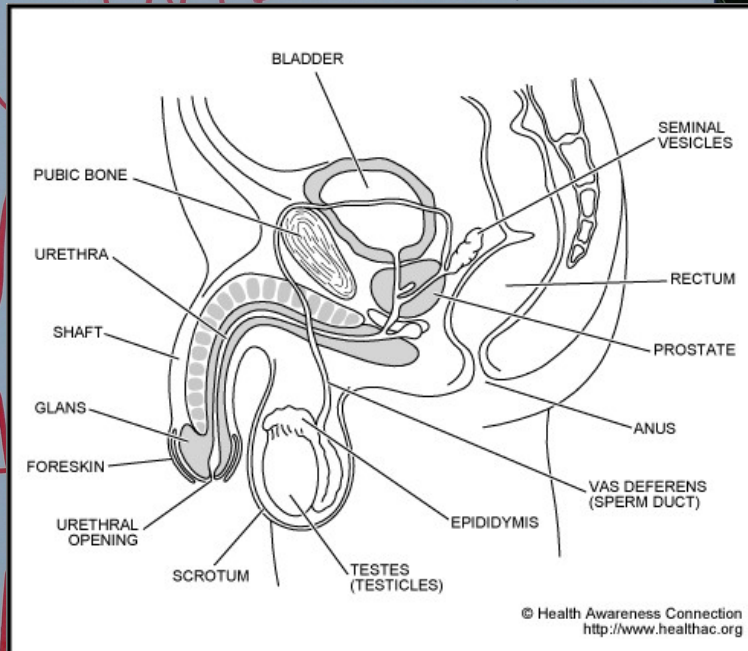
ts. It's good to know these terms so that if anything is doctor or healer about it.

trans-feminine bodies

Knowing how our bodies work is powerful-it means we know when something isn't working right and can tell a doctor or healer about it. These diagrams are of people who are male-assigned-at-birth and have not changed their sexy bits through hormones or surgery.



The head, or glans of the penis is the most sensitive bit because it has the most nerve endings (like a clit).



The zine *Fucking Trans Women* by Mira Bellweather has really awesome and in-depth info about trans-femme bodies and sex.

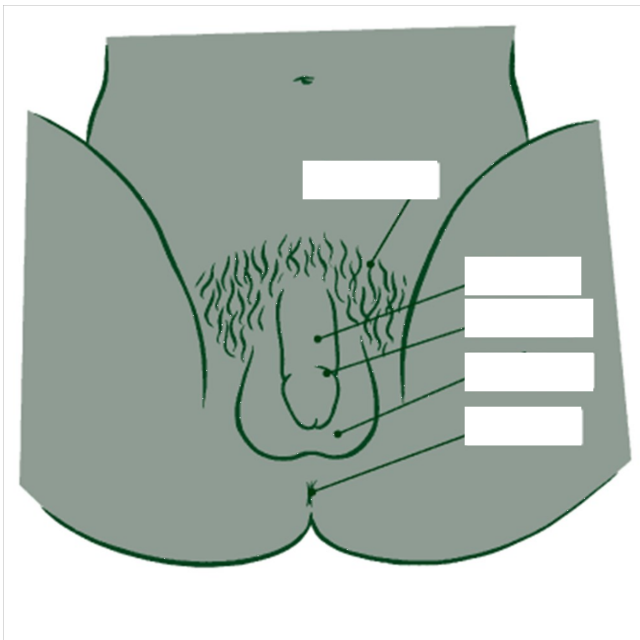
Even if you're taking mones its still possible for a partner with a vagina to get pregnant, so make sure you're being safe.

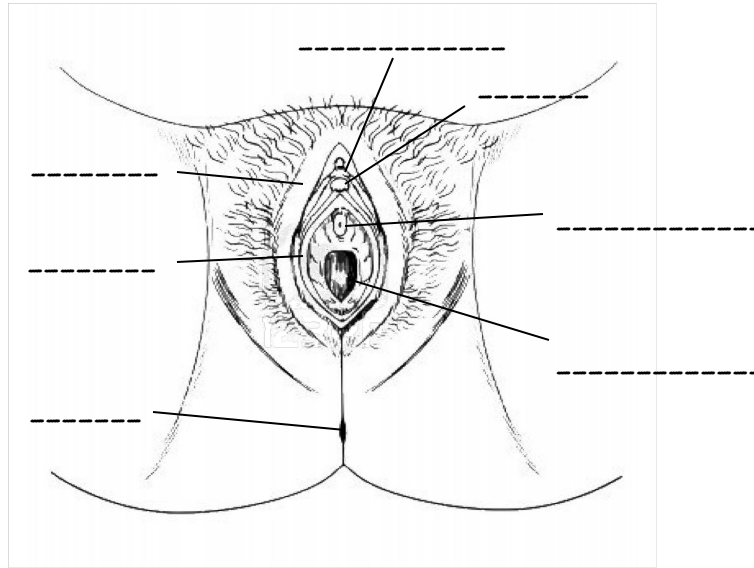
fill in the blank:
sexy body words

What words do you use to talk
about your body?

What words would you want
a hot date to use?

word bank		
cock	penis	clik
clit	vagina	boycunt
dick	parts	_____
pussy	genitals	_____
bits	funparts	_____
junk	stuff	_____
ass	fronthole	_____
hole	backhole	_____
bonus hole	jam	_____





perception

You get to choose how you want your body to be talked about and touched. Many trans folks talk about feeling like their orgasms change and how they want to be touched changes after taking hormones. Lots of trans-femme folks want their penises talked about and treated as clits. Lots of trans-masc folks want their clits talked about and treated as cocks. People who are genderqueer or have non-binary identities might want either of these or something completely different.

Practice by jerking off. What do you like? What don't you like? It's not what you have, it's how you use it.

toys or prosthetics

Toys or prosthetics can be a way to feel more comfortable with your body when you're having sex or jerking off. Some trans men don't want their clit or vagina touched, but can cum wearing a prosthetic. Some trans women aren't into penetrating with their bits, but really get into wearing a strap-on.

**sex nerd time: goal orientated versus pleasure
oriented aka broadening the menu**

goal-oriented=putting it in + orgasm

Most people have been taught a goal oriented model of sex. Goal oriented is all about scoring, winning, and getting to home base. If you don't get there, you've struck out. And if you do make it it's expected by mainstream culture that you've having cis het sex penetrative sex with a penis and vagina and you're both orgasming. No orgasm and it doesn't count. Anything besides a penis and a vagina and people just get confused. We need more options!

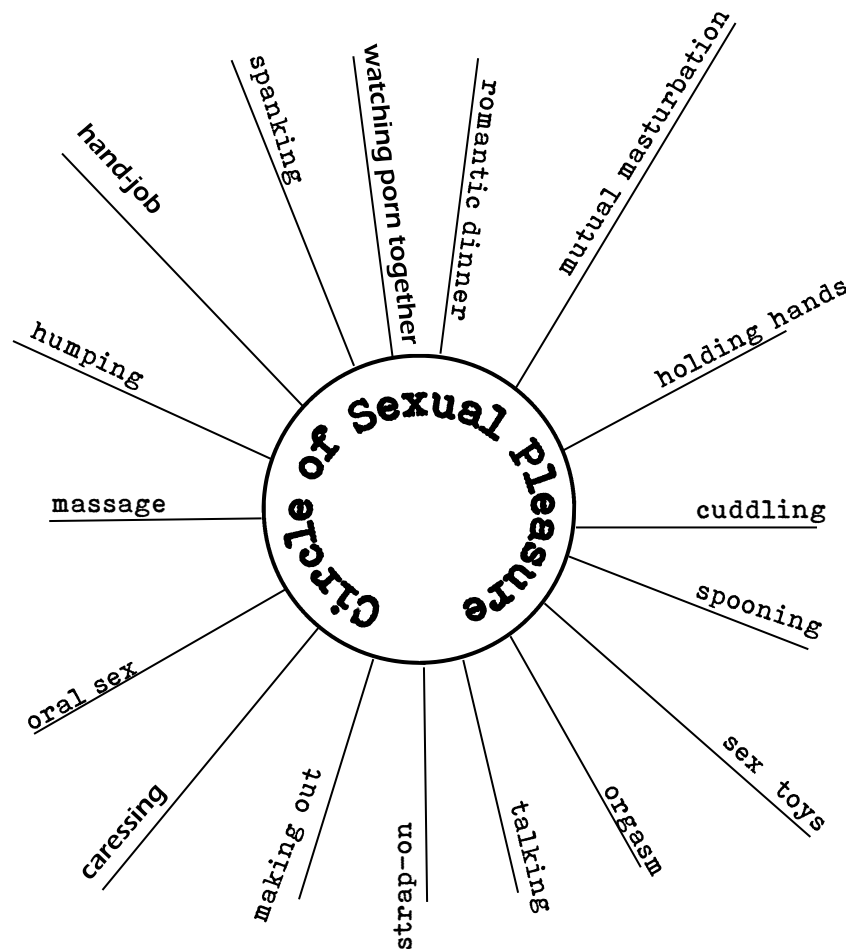
pleasure oriented = focus on feelin' good

A pleasure oriented model takes that stance that if it feels good, do it. There is no scoring-or rather-you get to score each and every time.



Welcome to the Circle of Sexual Pleasure! Each ray of this sexy sun can contain a different activity that brings sexual pleasure. Think outside the box! (pun intended)

Here's one example of what could be on the circle of sexual pleasure. it can be anything that you do that makes you feel good sexually! For this person a hot date could be holding hands and cuddling, or it could be making out and watching porn, or it could be oral sex and orgasm-any combination is a good sexy time!



make your own circle of sexual pleasure!
what's on your menu?

you can also have your hot date do one and
compare and contrast!

The diagram is a circle with the text "Circle of Sexual Pleasure" written around its inner circumference. Sixteen straight lines radiate from the center of the circle to the outer edge, dividing the space into 16 equal sectors. Two of these lines are labeled with text: the line at approximately the 10 o'clock position is labeled "It feels good when:" and the line at approximately the 7 o'clock position is labeled "I get turned on when:". The rest of the sectors are blank, intended for a user to write in.

yes/no/maybe

One of the most amazing things about being trans, and almost sometimes one of the most frustrating, is that when it comes to sex there are no rules. There is no one way to have sex. And there is no way to know what each person (or yourself for that matter) likes and feels comfortable with until you ask. This is where the yes/no/maybe list comes in.

Below is an example of yes/no/maybe list and on the next page is a blank one for your to fill out for yourself. Or, make a copy and fill it out with a special friend. Think about what feels really good, what sometimes feels good, and what you're not comfortable with. If you and your boo both complete the lists you can compare notes. It's ok to say what doesn't feel good and expect that be respected.

Your yes/no/maybe list can also include things like taking a bath, getting a massage, watching porn together, being tied up, or spanking.

ACTIVITY	YES	NO	MAYBE	NOTES
giving oral sex	x			!!!!
receiving oral sex			x	Depends how I feel about my body that day
being penetrated			x	Only with people I know well
penetrating partner	x			
having my chest touched		x		

yes/no/maybe list

ACTIVITY	YES	NO	MAYBE	NOTES
giving oral sex				
receiving oral sex				
being penetrated				
penetrating partner				
having chest touched				
having genitals touched				
touching genitals				
kissing				
having body kissed				
using a strap-on				
receiving a strap-on				
giving hand job				
receiving hand job				
giving anal sex				
receiving anal sex				

NAME: _____ DATE: _____

T	G	S	L	V	D	L	T	R	A	N	S	C	D	TRANS
K	W	B	L	B	O	B	F	R	N	C	E	E	D	TRANSGENDER
H	N	Q	D	V	R	Y	S	H	U	Y	U	W	M	TRANSSEXUAL
N	G	U	E	X	R	E	E	U	Q	A	J	S	V	GENDERQUEER
G	V	U	J	O	N	S	X	Z	Z	B	A	H	E	FTM
S	I	N	E	P	J	Z	M	L	H	G	O	B	T	MTF
H	S	S	I	O	A	A	W	J	R	J	R	R	B	TRANSWOMAN
R	T	T	A	K	R	S	E	O	K	N	A	X	T	TRANSMAN
Z	R	R	U	Q	B	H	K	K	A	N	F	O	U	QUEER
L	A	A	Y	U	D	L	Q	M	S	T	C	N	V	STRAIGHT
M	P	I	U	E	N	R	O	S	M	T	P	J	L	BISEXUAL
H	O	G	V	M	S	W	E	W	E	K	N	O	E	PANSEXUAL
U	N	H	B	K	S	X	N	H	J	M	L	T	S	GAY
Q	W	T	N	N	U	H	V	M	J	O	A	P	B	LESBIAN
T	R	A	A	A	L	Z	V	A	O	B	B	F	I	HOTNESS
D	K	R	L	A	T	G	K	M	R	D	X	L	A	BITS
O	T	E	S	V	M	C	H	U	O	X	N	R	N	JUNK
X	E	D	H	X	I	T	T	F	S	U	I	O	E	CLIT
V	B	N	D	A	H	S	F	F	B	S	E	C	C	PENIS
C	Y	E	I	D	A	G	D	A	A	Q	T	D	R	PLEASURE
Q	A	G	B	M	E	E	P	F	F	S	N	Z	Q	LOVE
K	M	S	X	L	V	J	E	G	J	D	L	K	L	LUST
Z	B	N	Y	U	O	T	O	E	E	I	A	J	K	ORGASM
B	N	A	A	S	Y	R	Y	N	M	T	U	S	I	STRAPON
P	G	R	E	T	T	O	T	D	U	P	X	S	N	YES
R	U	T	R	B	C	A	P	E	M	H	E	E	K	NO
J	F	R	U	R	L	S	A	R	Y	S	S	N	Y	MAYBE
E	F	P	S	D	H	P	N	Q	O	J	I	T	K	MASTURBATE
E	I	B	A	F	Q	H	S	U	Y	U	B	O	X	SEX
J	S	M	E	S	U	B	E	E	C	Y	B	H	B	BLOWJOB
O	H	G	L	Y	P	F	X	E	L	F	J	A	F	SAFETY
A	X	R	P	E	M	P	U	R	I	A	Z	O	F	DENTALDAM
W	N	N	A	M	S	N	A	R	T	W	V	I	M	CONDOM
K	X	C	C	T	N	F	L	E	I	S	T	I	B	KINKY

Safety isn't just about not getting an STI (sexually transmitted infection) or avoiding pregnancy. It's about much much more than that. For most people, to have really good sex, you have to feel safe (unless you get off on "getting caught"). Feeling safe can decrease anxiety and increase pleasure. No before we talk latex and other sexy barrier plastics, take a minute to think about what you need to feel safe during sex.

5 things that help me feel safe during sex are:

1. _____
2. _____
3. _____
4. _____
5. _____

safe, secure, in good hands, protected, out of harms way, safe and sound, not dangerous, harmless, safety, security, protection, shelter, well-being, refuge, safekeeping, safety measure, defense, protection, precautions, safe, secure, in good hands, protected, out of harms way, safe and sound, not dangerous, harmless, safety, security, protection, shelter, well-being, refuge, safekeeping, safety measure, defense, protection, precautions, safe, secure, in good hands, protected, out of harms way, safe and sound, safety, security

You're feeling good in your body, your bits are ready for some action-now what? They didn't cover safer sex for trans folks in sex ed. Latex is still an awesome barrier to keep sperm and STIs to themselves. Here are some ways you can use latex to stay safe:

Condom

- Can be used on a penis/clit or a dildo
- Good for fucking in the ass or the vagina
- You can get them at drug stores or local agencies.
- You can use them on soft penises

Dental dam

- A flat piece of latex
- Good for oral sex on any parts
- Good for rimming
- Kinda hard to get-look for them at LGBT tabling events or check at local agencies. SOME drugstores also carry them. And of course, you can order them online.

Gloves

- Hands of course
- The thumb of a glove can be used as a condom on a clit/dick
- Good for fisting or any kind of intense penetration. A glove with lube gets more slippery than a hand and only covers long or ragged nails.
- You can get latex or polyurethane gloves from any grocery or drug store.

Lube

- Always use lube if you're putting anything in a butt. Butts don't come lubricated like some other body parts.
- Lube can be especially important for people with vaginas who are taking testosterone because T can reduce vaginal lubrication.
- Use water-based lube with any kind of latex. Oil-based lube will break down the barrier.
- Lube is a best friend to any kind of penetrating bit - hands, clits, cocks, or toys.



Sexual Manifesto/a/x



What names do you use
for your body parts?

How do you want people
to see your body?

What are three things
that make you feel good
about your sexuality?

What are five things you
need to feel and stay
safe during sex?

What are your goals and
expectations for good
sex?

What are three qualities
do you want in an ideal
sexual
partner?

What is the relationship
between your sexuality
and spirituality?

What are some
fantasies you'd like to
try?

What other questions do
you have about your own
sexuality?

My Sexual Manifesto/a:

Resources:

Aslan leather
Crashpad series
Queertube
Original plumbing
Kink academy

Fucking Trans Women by Mira Bell-
weather--[http://bitchpleasedistro.tumblr.com/
post/42745844798/fucking-trans-women-issue-0-by-mira-
bellwether](http://bitchpleasedistro.tumblr.com/post/42745844798/fucking-trans-women-issue-0-by-mira-bellwether)



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