

TRANS SEX ZINE



A COLLABORATIVE SEX ED PROJECT



VOLUME I

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TRANS SEX ZINE IS A COLLABORATIVE, ONGOING SEX ED PROJECT BY
AND FOR TRANS AND GNC FOLKS THAT TELLS STORIES OF SEX, BODIES,
& DESIRE. WE THINK TRANS PPL OF EVERY AGE, IDENTITY, ATTRACTION,
AND RELATIONSHIP STATUS ARE EXPERTS OF OUR OWN EXPERIENCE
AND HAVE VALUABLE THINGS TO SHARE WITH EACH OTHER



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Trans Fucking Manifesto

By Kai Niezgoda (they/them) and Jasper Denton (they/them and he/him)

- You are your gender/sex. Whether you've transitioned socially, medically, whether you ever want to. Your body is your gender/sex too, because it's a part of you.
- You don't have to hate your body to be a True Trans. You can love it (or try to) and let other people love it, too. Dysphoria and self love are not mutually exclusive.
- You're not an oddity or a collector's item. Your body may be the first of its kind someone has seen, but it deserves reverence. Conversely, they're not a hero for getting into bed with you.
- The words you use for yourself are the words your partner(s) should use. Chest, boobs, pecs, dick, clit, junk, front hole, back hole, whatever. You have the right to communicate which words fit best and to have those words used about you.
- Same goes for naming sex acts. Do you want them to give you head, suck you off, go down on you? It's important your partner(s) feel(s) comfortable with the words you use too, but don't call it something that makes you feel misgendered, dysphoric or otherwise shitty for their sake.
- Throw your clothes on the floor, you have the right to be here. You have the right to own your body, take up the space you're in, get off when you want.
- Keep your clothes on, you have the right to feel secure. Maybe you need time to build trust, to learn more love for your own skin. Take your time.
- Avoid anyone who makes you feel like you have something to prove. You are already trans/non-binary/woman/man/you enough. You don't need to fuck anyone, any way, for this to be true.
- This, like anything else, can reaffirm/subvert/build your gender. It's okay for sex acts to exist in your nebula of gender performances.
- Say yes. Say no. Say let's try it and find out. Say touch me here, don't touch me that way, more of this, less of that. Say this body is mine, and it is with yours on my terms.

“Humping” by Bobbi

Let's talk about humping: thrusting or rubbing your genitals against something for sexual pleasure. This is also called 'frottage'--which, it turns out, is the same word for the art technique of rubbing a pencil on paper over an uneven surface to make a drawing. So there you have it, humping = art!

Humping can feel great for all different types of bodies. It doesn't even involve getting naked; in fact, having clothing on to create friction adds to the pleasure of it. Popular media presents a pretty boring and misinformed version of humping - usually of someone repeatedly thrusting their crotch against someone's butt, with or without their consent. First of all, humping or rubbing your crotch against someone else without their consent is sexual assault and not okay. Second, humping is so much more! You can hump different body parts, you can hump objects, you can even hump yourself!

Our bodies are pretty much set up for humping. The area around our genitals and pelvis contains thousands and thousands of nerve endings that can give us pleasurable feelings when stimulated. These nerves and the muscles that surround them can give us sensations similar to the ones we experience during sex--even when we're not directly engaging in anal or genital play. One of the major nerves that every body has is the pudendal nerve (p-nerve). It runs from the base of the spine, along the perineum (the taint), and connects to the clitoris or dick, and is responsible for the spasms people can feel during orgasms. Stimulating this nerve through rubbing around the genitals and taint can feel rather amazing.

It's important to remember that every person's body interprets sensations differently, and what feels good for one person may not feel good for another. When I started taking estradiol for HRT, I noticed that the situations in which I enjoyed humping and the sensations from it shifted for me. Not any better or worse, but different. Finding the sensations from humping that feel good to you might take some experimenting.

My first memories of getting sexual pleasure are of humping things: lying on my stomach and pressing my crotch against the floor, rubbing against my stuffed animals in bed, or sitting cross-legged in class and squeezing my thighs together repeatedly. I've found that I get the most pleasure out of humping when I combine it with flexing my PC muscle--the same set of muscles used to stop your pee mid-stream. This muscle stretches from your pubic bone to your tail bone and touches on quite a few nerves and sexual organs. You can create some truly wonderful sensations by applying different types of pressure on your nerves by humping and flexing.

I think there's just something so inherently hot about two clothed bodies humping, bumping and grinding. It can be slow and rhythmic, or fast and insatiable. I like it when I'm the little spoon and

my partner uses their knee to press against my butt and taint. When my partner is on their back, I like to use my thigh to hump their groin, while I straddle and hump their thigh at the same time. Sometimes, though, I just want someone to hump me. Whether it's my legs, a shoulder, my tits or my head, I get pleasure out of being a hump toy.

There's literally endless body configurations, objects, shapes, textures, and scenarios to play around with. Go forth and hump till your heart's content.

Non-Genital Sex

I think that non-genital sex is under-rated, and that it's under-rated because people think of it as "foreplay" or "dry humping," and therefore not as "real sex." However, I think that not fitting in to boring ideas of what sex can be is one of the most fun things about it! When you really sit down and think about it, our bodies are full of nooks, crannies, and holes that can all be probed, penetrated or caressed. A finger or a tongue can be a cock, just as an ear can be a pussy. The only limits are your imaginations and desires.

There are many other reasons I can think of to have non-genital sex, like:

- No or limited risk of pregnancy or STIs
- You or your partner(s) don't like genitals being touched or taking your clothes off
- You don't feel comfortable having oral, manual, or penetrative sex yet (or yet with a new partner)
- You experience pain in your genitals
- You aren't hard or wet or aroused at the moment
- You want to explore lots of different kinds of touching and sex

Are you confused about what I mean by non-genital sex? These are some of the things I like to do that I call non-genital sex:

- Spit on and lick my partner's armpits, and suck on their armpit hair.
- Suck on my partner's fingers, or have my partner swirl their fingers in my mouth and down my throat
- Straddle my partner's ass and scratch their back
- Have my partner bite my thighs, tummy, shoulders, and neck
- Play wrestle

Some non-genital sex could fit into the category of sensation play, which you could consider sex or not, depending on how you feel about it. Sensation play can describe lots of activities involving focused stimulation. It can be sensual, sexual, or a part of BDSM play. Some examples are:

- Massage
- Tracing ice cubes on someone's skin
- Hot wax (careful! Only certain special kinds of wax are safe for skin!)
- Tickling
- Hitting each other with hands or a hairbrush
- Feathers or paintbrushes

There are also lots of sensual intimate activities that you can define however you'd like as a part of your sex play that could be described as service or care! Some examples are:

- Feeding your partner
- Painting their nails
- Shaving them
- Painting on their body with body safe paint
- Bathing them
- Brushing their hair
- Acting as human furniture for them

Destabilising the narrative of penetration

When I first started having sex, most of my encounters with other men followed a script for how I thought sex was supposed to look. What's funny about this script is that it's the same narrative we're taught in porn about what people are meant to be doing when they fuck. First, I'd find an attractive, available and compatible partner. After the awkward meet-up at the door, we would kiss and then suck and then fuck and then resume whatever it was we were doing before we got horny. That's how I spent the beginning of my sexual life, and I'm not alone. There's nothing inherently wrong with going about it like this, but as my gender evolved I began to realise that this narrative wasn't working for me anymore.

Looking back, I don't think this narrative ever really worked for me. I'd leave sexual encounters feeling empty and dissatisfied and, aside from the impersonality of it all, I always found there was something wrong about the strong pressure from the gay community to have anal sex. Without penetration, my partners felt they had not 'actually' fucked me. This is the myth of gay and trans intimacy, and it's responsible for a great deal of body shaming and self-esteem issues in the broader community. Gay men especially place such central importance on the division between top and bottom that those, like myself, who prefer to distance themselves from the penetrative act end up without language to describe our own experiences. My anatomy, gender and sexuality, as someone gay-identifying who was coercively assigned male at birth, does not accommodate for the same penis-in-vagina penetration narrative that remains the hallmark of heterosexual cisgender sexuality today. Yet I spent years of my life attempting to emulate this narrative, thinking that penetration was the essential destination that all of my sexual intimacies needed to be leading towards.

I have since come to realise that the value I'd been trained by porn to place on penetration was undermining the importance of other kinds of interpersonal intimacy. Once you remove the penetrative destination from the narrative of sexuality, each moment of vulnerable togetherness between two people begins to stand on its own. Kisses are no longer

the first step, but become the means by which we explore the sensitivities of another person's body with our mouth. Naturally kisses often develop into other forms of intimacy, but to think of them as their own opportunity for exploration is hugely helpful. Moreover, what is typically known as 'foreplay' becomes destabilised, because there is no proper –play that the 'fore' –play necessarily leads you towards. There is no way to fail at sex, because every sexual moment, even something as light as cuddling, serves the important function of bonding people together.

I've also found that the pressure for sexual intimacy to result in penetration often lingered over me with a sense of dread, because it creates an expectation of what my partner intended that made me anxious. When I started communicating to my sexual partners that penetrative sex was not my thing, it had an effect. I can't pretend that some people didn't respond negatively. I've been labelled repressed, traumatised and scared over the years and they're not entirely wrong – we're all an amalgamation of fucked up psychologies. But those are the people that simply can't fathom an understanding of the body and sexuality that is different to their own. Most people have responded well, though, and it is these people who stick around. They are the ones who recognise that the narrative of penetration is heteronormative and that sex between people like us can be anything from a heated make out to 69ing. Lesbian women experience a similar erasure of their sex, because people wrongly reduce sex to penetration, even though sex is something far more complex than that.

This is not to say that I'll never engage with penetrative sex again, only that we need to destabilise the script of sex to gain fresh insight into what we're missing when we view penetration as the sexual ideal and, consequently, every other sexual moment as inferior.

Back to Basics

A note about me: I am a trans woman in my late 20's who likes to sleep with men. The following is an account of my exploring sex post gender confirmation surgery. It's important to remember that we all want different things from our bodies—some folks want to change their body, some don't. The important thing is that you do what makes you the best you you can be.

I *always* wanted a vagina. My first memories of my genitals were of hiding them, sneaking into my younger brother's drawer to pull out the too small tighty-whities that, when stacked just so over my pre-pubescent penis, would just make it disappear. Like layers of sediment that bury a fossil, I cherished the feel of that smooth, penis free, crotch on my body.

Later on in high school, I started having sex. It was awful. The first time wasn't my choice, and after that I spent a lot of time desperately moving my partners hands away from my crotch. Sometimes I'd get hard; nothing made me more embarrassed. How icky! Yuck. Gross. Erections were great on my partner, but it was not a good look on me. Sex with a penis just wasn't for me, so I quit, for about six years. Sometimes sex is definitely *not* what you need. I was the only person I knew who's big secret was that sometimes, late at night, when I was alone in bed, I'd spend the night watching straight porn. Who knew I was so basic? But watching these cis women with their perfectly coiffed pussies get fucked was just what I wanted.

I did eventually get on HRT, change my name, laser away my beard, and turn my dick inside out to get the vagina I always wanted. Damn did it feel good. Don't ever let anything stop you from finding home in your body. We all deserve that, at least.

Finding a home in our own bodies is the first step to figuring out who we are sexually. Some people figure that out young, some people never do. My second first time was like a lot of people's first first time. Clumsy. I had the perfect partner, we'd talked the whole thing out, I'd diligently dilated just hours earlier (dilating is *key* to putting dicks or anything else you may want to into your new vagina), and, with everything set, he laid back as I'd instructed and I climbed on top.

It was tight. I really had to wiggle on there, and once I had I felt like I'd summited Everest. I got it in! I was probably too excited, because I forgot that sex isn't like climbing a mountain and turning around. He could tell and reminded my now trembling excited nervous self that I should have fun. Ever since surgery my vulva's never had quite the level of sensation I'd hoped. I still like the feel of my partner's dick between my legs, but mostly because it gives me a chance to rub my clitoris across his belly, and unexpectedly, that's become my favorite part. I did get better at remembering to have fun, and the more I remembered the

more fun I had.

There's a lot of ways to do sex, and there's a lot of ways to be trans. The only kind of rad sex that exists is the sex you want to have. Who cares if that's the vanilla Hugh Grant sex of Rom Com lore?

So You're a Switch, Huh?

Hi Everyone Reading This!

Disclaimer: I am writing this from the perspective of how my partner (that I am in a continuous relationship with) and I communicate while having sex. There are so many different ways that folks have relationships or casual sex. I am writing this piece from primarily my own experiences. Although, I think that the skills that I have learned about navigating could be applied to multiple types of encounters with your type of spin on it.

To give you a little bit of context, I want to tell you a bit about myself. I am a multiracial (Korean and White), queer, genderqueer, transmasculine person with anxiety and depression.

I tell you all of that so that I can give you an idea on the various aspects that come into my sex life. Because within the last year I have been exploring and discovering through the fact that I enjoy being a switch.

Switch: Someone who enjoys being dominant and submissive while having any types of sex.

My partner also identifies as being a switch, which is fun and exciting but also takes a lot of communication on who is dominant and who is submissive at any given time.

I thought for the longest time that because I was transmasculine that I couldn't ask to be submissive. The only sex that I had felt comfortable having was being the one giving my partner pleasure through using my dick (a strap-on) or my fingers. What I realized is that I like to let my partner take control. To bend me over, tie or handcuff me, tease me with a vibrator, or run whatever scene we agree on.

Control is a hard thing to navigate, especially as a transmasculine person trying not to perpetuate misogyny in my relationships or in the bedroom. I am aware of how toxic masculinity can often look like control. Keeping that in mind I still struggle with the concept of consensual control given to me by my femme identified partner. I have learned that the most important thing is to make sure I'm listening to what is expressed as a want and trust myself to hold true. Making sure that all involved are giving enthusiastic consent, I think that rule should be held no matter who is dominant or submissive in any given situation.

The way I like to be touched really is affected by how I feel in my gender, body, or my mental health on any given day. Whatever my body feels like that day is important for me to communicate to my partners so that we can navigate what is the most pleasurable. Sometimes I like the idea of using a strap on as an extension of my body, or as my dick to top my partners. Others I don't want to think about anything other than softening my body to her touch as I bottom for her.

The conversations with my partner sometimes start off with:

- "You know what would be hot"
- "I would really love to do this to you"
- "Are you okay with"
- "How would you feel if I were to do this"

Talking through what excites both of us is one of the hottest parts of when we have sex. That way we can work through what we both enjoy. This also allows us to communicate how we are feeling in that particular moment. Especially since things can change from what we have talked about previously.

Some topics of our conversations:

- Using my dick in play
- How either of us want to be touched with fingers

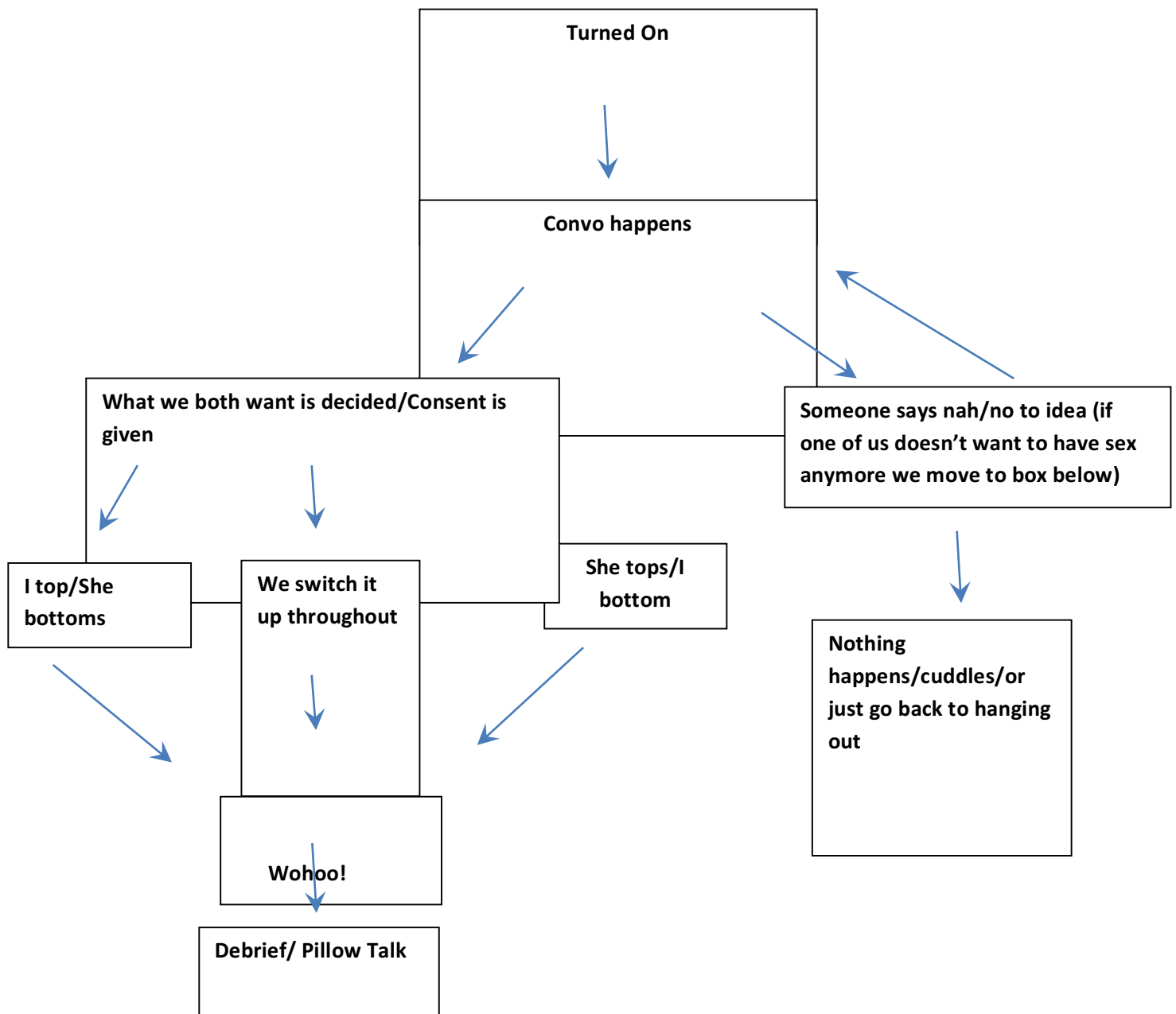
- Using a vibrator
- Who wants to get tied up
- Spanking, teasing, or scratching
- Light touching and playfulness

I've found that it helps to get to know my partner by also talking about what I liked and didn't like after it's over as well. That way I can let her know what made my body feel funky or really good. Learning my trans body is a continuous journey, and I keep learning more about it. I keep finding ways in which to flow through gender and find out what allows me to feel the best.

Till next time,

Tate

A quick guide of how it all plays out:



What are PEP and PrEP? What's the difference?

PEP and PrEP are two different ways of using medications to reduce the risk of getting HIV.

PEP = Post Exposure Prophylaxis

PEP is an **emergency medication** that you can take after a potential exposure to HIV, like after having unprotected anal or front hole/vaginal sex with someone who is HIV positive, or someone whose HIV status you don't know. You must start PEP within 72 hours after exposure. It is best to start as soon as possible. PEP lasts for 4 weeks.

PrEP = Pre Exposure Prophylaxis

PrEP is a **preventative medication** that you can take to reduce the risk that you will get HIV in case you are exposed to it in the future, like if you have a partner who is HIV positive, or if you have sometimes have unprotected anal or front hole/vaginal sex with people whose HIV status you don't know. Right now Truvada is the only pill used for PrEP. It is taken daily, for as long as you need HIV prevention.

Nebulaic Proportions: fucking to love and loving to fuck

by Avery Heimann

Queer non-bino dino here. As in I like dinosaurs and when I tell people my age, they always go "NOOOOO!" Which makes me really happy because I keep hearing this narrative about how non-binary folx are all just young and adapting a "new language," and it's like, shut the fuck up, maybe you've never heard this language before? Maybe language is always evolving and time and space don't matter when it comes to your fucking identity, it's what you feel about yourself and I've never been a fucking boy or a girl so how dare you tell me my heart is a trend? Angry as hell. And it's ageist and adultist as fuck because young people should be able to identify as non-binary too and that shouldn't invalidate a thing. My identity as trans and non-binary and queer in terms of how I feel and how I fuck are very central, very aggressive, and very spiritual parts of me. Teaching sex education for almost ten years also makes me respect the specificity of experience, and that everyone fucks in different ways, but that storytelling is so critical to respecting individuality. So while I want to be like "does it really matter how trans people fuck?" the other part of me is like, "maybe my experience makes a difference." I have terrible dysphoria with my front parts. I don't mind them being penetrated or stimulated by hands, dildos, or other genitals, but no faces or anything that can taste or smell should be near them. I don't like people looking at them. I peg, I use my strap on frequently, I get blowjobs, I jerk off with my dildos, but I also call masturbation in general jerking off. In fact, my favorite sex toy, the Jopen Vanity Vr6, allows me to stimulate myself internally and externally with a "jerking off" motion, so it's great. I am constantly perfecting my squirting abilities, which I find really satisfying as a non-binary person. Being able to literally cum on things and people is amazing. I find that when I go into my really masc modes, I'm super topky, pinning down, choking, guttural moans, dirtier talk, etc. I don't want to put a binary into how I fuck, but it just sort of happens that way when I get dominant. As far as fucking trans and non-binary folx, I'm not going to say it's no different than cis folx. There is difference, but I can't really parse out how. The consent part is unanimous, but knowing there's a complete gender gooeyness with another non-binary person who has similar non-binary identifications as me is really fun. Anatomically, I don't want to say shouldn't matter because it does for my body and I appreciate when people ask me what my preferences are for my parts. I do the same with my partners, cis, trans, or non-binary. Identities shouldn't be reduced to bodies and parts, but since sex involves a lot of those things, it's kind of important to find a way that's unique with each partner to address how they best want me to engage with their bodies.

Testosterone isn't effective birth control!

If...

you have receptive/bottom PIV/front hole sex with a person with sperm,

you don't always use condoms,

you have ovaries and a uterus,

you have not had your "tubes tied" (or other form of sterilization)

and you're not trying to get pregnant,

You should consider adding another form of birth control!

Transmascline folks taking testosterone should look for a progesterone-only (no estrogen) form of birth control. Some good options include:

Mirena IUD (intra-uterine device): This is a small (about 1 inch tall) object which is placed in your uterus through the cervix by a medical provider. It releases a small amount of progesterone to prevent pregnancy. It also will help to stop any menstrual bleeding, which can be a benefit for folks who don't want to take testosterone, or who are having bleeding even though they are on testosterone. It works for six years.

Nexplanon: This is a small rod (about 1.5 inches long) which is placed under the skin on the inside part of your upper arm by a medical provider. It releases a small amount of progesterone to prevent pregnancy. Some people will have less menstrual bleeding, but the Nexplanon is less good for stopping bleeding compared to the Mirena. It works for four years.

Depo-provera: This is an injection (shot) of progesterone done by a medical provider. It works for three months. This is another good option for stopping menstrual bleeding.

These are just a few examples, but a doctor or nurse practitioner can tell you about even more options. All of these have pros and cons, like cost and side effects. Also, all of these options are reversible, so you can get pregnant in the future if you want to.

If you want to learn more about different contraception methods, check out www.bedsider.org. They are not trans/GNC specific, but do a decent job at not using super-duper-gendery language around birth control.

What if I want to get pregnant?

There's not a lot of research so far around how many trans-masculine folks are able to get pregnant after stopping testosterone. **While there is a risk for infertility after taking testosterone, many people are able to get pregnant after stopping (or even while still taking) testosterone.**

If you want to try to get pregnant, it is important to stop taking testosterone, because testosterone can be harmful to a fetus. Most people will start menstruating again within 6 months after stopping testosterone. Your ability to get pregnant is also affected by lots of other factors, including (but not limited to) age, weight, and tobacco use.

- Miles Harris, Family Nurse Practitioner

Kink for the Queer

The first thing that needs saying is; **The experiences* you have should be the experiences you want.** There should never be a time that you are doing something with your body that you don't want or doesn't feel right or even doesn't feel all that good or fulfilling. Have an amazing time instead!

Just to be clear, when I say have the experiences you want I don't and never mean don't have the ones your partner(s) want(s). Make it a collaborative experience! Talk to your partner(s)! Find out what they want and enjoy and choose to have an amazing moment that you might not have ever thought to have without them.

With that out of the way, we need to start with my identifiers. I am a queer, gender-non-conforming, trans, pansexual, kinky, **sub**, polyamorous, badass! And that is a shit ton of words to fling at my perspective sexual and/or romantic partners before the clothes come off (figuratively speaking. Fantastic sex can be had clothed). But, I do it. I do it every time because not only do I have a right to ask for what I want they have a right to decide if I am the person they want to have their kind of awesome time with. I've had perspective partners who simply can't handle the polly or the pan or my kink, my gender, my submissive needs, or my sheer badassitude. They have the right to feel that way (it doesn't mean I don't try to do a little bit of education on the sly). Saying it all out loud and making sure they know what I mean and that I know what they mean provides each of us the space to make informed decisions for ourselves and for our bodies.

This becomes even more important in the kink community which is what I really wanted to talk about. The kink is a complicated space even for a straight cis white Dom male (I usually find that that kind of person is less aware of the complexities that surround them but they **do** exist nevertheless). When you start adding other identifiers into the mix the kinky world can be overwhelming.

So, let's say you are a _____(insert labels or non labels here) who wants to get into the kinky community. What do you do?

My first recommendation is to figure out what kind of community you want to be a part of. Personally, I needed to find one that wasn't centered around male/female dynamics. A lot of kinky spaces are founded by straight people who's only foray into alternate identifiers is

their kink and I say awesome for them! But, that wasn't the space for me and it might not be for you either. There are queer(er) kinky spaces out there and they are worth looking for.

Once you find a community that seems to have space for you, the next thing you need to do is talk. I'm not even talking about negotiations yet. I just mean talk. Seriously, talk a lot, to a bunch of people. This is the best way to find the people you might be interested in playing with (go look up some of the terminology the community uses. This will help!) and to find out what is expected and possible in that space.

You find someone who's style you like and who you want to play with and they want to play with you. Excellent! ...keep talking. You may think that everything will work out on its own especially if you've seen them play with someone else and you like the way they kneel or how they handle their whip or their rope, but there is so much more to a scene than the basics. You get to talk about all of it, from how and when and who is kneeling to what kind of equipment gets to come near the nipples.

Think about and make clear your own hard limits. This goes for Doms, subs, and switches alike. Don't assume your limits will be obvious to the person you are playing with. Most people know to ask before they draw blood for example but not all hard limits are that obvious. For example, one of mine is daddy play. Things in my past have made daddy play a trigger for me and therefore a hard limit. I have added this to my standing list of information about me and I make sure to bring attention to it during the negotiation of every scene. For some people daddy play comes pretty standard and I don't want to be thrown out of headspace in the middle of an awesome moment because I didn't remember to mention it.

The thing I have found most helpful to cover in negotiations as someone navigating ambiguous gender presentation is praise/shame language. A lot of the language used to praise or humiliate a sub is gendered i.e. good boy/girl, slut, whore, pretty, handsome etc. I am personally uncomfortable with being ascribed female language and I make sure to mention that and offer some alternatives. I like the neutral endearments like sweetheart and love, dear and baby and since I'm not terribly into humiliation I tend to steer my Dom towards the language of disappointment instead.

So, you've talked through your scene, decided if a formal contract is necessary (these are usually not needed for single scenes or casual relationships), and are ready to start the scene... REMEMBER to

negotiate AFTERCARE! Sub drop and Dom drop (look them up!) are serious things that can have some huge mental and physical health consequences. These can be exacerbated for people who don't have solid support systems or people who can't present their full selves in their daily lives. Talk about what kind of physical contact you will need after the scene is over. Decide how much contact is necessary after the day of the scene. A call or a text to remind the other person that they aren't crazy, that it really happened, and it was lovely can do a world of good. Leave the door open so your partner can reach out if they have any needs you can fill.

So, use this as a primer and go forth to do your own research and field work. Have an absolutely fantastic time!

* This is also true of sex in general. I say experiences rather than sex because large parts of the kink world are not inherently sexual.

My Cock on T

Disclaimer: I am a non-binary trans man, and in this article I will be using words like “cock,” “dick” and “penis” to talk about my body. I know that not everyone likes that language and I don’t think you have to use those words in order to be trans, or have this kind of trans experience.

Like many AFAB people taking testosterone, my genitals have changed a lot through hormone therapy. Well, my actual genitals haven’t changed very much, my dick got bigger, but it wasn’t some drastic transformation. Nonetheless, the way that I feel about my genitals, and the way I liked to be touched, and the way that different stimulation feels, have all changed a lot. I used to like a lot of pressure on my genitals with fingers, or a vibrator more likely. Now, it seems like I have gotten much more sensitive where different kinds of stimulation can feel good in different ways. Light touches didn’t feel especially good before and now I love it when a partner teases my cock or strokes me very gently.

I never felt super strongly about oral sex before. It was kind of a “meh” activity that felt nice, sure, but wasn’t a main event. Now that my dick has grown, I feel like now my partners can go down on me in a way that feels amazing. My partner will pull on my cock with their mouth, while bobbing their head up and down. They also suck my cock into their mouth and hold it there while licking the underside. When they are touching me with their fingers, they replicate how one might jerk off a larger penis by tugging on it between a thumb and forefinger. Now, receiving blowjobs has become one of my top favorite parts of sex.

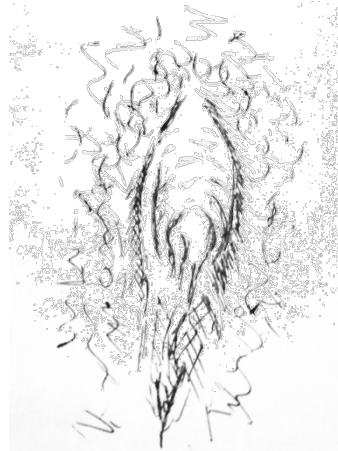
As long as I have been sexually active, I’ve felt drawn instinctively towards activities that could be described as humping, grinding, or thrusting. Now that my body is shaped a bit differently, there are new ways that I can get off with myself and with partners. I like frottage, when myself and another person whose dick has also grown on testosterone hump each other’s thighs and rub our cocks together. I also like straddling a partner’s ass and rubbing my cock in between their cheeks, and fucking a partner’s face.

I also feel proud of and excited about my genitals for the first time. I like showing off my cock and I like when partners are excited about it and want to suck me off, because I feel sexy. I didn’t dislike what I looked like before, at least I didn’t think I did, I was more just apathetic about it and preferred to focus on other parts of sex. Sometimes I still feel inadequate because I don’t have a cis penis, but for the most part I like that my body looks “trans.”

Before



After (about 1 year on T)



Fisting

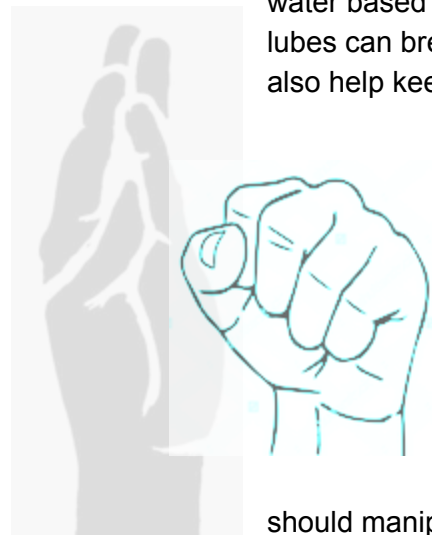
DISCLAIMER: I don't really like to use gender words to describe my genitalia, so I mostly say "junk". This tutorial is specific to "vaginal" fisting, not anal. References are made to gendered bodies and genitalia.

I knew about fisting for a long time before I was ready to try it. I first heard about it in college, when I went to a consent/safer sex workshop and saw someone demo how to safely fist (using a watermelon with a hole cut out!) As someone who doesn't identify as particularly kinky, I wasn't sure if it was for me. At that time, penetration wasn't my go-to sex act and I couldn't imagine fitting an entire fist inside me. Dang, I didn't know I was missing!

Fast forward a few more years, and I was dating someone with super tiny hands--we would fuck and it just didn't feel like she could really fill me up in the way I wanted. I was generally a one or two finger hand job type, but I would often find myself wanting more. However, our relationship lacked the kind of trust I needed to explore that desire further. I was scared to ask her to fist me, and scared to be fisted.

It wasn't until about three years ago that I really got the chance to explore it. My current partner and I had been exploring a variety of things together, including intense penetration. In the past, I had pictured fisting like getting punched. No wonder I was scared to try it! It's really nothing like that.

Fisting takes a lot of patience, trust, and LUBE!! Like, seriously so much lube. I use either a water based lube or sometimes I use coconut oil (just for fisting!! Oil based lubes can break down condoms when used for penetrative sex). Gloves can also help keep the lube from absorbing into the hand. You need a slow build up, starting one finger at a time. You need to work your way up--fisting is a process! Don't expect to fit a fist the first few times you do it.



HOW TO FIST

- Start with whatever arouses/stimulates you. Fisting requires a pretty high level of arousal. Personally, I prefer to stimulate my clit/cock while a partner inserts fingers, one at a time.
- Once you get two-three fingers inserted, the person should manipulate their fingers into a more fisting-friendly shape--kind of like a duck bill, you want ring and pointer fingers on top of the middle finger, and when you are ready tuck in the thumb and pinky.
- Work with this shape in whatever way feels most comfortable for your body and your pacing--I prefer that someone slowly builds up, twisting and turning the hand (AGAIN--WITH TONS OF LUBE) up to the knuckles.

- The most intense part for most people is getting past the knuckles. Staying relaxed and focused on your arousal and pleasure should allow for your body to open up enough to accept the hand past the knuckles. Literally, when I get to the point where I'm ready usually my body will suddenly grip onto my partner's hand and welcome it inside.
- Throughout this process, remember that minimal amounts of movement can create intense sensation. Gentle, twisting and wiggling motions feel best for me--I rarely need the intensity of pulling in and out/fisting pounding.
- If you find that at any point you experience pain in an unpleasant way, it's good to stop. I often need to slow things down, or sometimes just stop. Don't be discouraged if it doesn't happen for you right away--it definitely takes a lot of time and it may be that it's just not your thing!

Once I started being fisted, I got kind of obsessed. I had never really experienced anything like it, and felt myself wanting to do it all the time. It was weird to go from having my junk be so tight I could hardly take more than a standard dildo to suddenly wanting to take someone's fist all the way up to wrist.

In my obsessive searches for fisting information and fisting porn, I came across this kind of amazing and bizarre website called "SexInChrist.com". Now, I'm not a Christian but I was pretty surprised to come across a biblical interpretation of why fisting is an appropriate sex act. And, weirdly, I found it super validating (even tho it's rooted in a pretty heteronormative idea of sex and also THE BIBLE?!)

THE FIST OF MIGHT

"The sex act called fisting is a source of confusion and misconceptions for many Christians. This is unfortunate, because it means that many are depriving themselves of what could be the most spiritual sexual experience of their lives. Like [anal sex](#) and [BDSM](#), fisting is often mistakenly associated with the gay community or is considered a sex act too extreme to be appropriate for Christian couples. Not only are these views incorrect, but fisting actually has a scriptural precedent, as we will show.

In the Song of Solomon, the Bible describes the act of fisting and the profound erotic bliss it induces: ***It is the voice of my beloved! He knocks, saying, "Open for me, my sister, my love, My dove, my perfect one"...My love thrust his hand through the opening, and my feelings were stirred for him. (Song of Solomon 5:2-4)*** Here we see the lover gently coaxing his companion to open up to him, metaphorically "knocking at her door," preparing her sexually and emotionally to receive his hand inside her. Gradually he works more and more fingers into her, until the moment when her vagina yields and his hand slips fully inside her, thrusting "through the opening." She then describes the powerful passion that this arouses in her as she envelopes his entire hand inside her body. Many couples describe this moment, as the fist makes full penetration into the vaginal opening, as transcendent and a sexual revelation. As the woman's body accommodates her husband's hand, both may experience a sense of physical, sexual, emotional, and spiritual oneness."

I find this
part
really hot

LOL
Z

Muffling

By Bobbi

To start, I'm a nonbinary non-op trans woman (she/her or they/them) who usually doesn't feel dysphoric about their junk. As of this writing I've been on hormones for a little over a year.

After reading about muffing in the zine *Fucking Trans Women*, I remember thinking, "this is what I have to do to be a real trans woman." I was so excited to learn this well-kept secret about my body, but terrified of the possibility that I wouldn't like it.

Not everyone with muffs enjoys the sensation and that's completely normal. I didn't like it the first several times I tried it -- which usually ended in me frustrated at myself for not liking this thing I naively thought all trans women were supposed to like. I took to social media to ask other trans women why I wasn't having mind-blowingly-awesome orgasms from muffing. Turns out there isn't a magic step I was missing. Finding what feels good for you takes time and practice.

Muffling doesn't get me off on its own, but I like to slip a finger (or two) in when I'm jerking off or playing with my ass for extra sensation. For me there's a thrill in just having another hole to fuck when I'm horny. I think it's really hot when a partner gently plays with my muffs when we're making out, or even while they're going down on me. I want my partners to explore my muffs with fingers, tongues and toys. Muffling can be intimidating for partners that have never tried it before, but walking your partner through it can be a sexy exercise in trust.

To really get at the nerves that run along the muffs takes patience. Somewhere I learned that I can massage these nerves by pushing my balls up inside myself and gently rolling them around in there. The blissful feeling that accompanies it sends chills up my spine.

Taking estrogen has ever so slightly changed the way my body experiences sexual pleasure. It feels more spread out or diffuse across my body and less of a concentrated feeling (like when my body was producing T). I appreciate touching and rubbing and feeling myself on estrogen. I think hormones have heightened the sensations from muffing, or at least they've helped me learn to touch myself in different ways.

Another trans woman on the internet once suggested I try using a small vibrator on my muffs. So I tried it while I was masturbating (see picture). I rolled it around the top of my muffs and I stuck it inside -- it sent shockwaves through my body and I started sobbing. I'm so grateful for the chance to reconnect with my body on my own terms; and I'm so fucking grateful for trans women sharing knowledge and pleasure with each other.

Muffling 101

Muffling is the act of playing with the inguinal canals (also called "muffs"). The inguinal canals are the cavities where the balls descend from (when some people born with balls go through puberty for the first time). When trans women tuck, they temporarily push their balls back into these inguinal canals.

Use one finger to gently invert the skin of the ball sack up and to the left or right of your pubic bone. It can help to see where your balls go when they tuck inside. The opening is a little bit stretchy and your finger should have a bit of wiggle room. It's normal to feel a little uncomfortable or awkward at first.

Why muff? Running through the inguinal canals is the ilioinguinal nerve (I-nerve); which happens to be in close proximity to the genitofemoral nerve (G-nerve). So pleasuring the I-nerve can in turn also stimulate the G-nerve. In other words, it can feel good!



(front-facing view of someone muffing with vibrator)

Six Hot Tips 4 Sucking Strap-On Cock

I am a queer trans man and I enjoy receiving blowjobs with a strap on, and I also have partners who strap on cocks and I go down on them. I think that any way that you and your partner(s) find to play and feel hot in your genders is great, but if you are feeling a little bit intimidated by the prospect of going to town on some strapped on dick, here are a few tips, starting from the beginning:

1. Dildos can often be lint magnets, and accumulate dust and hairs easily. Right before playing, if it makes you feel better, you can give it a quick rinse. Or try covering it with a non-lubricated condom and then it will just taste like mild rubber. They can also have a lot of friction or drag, so try adding some coconut oil to the tip before going down.
2. The first thing to think about is the type of cock you're working with. Can you adjust the angle or placement on your partner's torso so that the base puts some pressure on their genitals? Frequently with traditional dildos the base is flat but if you tilt it down quite a bit you can press it against your partner's body. Rocking the dildo so that it is pointing down and then straight can be a motion that feels good.
3. For many people receiving head, part of the goal is feeling connected to their cock. One tip I have for this is that if you are moving your head/tongue/whatever rhythmically on your partner's cock, matching that rhythm elsewhere on their body can help complete the visual loop. Some options could be squeezing their ass when you reach the base and releasing when you are up at the tip, or matching your licks up the shaft with gentle strokes with your fingers on their tummy.
4. Along these lines, use the rest of their body! Lick their thighs, back to cock, tummy, back to cock. Jerk them off and kiss them. Explore their body with your hands.
5. Remember, first and foremost this is a visual experience. You can rub their cock on your face, slap yourself with it, lick it with your mouth wide open, spit on it, touch yourself as you go to town, and look them in the eyes while their cock is in your mouth. Wet smacking noises, gagging, the options are endless, if you feel sexy doing it then give it a try! I have a lot of fun putting on a show for partners and learning which "tricks" they love best.
6. For me, asking for head and receiving it is hard because it makes me feel vulnerable in my transness. If your partner feels that way too, you can show them you take them seriously. Tell them you love their cock, describe what is happening ("you like it when I lick your head gently like that? You want to fuck my face?") They made appreciate some reassurance that you like this activity too.

There are also dildos like the Fuze Ultra, Vixen Creations Royale that have bases designed to stimulate your partner's genitals. Plus there are double ended dildos like the Fun Factory Share, the Feeldoe, and more that your partner can insert into their hole so that movement of the dildo stimulates them.

Sex worker, author and educator Tina Horn has a podcast called *Why Are People Into That?* with an episode on Cocksucking that might be inspirational for some people.

STRAPONS

Hi, I'm Aloysius. I'm neutrois and my friend who I have sex with is transfeminine. I enjoy strapon sex because it helps my partner and I feel less dysphoric. Here is how we do it, from my perspective.

The Toys/Tools:

I have used two different types of dildo for strapon sex. One is a regular strapon-compatible dildo which has a wide base to be held by the o-ring of your harness and stabilize it. The o-ring is the part of the harness that your dildo goes through. My other one is a type of double dildo known as a "strapless" strapon because it doesn't require a harness if you have strong pelvic floor muscles, though a harness is recommended. I have also used two kinds of harness, one I made out of bondage rope, and a brief harness which is basically underwear with an o-ring.

My exact products are: The RodeOH brief harness, which is great and it comes in purple. The Tantus Echo is my strapon compatible dildo, though the vibe it comes with can't really be in place when wearing it as a strapon, unfortunately. The Echo is kinda an advanced dildo which I got because my partner has a lot of experience with butt plugs and such (and also it comes in midnight purple). You may want something shorter and smoother. My double/strapless strapon dildo is Tantus' Feeldoe. I got the regular size, which is the purple one. This one does have a vibe that works when it's in use as a strapon, though mine burned out pretty quick. My first choice was actually the Share by FunFactory because it is prettier (and darker purple) and has higher recommendations/reviews, though no vibe (not a deal breaker for me anyhow), but it was more expensive.

How I use the Brief Harness with a Strapon Compatible Dildo:

This one is fun and relatively easy to use.

Optional: My sexual friend likes to have an enema before sex, usually a few hours beforehand, or at least a douche right before. I don't feel experienced enough in that area to give advice on how to go about that. If you're doing anal, expect there to still be poop, and have wet wipes on hand.

1. Put on the harness just like underwear. I have always worn regular underwear underneath, as I prefer to keep my own body fluids off of the harness.
2. Slip your harness compatible dildo down from inside through the o-ring.
3. Put a condom over the dildo. I highly recommend it for buttsex. It's necessary if you plan on switching holes, then you would need to change the condom between each hole.
4. For anal or vaginal sex, you may need your partner's assistance finding the hole.
5. Be gentle, at least the first time. Especially for anal.
6. When you finish, take off the condom and wipe your dildo off with wet wipes before taking it out of the harness to keep your harness clean. Remember that anal almost always comes with a little bit of poop (or even a lot), even if the receiving partner douches or has an enema first.

How I use the Strapless Strapon:

My first dildo was my strapless strapon, which was maybe not the wisest choice. Nevertheless my first time was great and I prefer this kind of dildo because it feels more a part of my body. This is probably not for you if it makes you dysphoric to put things in your vagina. You could try holding it in your butt, though I haven't tried that yet.

Prepare: Pelvic floor exercises are practically a must. I really suck at them though, heh, but I manage. Also, as with last time your partner may like an enema or douche before sex, though it's totally optional.

1. If you're gonna use a rope harness, make it and put it on first. I used a 30 foot bondage rope to make a harness my first time, using the instructions from Two Knotty Boys: Back on the Ropes. You can also use the brief harness, or go without if you're confident in the strength of your pelvic floor muscles.

2. Put the bulb in your vagina or maybe your butt. The bulb is the shorter end that doesn't look so penis-y. I have a tight vagina so I use a vibe to relax/numb it a bit before inserting the bulb. A fun idea is to ask your partner to help you get it in.
3. If you're gonna use a brief harness this is when you'd put it on. You could also try putting the bulb in and the harness on simultaneously by slipping the dildo through the o-ring first. Experiment a little to find what works for you.
4. Now follow steps 3-6 from the other instruction. The main additional advice is to remember to squeeze your pelvic floor muscles to hold the dildo in if you aren't using the brief harness. The rope harness requires squeezing too.
5. This one can be harder to get off, but I find standing with my legs spread and relaxing can get gravity to help you out a bit. If you're wearing the brief it might be easiest to take them off at the same time.

Now go have fun, consensual, strapon sex!

DILDO GUIDE



Tantus Feeldoe



Fun Factory Share



Tantus Echo



RodeOH brief



Fuze Ultra



Vixen Creations Royale

RESOURCES

In Print

- ★ [*Come As You Are*](#) by Emily Nagoski
- ★ [*Dr. Rad's Queer Health Show Zine*](#)
- ★ [*Fucking Trans Women*](#) by Mira Bellwether
- ★ [*Primed: The Back Pocket Guide for Trans Men and the Men Who Dig Them*](#)
- ★ [*Girl Sex 101*](#) by Allison Moon (not exclusively for trans folks but is very inclusive of trans bodies, has a section of muffing, really is for anyone identified as female or anyone wanting to have sex with someone identified female)
- ★ [*Nerve Endings. The New Trans Erotic*](#) by Tobi Hill-Meyer
- ★ [*Not Your Mother's Meatloaf: A Sex Education Comic Book*](#) by Saiya Miller and Liza Bley
- ★ [*Take Me There. Trans and Genderqueer erotica*](#), edited by Tristan Taormino
- ★ [*Trans Bodies Trans Selves: A Resource for the Transgender Community*](#) by Laura Erickson-Schroth
- ★ Trans Safer Sex Guide:
http://hrc-assets.s3-website-us-east-1.amazonaws.com//files/assets/resources/Trans_Safer_Sex_Guide_FINAL.pdf
- ★ Trans Sexuality Zine
<https://www.toolshedtoys.com/author-trans-sexuality-zine.html>
- ★ Trans Youth Sexual Health Booklet
<http://cdn0.genderedintelligence.co.uk/2012/11/17/17-14-04-GI-sexual-health-booklet.pdf>

Videos

- ★ Sexplanations with Dr. Lindsey Doe
(<https://www.youtube.com/user/sexplanations>)
- ★ A Trans & Cis Review Video of Clit Pumps from Hey Epiphora:
<https://heyepiphora.com/2017/11/video-review-a-trans-cis-conversation-on-clit-pumps/>

Websites

- ★ Early to Bed (<http://early2bed.com/2014/02/05/trans-women-sex-awesome/>)
- ★ Scarleteen.com
- ★ Everyday Feminism: Trans & GNC (<http://everydayfeminism.com/tag/trans-gnc/>)
- ★ ...F@#king Trans Women by Natalie Reed
(<http://freethoughtblogs.com/nataliereed/2012/05/30/fking-trans-women/>)
- ★ The Sugarbutch Chronicles by Sinclair Sexsmith <http://www.sugarbutch.net/>
- ★ <http://www.bextalkssex.com/> (Sex toy review blog)
- ★ Taylor J Mace's Tumblr Sex Toy Reviews from a FTM perspective:
<http://taylorjmace.tumblr.com/>
- ★ Insert Trans Here, Sex toy reviews from a Trans girl's perspective:
<http://inserttranshere.com/>
- ★ The Tool Shed's Gender Expression Gear Section:
<https://www.toolshedtoys.com/gender-expression/>
- ★ Rad Remedy's resource website: <https://radremedy.org/>
- ★ Spectrum Boutique Education and Gender Sections:
<https://spectrumboutique.com/shop/gender/>
- ★ The Network/La Red: org that does sexual assault and dating violence prevention work with LGBTQ latinx communities, also has a lot of great info about the difference between BDSM and abuse, and a great list of books
<http://tnlr.org/en/what-is-abuse/>

Organizations

- ★ The Center for Sexual Health and Pleasure: <http://www.thecsph.org>
- ★ Trans Student Education Resources (TSER)-Sex Ed
<http://www.transstudent.org/health>
- ★ Center of Excellence for Transgender Health
<http://transhealth.ucsf.edu/trans?page=home-00-00>

Podcasts

- ★ Fist You Podcast
<http://fistyoupodcast.com/listen/>
- ★ The Dildorks
<https://thedildorks.wordpress.com/>

