



**GOOD  
SEX IS..**

**an inclusive guide  
for trans people**

GOOD  
SEX IS..

being you

being ready

coming out

consent + safety

sex!

contacts + resources



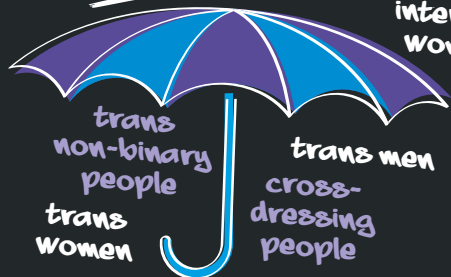
This booklet is an inclusive and positive guide about sex and relationships for trans people and partners.

Our identities, our bodies and how we choose to express ourselves should be celebrated and valued. This includes respecting all our trans, cis, non-binary and intersex partners.

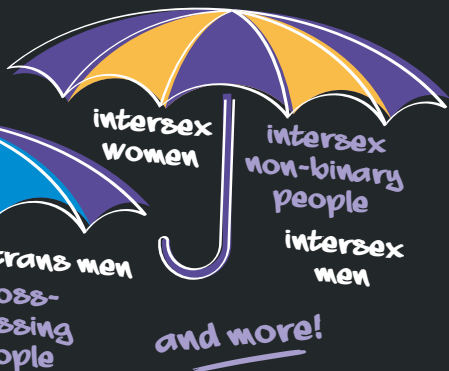
So whatever your gender expression and identity, if you're having sex or think you might, we hope this information is helpful.

Consensual sex and relationships should be fun and pleasurable.

☆☆☆  
trans umbrella



intersex umbrella





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being you

what is  
gender?

The term sex refers to the biological sex assigned to people at birth based on the appearance of external anatomy. Gender refers to attitudes, feelings, behaviours and identity.

There are often expectations that if you are assumed to be a boy or a girl that you will act in certain ways and like certain things. But how we express ourselves and how we feel inside doesn't always match.

Many people identify outside of the gender binary of male and female. They may identify as both, neither, or move between them. People use a variety of terms when expressing their gender to others and these sometimes include terms such as non-binary, gender variant and gender queer. The only way to know what term a person prefers, is to ask.



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being ready  
(and wanting  
to have sex)

Do what's right for you, and not what everyone else is doing, or what they say they are doing!

The truth is, only you know when you are ready and what you desire. Sex should feel good, at the time and the next day.

Building your confidence by understanding what feels good for you and thinking about how you can communicate what you like, or don't, is really helpful.

**top tip!**

If you are uncomfortable talking about sex with your partner, it might be helpful to write a list of what you like and want to try.



☆ ☆ ☆

To have sex that you feel good about, you have to feel good about yourself. That comes from respecting your body and your feelings, as well as the person you are having sex with.

Confidence and self-esteem have a big impact on the things we do and how able we are to ask for what we want and like.

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If you are feeling low, talk to someone. There are places you can go for advice and support. Check out the contact section for more info.

Sex should be fun and pleasurable. Learn how to ask for what you want.





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COMING  
out

Coming out is when you tell other people about your gender identity and/or sexual orientation.

Coming out is a layered process for most people, and you may 'come out' to some people, but not others. You don't have to 'come out' to enjoy intimacy and sex, and you may wish to weigh up any risks associated in doing/not doing so.

This can be an important step before having sex.

top tip!

Write a list of the possible benefits and challenges that might happen when coming out to people.

# hormones, bodies and bits



All bodies differ from each other, and our confidence can be related to how we feel about them. Some people may wish to take hormones, or have medical intervention or surgery to feel more comfortable. There is no one way, and decisions are very personal. Communication with partners about how you feel can be really important.

There are many ways in which people can express who they are and clothes are just one part of this. For example, some people might use binders as a way to reduce the size of their chest, so they can present as more masculine or gender-neutral. Others may use breast forms to increase the size of their chest to appear more feminine or gender neutral.

Hormones can affect people differently and may impact how you feel about sex.

For some people medical intervention is important. Whilst for others this is not the case. It is important to make decisions that are right for you, and not to presume anything about others.



There is  
no one way  
to 'be' trans.



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consent  
+ safety

Sex or sexual activity without consent is  
against the law.

Both partners have to freely agree to sex, especially  
if under the influence of drink or drugs.

If intoxicated, people are less likely to be able to  
freely agree to something than if they were sober.  
This is called having capacity. If you or your partner  
have any doubts then don't engage in sex.

## apps & social media

Are you using apps and social media to meet people  
for sex? Take steps to make sure you're safe. It's often  
helpful to discuss boundaries and expectations as it can  
help to save any misunderstanding with a potential new  
sexual partner. If you are both ready for sex, ensure you  
are able to give/receive enthusiastic mutual consent.

Tell someone you trust where you are going, who  
with and when you will be back.

## alcohol & drugs

Being drunk or being under the influence of drugs may make you feel more confident for a while, or may make you feel horny. If this is the case, it may make it more likely that you want to engage with riskier sex, and may mean you are less likely to engage in safer sex or use condoms.



Alcohol and drugs can also diminish our ability to feel physical pain, which can mean we don't notice warning signs of injury.

## understand the risks

Drugs and alcohol can have a negative impact on your overall health and wellbeing, and can increase your risk of STIs including HIV and Hepatitis C. If you are using any type of drug, mention this at your sexual health check-up. They will help explain the risks that apply to you and talk about how you can stay safe.



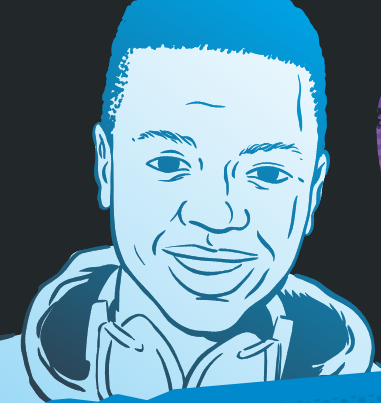
# sexually transmitted infections (STIs)

You can't tell by looking at someone if they have an STI, including HIV. The only way to protect yourself and your partner is to always use condoms and water-based lubricants. A barrier for oral sex can be created by using a condom and cutting through it whilst still in the packet to create a dam. NHS Lothian offer individual dental dams.

When you become sexually active, have a check-up for STIs including HIV in the first few months. Depending on the type of sex you are having, and the number of partners, you might want to have a check-up as often as every 3 months. This can help to keep you and your sexual partners safe.

free safer sex  
supplies are  
available from  
your local sexual  
health clinic.





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sex!



Sex with another person may involve any, all, or none of the things we are about to look at. All are valid, and sex does not have to mean penetration. Spending time with each other and engaging with things that make you feel good could include things like kissing, holding hands, hugging, massage, and even sexy talking.

## kissing

Kissing can reflect a range of feelings – love, sexual attraction, intimacy and arousal. It can be on the lips or the body or genitals. It can be loving, saucy or sexy. It is often a good way to start any intimacy with another person.

Always remember to check in regularly with your partner. Telling each other what you like, or don't. Take a break when you need to.

# erogenous zones

Erogenous zones are parts of the body that feel good to touch. These may include nipples and genitals, as well as ears, necks, tummies, backs of knees etc. Exploration is key to finding your own erogenous zones and your partner's. Your brain can be one of the most exciting erogenous zones that you have, as your imagination plays a large part of how you get turned on.

You may find that you don't like the same things as your partner and this is okay, but it's important to talk about what you like and what you don't like. It's equally important to listen to what your partner likes and doesn't like as well.



# masturbation

Self-masturbation can be a fun and enjoyable way to get to know yourself, changes in your body and orgasm. It can take time to become comfortable with changing body parts. Some people might not want to masturbate though and that's okay.

Some people may not be comfortable with a partner touching their genitals so masturbating together can allow for high levels of intimacy.

Some people also really enjoy masturbating each other. Communication is key!

# genital sex

People may use a variety of language to refer to their genitals which better suits them and their identity. Being mindful of this, and asking about language and touch, can lead to better communication and more positive experiences.

It's always important to respect people's choice of language for their own body and to respect the ways in which they like or dislike being touched.

## oral sex

This may involve licking or sucking the genital area (such as: penis, testicles, vagina, labia, clitoris, perineum or anus). Some people have other very sensitive areas which they enjoy being touched or stimulated with the lips, mouth and tongue.

If you're planning on giving and/or receiving any type of oral sex, remember that you can pick up bacterial infections and STIs (such as gonorrhoea, chlamydia and syphilis) from unprotected oral sex.

## vaginal sex

People who have vaginas may or may not enjoy penetrative sex.

Some people enjoy the experience of the clitoris being stimulated at the same time. The clitoris is a large organ with lots of nerve endings, that can be stimulated in many ways to create pleasure. Pleasure can be enhanced by using water-based lube.

As with all messages within this guide it is a personal choice that must be respected. Condoms will reduce the risk of STIs and the possibility of pregnancy.

Please note that taking cross sex hormones will not reduce the chances of pregnancy.

## fingering

Fingering is when you use your fingers to give pleasure. This might include inserting your fingers into genitalia, such as the vagina or anus. Stimulation of the genitals with fingers can feel great, using lube can make this feel even better. Just make sure that you keep fingernails clean and short. If you have cuts either on your fingers or inside the genitals it is better to wait till they've healed, some people may wish to use clinical gloves. (These are available at many sexual health services or chemists.)



## anal sex



Anal sex is a personal choice and you may enjoy giving, receiving, both or neither. If you do want to engage in this then finding the right position can make the experience all the better. Do your research, get to know what things you do and don't like. Self-exploring the anus can help you find out what feels good and what doesn't. Trusting your partner, relaxing and taking your time helps make each and every experience as fun and as pleasurable as it can be.

Unlike the vagina, the anus isn't self-lubricating, so condoms and lube help to reduce friction, meaning less pain and more pleasure. The entrance to the anus is very sensitive, unlike the rectum. This means that when penetrating, being gentle can reduce any cuts, bruising or discomfort.





# sex toys



Sex toys are generally divided into three categories; internal, external, and both. The important thing to remember is that everyone's body is different and so different people prefer different things. Some people only like to use external toys as they may find internal toys too invasive. Some may only like to use toys on their own or some may prefer to use toys only with a partner. There are so many to choose from! The important thing is how they make you feel and that you are using them safely.

## health and safety tips for sex toys



- Put condoms on internal toys if you are using them with a partner. Make sure you change these condoms after every use and continue to wash the toy after every use.
- Check the materials. Some toys can be made from materials such as latex or rubber jelly which can cause allergic reactions. Be aware of what you are sensitive to and avoid those materials. If a toy doesn't feel right, stop using it.
- Use a water-based lubricant. This is especially important for anal toys as the anus doesn't self-lubricate.
- If you are using toys with a partner, communicate about it. It is important at all times that both people in a relationship feel that they are safe and secure in their sex lives. Make sure that you are continuing to talk about sex toys even if you have been using them for a while.

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**contacts  
+ resources**

To find out more here are some useful contacts:

LGBT Youth Scotland plays a leading role in the provision of quality youth work to lesbian, gay, bisexual, transgender and intersex young people aged 13-25, that promotes health and wellbeing. Our teams across the country work face-to-face or online.

Beyond Gender is an inclusive group for transgender young people. Co-produced with the committee of members, they meet weekly in Edinburgh, with interesting and engaging workshops.

Trans Youth Glasgow – an inclusive group for transgender young people based in Glasgow

[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)  
[info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)  
Phone: 0131 555 3940

Scottish Transgender Alliance – works to improve gender identity and gender reassignment equality, rights and inclusion in Scotland.  
[www.scottishtrans.org](http://www.scottishtrans.org)

# gender identity services in Scotland

Edinburgh  
Chalmers Gender Identity Clinic  
[www.lothiansexualhealth.scot.nhs.uk/gic](http://www.lothiansexualhealth.scot.nhs.uk/gic)  
0131 536 1570

Glasgow  
Sandyford Gender  
Identity Clinic  
[www.sandyford.org](http://www.sandyford.org)  
0141 211 8130





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# glossary

**Biological sex:** Refers to physical aspects of bodies, including the reproductive system as well as secondary sexual characteristics such as the development of breasts, growth of facial hair and variations in depth of voice.

**Cis:** Someone who identifies with the gender they were assigned with at birth.

**Gender identity:** A person's deeply felt internal and individual experience of gender, which may or may not correspond with the sex assigned to them at birth.

**Gender expression:** How we present ourselves to the outside world. This might include gender related appearance such as clothing, speech and mannerisms.

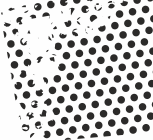
**Gender dysphoria:** When a person experiences discomfort or distress due to a mismatch between the gender they were assumed to be at birth and how they feel now. Some people may seek a formal diagnosis which will help them to access treatment to help their transition. (Gender Dysphoria is a phrase which is not used by everyone and is mainly seen as a medical term).





**Intersex:** Is an umbrella term used for people who are born with variation of sex characteristics which do not always fit society's expectation of male or female bodies. Intersex is not the same as gender identity or sexual orientation.

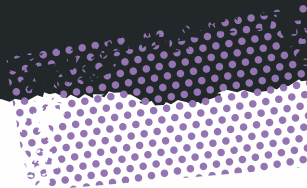
**Sexual orientation:** Who you are romantically and/or physically and/or sexually attracted to. Terms such as lesbian, gay, bisexual, straight, pansexual and asexual may be helpful in letting others know about your attraction. Our feelings and our attractions may change over time as may the terms we use to describe ourselves.



**STI:** Sexually transmitted infection that can be passed on through sexual contact.

**Transition:** Undergoing changes to align gender identity and/or expression. This could be using a different pronoun or name, or undertaking hormone or medical treatment.

**Trans:** An umbrella term to include people who find their gender identity or gender expression is different from the sex they were assigned at birth.





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**YOUTH** ●  
• **SCOTLAND**

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