



## CRUISING: A TRANS GUY'S GUIDE TO THE GAY SEX SCENE



This booklet was written by trans and non-binary people,  
for trans and non-binary people.

cliniQ would like to thank the staff, volunteers and  
community members who contributed to this resource.

**This booklet is to help you have great sex and great  
sexual health.**

'Cruising' is for trans guys who are gay, bi or queer. It covers a wide range of identities including trans men, AFAB (Assigned Female At Birth) trans masculine, trans masc, FTM (Female-to-Male), non-binary people and men with a trans history. For simplicity this booklet use the term TRANS GUYS for all these identities.

It is for anyone who was labelled as female when they were born but who identifies as male, trans male or trans masculine, some or all of the time.

Sexual health is important for ALL TRANS PEOPLE, but this resource is aimed at trans guys who have cis (non-trans) male partners. This is because cis gay and bi communities have higher risks of HIV infection and some STIs than some other groups<sup>1</sup>. But, with the right information, we can have great sex and great sexual health.

## Our bodies

This booklet uses the term front hole to describe the vagina. Cock to refers to the clitoris or the results of lower surgery (usually metoidoplasty or phalloplasty). Cock can also refers to the penis that our partners were born with.

Not all trans guys have or want surgery or hormones. Many of us are happy keeping our original plumbing or only altering it slightly. Whether you use your front hole, your arse, your hands and mouth for fucking – or all of the above – you can have hot sex and healthy sex.



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## FEELING GOOD, COMMUNICATING WELL

Exploring ourselves, others, and the gay/bi scenes can be an exciting part of being trans and queer. It can also mean entering unknown territory. A few hints and tips can help you feel more confident. Whether this is hanging out, fucking, hooking up, or dating.

Some people might have had sex or relationships with straight, cis guys before transitioning. But that can be very different from exploring the male gay scene as a trans guy. There is a whole new world of gay sex, hook-up apps, barebacking cultures, scenes and sex parties to navigate.

Learning to communicate what we like and don't like, or to communicate about our bodies and our sexual health can help us to have great sex.

Deciding if and when to tell people you are trans can be tricky. Some guys might not tell their sex partners. Others might tell them straight away. Some of us might not have a choice based on our identity, presentation or stage of transition. It helps to work out what feels right for you.



As with anyone, some of us are living with HIV or have to deal with other STIs. And so might some of the guys we hook-up with. As well as talking about being trans, you might want to talk about your sexual health with a new partner. It can be helpful to talk about their sexual health too.

No one can know another person's HIV status from how they look, act or behave. Talking is important, but some people don't realise they are HIV positive. Others might not want to talk about it, or think it is unimportant. Especially if you are using condoms or PrEP. Or if they are on HIV treatment (ART) and are not infectious.

Communication isn't just words, especially when it comes to sex. It can include:

- ❖ Eye contact, smiling, frowning, grinning, winking etc.
- ❖ Moving closer or moving your body away.
- ❖ Pressing or rubbing up against someone.
- ❖ Cruising and using other body language to say you're into someone
- ❖ What you put in your app profile.

*“I put tonnes of info about being a trans guy on my Grindr profile – it helps me find the guys I wanna fuck, and to filter out the guys who are not for me!”*



## MEETING PEOPLE & HOOKING UP ON THE GAY SCENE

The UK has a range of LGBT+ nightlife, especially in larger towns and cities. These can be a great place to start exploring being out on the scene and meeting other guys. There are many other ways (and places) for gay and bi guys to hook up.

### Dating sites & hook-up apps

Lots of trans guys use websites or sex finder apps to hook up. These include Gaydar, Grindr, Adam4Adam, Scruff and others. This is also a way to find parties where both sex and drugs are on offer.

Your profile lets you say who and what you like and don't like. This can help you find the guys and the sex you want. This can also help filter out people who might not be a great match.





If you hook-up via apps or online, try to<sup>2</sup>:

- ❖ Chat before a meet-up. When possible, get to know someone as much as possible before a meet. What are they looking for? Is this right for you?
- ❖ Meet in public first. Try not to go to someone's home or hotel room (or invite them to yours), without meeting somewhere public first. If you do go straight there, text or email yourself a photo of the front door or street name. This will make a virtual record.
- ❖ Let a friend know where you're going and when you expect to be back.
- ❖ Take a screen shot of the person's profile, as people sometimes delete this after a meet.
- ❖ Be careful with your drinks. Avoid leaving your drink unattended and don't accept drinks from people you don't know.

# T SEX CLUBS, BACKROOMS, PARTIES & SAUNAS

Most sex clubs tend to be geared towards cis gay and bi men. Some events and spaces are more swinger, kink or queer-orientated. And a few are specifically for trans people and their sex partners.

Saunas and clubs often have a men only policy. Some are formally enforced and neither welcome or understand trans guys. Some guys choose to go stealth if it is possible for them.

Depending on the venue, there could be a range of facilities<sup>3</sup>:

- ❖ Bar/refreshment area.
- ❖ SM & kink gear: slings, hand and leg cuffs etc.
- ❖ Beds and cubicles.
- ❖ Glory holes: holes in walls and cubicles to suck and fuck through.
- ❖ Free condoms and lube.
- ❖ Video rooms or screens showing porn.

As well as the above, saunas often have:

- ❖ Steam rooms.
- ❖ Hot tubs.
- ❖ Showers.
- ❖ Locker rooms.
- ❖ Gym or massage therapists.

**SEX CLUBS**  
clubs for people to  
have sex in.

**SAUNAS**  
steam rooms and spas  
where people go to  
hook up.

**BACKROOMS**  
play/sex spaces  
attached to clubs, bars  
or adult bookshops.

**SEX PARTY**  
a private party in a  
house or hotel room for  
having sex and drugs.

People go to clubs, saunas and back rooms for all different reasons.

- ❖ For no-strings, casual sex.
- ❖ To meet someone to go home and have sex with.
- ❖ To socialise or as an alternative to pubs and clubs.
- ❖ For the thrill of public or group sex, to be watched or watch others fuck.
- ❖ To watch porn with other guys.
- ❖ To have sex somewhere that provides condoms, lube and sexual health information.
- ❖ To have sex somewhere that feels safe, where there are staff on hand.
- ❖ To hook-up, finger, fist and suck without others seeing your genitals.

*“I go to my local sauna once or twice a week. I love giving head and experimenting in public without others having to see what’s under my towel”*



## First-timers

Knowing what to expect can make your first visit a little easier. There's usually:

- ❖ A door straight off the street with a ticket area/reception just inside. This is where you will get towel and locker key if you're in a sauna.
- ❖ A second door the reception staff use to buzz you in.
- ❖ A network of different areas (public and private) where people fuck, socialise or just chill out.

*“I tend to cruise guys in the public areas, then find a private room to fuck. But my boyfriend is way more into the group stuff – and the hot tub!”*

## Hints and tips

- ❖ Do you have friends or sex partners who are into the same stuff? If it feels comfortable, ask someone to go with you for your first time.
- ❖ If you do go with a group or a buddy, decide if you will play together. Otherwise you may look like you are a couple (or more) and not into hooking up with others.
- ❖ Get a feel for the place before you go either online or over the phone.
- ❖ Walk around and explore. See who is there and what goes on. Get a general feel for the place. Find out where the staff are in case you need anything.
- ❖ Get in the mood. Perhaps watch some porn, or go to the public areas to get used to the venue.
- ❖ It is okay to watch to see how other people use body language to cruise or be cruised.

## The invitation...

There's not usually much talking in sex venues, other than in the social or rest areas.

Whether someone cruises you - or you cruise someone else - the other person needs to respond before making a physical move. Even in a sex club it's not ok to touch someone without an invite.

If you are not into someone, be firm but polite in saying no. It is easy to do this nicely. No one likes to be embarrassed. Similarly, if you get a knock-back, this may be about him and not you.

- ❖ Maybe he's looking for someone or something specific. Maybe you are not his type.
- ❖ It may have nothing to do with you, or you being trans. He may not even know you are trans.
- ❖ He may just be there to watch.
- ❖ He is maybe resting or taking a break

*“If things start going in a direction I don't like, I'll move his hands away. If that isn't working, I'll say no and move onto the next guy!”*

## T CRUISING OUTSIDE: PARKS AND COTTAGING<sup>4</sup>

Cruising grounds are open spaces where guys go to look for sex with other men. These can be parks, open ground, car parks, lay-bys and heathland.

**There is no law against cruising.**

**Sex in public spaces is legal**, so long as other members of the public cannot see you. Or so long as it is unlikely someone will come across you having sex. For example, having sex in a quiet woodland, away from the road or path, late at night.

**However, having sex or even looking for sex in a public toilet (known as cottaging) is illegal.** You can still be arrested for cottaging, even if you are being discreet. This includes if you are behind a closed cubicle door.

Some police forces patrol public toilets, as do staff in gyms, swimming pools, bus stations, and shopping centres.

Sex where you risk being seen by the public or sex in public toilets carries the risk of being arrested or prosecuted for a sexual offence.

For more information about cruising, cottaging and the law visit [galop.org.uk](http://galop.org.uk)





## CRUISING AND BODY LANGUAGE<sup>3</sup>

How to use your body to say yes and no, or to cruise someone else.

### Saying yes:

- ❖ Make eye contact. Return it or maintain it.
- ❖ If you see someone you like, especially if you both make eye contact, walk past and see if he also turns back to look back at you.
- ❖ What's he doing with his hands? Is he touching himself? Try doing the same. Or touch your crotch or your nipples and see if he does it too.
- ❖ Wait around or move closer.
- ❖ If a guy touches his hand or leg against yours, press back.
- ❖ Nod or smile to show if you are interested and/or follow him to an area to have sex.
- ❖ In a sauna, laying on a bed in a cubicle with an open door is an invitation for sex. So is standing in the doorway.
- ❖ In cruising grounds, waiting close to secluded areas used for sex is similar. Once you're there, make or break eye contact to indicate who you'd like to join you.

### Saying no:

- ❖ Move your line of sight and break eye contact.
- ❖ Fold your arms, or turn away to show disinterest.
- ❖ Move away from the area, or away from his line of sight.
- ❖ Don't forget you can verbally say "no" or "no thanks" too.



# SEX AND CONSENT<sup>5</sup>

**Consent = being free to say an emphatic ‘Yes’ to the sex you want to have.  
And to who you want to have sex with, and when.**

In law, being asleep or very high or drunk means you cannot give your active consent. Additionally, if you are frightened, forced, drugged or unconscious then you are not free to give that consent.

You can change your mind at any point. You can choose to stop at any point. No one has to have sex, whether in or out of a relationship.

You also have a duty to take care of your partners. The law says you have to make sure they are giving their consent freely, and saying a big ‘YES’. If you are in any doubt then stop.

## **No means No**

Everyone has the right to say ‘No’. From accepting drinks, or giving someone your number, to sucking and fucking, you have the right to choose.

If someone else is saying no, they have the right to be respected.

## **Yes means Yes**

Consent involves a clear ‘Yes’ . . . and, better still, ‘Yes please!’

When all partners communicate what they want to do in mutually hot sex, this is free consent at its best. Consent is sexy!







## Safety

Sometimes, and for some of us, hooking up can have a risk of physical danger. This can happen just from telling people that we are trans, or that we're living with HIV. It's important to think about each situation

- ✧ Do you feel safe and empowered?
- ✧ Are you in a safe space?
- ✧ Are you able to leave easily and safely?
- ✧ Have you told a friend where you're going and when you expect to be back?

If something goes wrong after having sex there are people you can talk to. If you have a sense that something was not right, or that you were not listened to. Or if you feel that you were forced. If you ever want to talk in confidence there are LGBT+ organisations that can help.

Galop can talk through any of the above experiences. They can also help you decide whether to report the incident to the police.

If you are in danger you can call [999 anytime, from any phone](#).

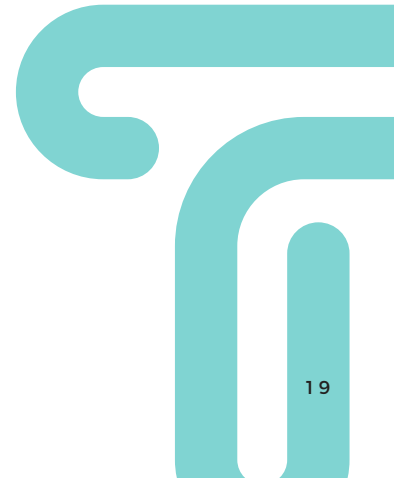
You can also report any incident using the [101](#) non-emergency number. A specialist sexual violence police officer will then contact you.



**Galop<sup>6</sup>**  
**The LGBT+ anti-violence charity.**  
**[www.galop.org.uk](http://www.galop.org.uk)**

Galop are there to support you if there was a hate crime, domestic abuse or sexual violence. The London-based LGBT+ advice line includes caseworkers on 0207 704 2040.

The National LGBT Domestic Violence Helpline is 0800 999 5428





## Sex work and safety

Some of us are sex workers. It can be a useful, and sometimes empowering way to support ourselves. It can help us pay for parts of our transition. Like a lot of things, sex work can be risky sometimes. It's important to think about your safety if you're selling sex.

- ❖ Sign-up to National Ugly Mugs - NUM is a free service that lets you report and receive warnings about dangerous clients: [uknswp.org/um/](https://uknswp.org/um/)<sup>7</sup>
- ❖ Check-in with a friend before and after meeting a client. Give them details, like the client's name, phone number or car number plate.
- ❖ Stay alert – it's harder to be aware of our instincts and sense of danger when we're stoned, high or drunk. If clients want you to party with them, try to stick to your limits or have soft drinks in between alcoholic drinks.
- ❖ Avoid working on the streets if possible. If you do work outside try not to work alone. Or text a friend to arrange for them to text you to check-in<sup>8</sup>.

Sign-up online to NUM for free. Use the site to report incidents and to get warnings about dangerous individuals. NUM will use the information you report to warn other sex workers and potentially save their lives. [uknswp.org/um/](https://uknswp.org/um/)

Some clients offer more money for sex without condoms. This increases the risk of sexually transmitted infections. If you're thinking of having sex without condoms, PrEP and PEP can protect against HIV (see pages 30-33)





## SAFER FUCKING/BEING FUCKED

### **Good sex should be fun.**

Sex can involve cocks, your front hole, arsehole, mouth or hands. Some guys are tops (doing the fucking), bottoms (being fucked) or a mixture of both.

Front hole and anal sex may be new to some guys. This can take practice. It does not need to be rushed, forced or painful. Also, some guys are just not into penetration.

Sex can be fun, validating, romantic, anonymous, quick and dirty, hot and heavy. However you have it, it's possible to have good sexual health too.

Bodily fluids can contain HIV and other sexually transmitted infections (STIs). This means cum and pre-cum, blood, front hole fluids, and rectal fluids (from inside the arse) can all transmit HIV and STIs<sup>9</sup>.

Some types of sex have a higher risk for STIs including HIV. This includes getting fucked in the arse or front hole (or fucking someone else).

*"Oil-based lubes can cause latex condoms to split and tear. Stick to water-based lubricant if you're using condoms"<sup>11</sup>*

## Tips on safer fucking:

- ❖ Condoms. On your cock, on their cock. Whether it has always been there, you've had some surgical assistance or if your cock is in a harness. If it's being used for penetration, keeping it covered can prevent HIV and bacterial infections.
- ❖ Change your condoms (and gloves) between each hole, and each partner to prevent the spread of both bacteria and infections. Ask your partner(s) to do the same<sup>10</sup>.
- ❖ Wetter is better: Using lots of lube can feel great. Our own front hole lubrication can be reduced if we're taking T. So we might need more lube than we did before we started hormones.
- ❖ The arse doesn't self-lubricate, so plenty of lube and being relaxed and turned on can help you enjoy being fucked. Lube also reduces the chance of tissue damage that can help infections occur<sup>11</sup>.
- ❖ Use plenty of water-based lube if you're using latex condoms. Oil-based lube (like Vaseline) can be fun but not with condoms. This is because oil can cause condoms and gloves to break.
- ❖ Remember, there's a difference between lubes meant just for anal, compared to those designed for front hole use. Anal lube can sting if used on more sensitive body parts.
- ❖ Gloves: If you're putting hands or fists into a body part, it's best to protect them. Keep a selection of latex and non-latex gloves around for when you're having hands on fun<sup>12</sup>.
- ❖ PrEP. PrEP is a daily pill that can protect against HIV. See p30 for more info.
- ❖ PEP. If you didn't use a condom or if it broke or came off, PEP can prevent HIV (see p33).  
PEP is a month of HIV treatment that needs to be started as soon as possible after the risk<sup>13</sup>



## Oral sex

Giving or getting a blowjob, or licking or having your front hole licked is not a risk for HIV but can be a risk for STIs. Giving someone else oral sex has a lower risk for HIV transmission than fucking, but can be a risk for STIs.

Luckily most STIs are easy to treat and so good sexual health involves having regular health checks. Although condoms and dental dams can help prevent infections, they are not widely used or popular for oral sex.

Tips for safer oral sex:

- ❖ Avoid brushing your teeth, flossing or using mouthwash for at least 30mins either side of oral sex. Otherwise, this can cause your gums to bleed and be an easier route for infection.
- ❖ Avoid oral sex if you've got a sore throat or cough. Oral is a no-no if you have mouth ulcers. Or if you recently had dental work<sup>12</sup>.

## Rimming

Licking, tonguing or eating arse is not a risk for HIV, but can be a risk of other infections, including hep A.

The arse and the arsehole can be super sensitive. Some of us love being touched there and your partner(s) might too!

Washing first reduces the chance of infections, especially if you don't use a dental dam<sup>12</sup>.







## Anal sex and douching

Washing prior to sex can be a choice, some guys like the smell of the unwashed male body. For some, anal douching (washing inside your arse) before sex can help us feel clean and more confident. Lots of people swear by it. Others see a small risk of contact with faeces as a normal part of anal sex. So douching is a choice.

Normally, unless we need to go to the toilet, our arse is empty and clean. You can get a pretty good idea by testing with your finger.

If you want to douche, first go to the toilet to shit. Then use warm water, gently, from a bulb douche, shower hose or water bottle. Hold the water in for a few minutes and then release it. Repeat a few times until the water is clear. This needs a little preparation but is worth trying if you worry about being clean. Practice until you understand how this part of your body works.

However, douching, even just with water, can irritate the lining of your arse. This can make it more vulnerable to infections. Don't use soaps or antiseptic inside, as these can irritate the lining<sup>13</sup>.



## HEP C<sup>14</sup>

Hepatitis C is a virus that causes liver disease that without treatment can be fatal. In the early stages of infection, people rarely notice any symptoms.

Although new hep C drugs are very effective, they are sometimes difficult to access.

Hep C infection usually comes from blood to blood contact. This can happen by sharing drug injecting equipment (syringes, spoons, water etc.). It can also be sexually transmitted, especially if either partner is HIV positive.

Some of us are into kink and BDSM (which can stand for a combination of bondage, discipline, domination, submission, sadism and masochism). Many BDSM activities don't involve bodily fluids or our genitals at all.

However, some of us are into BDSM play that involves blood, cutting and piercing. It is important to use clean and sterile equipment for all these activities to avoid spreading infections like hep C and HIV.

If you are worried about hep C, it is easy to test at your local sexual health clinic. It can take 3-6 months for hep C to show up in a blood test and up to 12 months if you are HIV positive.

### **TasP stands for Treatment as Prevention.**

TasP describes the impact of HIV treatment (ART) on reducing the risk of HIV transmission. People on effective ART (for at least 6 months) usually have so little virus that they are no longer infectious. This depends on having an undetectable viral load.

Some people put '*undetectable*' on their social media profiles. This means they are living with HIV and are on effective ART, Undetectable = Untransmittable<sup>17</sup>



# HIV

HIV stands for Human Immunodeficiency Virus. HIV is a virus that weakens the immune system. It exists in some bodily fluids of people who are living with HIV. These are:

- ❖ blood.
- ❖ cum.
- ❖ pre-cum.
- ❖ vaginal (or front hole) fluid.
- ❖ anal mucus (the slimy lining we have inside our arse).
- ❖ breast milk (though this risk is only to a baby)<sup>15</sup>.

## HIV is NOT in sweat, piss or spit.

You cannot get HIV kissing, sharing food, human bites or simply living in the same house as someone with HIV. Cum or other sexual fluids being splashed onto healthy skin (free of cuts or ulcers) is not a risk for HIV either.

If left untreated, HIV can cause damage to the immune system. This increases the risk for other infections, some of which can be fatal. However, HIV treatment (called ART) is very effective. It means most people living with HIV in the UK can lead long, healthy and happy lives.

Regular testing is important to be able to access treatment and protect your partners. People of any age, gender or sexuality can be HIV positive.

If someone doesn't know they have HIV, they will not be on ART. This means there is a risk of sexual transmission unless condoms or PrEP is being used<sup>16</sup>.



# PrEP TO REDUCE RISK OF HIV

PrEP<sup>19</sup>

**PRE = Before**

**EXPOSURE = a risk for HIV infection**

**(sex without condoms/condom breakage)**

**PROPHYLAXIS = treatment to prevent infection**

PrEP is a way of preventing HIV infection by taking a pill. This is either daily, or based around your sexual activity and risk. PrEP is taken by people who don't have HIV to stay HIV negative.

PrEP is very effective, but only when people take the tablets as directed.

PrEP is currently only available from the NHS in England or Wales as part of a study. However, PrEP is available in Scotland ([www.prep.scot](http://www.prep.scot)).

The PrEP Impact Trial is available from some clinics in England. You can find out more from the website and find a participating clinic near you ([www.prepimpacttrial.org.uk](http://www.prepimpacttrial.org.uk)).

Many people also buy PrEP online.

**Trans guys taking testosterone (T).**

T might reduce our natural lubrication and thin the tissue inside the front hole. We don't know if this is likely to make PrEP less effective, or change how long it takes for PrEP to reach protective levels. Daily PrEP is therefore the best option.

Talk to your sexual health team about PrEP. Let them know the kinds of sex you have.

- ❖ PrEP can be taken daily or just when you need it, but options depends on the type of sex you're having.
- ❖ Anal sex has different dosing options, including being used just before and after sex.
- ❖ Front hole protection needs daily dosing for at least six days a week. PrEP needs to be taken for a week before it reaches the best levels for protection.

For more info on PrEP check out: [iwantprepnw.co.uk](http://iwantprepnw.co.uk)<sup>21</sup> and [PrEPster.info](http://PrEPster.info)<sup>22</sup>. i-Base also produce a helpful guide [www.i-Base.info/PrEP](http://www.i-Base.info/PrEP)<sup>20</sup>









# PEP TO REDUCE RISK OF HIV

PEP<sup>18</sup>

**POST = After**

**EXPOSURE = a risk for HIV infection**

**(sex without condoms/condom breakage)**

**PROPHYLAXIS = treatment to prevent infection**

PEP can stop you becoming HIV positive if you have been at risk. For example, if you had sex without a condom or the condom broke

- ❖ PEP is a 28-day course of HIV meds.
- ❖ PEP is FREE at NHS sexual health clinics and A&Es.
- ❖ PEP needs to be started asap and within three days of the risk.
- ❖ It is most effective if taken ASAP.
- ❖ There are very few interactions with testosterone treatment.

If you've fucked or been fucked without a condom, or the condom broke, PEP can prevent HIV. Try to talk to a healthcare worker about PEP as soon as possible. Let them know if you're taking testosterone and about any other drugs or medications.

## SEXUAL HEALTH CHECKS: GETTING TESTED

All guys who have sex with guys should test for HIV and other STIs at least once a year<sup>23</sup>. Testing when you change sexual partners is a good idea too.

It takes about 3-4 weeks after a potential risk for HIV to show on a 4th generation test. This takes a little longer (8 to 12 weeks) using a 3rd generation HIV test.

There's lots of ways to get tested:

- ❖ At NHS sexual health services or your GP.
- ❖ At a community organisation.
- ❖ Using postal/home sampling or testing.

Most finger-prick rapid tests, home tests and home sampling use 3rd generation tests.

Most tests taking a blood sample at a sexual health clinic (not just a fingerprick) are 4th generation.

**A negative result means you were HIV negative several weeks before the test.**

**If the result is positive, this needs to be confirmed with a second blood test<sup>24</sup>.**

Having a full sexual health check is the only way to know about most infections. This includes hep B and C, syphilis, chlamydia and gonorrhoea as well as HIV. A full check involves blood tests and swabs/urine samples.

*“Getting tested was so quick and easy. The nurse didn’t know much about trans stuff, but I told her who I have sex with and how, and I got the tests I needed.”*

## Testing HIV positive

If you test HIV positive, your nurse or health advisor will talk to you about what happens next<sup>24</sup>.

Usually this will include:

- ✦ Seeing a specialist HIV doctor. This should include the option to start HIV treatment called Anti-Retroviral Therapy (or ART for short).
- ✦ Discussion about emotional support.

Testing positive can be a big shock. Even though HIV treatment is now effective and easy to take, learning you are positive can be difficult.

Regularly HIV tests and starting early ART means guys who are HIV positive can expect to live a normal lifespan. Knowing your HIV status puts you in control of your health and wellbeing<sup>24</sup>.

For advice or information visit [www.cliniQ.org.uk](http://www.cliniQ.org.uk)

For listings of support groups or counselling call THT Direct on 0808 802 1221

For info on HIV treatment and access to ART call i-Base on 0808 800 6013.<sup>35</sup>

*“I barely knew about HIV until I tested positive. I thought it was a death sentence. I’m so happy to be wrong!”*



## HORMONES & PREGNANCY

Hormones usually come in an injection or gel. Testosterone (or “T”) has masculinising effects and may increase facial and body hair. It can also reduce fat on your chest and hips and the hair on your scalp. T can increase your appetite, muscle mass, sex drive. It can cause your cock to grow larger and become more sensitive<sup>25</sup>.

Not all trans guys will want to take T. This choice is up to you.

Some of us are prescribed hormones by Gender Identity Clinics and GPs or private doctors. Some of us buy hormones online or take them without prescription. However you take them, it’s important to have regular blood tests to check your liver is working well<sup>25</sup>.

If you take T but haven’t or don’t want a hysterectomy, your periods are likely to stop. This makes pregnancy very unlikely, but not impossible.

Without medical testing, we never know what our chances of pregnancy might be. Unless you are planning for a baby, it is not a good idea to think of your hormones as contraception<sup>26</sup>.



## Injecting: hormones or drugs

Some trans guys self-inject with hormones. Some of us inject drugs like crystal meth, mephedrone or heroin. If you do inject, be sure not to share needles or equipment with anyone.

Sharing injecting equipment (syringes, spoons, needles, water) can increase the risk for hep C and HIV. If you are snorting drugs, sharing straws or rolled up banknotes is also a risk for hep B and hep C<sup>27</sup>.



It is not possible for one booklet to cover EVERYTHING about hooking up and fucking for gay, bi and queer trans guys.

There are so many awesome ways to be transmasculine and so many varying body types in our communities.

However, we hope that knowing the basics about sex, communication and HIV will help you to have a healthy and hot sex life. The links below to other trans-friendly organisations can help with information and support too.

cliniQ is a sexual health and wellbeing service based in Central London. We are a trans-led service offering help and support to trans and non-binary people and their partners and friends. We offer a range of services, including STI & HIV testing and treatment, counselling, acupuncture and yoga.

For more info visit us online at [cliniQ.org.uk](https://cliniQ.org.uk)

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THT. Trans men's resources from the Terrence Higgins Trust:  
[tht.org.uk/sexual-health/sex,-reproduction-and-gender/Trans-men](http://tht.org.uk/sexual-health/sex,-reproduction-and-gender/Trans-men)<sup>28</sup>

Stonewall Housing. London-based Housing support for LGBTQ+ people:  
[Stonewallhousing.org](http://Stonewallhousing.org)<sup>29</sup>

Galop. LGBTQ+ Anti-violence, support organisation: [Galop.org.uk](http://Galop.org.uk)<sup>30</sup>

Albert Kennedy Trust. Young People's housing support in London and Manchester:  
[AKT.org.uk](http://AKT.org.uk)<sup>31</sup>

Vibrant community centre offering trans HIV testing in Birmingham: [blgbt.org](http://blgbt.org)<sup>32</sup>

National charity based in Manchester, with a range of trans friendly services and information: [Lgbt.foundation](http://Lgbt.foundation)<sup>33</sup>

UK Trans Info. A national organisation working to improve the lives of trans and non-binary people. [uktrans.info](http://uktrans.info)<sup>34</sup>

This booklet was produced by cliniQ CIC, a community interest company,  
in partnership 56 Dean Street & iBase.

For any feedback relating to this resource, please contact [info@cliniQ.org.uk](mailto:info@cliniQ.org.uk)  
We aim to respond within 14 working days





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