



THE HOOK-UP: A TRANS WOMAN'S GUIDE TO THE SEX CLUB 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.**

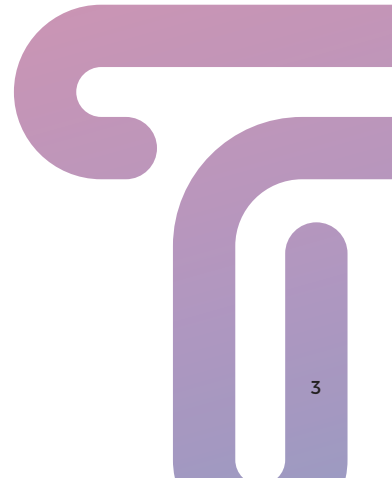
When talking about sex and sexual health, we want to include a range of identities.

Whether you call yourself a trans woman, AMAB (assigned male at birth), non-binary, a T-Girl, TV, CD, or simply a guy who sometimes dresses, this booklet is for you.

It is for anyone who was labelled male at birth, but identifies as female some or all of the time. This booklet uses the term TRANS WOMAN for all the above identities.

Sexual health is important for ALL TRANS PEOPLE. This resource is mainly aimed at trans women who have sex with cis (non-trans) guys and/or other trans women. Globally, trans women have higher risks for HIV than many other groups¹.

But, with the right information, we can have great sex and great sexual health.





OUR BODIES

Some trans women keep the bits we're born with. Others might have lower surgery. This is called vaginoplasty (to construct a vagina) or labioplasty (creating the lips with no vaginal entrance). Some of us take hormones and some don't. Some of us only dress when we're hooking up and fucking.

There are a lot of different body types, and a lot different ways to use and enjoy them during sex.

Fucking can include being the insertive partner, the receptive partner or both. Insertive is often called active and is when you put your penis in someone's arse or vagina (vag). Receptive is often called passive and is when someone puts their penis inside you. It might be what you do with your hands or mouth. Some people don't like certain parts to be touched, others love it. Everyone is different.

“There’s certain parts I don’t like guys to touch. I let them know to focus on the stuff I am into, so we can both have a good time.”







CONTENTS

Feeling Good, Communicating Well	8	Viagra (Sildenafil) And Other Erectile Drugs	26
Hooking Up	10	Hormones, Other Medications And Drugs	27
Partying, Group Sex, Back Rooms, Sex Clubs	12	Hep C	28
Safer Fucking/Being Fucked	14	HIV	29
Oral Sex & Rimming	16	Sexual Health Checks: Getting Tested	30
PrEP To Reduce Risk Of HIV	18	Sex And Consent	34
PEP To Reduce Risk Of HIV	21	Sex Work & Safety	36
Vag Talk	22	Information For Partners	40
Anal Sex And Douching	24	References	42



FEELING GOOD, COMMUNICATING WELL

Exploring your identity, your sexuality and your body can be exciting. Learning new skills to communicate and safer ways to hook up can help you feel confident and sexy.

Good communication helps us get the sex we want. Whether it's with one person or a group, with the right communication we can have great sex.

It's not all about words. Communicating about sex can include:

- ✧ Eye contact, smiling, frowning, grinning, winking etc.
- ✧ Moving closer or moving your body away.
- ✧ Pressing or rubbing up against someone.
- ✧ Using other body language to say you're into someone.
- ✧ Your pictures and likes in your app profile.

“I was in a sex club and no one was talking, I couldn't say what I wanted. He tried to push his cock inside me. I didn't want to stop, but I didn't want that. I pulled away, and went down on him instead!”



We might need to think about if and when to tell potential sex partners that we are trans. Sometimes we might not say anything. At other times we might say straight away. Sometimes, not telling your sex partner(s) can be validating, fun or exciting. But in some situations this could also be dangerous.

As with anyone, some of us are living with HIV or have to deal with other STIs. So as well as telling people about being trans, you might need to decide how to discuss your sexual health with a new partner. It can be helpful to talk about their sexual health too.

A range of services in the UK can help make communication and feeling good easier. For more information about support and counselling see cliniQ.org.uk². Feeling good about ourselves can help us take better control of our sex and our sexual health.

Feeling good and getting to know our own bodies can have lots of other benefits too. By touching yourself and wanking you can find new things that are fun. You can find out what you like, or what doesn't feel good. Does it feel better with hard or soft pressure? Do you like that new toy with or without vibration? Once you know the things you like, it can be easier to tell other people.

*“I was able to show her
how to make me cum.
She loved it and so did I.”*



HOOKING UP

Websites and apps

Lots of trans women use websites or sex finder apps to hook up. These include Fab Swingerz, Birch Place, Grindr, TVChix and others.

Our profiles can be a useful tool in taking control of the sex we want. They help us tell potential hook-ups (if we want to) that we are trans. They let us say upfront what we like or don't like. This can help filter out people who might not be a great match.

- ❖ 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. Try not to go to someone's home or hotel room (or to not invite them to yours), without meeting somewhere safe 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 often delete this after a meet.
- ❖ Be careful with anything you drink. Avoid leaving your drink unattended and don't accept drinks from people you don't know³.





PARTYING, GROUP SEX, BACK ROOMS, SEX CLUBS

Sex clubs provide space for hooking-up, fucking and getting off with people. There is usually a bar or area for socialising too. Some venues have days or evenings that are just for trans women and the people who want to hook up with them.

Backrooms are places to fuck and play, often attached to bars or bookshops. Private parties are usually hook-up spaces in either houses or hotel rooms, often with drugs and alcohol available.

People use these places for all different reasons:

- ✧ Pressing or rubbing up against someone.
- ✧ To socialise.
- ✧ To meet someone to go home and have sex with.
- ✧ For no-strings, casual fucking.
- ✧ To experiment with dressing or wearing make-up.
- ✧ To not have to worry about telling potential partners they are trans.
- ✧ To have sex somewhere safe from violence.
- ✧ To have sex somewhere that provides condoms, lube and sexual health information.
- ✧ For people who are not 'out' to have the type of sex they enjoy.
- ✧ As an alternative to pubs and clubs.

Hints and tips

- ✧ Do you have friends or sex partners who are into the same thing? If it feels ok, ask someone to go with you for your first time.
- ✧ If you go with a group or a friend, decide if you will play together. 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. Find out where the staff are located in case you need anything.
- ✧ Relax and get in the mood. Watch porn, or go to the public areas to watch and get acclimatised.
- ✧ It is okay to watch to see how people use body language to hook up.

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.
- ✧ A second door that the reception staff use to buzz you in.
- ✧ A network of different areas (public and private) where people are fucking, socialising or just chilling-out.

Depending on the club, there could be a range of kit and facilities available:

- ✧ Bar/refreshment area.
- ✧ SM and 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.



SAFER FUCKING/BEING FUCKED

Good sex should be fun,

Validating,

Romantic,

Anonymous,

Quick and dirty,

Hot and heavy,

Long and loving.

You can have good sex and good sexual health!

Some types of sex have a higher risk for STIs including HIV. This includes fucking (in the arse or vagina), or getting fucked (in the arse or vagina)⁴. Even if you or your partner don't cum.



Tips on safer fucking

- ❖ Condoms. On a penis, strap-on or toys. If it's being used for penetration, condoms prevent HIV and bacterial infections⁵.
- ❖ PrEP. PrEP is a daily pill that can protect against HIV. See page 18.
- ❖ PEP. If you didn't use a condom or if it broke or came off, PEP can prevent HIV (see page 21). PEP is a month of HIV treatment that needs to be started as soon as possible after the risk⁶.
- ❖ Wetter is better. Use plenty of water-based lube if you're using latex condoms. Lube feels great and reduces tissue damage that can allow infections to occur. Oil-based lube (like Vaseline) can feel great but it damages latex condoms and gloves⁷.
- ❖ If you're putting fingers or hands into an arse or vag, gloves can prevent a range of infections. Keep a selection of latex and non-latex gloves around for when you're having fun using hands. Fisting can increase the risk of STIs, including hep C⁸.
- ❖ Change your condoms and gloves between each hole, and each partner to prevent the spread of bacteria and infections. Ask your partner(s) to do the same⁵.
- ❖ Dilating your vagina before sex can sometimes cause bleeding and small tears. This can increase the risk of STIs including HIV & hep C, if you're not using condoms or taking PrEP etc⁷.

“Oil-based lubes can cause latex condoms to split and tear. Stick to water-based lubricant if you’re using condoms”⁵



ORAL SEX & RIMMING

Oral Sex

Getting a blowjob, or having your vagina 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 30 mins 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 work⁷.

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 dam⁷.





PrEP TO REDUCE RISK OF HIV

PrEP¹⁰

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.

Although most studies looked at anal sex, PrEP is also thought to be effective if you have had a vaginoplasty. More studies are looking at PrEP in trans women.

PrEP isn't currently available from the NHS in England or Wales but it is available in Scotland.

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).

Many people also buy PrEP online from various sources. i-Base have produced a helpful guide¹¹: www.i-Base.info/PrEP

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

PrEP doesn't affect or interact with hormone treatment. But please speak to your sexual health team about any drugs (including oestrogen) that you take¹¹.

For more info on PrEP see: iwantprepnnow.co.uk¹² and PrEPster.info¹³.







PEP TO REDUCE RISK OF HIV

PEP⁹

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 oestrogen 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 oestrogen and about any other drugs or medications.

“He kept saying how sexy and feminine I was. One thing led to another, but we didn't use any condoms. My friend told me PEP could help me stay negative.”



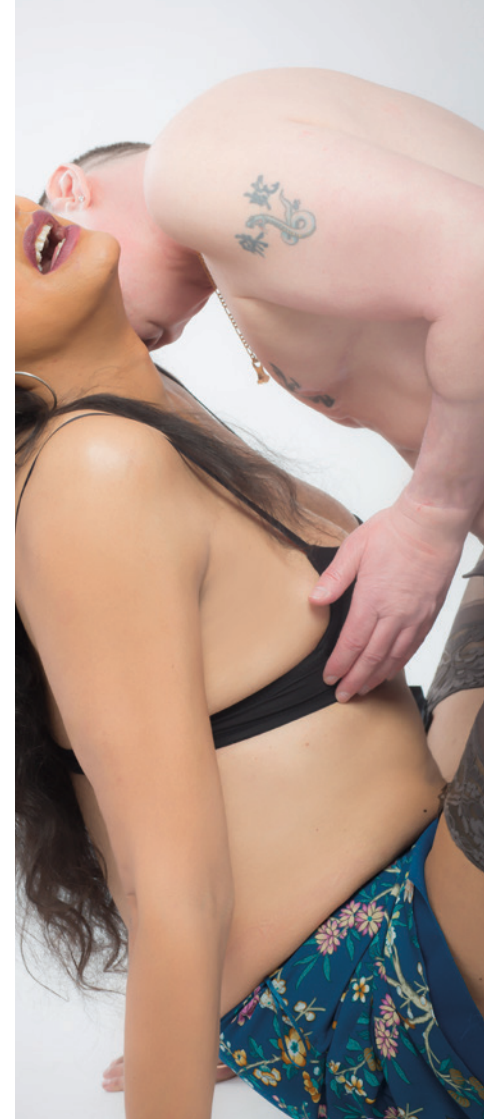
VAG TALK

Some of us have or want to have a vaginoplasty. This is surgery to create a vagina using the tissue from the penis and balls.

It is best to not have sex until at least three months after a vaginoplasty, or until you're fully healed. This is to prevent any tearing or possible complications.

Your surgeon may ask you to insert a dilator on a regular basis. This is to make sure your new vagina maintains its depth. Some trans women also dilate before sex to prevent any pain or excess tightness. Use lots of lube and experiment with what feels right for you. Usually, given time it gets more comfortable. After healing well, you may want to experiment with sex toys too¹⁴.

“It took me about 6 months before using a dildo for dilation and masturbation. I thought I could do both and have fun. As well as getting to know my vagina too!”



Douching your vagina

Our vaginas don't self-cleanse, so some trans women douche every week, or after sex or dilation. A mild, unscented antibacterial soap and water should be enough to keep everything clean and fresh. If you have any smelly or unusual discharge, ask your local sexual health service for advice¹⁴.

Hairs in the vagina

It's really important to have hair removal before surgery. If there are any hairs inside your vagina after surgery, you won't be able to have them removed. The friction from fucking can pull the hairs out. This can be painful and can also be a route for infections¹⁴.

Genital warts

If you see or feel genital warts, it is important you see your GP or a sexual health service. If you're planning to have surgery, genital warts need to be treated first. Warts are much harder to treat once inside your body¹⁵.



ANAL SEX AND DOUCHING

Anal douching 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 infection. Don't use soaps or antiseptic inside, as these can irritate the lining¹⁶.





VIAGRA (SILDENAFIL) AND OTHER ERECTILE DRUGS

Some trans women find erectile drugs like Viagra helps them have the sex they want.

Factors like age, sex work, alcohol, stress or being on hormones can make keeping an erection more difficult. If you're taking hormones, speak to your doctor about whether you should use drugs like Viagra, and which dose is safest.

***NEVER use poppers if you have taken Viagra or similar drugs.
The interaction is dangerous and can be fatal¹⁷.***

***Poppers (Liquid Gold, RUSH, TNT) should NEVER be taken
within 24 hours of taking Viagra.***

HORMONES, OTHER MEDICATIONS AND DRUGS

Hormones usually come as a patch, gel or pill.

Oestrogen has feminising effects. It can soften or reduce facial and body hair. It can also increase fat on your breasts and hips. Hormones can also make your penis and testicles shrink, which might affect the ways you have sex.

Hormones may come from:

- ✧ NHS GPs and Gender Identity Clinics.
- ✧ Private clinics.
- ✧ Online pharmacies or other online sources.
- ✧ Pharmacies outside of the UK.

We don't recommend taking hormones without prescription. But, however you get hormone, it is important to have regular blood tests to test your liver function¹⁸.

Injecting hormones, silicone, or drugs

Some trans women self-inject. Whether this is with hormones, fillers or silicone, or drugs such as crystal meth, methadone, ketamine, or heroin, injecting has other risks.

Whatever you inject, be sure not to share needles or equipment with anyone.

Sharing injecting equipment can increase the risk for hep C and HIV¹⁹.

Injecting fillers or silicone yourself is never recommended. Only trained and licensed clinics should do this.



HEP C²⁰

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 = Untransmittable²³



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)¹⁵.

“The guys I fuck are all straight. I didn’t realise they were a risk for HIV”

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 damage 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 used²².



SEXUAL HEALTH CHECKS: GETTING TESTED

Testing these days is quick and easy. cliniQ recommends that all trans women who are having sex test for HIV and other STIs at least once a year. Testing when you change sexual partners is a good idea too²⁴.

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 test²⁵.

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.

“I was surprised how easy it was to get a full check-up! I got to do my own swabs, and the HIV test took just a minute to get my result!”

“HIV isn't a death sentence anymore. When I was told I was positive I thought, my god.. How long do I have left? I had no idea how far we've come with treatment and medicines”

Testing HIV Positive

If you test HIV positive, your health advisor will talk to you about what happens next²⁵.

Usually this will include:

- ✧ Seeing a specialist HIV doctor. This should include the option to start ART.
- ✧ Discussion about emotional support.

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

Regular HIV tests and starting early ART means trans women who are HIV positive can expect to live a normal lifespan. Knowing your HIV status puts you in control of your health and wellbeing²⁵.

For advice or information visit www.cliniQ.org.uk.

For listings of support groups or counselling call THT Direct²⁶ on 0808 802 1221.

For info on HIV treatment and access to ART call i-Base on 0808 800 6013³⁹.

If it helps, take this booklet to the clinic to use when discussing your sexual health.

Highlight any questions you may have, or underline sections where you feel you need more information.

#TransHealthMatters



HIV and weight loss

Before there was effective treatment, advanced HIV was linked to weight loss. Also, some of the early HIV drugs also had fat loss as a side effect.

Neither of these things happen now.

No one needs to have advanced HIV. Modern ART no longer has this side effect.

HIV treatment is available free to anyone living in the UK. This is not related to your residency status²⁷.

Hormones and ART

If you are HIV positive, it's important to let your HIV care team know about any hormones you take.

There are lots of HIV meds that don't affect hormones, but a few drugs don't work well together.

Even if you buy hormones online, it's important to tell your HIV doctor. Your doctor needs to make sure your medication doesn't negatively interact.

Ethinylestradiol is not recommended for use with most HIV treatments²⁸

HIV i-Base has more information about HIV, especially HIV treatment and includes a Q&A service.

www.i-base.info





SEX AND CONSENT²⁹

**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.

Galop³⁰

The LGBT+ anti-violence charity. 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 020 7704 2040.

The National LGBT Domestic Violence Helpline is 0800 999 5428



SEX WORK & SAFETY

For those of us that do sex work, it can be a useful (sometimes empowering) way to support ourselves. It can help us buy hormones, or save for up for surgery.

Sex work can be risky sometimes. It's important to think about your safety.

- ✦ Sign-up with the National Ugly Mugs (NUM) scheme for updates and warnings on dangerous clients uknswp.org/um/³¹.
- ✦ Check-in with a friend before and after meeting a client. Give them details, like the client's name, telephone number or car number plate.
- ✦ Trust your instincts. This can be harder if we're stoned, drunk or high. If clients ask you to drink with them try switching between alcoholic and non-alcoholic drinks.
- ✦ Avoid working on the streets if possible. If you do work outside try to stay in groups or pairs. Or text a friend to arrange for them to text you to check-in³².

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/



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 18-21)

There are so many wonderful ways to be a trans woman. There are so many different body types and ways for us to have sex. It isn't possible to cover everything in a one booklet. The links over leaf have more information and support about sex, health and happiness.

Trans health matters... and so do you!

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, CDs, TVs 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



THT - Trans women's resources from the Terrence Higgins Trust:
ttht.org.uk/sexual-health/sex,-reproduction-and-gender/Trans-women³³

Stonewall Housing. London-based Housing support for LGBTQ+ people:
[Stonewallhousing.org](https://stonewallhousing.org)³⁴

Galop. LGBTQ+ Anti-violence, support organisation:
[Galop.org.uk](https://galop.org.uk)³⁰

Albert Kennedy Trust. Young People's housing support in London and Manchester:
[AKT.org.uk](https://akt.org.uk)³⁵

Vibrant community centre offering trans HIV testing in Birmingham:
blgbt.org³⁶

National charity based in Manchester, with a range of trans friendly services and information:
[Lgbt.foundation](https://lgbt.foundation)³⁷

UK Trans Info. A National organisation working to improve the lives of trans and non-binary people.
uktrans.info³⁴





INFORMATION FOR PARTNERS

What do we mean by trans women?

Trans is a broad term. It includes trans women (those told they are male at birth) who are taking hormones or who have had surgery. It includes those who haven't started hormone or surgery and those who don't want to. It also includes guys who dress in women's clothes some of the time, occasionally or just for sex.

I have sex with trans women, am I going to get HIV?

Whether you are straight, bi, queer or gay, it is important to look after your sexual health - and that of your partners. If you fuck or get fucked without a condom, this can be a risk for HIV or STIs. This includes if your partners are trans women, t-girls and/or guys that crossdress²².

If you are having sex without condoms, find out about PrEP, TasP and PEP. If a condom breaks you can access emergency medication called PEP to prevent HIV. PEP is available from A&E and from sexual health clinics across the UK. But don't hang about, as PEP only works if you start taking the tablets within 72 hours of any risk.

How often should I test for HIV and other STIs?

Anyone who is sexually active should have routine HIV and STIs check-ups. This includes if your partners are trans women. Test for HIV & STIs when you change partners (especially if you have sex without condoms). If people have multiple partners, test every 3 to 6 months. This will make sure any infections are found and treated early.

What is safer sex anyway?

Safer sex is a way to reduce the risk of catching or transmitting HIV and other STIs. For example, condoms are a great way to prevent infections like HIV and hep C. They can also help to prevent bacterial infections like chlamydia, gonorrhoea and syphilis.

Other ways to protect against HIV include taking a pill called PrEP.

See iwantprepnov.co.uk for details about PrEP.

For more information for guys who are into trans women, see cliniQ.org.uk

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 - we aim to respond within 14 working days

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