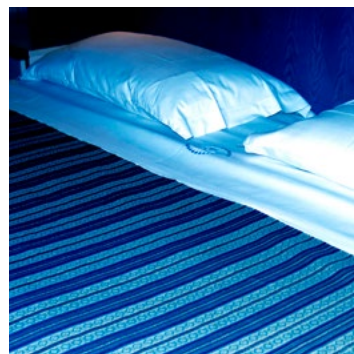


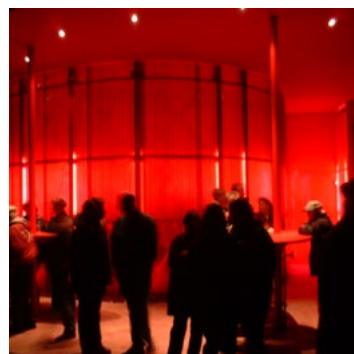
## Relationships

Whatever your gender identity, sexuality or body type you may choose to engage in sexual relationships with other people. This could be monogamous, casual or with multiple partners, involving long-term partnerships or not. Exploring healthy, safer, protected sex is just as important to trans and non-binary people as it is anyone else; whatever the type(s) of sex you are having, it is important that it's healthy, consensual and feels right for you. If your partner(s) does not respect your wishes or if the way they interact with you sexually makes you upset or uncomfortable, you can access confidential support and advice from the LGBT charity [Broken Rainbow](#).



## Masturbation

If you've had surgery to create a vagina, dilation will give you a good sense of what is comfortable and what is too much. For people who have had phalloplasty or metoidioplasty, using your hands can help you figure out how to work your new parts. Whether pursuing surgery or not, masturbation can help create a more intimate relationship to the body you have, and help you realise when things aren't as they should be.



## Sexually Transmitted Infections & Testing

If you think you may have been at risk of acquiring a sexually transmitted infection (STI) or if you have symptoms you are worried about, it is important to get a diagnosis and treatment as soon as possible. It is also important that you feel comfortable when getting a check-up, so it's useful to discuss any anxieties with the clinic staff. The person caring for you will recommend the examinations and tests you need to get the best treatment. However, there are ways to make this less daunting; for instance, if swabs are needed, you may be able to take them yourself.



**Postal Testing:** If you have symptoms you are worried about and you think you might have chlamydia, but are unsure about visiting a clinic, in some areas of the UK you might be eligible for a free postal test: [www.freetest.me](http://www.freetest.me)

It may also be possible for some people to access HIV tests at home [www.deanstreetathome.com](http://www.deanstreetathome.com)

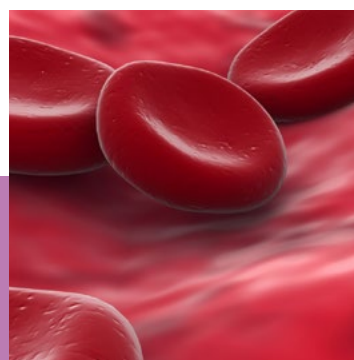
For more info on testing: [www.nhs.uk/Livewell/STIs/Pages/VisitinganSTIclinic.aspx](http://www.nhs.uk/Livewell/STIs/Pages/VisitinganSTIclinic.aspx)

If you are living with HIV you can find out about HIV treatments by visiting: [www.i-base.info/guides/starting/trans-people-and-hiv-treatment](http://www.i-base.info/guides/starting/trans-people-and-hiv-treatment)



## Barrier Protection & Lubricant

Lube can be an important part of sex, whatever you or your partners body type. People with a vagina who are taking testosterone may produce less natural lubricant, whereas people with a surgically created vagina may produce none at all. Lubricant reduces friction and prevents the chance of rips and tears in tissue that can provide a route into the body for infections.



# Trans Health Factsheet on Sexual Health

Lubricant is particularly important when having anal sex, whatever your gender.

- ▶ Use water or silicone-based lubricant with condoms to reduce the risk of damage to the skin during sex and reduce the chance of the condom breaking.
- ▶ Avoid using oil-based lubricants (such as Vaseline, baby oil or moisturisers) with latex condoms, as these can damage the condom and cause them to split. If you wish to use oil based lubricants these can be used with non-latex condoms/femidoms. For more information: [www.pasante.com/condoms](http://www.pasante.com/condoms)
- ▶ Avoid using silicone-based lubricant with silicone sex toys as it can degrade the surface of the toy.

## Condoms are available in a wide range of sizes, shapes and materials.

Trans men who have had phalloplasty need to wear a condom when they are penetrating someone. Femidoms may, be useful for anyone with a vagina. This is a condom worn inside the body of the person being penetrated and can be used in the vagina or anus (if the top ring is removed).

As well as using condoms or Femidoms you can also protect yourself from Hepatitis B by being vaccinated [www.nhs.uk/Conditions/vaccinations/Pages/hepatitis-b-vaccine.aspx](http://www.nhs.uk/Conditions/vaccinations/Pages/hepatitis-b-vaccine.aspx)

## HIV Prevention

Whilst we always advise barrier protection, there may be situations where there is a possibility of HIV transmission e.g. condom splits. There are drugs available that can reduce the chances of HIV being transmitted. These are called PEP and PreP. You can find some trans inclusive information by visiting [i-Base](http://i-Base).

## For people with a surgically constructed vagina

Dilation is important to keep your vagina healthy, functional and to maintain depth. Use of lots of water based lube when dilating makes it much easier, lessens tearing and helps with sex if being penetrated. Dilation can sometimes cause bleeding, so it is important to use protection when having sex. Use a dilator that works best for you. [www.soulsource.com](http://www.soulsource.com)

You can find further information here: [www.tht.org.uk/transwomen](http://www.tht.org.uk/transwomen) and [www.tht.org.uk/transmen](http://www.tht.org.uk/transmen).

The pages contain information and advice on a number of issues, from how to guard against HIV and other sexually transmitted infections (STIs) to more specific support for anyone considering, or going through, gender confirmation surgery.

## Pregnancy & contraception

Depending on which body parts you have, it is possible for trans and non-binary people to get pregnant even if you've been taking hormones for some time. Hormones are not adequate contraceptives, so use barrier protection if you want to avoid unwanted pregnancy.

More info: [cdn0.genderedintelligence.co.uk/2012/11/17/17-14-04-GI-sexual-health-booklet.pdf](http://cdn0.genderedintelligence.co.uk/2012/11/17/17-14-04-GI-sexual-health-booklet.pdf)

## Further Resources

- ▶ **cliniQ:** [www.cliniq.org.uk](http://www.cliniq.org.uk)
- ▶ **Sexual health, HIV and wellbeing - a guide for trans women:** [www.tht.org.uk/~media/4653AA766E3F4C1286FC515F17146F32.ashx](http://www.tht.org.uk/~media/4653AA766E3F4C1286FC515F17146F32.ashx)
- ▶ **Sexual health, HIV and wellbeing - a guide for trans men:** [www.tht.org.uk/~media/8F7D70D8C3B643109351E3D9A633529A.ashx](http://www.tht.org.uk/~media/8F7D70D8C3B643109351E3D9A633529A.ashx)