

### *Rimming (Anal oral sex)*

- Cut open a latex glove or a male or female condom and place it over the anus.
- You can use lube on the arse and place the cut open glove or condom on top of the lube. This will increase sensation for your client.

### *Fingering (Finger sex)*

Use a latex glove or cut the latex glove open, leaving the thumb intact for fingering.

### *Wanking*

Use a latex glove to protect your client and yourself when wanking.

### *Sex Toys*

- Use condoms with your dildos.
- Always remember that with each sexual act use a new condom.
- Keep your sex toys clean by washing them in warm soapy water.

### *What to do if the condom breaks*

- Stay calm.
- Go to the toilet and try to get the cum or broken condom out by pushing down as if you are trying to take a shit.
- Don't douche. This can cause the cum or broken condom to be pushed further up into the rectum.
- Go to your nearest clinic for tests.

## HYGIENE

### *Tucking*

Transgender women use tucking to hide the look of their penis under their clothing. The idea is to gently push the testicles up inside the body and then to pull the penis back between the legs. Everything is then either held in place using tight fitting underwear OR everything is taped in place with surgical tape.

### TUCKING TIPS

If you're intending to father a child any time soon, then forget tucking and wear looser fitting dresses or pants. Tucking lowers your sperm count, since body heat affects sperm production.

- Don't do it for too many hours. Chafing or sores can occur.
- Sitting down must be practiced, because sitting too hard is like being kicked in the groin.
- If you are using tape, make sure it is surgical tape. Using other tape like duct tape can take your skin off when you remove it.
- Cut the hair in your groin really short if you are using surgical tape.

### *Anal douching*

Anal douching is the process of rinsing out the rectum. The reasons sex workers say they douche is to clean out the rectum before and after anal sex.

### WARNING

Frequent douching is not a good idea, because it irritates the delicate lining inside your colon causing small tears and making you more vulnerable to HIV and other infection. If you are concerned about cleanliness, going to the loo and cleaning the area around the anus is good enough.

When douching, keep the following in mind:

- avoid douching or using enemas on a daily basis
- only use water when douching
- douching should be done at least an hour before anal sex
- never share your douche bag, hose, or nozzle with anyone else

## HORMONE THERAPY

Hormone therapy (for trans-women) involves taking female hormones to promote breast development, soften skin, lighten body and facial hair, decrease fat in the belly and increase fat in the hips and

thighs. It is NOT RISK-FREE, and you should not be taking it without medical supervision. However buying hormones and seeing a doctor regularly is very expensive and many trans sex workers cannot afford it. If you are taking hormones or considering it, keep these points in mind:

- Every trans woman's body is different. Taking more hormones will not speed up the changes you desire and will probably make you ill.
- After breast-growth occurs, you should learn how to do a monthly Breast Self-Examination to check for lumps.
- Smoking increases the risk of blood clots forming while taking hormones.
- Taking hormones lowers your sperm count and will eventually cause infertility. However, you still could make someone pregnant, especially in your first year of hormonal use. If you have sex with someone who can get pregnant, you should use condoms.

*This pamphlet was produced by SWEAT and GENDER DYNAMIX. SWEAT provides services to sex workers and GENDER DYNAMIX works with transgender people. If you need more information on anything in this pamphlet you can contact either SWEAT or GENDER DYNAMIX at the contact details below.*

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TAKING CARE OF YOURSELF

A GUIDE FOR

TRANS SEX WORKERS

**Sex workers face many challenges while working and it is very important for you to look after your physical and mental health. Although this pamphlet looks at specific issues affecting male to female transgender sex workers it also has information that is useful to other members of the transgender community.**

## **TRANSGENDER SEX WORKERS AND STIGMA**

**All sex workers face severe stigma. Transgender sex workers face stigma on two levels: on one level as sex workers and on another as transgender persons. It is very difficult to look after yourself when you are faced with such intense stigma. Transgender people are often denied educational, employment and housing opportunities.**

**Trans sex workers mention poverty, isolation and low self-esteem as factors affecting their health.**

## **USEFUL DEFINITIONS**

Transgender refers broadly to people who identify as the opposite gender to the one they were born as. Often transgender people express feelings of being born in the wrong body. The term transgender may include people who are transsexual, cross-dressers, androgynous, gender benders, drag queens and transvestites.

### *MTF (Male to Female)*

MTF are people who were born in a male body and who identify as a woman.

### *FTM (Female to Male)*

FTM are people who were born in a female body and who identify as a man.

### *Gender Identity*

This is how you see yourself socially as a man, woman or a combination of both. Since gender identity is internal, one's gender identity is not always visible to others. Gender identity and sexual orientation are not the same thing. A trans person can be gay, straight or bisexual.

### *Transition*

This is the period during which a person begins to live as their new gender. Transitioning may include changing one's name, taking hormones, having surgery or changing legal documents to reflect their new gender.

### *Passing*

This term is used by transgender people to mean that they are seen as the gender they want to be.

### *Sex Reassignment Surgery (SRS) or Sex Change*

A trans person has surgery to change the physical appearance of their genitals to that of the other sex.

### *Stealth*

A term used to describe a trans person who started a new life as their desired gender and passes for that gender all the time. Trans people who live in stealth often break ties with everybody who knew their gender history.

## **COPING TIPS**

Many sex workers have shared with us how they look after their health and general well being.

### *Get support*

Sex workers often mention talking to friends, who know about what they do, as a way to cope with stress. Sharing hardships helps to create support and reduce feelings of loneliness. It might be useful to join a trans social or support group. Speaking to other people who experience the same issues as you, regarding gender will be a comfort to you.

### *Setting boundaries*

One way of keeping good boundaries is to try to separate your work-life from your personal life. Many sex workers do not use their real names when

working. Some sex workers prefer not to work and live in the same place.

### *Pride*

Some sex workers find it helps them to be proud of what they do. Many sex workers feel proud because they are independent and able to make a living and support themselves and their families.

### *Relax and take a break*

When you feel that things are getting to be too much, allow yourself to take a break and acknowledge that YOU DESERVE IT. Depending on your situation, this can vary from a couple of hours, to a weekend, to a week or a month.

## **SAFE SEX TIPS**

It is very important for all sex workers to take good care of their sexual health. This section of the pamphlet will discuss some of the sexual acts clients may ask for and how to protect yourself against sexually transmitted infections (STIs) and HIV.

### *Anal sex*

- Empty your bowels about half an hour before anal sex.
- Make sure your client is using a condom
- Take it slow. If it hurts stop for a few minutes then gently try again.
- Use lots of lube. If there is not enough lube the condom may stretch and break. You can also add more lube during sex to keep the condom moist and slippery.

### *Oral sex/Blow Job*

It is important to use protection when a client performs oral sex on you or asks you to perform oral sex on him.

- Always use a male condom when doing a blow job.
- Many sex workers have mastered the art of putting on a male condom with their mouths.