

What does trans mean?

At birth, society assigns everyone the gender “male” or “female” based solely on their genitalia. As life goes on, everyone discovers their own unique gender identity.

Trans people* are assigned a gender at birth which only partially corresponds to their gender identity, if at all. People whose gender identity corresponds to their gender assigned at birth are known as “cis”.

Some trans people are women, some are men, and some are non-binary. The non-binary gender identity does not fit exclusively into the binary categories of male or female.

You can't tell someone's gender identity just by looking at them – neither by their appearance, their clothes, nor their demeanour.

Some trans people take hormones or undergo surgery in order to feel more comfortable and/or safer in their bodies, while some trans people don't do this. This doesn't make someone more or less trans.

Gay and trans?

Trans people are part of the gay and queer community. You're not trans? Here are some tips for you:

- Use everybody's correct name and pronouns. Introduce yourself with your pronouns. Don't ask about trans people about their old name or prior appearance.
- Be open to other forms of gay identity: Not everyone looks the same or has the same interests.
- Sex without a penis also counts as gay sex.
- Don't make unwanted comments about other people's bodies. Statements such as “You can't even tell that you used to be a woman” can be very hurtful.
- If you're unsure about something during sex, just ask. Can I touch you here? Do you like it when I touch you like this? Can you show me how you want me to do it?
- Before having sex, discuss your strategy for safer sex. By the way: Safer sex also includes pregnancy prevention.
- Don't tell anyone that a person is trans unless they have explicitly asked you to.

Dr. Gay

Trans

people

count too!

Essential information for trans, non-binary and cis people in the gay community. Find out more at drgay.ch/trans

* Due to a lack of space, we use the term trans for binary trans people, non-binary people and gender diverse people.

Sexuality

People can have any sexual orientation – it is possible for your sexuality to change over the course of your transition. The important thing is to learn what makes you feel good: before, during and after sex. Give yourself time and space to discover sexuality.

Good to know

- When masturbating try out what you like – this will allow you to better communicate your preferences to your sexual partners.
- Many regions of the body can stimulate arousal: try touching yourself all over your body.
- You can call your body parts whatever you want. Many trans people use terms such as “manhole”, “fronhole”, “pussy”, or “clitdick”.
- Devise a safer sex strategy that works for you.
- Put your well-being and safety first during sex. If you don’t want something (anymore) you can say no at any time.
- Some people have a fetish for trans people. It’s up to you whether and how you want to interact with these people.

Outing

As far as we’re concerned, you don’t have to tell anyone that you’re trans or which genitals you have. But for some people and in some sexual spaces, it can be important to communicate clearly to protect yourself from bad experiences.

Protecting yourself against HIV

With the right strategy, you can protect yourself against HIV during sex. There are a few options for this:

Condoms

If the penis, packer or strap-on is big enough for a condom, you can use this for protection. Always use a fresh condom when switching to a different orifice. The condom has to fit well during sex. Condoms come in different sizes.

PrEP

Taking preventive medication under medical supervision protects against HIV just as reliably as condoms. drgay.ch/prep

U=U

people with HIV who are undergoing successful treatment cannot pass the virus on to others, even through sex. drgay.ch/uu

Open communication and trust

If you and your partners test negative and are sexually exclusive, you cannot become infected with HIV. This requires a relationship of trust. drgay.ch/prevent

Clean needles

If you inject hormones or drugs, always use sterile equipment, only use it once, and don’t share it with anyone. drgay.ch/drugs

PEP

PEP emergency treatment for HIV is available after risk encounters, especially unprotected anal or vaginal sex. To be effective, the treatment must be started within a matter of hours. Find out more at drgay.ch/pep

Testing for STIs

For trans people who have sex with cis men or other trans people, we recommend:

Vaccination

Certain infections can only be prevented through vaccination. Infection can have serious consequences. Therefore it’s a good idea to get vaccinated against:

- Hepatitis A/B
- HPV
- Mpox

drgay.ch/vac



Testing

HIV and syphilis

- at least once a year and at the start of every new relationship
- with 1 or more partners per month: every 6 months
- with approx. 3 or more partners per month: every 3 months

Gonorrhoea and chlamydia

- at least once a year and at the start of every new relationship
- with 1 or more partners per month: every 6 months

Hepatitis C

- Annually in the case of substance use or sex practices such as fisting

Pregnancy

Hormone therapy with testosterone is not a reliable form of contraception. All common types, including hormonal contraception, are open to you. Contact a healthcare professional.