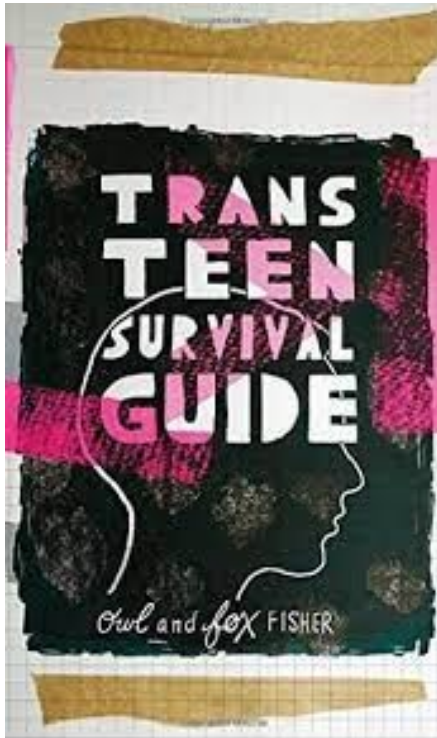


# TRANS TEEN SURVIVAL GUIDE



*Young Adult*

**By Owl and Fox Fisher**

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## **Book Summary:**

An information and instructional guide for teenagers who may believe they are transgender.

## **Summary of Concerns:**

This book contains alternate gender ideologies; profanity; sexual nudity; inexplicit sexual activities; and controversial social commentary.

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**Teen Guidance**  
BookLooks Review Rating

Page	Content
9	Gender is a complicated social construct, and trying to define it, or people within it, is quite hard!
11	Whether it's that you're actually a girl, or a boy, or non binary (people who aren't fully boys or girls), the main thing is that you're just not what most people seem to think you are. ...Being trans is pretty straightforward, right? You've known you are trans for as long as you can remember, you've always dressed up as the 'other gender', played with girls' toys or boys' toys as a kid and almost exclusively had playmates of the 'other gender'. Then you come out, take hormones, have surgery and, hey presto, you're done!
15	Men or boys generally have more access to power or a higher status in society. This doesn't mean women can't have power in society or that women are always oppressed by men—it just means that men have more opportunities for achieving success.
17	When we try to pin a gender on someone else and tell them what they are or what they are not, we are enforcing the same ideology that divides men and women and creates inequality and discrimination based on gender. We are reducing people to the sum of their bodies and reproductive capacity, and using the same oppression that has primarily been used against women to enact laws, limitations and systematic discrimination on their freedom and their bodies.
18	This is because we as a society have assigned certain types of clothing to boys and girls, and anyone who crosses the line immediately gets noticed and even punished.
19	Both men and women are confined by certain stereotypical traits and expectations, and although it's not impossible, it can be very difficult to break out of the mould. For example, women still do the lion's share of housework and childcare; and when they work outside the home, they are frequently not seen as capable of pursuing careers in science, technology and engineering; instead, they are often steered towards the creative industries or the caring professions. Compared with men, women have more trouble being listened to and respected, and are more often the target of gender-based violence. ...Actually, it's not that gender is inherently bad—rather it's the expectations and the oppressive gender roles that we enforce upon people that cause grief. They create inequalities in society and make it harder for trans people to be who they are.
31	In transitioning from male to female, I am going to become a second-class citizen in the eyes of many people.
36	Lauren, 12-year-old trans girl At first I was really worried that nobody would accept me and I'd be forced to live as a boy.
40	At my worst moments they made me believe that if I'd have killed myself I'd at least have given them closure.
41	Finding a new name and starting to use different pronouns are often some of the most important things that you can do as a trans person beginning your journey—they are a validation of your identity and who you are.
44	Pronouns are equally as important as names. Pronouns are also an indication of how you want to be seen and they reflect your identity. So it's important that you find a pronoun that fits you, whether that is sticking to the one you already have or starting to use a new one. The most common pronouns are the masculine and feminine 'he/ him/ his' and 'she/ her/ hers'. There are a few gender neutral pronouns out there, but the most common one

Page	Content
	<p>is the singular gender neutral pronoun ‘they/ them/ theirs’.</p> <p>...But more importantly, regardless of whether it’s in the dictionary, it’s a valid pronoun which many trans people use and that should really be the only justification anyone needs. Dictionaries are often a bit behind changes that occur in languages over time.</p>
45	<p>Just remember that you can always try out different pronouns to see how they feel and that different pronouns can work for you at different times.</p> <p>...If your school or workplace is not supporting your decision and makes things difficult for you, we encourage you to contact organisations such as Stonewall, Gendered Intelligence, Diversity Role Models, Mermaids or any other organisation fighting for trans rights (see Chapter 2 for details). They often have programmes that your school or workplace can join, to combat prejudice.</p>
47	<p>To change the gender (and name) on your passport in the UK (see ‘Useful links’ at the end of this chapter), you will need some sort of proof that you are indeed living as your authentic self. This can either be a Gender Recognition Certificate, which is acquired through an application process, or a signed letter from your doctor or medical consultant along with your new deed poll and evidence that you’re using your new name (payslip, letter from your local council or an official letter with your new name).</p>
49	<p>If you’re looking to change your gender legally, the best course of action is to contact LGBTQIA + or trans organisations, which will most likely be able to give you all the information you need.</p>
55	<p>Just like everyone else, trans people can have any sexual orientation. They can be gay men, lesbians, straight, bisexual, pansexual, asexual, demisexual and so on.</p> <p>...Bisexual and pansexual are very much alike. Both of these refer to people who are attracted to more than one gender. Pansexual has often been described as being attracted to someone regardless of their gender and rather because of their personality, but it’s not quite that simple.</p> <p>...Pansexual is a term that was created in an attempt to encompass attraction to more gender identities than just man or woman.</p>
56	<p>Asexual (or ace) is an umbrella term for people who don’t experience sexual attraction to anyone, people who have very limited sexual attraction, or people who can only develop sexual attraction if certain attributes are in place. Being asexual includes a broad set of experiences and there are many who separate sexual attraction from romantic attraction. This means that if someone is asexual, they can still experience romantic attraction, want to be in a relationship, and even in certain circumstances be sexual with their partners.</p> <p>...As you can imagine, this opens up a whole new spectrum of people having certain sexual attractions and romantic attractions (such as homoromantic, heteroromantic, biromantic, etc.).</p> <p>As asexual is an umbrella term, there are many other terms that fall under it, such as demisexual. Demisexual refers to people who need to have a very strong emotional connection with someone before being able to develop a sexual attraction to them.</p>
58	<p>Anyone straying out of this norm therefore automatically becomes different, and that can lead to prejudice and stigma towards them and their bodies (not to mention that trans people can have all sorts of bodies and there are so many different ways of having sex).</p>
61	<p>Binding is an effective way to make your chest flatter and there are a lot of people who use this as an option. It can help a lot with dysphoria and ‘passing’ since the appearance of</p>

Page	Content
	<p>breasts increases the chances of people using female pronouns. Popular brands for binders include Underworks and GC2b.</p> <p>...Some people opt for tape instead, which is a specific type of breathable tape that releases moisture and can be used for up to three days at a time. There are several brands, but we recommend Trans Tape, which was created by a trans guy who just couldn't find a binder that worked for him.</p>
62	<p>No money for a binder or unable to make the purchase online? There are a few binder schemes, like MORF Binders (email: binders@ morf.org.uk), which helps to recycle old binders and pair you up with one for free.</p> <p>...A packer it used to give the appearance of having a penis and is a phallic object that is worn in your underwear.</p> <p>...Some packers offer a 3-in-1 option—pack, pee and play—which means you can use your packer to pee through and (usually once a rod is inserted in it), to use with partners in the bedroom.</p>
65	<p>Buying oversized shirts can often help with giving you more of a boxy shape. They are also perfect to wear over your T-shirt and binder and can help with giving you a flatter chest if they are the right size.</p>
74	<p>Other ways to alleviate dysphoria include medical interventions such as hormones and/ or surgeries. In many instances these things can do miraculous things to make us feel better about ourselves. Speaking from first-hand experience (we, the authors, hi!), a medical transition was entirely something we needed in order to alleviate dysphoria and feel good about ourselves.</p>
79	<p>It's therefore vital that those who require them can access hormone blockers, which can alleviate and halt the effects of puberty until people can make a choice of whether to start cross-hormones and start a physical transition or not.</p>
81	<p>It's also important that we mention that not everyone who menstruates is a woman and not only women can get pregnant.</p>
82	<p>Sperm production also kicks in, the testicles drop and reproductive organs start working. This can cause distress for some people, especially trans people who want genital surgery. The physical changes that AMAB people go through are often harder to change with hormone treatment as testosterone has more dramatic effects on the body and bone structure. Luckily, with modern science, we are now able to intervene and stop the changes of puberty with something called hormone blockers, which will be our next topic of conversation.</p>
83	<p>It's about alleviating some of the distress they might feel, i.e. puberty blockers are used to increase the wellbeing of trans teens and prevent dysphoria, depression and poor mental health. Puberty blockers can therefore be a lifesaver for trans teens.</p> <p>...Puberty blockers can be prescribed at the start of puberty and are prescribed for a few years at a time, or until people are between 16 and 18 years old. Around that age you can make a decision on whether you want to start cross-hormones that will start shaping your body and sex characteristics in a way that you want. Later on, when you are 18, you can make decisions on whether you want to undergo any surgeries.</p>
84	<p>Getting access to hormone blockers might take a while as the clinics often have a long waiting list and it might take the people around you some time to come to terms with</p>

Page	Content
	things. Don't put it off for too long though—we promise you that coming out and being true to yourself will always ultimately be better.
85	Once you become old enough—around 16 years old—you can normally start cross-hormones. This means you can start hormone treatment to take oestrogen or testosterone.
87	AThe terms hormone blockers/ stoppers or puberty blockers refer to hormones that put your puberty on hold. Hormone stoppers can also specifically refer to testosterone or oestrogen blockers, but those can be given alongside cross-hormones (especially testosterone blockers as testosterone often overpowers the effects of oestrogen). ...A lot of trans people decide to undergo medical interventions in order to feel like their authentic self and alleviate dysphoria. This includes some forms of hormone treatment and/ or various surgeries.
88	Hormone therapy can have various physical effects on your body—quite simply, it puts you through a second puberty (or the first real one if you had access to hormone blockers at puberty). It's important to mention that the greater the effect your first puberty has had on you and the more your body has developed, the smaller the effects of hormone replacement therapy might be. Hormone therapy cannot change major physical attributes such as bone structure. ...These differ slightly from puberty blockers as they are different types of drugs that block out oestrogen or testosterone specifically and allow the administered cross-hormones to do their magic.
96	In most cases a bigger clitoris will also increase sexual pleasure, and many people notice a big increase in sex drive during this time. ...Another change that you'll notice is to do with smell; and if you usually get very wet when you're turned on, you may notice that you become less so or it's different.
102	The effects of testosterone blockers and oestrogen on your junk can, of course, differ between people. ...For many people it is a source of joy that they no longer have to endure morning wood or random boners, and this will most likely be the case for you too. It is also common to experience a decrease or even a steep drop in sex drive. Your smell might also change, and the fluids released when you have an orgasm might seem less or different.
103	It's a well-known fact that you can get almost anything off the internet, and hormones are no different. Trans people sometimes resort to obtaining hormones online out of desperation (it's often a matter of life and death for people to start a medical transition). ...One of the authors of this book was once in a desperate place where they had to wait for up to two years to get access to hormones and they saw no other option than getting them online or getting leftovers from other trans people's prescriptions. Eventually they ended up going private as they were able to, but this isn't always an option for trans people.
104	Zoë, 20-year-old trans woman It was so, so important for me to start hormones, when the GIC refused to start them for at least another year I turned to ordering off the internet. I was 17 when I started. For me it meant feeling so much more comfortable in my body as the oestradiol made all these subtle changes that made me feel so much better, like softening my skin and hair and causing breast growth.

Page	Content
	<p>Emile Judson, 15-year-old trans man I started hormones when I was 15, about five months after I came out. ...I am now four months on testosterone and I have seen positive changes like voice and facial hair and my mental health has been so much better. ...Michael, 15-year-old trans man I started hormone blockers when I was 14, just over a year after my first appointment with Tavistock.</p>
106	<p>Hastur, 17-year-old trans woman Just getting hormones was a huge spike in happiness for me, even before I took the first dose. ...I was 16 when I started, and over a year on, I would never look back.</p>
109	<p>So while some AFAB people who haven't had surgery might refer to their genitals as clit, pussy and vagina, others might prefer terms associated with masculinity, such as dick, cock, dickclit, manhole, fuckhole or hole. ...Some might feel comfortable talking about having sex or being fucked, or fucking others or how they have sex, whereas others don't. ...The same goes for AMAB people. Some don't mind referring to their junk in the conventional sense, such as dick, cock, penis, balls and testicles, whereas other might prefer more feminine words, such as vagina, pussy, clit, girdick, ladycock or any other equivalent.</p>
110	<p>Most trans women and AMAB non binary people that have had genital surgery referred to their junk as vagina, pussy, clit, down there and private parts. Most trans women and AMAB non binary people that have not had genital surgery generally referred to their junk as dick, vagina, junk and down there. Only a very small percentage of respondents were trans men or AFAB non binary people that have had genital surgery, but they mostly referred to their junk as dick, cock and penis. Trans men or AFAB non binary people that have not had genital surgery mostly referred to their junk as dick, junk, vagina, clit and down there.</p>
113	<p>Vaginoplasty is a surgery where a vagina is created. There are two different types of vaginoplasty: penile inversion vaginoplasty and rectosigmoid vaginoplasty. For penile inversion vaginoplasty, which is the more common surgery, without going into too much detail, what is conventionally referred to as the penis is used to create the inside of the vagina, and the tip of the penis is used to create what's conventionally referred to as the clitoris.</p>
114	<p>Both surgeries have similar results and both are found to be successful and bring sexual satisfaction and sensitivity. ...Many who have had this surgery can have orgasms and have full sensitivity, but there are rare cases of people losing sensitivity and not being able to orgasm. ...It's important to experiment and find out what works for you. It isn't always the most conventional ways that work, so be creative and don't be afraid to try different things!</p>
115	<p>A metoidioplasty (or a meta) is a surgery where surgeons use the clitoral growth from hormone therapy to shape a penis. The size will always be quite small and not the same as from a phalloplasty but as these two organs are essentially the same (they develop in different ways due to hormones released in the womb and throughout people's lives) it will function in pretty much the same ways. A urethra can be made through it, allowing people to pee standing up. It is also possible to have a ball sac created out of some of the</p>

Page	Content
	skin down there and silicone testicles inserted, which is done as a separate procedure. Since it will not be large in size, it isn't guaranteed that people can have penetrative sex, but they can still get an erection.
116	A vaginectomy (removal of the vagina), hysterectomy (removal of the uterus) and/ or oophorectomy (removal of the ovaries) can usually also be performed at this time if people want. ...Phalloplasty refers to a type of surgery where a penis is constructed. ...There are several types of prosthesis: the most common types are those you can bend down into a flaccid position or bend up for an erect position; alternatively, a pump is installed into the ball sac and you can pump it to give an erection and then release it to be flaccid again.
117	It's rare to lose the ability to orgasm and many experience good sensation. ...The biggest pros of phalloplasty are the ability to have penetrative sex, to pee standing up and the appearance of the constructed penis.
119	Periareolar surgery technique (peri) is also known as the 'donut', and is one of the ways to surgically flatten the chest through skin removal using incisions around each areola (the area around the nipple).
120	Trans feminine people might opt for breast augmentation surgery.
121	Facial feminisations are surgeries that some AMAB trans people have to soften rough facial features that are generally seen as more masculine. ...This can help prevent misgendering by strangers or the people around you and help with how people perceive you and your gender. In other words, it often helps people 'pass' better as their authentic gender. ...Some AMAB trans people decide to have vocal training and even voice surgery.
122	Those who feel that they cannot get the results they want through vocal training may look at the option of having vocal cord surgery.
124	I was really happy with the end result, and although I had to sacrifice size and the ability to penetrate, I have full erotic sensation, can get erect without a device and can pee standing. ...In the first stage I had a mouth graft taken from the inside of my left cheek and grafted onto the inside of my T-dick, which was sliced down the middle and left open to heal.
125	I also found the first stage really hard to cope with as I didn't like my T-dick being left open like that, and was told to prise the sides apart often to keep it open.
127	If you are sending people naked photos or videos, be aware that people might break your trust and even use them against you.
128	There are many different dating apps and sites that are trans-friendly, including places like SpotaFriend (specifically for 13–19-year-olds) and 18 + sites like Tinder, Plenty of Fish, OkCupid and, most recently, Grindr. ...Tinder, Plenty of Fish and OkCupid allow for more casual dating and exploring, while Grindr is a bit more focused on hook-ups.
131	<b>WHAT IS FETISHISATION?</b> On the flip side of being disgusted and repulsed by trans people, there are also people who have 'a thing' for trans people and their bodies. ...A whole industry is dedicated to this in porn, and trans women are often referred to by awful terms there such as 'she-males' and 'trannies'. Trans men are also subjected to this

Page	Content
	to a certain degree, fetishised by gay men who wish to experiment or experience ‘female’ anatomy, but it seems to be predominantly aimed towards trans women.
140	Many news outlets will deliberately post misleading articles about trans people that put down our gender identity and showcase trans people as harmful to society. This can most often be seen in articles where trans women are said to be men wanting to invade and take over women’s spaces and movements, and articles about trans people recruiting children and forcing gender non-conforming children to have hormones and surgeries.
157	As for platforms, the most popular platforms for photos are definitely Instagram and Facebook. If you want to create videos or take audio recordings, platforms such as YouTube and Tumblr are probably more suitable.
185	Avery Elliot, 17-year-old non binary In my future as a trans person, my next step is physically transitioning. I can’t wait to start T and get top surgery. In a few years I want to be able to walk around without a shirt and feel proud.
186	Silas, 17-year-old non binary I hope to change my name. I hope to go on testosterone. I hope to get top surgery.
187	Esme, 20-year-old trans woman I see myself as happier and more physically transitioned, potentially including surgeries, hopefully as a full-time musician.
189	I know that moving to uni before HRT [hormone replacement therapy] or chest surgery was one of the most painful decisions (but also the best) I’ve had to make and I don’t want anyone else to even consider putting their life on hold for transition. Nobody should have to wait so long for such basic needs.
211	It’s fair to say that it differs between people, but children in general are quite perceptive and they can understand themselves in relation to gender from as young as 3–4 years old.

Profanity	Count
Cock	4
Dick	10
Fuck	3
Pussy	3