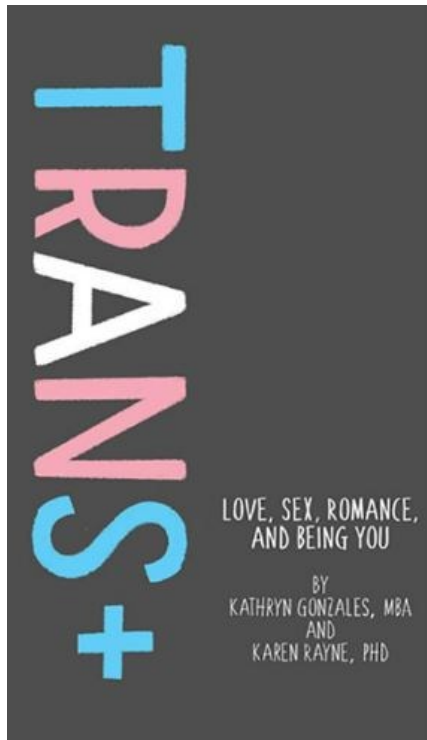


PENDING FINAL REVIEW



# TRANS+: LOVE, SEX, ROMANCE, AND BEING YOU



## Summary of Concerns:

This book contains explicit alternate gender ideologies; sexual activities; and nudity.

*Young Adult*

**By Kathryn Gonzalez and Karen, MBA Rayne, PhD**

**ISBN: 9781433832840**

**CONTENT WARNING**

You are about to access material that may contain content of an ADULT nature. These files may include pictures and materials that some viewers may find offensive. If you are under the age of 18, or if such material offends you or if it is illegal for you to view these materials, please exit now.

**3** / 5

**Minor Restricted**  
BookLooks Review Rating

Page	Content
116	<p><b>Chest Binding</b></p> <p>Binding is the process of compressing the chest tissue to achieve a flatter, more masculine appearance of the torso, and decrease chest dysphoria. There are many ways to bind the chest, each with their own safety and comfort concerns. ...There are companies that sell chest binders that are made of a special compression material that flatten the chest and help minimize (but not eliminate) the safety and health concerns associated with binding. ...Other ways people bind their chest include:</p> <ul style="list-style-type: none"> <li>tape</li> <li>bandages</li> <li>layered clothing</li> <li>neoprene braces</li> <li>control-top pantyhose</li> </ul> <p>The illustration on this page depicts a young woman's torso in various positions in different states of dress illustrating the effects of a chest binder on the appearance of breasts. The top, left image depicts the woman in a frontal view with her breasts exposed. A chest binder is shown above the torso with an arrow pointing downward. The label below the image reads: BEFORE. The next image shows the binder in place over the breasts. The label below this image reads: AFTER. The illustrations on the bottom depict a woman's torso in a profile view. The image on the bottom-left side depicts the torso with rounded breasts. A curved arrow is drawn around the breast. The label above this image reads: BEFORE. The next illustration depicts the same torso with the breasts flattened. The label above this image reads: AFTER.</p> <p><i>See Figure 1.</i></p>
117	<p><b>Tucking</b></p> <p>Tucking is the process of tucking the penis back and between the legs to produce a flat appearance in the genital region. The testicles are tucked back as well or pushed up into the abdomen. There are some great resources at the end of this chapter that go into greater detail on the various ways to tuck and how to keep yourself as safe as possible. There are many ways to tuck:</p> <ul style="list-style-type: none"> <li>tape</li> <li>a special garment called a gaff</li> <li>shapewear (like Spanx)</li> <li>tight underwear (usually combined with shapewear)</li> </ul> <p>You may do all, some, or none of these depending on the kind of appearance you want to achieve. There are some great YouTube videos in the resource section of this chapter that go into tucking with tape, making your own gaff at home, or achieving a comfortable tuck with tight underwear and shapewear.</p>
118	<p><b>Packing</b></p> <p>Packing is the wearing of padding or a phallic object to give the appearance of having a bulge in the genital area. There are two primary ways to pack: creating a homemade packer (using socks, stockings, condoms, and other materials) or purchasing a packer. We've included links at the end of this chapter on ways to make your own packer and packing underwear at home, as well as some places</p>

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	<p>where you can purchase a packer and packing underwear online.            When purchasing a packer, there are various kinds to choose from:            regular packers            STP (stand-to-pee) packers            pack and play packers            combination of the above  <i>See Figure 2.</i></p>
118	<p>The illustration on this page depicts a male abdominal-pelvic region with an undergarment in place. The images are in profile view. The first image shows a curved arrow outlining the bulge in the undergarment. The label above this image reads: BEFORE. The second image shows a straighter arrow where the bulge was in the prior image. The label above this image reads: AFTER.</p>
119	<p>Packing underwear is just as, if not, more important than the packer you choose. The right kind of underwear will help keep the packer in position, which provides comfort during periods of wear as well as safety (it keeps the packer from falling out when going to the restroom for example).</p> <p>The illustration on this page depicts a female's abdominal-pelvic region. The person's right hand is holding a prosthetic penis while their other hand is pulling out the waistband of their underpants.  <i>See Figure 3.</i></p>
121	<p><b>Additional Resources</b></p> <p><a href="http://thetransbook.com/link/0701">thetransbook.com/link/0701</a>            This great resource from GC2B, a company that makes chest binders, on Binder Basics like binder fitting, binder care, and binder safety.</p> <p><a href="http://Thetransbook.com/link/0702">Thetransbook.com/link/0702</a>            Point5cc is a trans-owned company that has a great Binder 101 section on their website with links to binder donation programs where you can apply to get a free binder!</p> <p><a href="http://Thetransbook.com/link/0703">Thetransbook.com/link/0703</a>            TransGuys.com has a great list of all the places you can shop for a binder or get one donated.</p> <p><a href="http://Thetransbook.com/link/0704">Thetransbook.com/link/0704</a>            Stacy Fatemi is a nonbinary person and YouTuber who made a vidwo on tucking, especially using stuff that's easy to find around the house or at the grocery store.</p> <p><a href="http://Thetransbook.com/link/0705">Thetransbook.com/link/0705</a>            Princess Joules is a trans woman and YouTuer who did this great tutorial on tucking for when you wear swimsuits.</p> <p><a href="http://Thetransbook.com/link/0706">Thetransbook.com/link/0706</a>            Alayna June is a trans woman and YouTuber who discusses tucking more comfortably.</p>

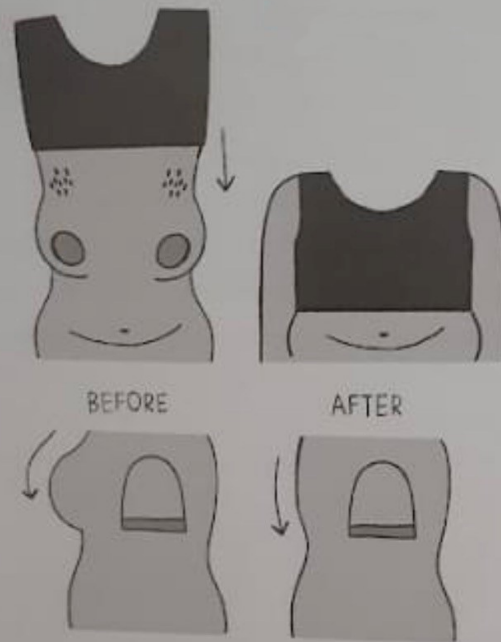
Page	Content
	<p>The QR codes are provided for each of the links listed above.</p>
122	<p><a href="http://thetransbook.com/link/0707">thetransbook.com/link/0707</a>            ReelMagik offers lightweight and affordable packers in a variety of form factors and skin tones.</p> <p><a href="http://Thetransbook.com/link/0708">Thetransbook.com/link/0708</a>            This video by uppercaseCHASE1 explains packing for youth. The video also addresses questions parents might have about packing.</p> <p><a href="http://Thetransbook.com/link/0709">Thetransbook.com/link/0709</a>            This video by MackMan explains how you can make your own packing underwear.</p> <p><a href="http://Thetransbook.com/link/0710">Thetransbook.com/link/0710</a>            This video by Snapbacks and Bowties explains how you can make a very simple packer out of socks.</p> <p><a href="http://Thetransbook.com/link/0711">Thetransbook.com/link/0711</a>            This video by Jay'sJourney- FtM has tips for beginners on packing.</p> <p>The QR codes are provided for each of the links listed above.</p>
125	<p>Once you make the decision to begin medical transition, you may encounter some barriers to getting the care you want.</p> <p>...It's a good idea to familiarize yourself with the kinds of gatekeeping you might experience and understand the criteria you may be asked to meet in order to prove you are "trans enough" to your doctors and other medical providers. Remember: you are perfect exactly the way you are and there is no such thing as being "trans enough," it's just that doctors like to have someone tell them it is okay to treat you.</p> <p><b>Hormone Blockers</b></p> <p>Sometimes called "puberty blockers," hormone blockers are medications that can be given to transgender and gender-non-binary youth to stop puberty.</p> <p>...What Do Hormone Blockers Do?</p> <p>Hormone blockers stop the development of secondary sexual characteristics (like breast development) and menstrual periods for AFAB people, and a deepening voice and facial hair for AMAB people. Not only does this reduce dysphoria, it can prevent the need for surgery to modify those characteristics later on in life. The medication in hormone blockers is called gonadotropin-releasing hormone or GnRH analogs. You already have GnRH inside you.</p> <p>...The GnRH analog in hormone blockers stops the pituitary from sending out these hormones, which prevents the changes associated with puberty.</p> <p><b>When Can You Start Hormone Blockers?</b></p> <p>Typically, a doctor would begin hormone blockers when you begin puberty. For people assigned female at birth, this is usually between the ages of 9 and 14. For people assigned male at birth, this is usually between ages 10 and 20.</p>

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128	<p>Hormone replacement therapy (HRT) is a medical treatment in which a doctor prescribes hormones and other medications to help align a person's secondary sex characteristics with their gender identity.</p> <p>...Feminizing hormones (estrogen and anti-androgens) are used by transgender women and transfeminine people to increase the amount of estrogen and decrease the amount of testosterone in the body.</p> <p>Estrogen is a feminizing hormone that is responsible for the development of typically female secondary sex characteristics like breast development and fat distribution.</p> <p>Ant-androgens are hormones used to lower the amount of testosterone in the body to a typically female level.</p> <p>Masculinizing hormones (androgens) are used by transgender men and transmasculine people to increase the amount of testosterone in the body.</p> <p>Androgens (testosterone) are masculinizing hormones that are responsible for the development of typically male secondary sex characteristics like facial hair growth, deepening of the voice, and an increase in muscle mass.</p> <p>What Changes Can I Expect?</p> <p>In general, you can expect HRT to change your secondary sex characteristics to match your gender identity.</p>
139	<p>Ultimately, your body is your own. If you're a minor, your parents and doctors may try to exert more control over your body (specifically what they don't want you to do). Thankfully, you will eventually turn 18 and be able to make your own decisions about your identity, your expression, and the medical steps you want to take to bring those into alignment.</p> <p>Additional Resources</p> <p><a href="http://thetransbook.com/link/0801">thetransbook.com/link/0801</a> This is an amazing article about Hayley Anthony, a transgender woman who invented a new approach to vaginoplasty.</p> <p><a href="http://Thetransbook.com/link/0802">Thetransbook.com/link/0802</a> This article is a tough read, but gives a good sense about what people think about trans and nonbinary youth seeking medical interventions for transition. If you're preparing to talk with your parents or doctors about medical transition, this article might help you think of questions you can be ready to answer.</p> <p><a href="http://Thetransbook.com/link/0803">Thetransbook.com/link/0803</a> Provides a great overview of types of surgeries, sample letters, and post-surgical care advice.</p> <p><a href="http://Thetransbook.com/link/0804">Thetransbook.com/link/0804</a> Provides a comprehensive overview of all kinds of medical interventions along with plenty of links to outside sources to explore. You could get lost in here for hours!</p> <p><a href="http://Thetransbook.com/link/0805">Thetransbook.com/link/0805</a> The mission of the Jim Collins Foundation is to provide financial assistance to</p>

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	<p>transgender people for gender-confirming surgeries.</p> <p>The QR codes are provided for each of the above links.</p>
199	<p>Our goal is for you to leave this chapter being able to imagine yourself being sexual in a happy, life-affirming way that speaks to your own individual patterns of love and attraction. So here are a few specific descriptions of how you may or may not be interested in being sexual with a partner:</p> <p>Kissing (mouth-to-mouth contact, sometimes including the tongue and sometimes not)</p> <p>Oral sex (mouth-to-genital contact, also sometimes called giving head, carpet munching, blow job, going down on)</p> <p>Anal sex (mouth-to-anus or genital-to-anus contact, also sometimes called butt sex, tossing salad, sodomy)</p> <p>Mutual masturbation (touching someone else's genitals with your hands or the other way around)</p> <p>Sex toys (using toys as a way to touch and stimulate your partner or the other way around)</p>

## Chest Binding

Binding is the process of compressing the chest tissue to achieve a flatter, more masculine appearance of the torso, and decrease chest dysphoria. There are many ways to bind the chest, each with their own safety and comfort concerns. There are some great resources at the end of this chapter that go into greater detail on the various ways to bind how to keep yourself as safe as possible.



There are companies that sell chest binders that are made of a special compression material that flatten the chest and help minimize (but not eliminate) the safety and health concerns associated with binding. They tend to be the most expensive option, but they are considered the most effective.

Other ways people bind their chest include:

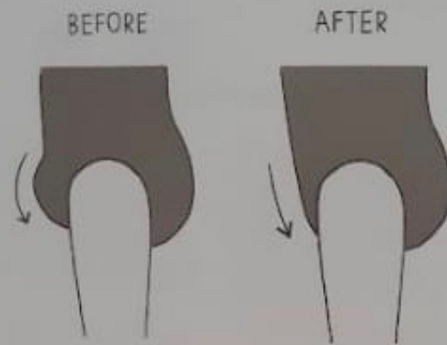
- tape
- bandages
- layered clothing
- compression garments
- neoprene braces
- control-top pantyhose

Each of these methods has its pros and cons as far as cost, efficacy, and safety. Tape may be inexpensive and easy to find, but the adhesive in the tape can cause skin irritation and make it

Figure 1

also the risk of skin irritation from repeated contact with the adhesive in tape, or fungal infections from having your bits (which tend to be moist) all tucked up for hours on end.

No matter how you tuck, listen to your body and take note of any bruising, soreness, redness, itchiness, swelling, or change in odor.



### **Packing**

Packing is the wearing of padding or a phallic object to give the appearance of having a bulge in the genital area. There are two primary ways to pack: creating a homemade packer (using socks, stockings, condoms, and other materials) or purchasing a packer. We've included links at the end of this chapter on ways to make your own packer and packing underwear at home, as well as some places where you can purchase a packer and packing underwear online.

When purchasing a packer, there are various kinds to choose from:

- regular packers
- STP (stand-to-pee) packers
- pack and play packers
- combinatin of the above

Given all of the options and features you can find in packers, it might be tempting to go with the most expensive option, but sometimes an inexpensive packer will be just as comfortable and realistic. Select a packer that you're likely to wear on a daily basis.

Figure 2



Packing underwear is just as, if not more important than the packer you choose. The right kind of underwear will help keep the packer in position, which provides comfort during long periods of wear as well as safety (it keeps the packer from falling out when going to the restroom for example). Again, price doesn't necessarily indicate quality. There are specially-designed underwear for packing which are great, but you can also find sheath pouch underwear online (which also work great for swimming) for an affordable price.



To prolong the life of your packer and to keep your skin and genitals healthy, make sure you clean your packer daily. Also, it's best not to sleep with your packer on as your body needs to breathe overnight to prevent the growth of bacteria.

Figure 3