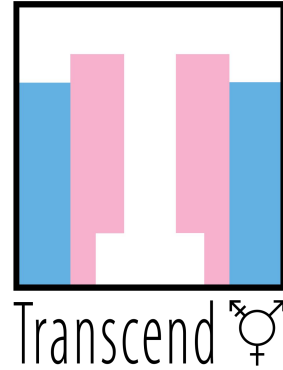


# Welcome to Transcend



**3 November 2022**

# Announcements

Upcoming Events !

Nov 10 - Legal Transitioning

Nov 15 - Phyllis Frye Talk

Nov 17 - Trans Day of Remembrance Vigil

Early voting ends friday, Election Day Nov 8

# November 17th -- Trans Day of Remembrance

Hosted at Friends Congregational Church  
at 6:30

Somber vigil, we understand if it's too  
heavy a topic for all members to attend

Chill meeting at ILCB 237

Speakers wanted !

**FRIENDS**  
CONGREGATIONAL  
CHURCH  
Unitarian Church of Christ

**PRIDE**  
community center

*Man's*  
Place

## 2022 Transgender Day of Remembrance

Thursday, November  
17th  
6:30 PM  
Friends Congregational  
Church, UCC

### Supporters

*Southern and Latin*

**TREEHOUSE**

Unitarian  
Universalist  
Church of the  
Brazos Valley

**LGBTQ**  
Professional Network

**LGBT+ PRIDE**  
CENTER

**AA**  
AGGIE ALLIES

Let's Talk About  
Sex (Ed)

**ft. F.R.E.E. !!!**

Questions, comments,  
and ding rule!



Go to [sli.do](https://sli.do), room code is #Transcend113

# Comfort and Consent

- Consent is super important! Practice enthusiastic consent to best communicate with any partners!
- Communicating your personal comfort levels with any partners so that you both have a good experience
- Understanding other people's comfort cues
- Yes means yes vs. no means no
- Be super clear about your comfort!
- Communicate before, during, and after :) it's important to discuss emotional barriers and what you like and don't like

Reading signals is as important between the sheets as on the road.

**CONSENT** means nothing less than an enthusiastic **YES**.



## GREEN

Have they enthusiastically said they want to do this?  
Are they happily and willingly touching you?

## AMBER

Did they say “maybe,” or “I’m not sure”?  
Have they slowed down?

## RED

Are you both sober enough?  
Have they moved away?  
Have they said they want to stop?

If your partner seems less into it than you are, check in with them, and remember that an amber light means slowing to a stop.

Find out more at  
[fpa.org.uk/ConsentYesYesYes](https://www.fpa.org.uk/ConsentYesYesYes)



# “When should I drop the fact that I have a...”

- Disclose what YOU are comfortable with, at an appropriate time!
- Understand that people won't know things unless you tell them, and that you can't assume things about other people
- Communication is key - if you're not comfortable communicating, stop what you're doing!
- Sometimes sexuality orientation ≠ sexual preference! Gender is a conversation :)

## Remember!

- Being trans does NOT mean you will die alone or anything like that!
- Don't change yourself for others!



# Health and Safety

- Use protection!
- Get tested regularly
  - Free STI testing services offered at Beutel
- Using a condom or dental dam in situations where they might come in handy
- Be able to assert to a partner that they should get tested and use appropriate safety measures, for both of y'all's safety
- Pee after sex - UTIs can be cured with prescription anti-biotics (Beutel again) or they can go way on their own!
- Do not be afraid to get over-the-counter symptom relief medicine, no one is judging you I promise :)





# Protection Demo!!



**Dental dam:** small sheet of plastic, you place it over the area where you want to put your mouth, and then work your mouth on top of it

**Condom:** Place the condom so that it sits with the rim facing upwards, than roll the condom over the shaft

# Toys and Affirming Objects

- Toys and other objects can make sex more fun and affirming for you
- Remember to only use toys that are 100% body safe
  - No phthalates!!
- Don't be afraid to try out things like vibrators, dildos, sleeves, etc and see how they feel
- Do your research! Material, size, etc.
- Make sure if they're waterproof

Packers and transmascc objects:

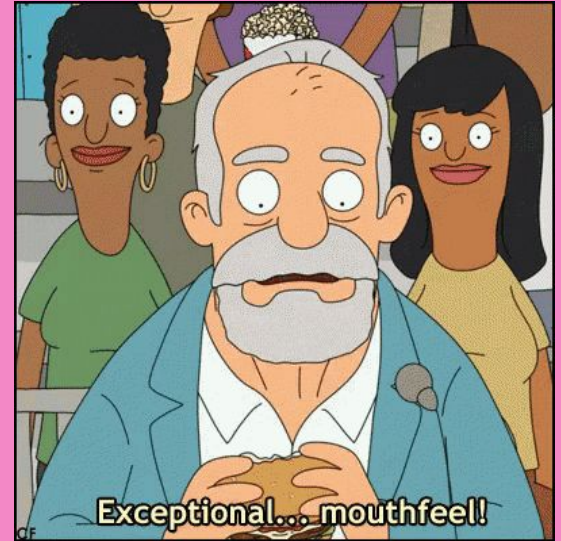
- Freetom, rodeoh, peacock, and tomboyx



- **Water based Lube:** easy to clean, gentle on skin, and can be used with any toy or condom
- **Silicone Based Lube:** longer lasting, smooth feeling, hypoallergenic. **DON'T use with silicone toys.**
- **Oil Based Lube:** long lasting. **DON'T use with condoms.**
- **Hybrid Lube:** an emulsion of water and silicone lubricant. **DON'T use with silicone toys.**

# Sex, Sexuality, and Transitioning

- Some people find that their sexuality might change over time in their transition and others do not - don't be scared if you find your feelings change
- Hormones can affect libido either positively or negatively
- Hormones can also affect how your genitals work in sexual contexts (erectile issues, bottom growth, lubrication changes, differences in feeling, mouthfeel, etc.)
- Being more comfortable in your body can change how you approach sex and how you feel about certain sexual acts



**Contraceptives and F.R.E.E!!**

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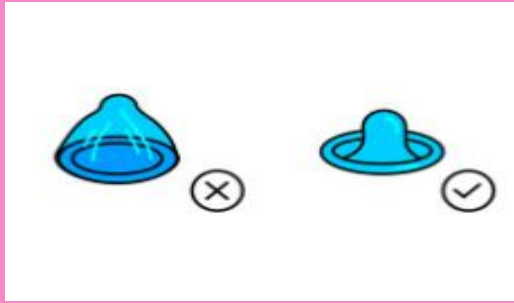
# Contraceptives

- **Abstinence:** only 100% effective form of bc
- **Implant:** 99% effective, lasts up to 4 years
- **IUD:** 99% effective, lasts up to 3-12 years
- **Shot:** 94% effective, get every 3 months
- **Vaginal Ring:** 91% effective, replace monthly
- **Patch:** 91% effective, replace weekly
- **Pill:** 91% effective, take daily
- **Condom:** 85% effective
- **Internal Condom:** 79% effective
- **Fertility Awareness:** 76-88% effective
- **Withdrawal:** 78% effective



Source: Planned Parenthood

# Contraceptives



- **Condom:** 85% effective
- **Internal Condom:** 79% effective
- Like condoms, dental dams are an easy and effective barrier method of STD protection during oral sex
- These pieces of latex can protect you from **herpes, gonorrhea, syphilis and hepatitis** so they're pretty dam important ;)
- Can be use when performing oral sex on the anus or vulva
- Not just for **female-female sex**



# Where to access birth control

- Birth control pills are not over the counter (yet!)
  - [AFY](#) has campaign called #FreeThePill to change that
- Birth control requires a prescription from a medical professional
  - However, some groups are prescribing the pill [online](#)
- Beutel women's clinic states “Our staff is dedicated to provide education on all options of birth control” and also state that they also offer transgender care
  - I have heard great things about people's experiences getting their IUD there
- [Planned Parenthood](#) is a great resource
- In BCS the Women's Professional Health Center has really good reviews



# Morning After Pill

- **Emergency contraception pills** contain hormones that stop or delay ovulation in order to prevent pregnancy
- The Plan B pill works best when you take it within **72 hours** after unprotected sex and can lower your chance of getting pregnant by **75-89%**
  - **If you are above a BMI of 26 Ella might be more effective**
- Using emergency contraception all the time is not as effective as using a long term BC method, such as the pill or an IUD consistently
- There's **no** scientific evidence that emergency contraception affects your fertility at all



## Plan B Emergency Contraceptive

- Effective if taken within 5 days of unprotected sex
- Based on your BMI/Height to weight ratio.
- Over the Counter, ID not required
- No appointment necessary

## ELLA Emergency Contraceptive

- Effective if taken within 5 days of unprotected sex
- Higher BMI
- Available at clinics and most pharmacies
- Prescription based.
- Appointment Necessary



# Resource Request

- FREE is sponsored by Planned Parenthood and Advocates For Youth so we get hella resources
- If yall ever need any of these products PLEASE hit us up!
- Everything is free! No questions asked :)
- <https://linktr.ee/FREEaggies>

**FREE is offering contactless pickup or delivery in the BCS area of:**

**area of:**

**Plan B**

**Condoms (regular or latex free)**

**Dental Dams**

**Lube**

**Pads**

**Tampons**



**To request these products fill out the form in our linktree**