

SMYAL

A SAFE PLACE TO BE WHO YOU ARE.



SO CHECK OUT WHERE YOU CAN FIND SUPPORT FOR THESE ISSUES



MON-WED 3-8PM • FRI 3-8PM • **DROP-IN**

SATURDAY GROUPS

SAT NOON-1:30PM (SUPPORT GROUPS)

SAT 2-3PM (MEN'S/WOMEN'S RAP GROUPS)



202-546-5911 • 888-SAFE-724 • MON-FRI 7-10 • **TALKLINE**

COMING SOON . . .

TRANS/GENDER ISSUES RAP GROUP

CALL 202-546-5940 X150 FOR MORE INFORMATION



AT THE SMYAL YOUTH CENTER 410 7TH ST, SE

Eastern Market Metro stop on the blue or orange lines.

SMYAL@AOL.COM • WWW.SMYAL.ORG

**IF YOU ARE A YOUTH
ON THE TRANS SPECTRUM,
THEN THIS IS FOR YOU!**

**GENDER VARIANT & TRANS YOUTH
SEX & SUBSTANCE SAFETY**



If you fuck with gender; are transgender, a shapeshifter, non-male/non-female, intersex, butch queen, boy dyke, two-spirit, femme queen, drag, boy girl, TV (transvestite), crossdresser, gender queer, bigender, transsexual, FTM, MTF, new woman, new man, transgressively gendered, gender full, metamorph...



YOU MAY BE AT RISK FOR HIV OR STDS!

Created in collaboration by T. AARON HANS - SMYAL, KOREN HOARD - SMYAL, TRANS YOUTH. and with support from BRAD MOORE - NYAC.

WHAT'S THIS ALL MEAN?

TRANS(GENDER): A label for those of us who are outside of the norms of gender. An umbrella term, to mean those who defy rigid, bipolar gender constructions, and who express or present a breaking and/or blurring of cultural/stereotypical gender roles.

TRANSSEXUAL: A label for those of us who have spent a good portion of our lives feeling that we don't fit into our bodies or that our assigned gender is not right. Those who identify with this category often decide to take hormones, use surgery and other methods to alter their bodies to make them more consistent with how they see themselves. Other words used include hapeshifter, metamorph, female-to-male (ftm), or male-to-female (mtf), and others.

PLAYING WITH GENDER: What we do with gender and the rules of gender when we get tired of them. An expression of gender that isn't seen as normal.

GENDER QUEER: Those who express our blurred and creative play with gender and sexuality. We don't want to play by others rules.

BODIES: A term to describe our physical being.

SEXUAL ORIENTATION: Who you are attracted to, words that we use to describe this are gay, lesbian, bisexual, heterosexual, straight, pansexual, queer.

SELF DEFINING: We get to say who and what we are!

**RESPECTING OURSELVES,
RESPECTING OUR BODIES...
THAT'S WHAT IT'S ALL ABOUT!**

- ☆ All of our bodies are different. Some of us have bodies that we are comfortable with, while some of us have bodies that we are or want to change. Further still, some of us have a degree of comfort with our bodies that changes daily, while others of us don't know what we want to do with our bodies at all.

SO, WHAT DO WE MEAN BY YOUR BODY?

- ☆ Our bodies may or may not include: big and/or small clits, big and/or small dicks, dicklettes of different shapes and sizes, constructed clits and/or dicks, small and large pussies, constructed pussies, both pussies and dicks, equipment, pseudo-vaginal canal, holes, big and small breasts, saline breast implants, other implants, phantom dicks, big and small chests, breasts and dicks, chests and holes, nipples, phantom pussies, or any other name you chose!

RESPECT YOUR BODY

TAKING CARE OF OURSELVES

Let's get down to the basic facts. Our bodies are *us* - no matter how we change or modify them, and whether we like our bodies or not. We will live in our bodies, and we will die in our bodies: they are the only bodies we have. Taking care of them means taking care of *us*.

TAKING THINGS INTO OUR OWN HANDS:

SELF-INJURY/CUTTING

Some of us just can't wait. We want our bodies to be different, so we take it upon ourselves to change our bodies. Sometimes we enhance or add things that we want, but sometimes we can't afford it. So, we cut ourselves, or use black market drugs or free-floating silicone.

By taking time to look for the resources and help that we need, we can find much *healthier* ways of becoming the shapeshifter/boy dyke/gender queer/new man/metamorph/whatever that we always dreamed of being. That way, we can avoid unnecessary pain, permanent damage, infection, and even death.

Every ending should be a new beginning,
not the other way around.

SEX WORK/STREET SURVIVAL

REALITY #1: Getting the money for surgery or hormones can be a pain in the... neck. And some of us have to work the streets to make ends meet (like keeping that apartment or getting food on the plate)
REALITY #2: We can still be safe about what we do.

There are some people out there that might actually pay more money for us to put ourselves at risk. They want us to have unprotected sex or do things that we know could put us in danger physically or emotionally. But is it worth it? If we are out there trying to get enough bones to make a life for ourselves, why throw ourselves to the dogs? No amount of money is worth ending our lives, especially when our lives are just beginning.

Let's not forget about those psycho-heads that don't understand us but wouldn't mind us servicing them for a minute or ten. Then when it's through, they want to slap us around and hurt us because they hate themselves. We don't and shouldn't trust everyone just for a few extra dollars. Again, it's about communication and about knowing what we want. Just because we might not like the package we've got, doesn't mean that *other* people can do what they want to it.

We need to let people know what's going on. And we need to *always* have a way out. Just because someone waves those dollar signs at us doesn't mean we should take it.

Plenty of people out there who will treat us with respect. Let's be the first ones to start.



**NO MATTER WHAT BODY WE DO OR DON'T HAVE,
OR THE NAMES WE USE TO CALL OURSELVES,
WE CAN STILL BE AT RISK FOR HIV AND STD/IS.
IT'S A BEHAVIOR THANG.**

HIV (human immunodeficiency virus) and STD/Is (sexually transmitted diseases/infections) are nothing to play with. We need to know what can put us at risk for getting HIV and STD/Is so we can avoid those pitfalls on our journey to loving our bodies and ourselves. Let's start with the sex, first!

Some things that we do sexually may or may not include the following:
 ☆ Fucking, sucking, rimming, fisting, kissing, jacking off, using toys, water sports (pissing, enemas, douching), oral sex, being a top, being a bottom, sharing, licking, eating, anal sex, vaginal sex, giving, receiving, bondage, role-playing, and all those other names you use when you get your groove on!

As Trans youth, we have options open to us that other people usually don't have. Even still, nothing should take the place of some good, old-fashioned common sense. Even if we see or imagine our bodies different than what it *really* is, we have to be responsible to what actually *exists*.

HIV can be transmitted through FOUR types of body fluids: blood, semen (cum), vaginal fluids, and breast milk!

STD/Is can be transmitted through NUMEROUS body fluids AND physical contact!
 ☆ Genital warts, gonorrhea, syphilis, chlamydia, herpes, crabs, hepatitis A/B/C. These are only *some* of the STD/Is that exist.
 ☆ STD/Is can cause all sorts of physical problems, like heart/liver/brain damage, chronic illness, and in some cases, death!

You cannot tell if a person has HIV or STDs just by looking at them!

No matter the kind of sex we have, we need to know what we are doing with are bodies and what is happening to us during sex. Furthermore, not all of us call the same body parts by the same names. We need to communicate what we call our own stuff and how we use it so that others can do the same.

We need to be active and mentally present during sex. It's about mutual respect and mutual fun.

HERE ARE SOME QUESTIONS FOR YA:

1. What body fluids are being exchanged?
2. Whose putting what, where?
3. What are all my options?
4. How am I protecting myself?
5. Can I trust this person to tell the truth when I ask (always ask) if they have any STD/Is or HIV?
6. Do I know if I have any STD/Is or HIV?
7. What names do we use to talk about what we have and how we use it?

Any kind of sexual activity could put us at risk of getting HIV or an STD/I. Whether we are putting a body part or object inside of someone, or someone is doing it to us, we could be at risk for exchanging body fluids. If there is tearing of the skin, blood could be exchanged. Remember: STD/Is can be transmitted through physical contact with an infected area (or if someone touches an infected area and then touches someone else), so look out.

USING PROTECTION CAN REDUCE THE RISK OF GETTING HIV OR ANY OTHER STD.

- ☆ Latex condoms (or polyurethane), dental dams, finger cots, lots of water-based lube (reduces friction, helps prevent skin tearing), insertive condoms ("female condoms").
- ☆ Communication is also a form of protection. If we can't say what we want and how we want it, we can't expect other people to get it right! We need to speak up and speak out about what we will and won't do! We don't need to explain it. It's what we want, and that's good enough!



Image courtesy of the Gender Identity Project NYC

LET'S FACE IT: MANY OF US USE HORMONES AND OTHER SUBSTANCES. THE KEY IS KNOWING WHAT WE ARE DOING AND WHAT RISK IS INVOLVED.

☆ If we are going to use **HORMONES**, then we should know where they are coming from. Street hormones can be dangerous. Not just because we may not know what really went into making the mix or where it came from, but many of us don't now how to appropriately use them. *Read on.*

Different people react differently to different hormones. What works physically for someone may not work for everyone. What about allergies? Possible side effects? Where to inject it? How much and how often to inject?

Accurate medical advice from a licensed health care professional is the best way to go. Find an area gay/lesbian/bisexual/transgender resource center to help with the search for professional medical information. Sure, it will take some time and resources, but in the end, our bodies will be healthy, stable, and strong!

Taking care of our bodies *before* they looks the way we want them to is a good indicator that we will take care of our bodies *after* we change them!

☆ If we are going to use **SUBSTANCES**, then we should be aware that many drugs impair judgment, cloud thoughts, and influence behavior. In other words, if we are not in our right minds, then how can we expect to take care of the rest of our bodies? We might not be able to make the right decisions regarding safer sex to protect ourselves. Or, we may put ourselves in a position that will allow someone (anyone) else to take advantage of us.

☆ Finally, let's talk about **INJECTING** hormones and/or substances/medication. Using unclean needles is another way that we could be putting ourselves at risk. Even if that person is the best person in the whole world, using needles used by someone else can cause blood to be exchanged, and along with that, possibly HIV or STD/Is (like hepatitis). This also holds true for any kind of non-professional piercing or tattooing.

☆ **WARNING!** Injecting hormones incorrectly can cause major liver and skin damage in the area that you are shooting into. Free flowing silicone directly injected into the body is **DANGEROUS** and often will not stay where you inject it and can cause major illness and/or death.

If there isn't a needle exchange program nearby, here's what we can do: *Cleaning needles/syringes*

1. Fill syringe with water. Shake it up to rinse it. Tap it to get out the air bubbles.
2. Shoot the water out, some place where it can't be used again, and where no one else can come into contact with it.
Repeat steps 1 and 2 until you can't see anymore blood.
3. Pour bleach into a glass. Stick the needle in the bleach and draw it up through the syringe to the top. Leave the needle in the bleach for at least 30 seconds.
Repeat step 3, 3 times.
4. Shoot the bleach in the syringe out, so it isn't reused.
Never back into the clean bleach.
5. Fill the syringe gain with new clean water, shake and shoot it out.
Repeat it again at least 3 more times to make sure all the bleach is rinsed out.

Clean the needle and works as soon as possible before the blood dries. Never share needles or works, not even with a family member or a friend. Always throw away used needles and works.

CLEAN WORKS

Always 3x WATER, 3x BLEACH, 3x WATER

