

TRANSGENDER  
WOMEN ARE  
KEEPING IT

sexy  
HOT  
healthy  
beautiful  
Special

## HOW?

Girls just like us are taking care of ourselves because we want to live life to the fullest.

We're going to keep up our gorgeous looks.

We're going to meet the man of our dreams.

We're going to ROCK this world.

TRANSGENDER is the NEW GENDER of the 21st century!

# G I R L P O W E R

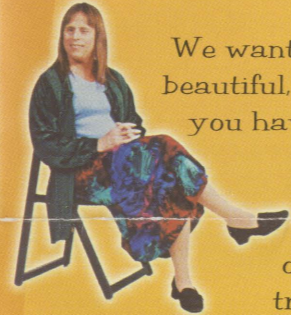
Look at us!



Do you see our beauty?  
How we're unique?  
How we're similar?  
We are women.  
We are transgender.  
We are **GIRL POWER**.



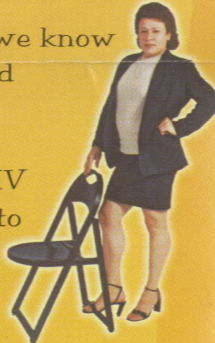
We are the faces of today's new gender.  
We are accepted and loved.



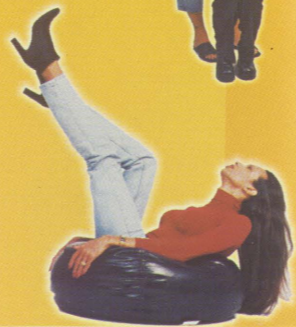
We want to tell you that you too are beautiful, unique, accepted, and that you have lots of love to give.

That's why we know that you and others in the transgender

community care about HIV AIDS and that you want to keep your good looks and your health.



These are our messages to you, from one girlfriend to another.



My name is Raquel

I'm a strong, striking, SEXY woman. It took a long road to get here, especially since I grew up as a boy. I felt bad about myself because most people around me didn't accept me-especially as a woman. Just to feel that I belonged, I got into trading sex for money because I knew that men would pay to have sex with a person like me. But I didn't realize that I risked my life each



time that I had sex unprotected. There was no way to know who had HIV and other STDs,

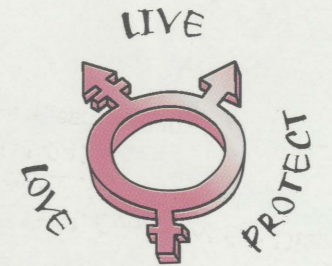
and so I started thinking about

what I could do to protect myself. I found a couple of ways, like first getting information about safer sex. It helped me get started to a new road in life. And now I tell other girls like me to ask themselves--

what are you going to do next to protect yourself from HIV? Go on and read inside. My girlfriends will tell you all about it.

We know that it can be hard. We've been there. But you can find the help, support and services that you need by contacting us below.

Family Health Centers of San Diego  
Transgender Health Project  
(619) 515-2411  
[www.transgendercommunitycoalition.org](http://www.transgendercommunitycoalition.org)



# Cover, girl!

1. use latex condoms and waterbased lube



2. pinch the tip



3. roll down

4. now you and your man are ready to go!



# GIRL TALK

## Jasmine

It's hard for me to say that I'm living with sexually transmitted diseases. It's not because I'm a transgender, it's not because I love men, and it's definitely not because I'm a prostitute. I'm proud of who I am. It's because I made some choices in my life and didn't use protection when I had sex with clients. I was told that having STDs puts me at an even greater risk of getting HIV, and I decided that I don't need those kinds or problems in my life. STDs will make my body look unattractive. Heck, having STDs can put me out of work! So I've started finding out a little more about STDs and how to prevent them. I also check with my doctor regularly to get tested for STDs and HIV.

If I can protect myself from STDs and HIV, I can keep on living my life normally.



### HIV and STDs

A person with certain STDs is at more risk of getting or passing HIV.

Sexually transmitted diseases can cause sores and other openings that make HIV get into the body. We get STDs like gonorrhea, chlamydia, syphilis, and herpes from unprotected sex - or even just plain body contact!

To prevent STDs, just know your body and your partner's. Look for symptoms like rashes, blisters, drips, and other things that you know shouldn't be there. And talk to your partner because most people have NO SYMPTOMS. Use a latex condom during sex or wait until the STD is seen by a doctor.

## Carmen

I was a man, I was a prostitute, and I was a drug addict. I'm also HIV-negative and I'm going to stay that way. I am happy to say that my family, friends, and co-workers have accepted who I am. I learned that I'm just as regular as any other person out there, and that I can live a healthy, productive life. I knew that to first secure my future, I had to take the steps to use condoms to protect myself from HIV, including sexually transmitted diseases. I established my career, I got involved with my community, and I made strong friendships with others. I found a great doctor who was sensitive to my needs and helped me monitor my health. I maintained my looks. And I even walked down the aisle just last year! I had a lot to live for, and I knew that HIV would make a mess of everything that I wanted to do in life. There were just too many things that I had to accomplish.

### HIV and Sex

HIV is the virus that causes the disease called AIDS.

You can get HIV from an infected person's BLOOD, SEMEN, and VAGINAL FLUIDS during unprotected anal, vaginal, and even oral sex.

So, if you and your man are going to do anything that would put you in contact with blood, semen, or vaginal fluids, be prepared! Don't get them in your body. You can easily avoid them by using a latex condom.



## Mari

I'm HIV-positive from sharing needles. I knew that sharing needles for drugs was bad, but I didn't know that sharing needles for my hormones put me at risk for HIV. I didn't think that the girls I shared hormones with were HIV-positive. But now I know that there are other ways to get my hormones safely, and I'm here to tell you that you don't have to share needles. Keep new needles handy or have a trusted medical professional help you with injections. There are also pills you can take. But if you do have to share, you can clean your needles by reading the simple directions I left for you. Remember, sharing needles for any reason is risky, but there are options!

### HIV and Needles

Sharing needles for drugs and hormones is high risk of getting HIV!

Getting new needles to use can be hard, but there is a way to clean them IF you have to share! You'll need bleach and water:

1. Fill your syringe with bleach and leave it for 30 seconds before flushing out.
2. Next fill your syringe with water and leave it for 30 seconds before flushing out.
3. Just repeat steps 1 and 2 for two more times, and you've cleaned your needle!