

Tucking Safely

Wearing a specially-designed undergarment can help to reduce dysphoria and help you be more comfortable. The most important thing is that you do it safely.

This asterisk () is used to acknowledge the many different words that are used for this body part.*

- ✓ You can begin by tucking the testes.* The testes* will slip back up into the inguinal canals: use two or three fingers to guide them up to their corresponding canal. Don't rush and listen to your body. If there's any pain or discomfort at all – stop, take a short break, and try again.
- ✓ Next, the penis* can be pulled back between your legs. Don't force or pull hard. Everything can be held in place with a gaff, a pair of tight panties, or swimwear bottoms. The fit should be snug but not overly uncomfortable. If you ever feel pain, stop and take a break!
- ✓ Where we tuck tends to be a place where we sweat a lot. You want to keep skin cool and dry. Take a break when you're alone or wear loose clothing when it's not as important to be tucked. To avoid chafing or prevent a skin infection, always check for any open or irritated skin before and after tucking.

Tucking & fertility

Tucking may affect your fertility. For trans folks who may want to have biological children someday, it's recommended you tuck sparingly or (if you're able to afford it) consider banking sperm.

Gaff alternatives

- A swimsuit bottom makes a good alternative for a gaff.
- You can also use panties made of tightly woven Spandex or a microfiber blend.
- Avoid silk underwear. Natural fibers can be "slippery" and can cause things to move once you have them in place, which can be uncomfortable.
- Cotton is a great material for breathability and price, but has a tendency to stretch out and lose its shape over time.

For more tips & info, visit www.pointofpride.org/tucking



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Need trans femme shapewear?

Point of Pride provides free femme shapewear (specially-designed underwear/gaffs) to any trans femme person who needs one and cannot afford or safely obtain one. Shipping is discrete and 100% free, and we ship internationally to 95+ countries and counting. Visit www.pointofpride.org to learn more.

Our garments are proudly purchased through our partner and sponsor Origami Customs, a trans-owned maker of gender-affirming undergarments. If you are able to afford a garment, we strongly recommend their high-quality, affordable products. Visit www.origamicustoms.com to learn more.