

# social transition tools

## FOR TRANSFEMININE FOLKS



### What is tucking?

Tucking involves the technique of positioning and securing external genitalia – encompassing the penis, scrotum, and testicles – between the legs, ensuring they are not apparent beneath clothing.

### Why do people tuck?

Individuals tuck for a variety of reasons. Tucking can serve to enhance comfort within one's body by reducing dysphoria, to establish a greater sense of ease in clothing, or to bolster gender affirmation.

## Methods of tucking

### Gaff

Compression underwear designed to diminish the visibility of the penis, scrotum, and testicles.

### Tape

Tape can be employed either in conjunction with or as an alternative to a gaff, with the intention of "tucking" or reducing the prominence of the penis, scrotum, and testicles.

## Safety considerations

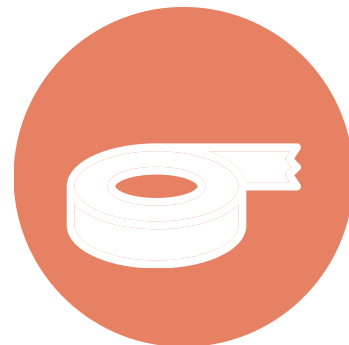
**Moderate Frequency:** Limit how often you wear tucking or gaff solutions and incorporate breaks throughout the week.

**Reduced Intensity:** Diminish the intensity of wearing, such as limiting daytime use.

**Limited Duration:** Minimize the overall time you spend wearing tucking or gaff options each week. It's important to remember that while bottom surgery is an alternative to tucking, not all individuals will choose this option, and some might lack access due to factors like cost and healthcare availability.

## Additional resources

[Unclockable](#)  
[TransCare+](#)  
[Trans Health BC](#)  
[The Rainbow OT](#)



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## FOR TRANSFEMININE FOLKS

### What is padding?

Padding is when undergarments are utilized to give the appearance of enhanced breast, hip, or buttock size and/or shape.

### Why do people pad?

Padding can assist individuals with feeling more aligned with their bodies, how their clothing fits, or being read correctly.

## Methods of padding

### Padded Bras/Bras With Pockets

Padding often involves the use of breast forms, which are worn within specially designed pockets in bras or mastectomy garments to simulate the appearance of breasts. Low budget alternatives include birdseeds, or uncooked rice in durable bags worn inside a mastectomy bra.

### Breast Forms

A wide array of choices exists regarding materials, sizes, colours, and methods of wearing breast forms. Certain forms are designed to adhere to your body, offering versatility in clothing choices and physical activities. On the other hand, some individuals might favour the texture and sensation of silicone gel forms. Typically, these forms and pads are devoid of nipples, but the option to attach nipples is often available.

### Padded Underwear

Various styles of padded underwear designed to enhance the hips and buttocks are available. These styles are particularly effective in creating the illusion of wider hips and a fuller buttocks.



## Safety considerations

Padding serves as a significantly safer option compared to silicone injections. The practice of injecting silicone into the buttocks or face carries a substantial risk of severe complications, injuries to critical areas like the brain or spinal cord, pulmonary diseases, respiratory disorders, extensive scarring and even fatalities.

If you're wearing jewellery such as pins or brooches, it's wise to attach them to your clothing before putting it on. This precaution ensures that you won't accidentally puncture the pads or forms. Additionally, stay mindful of routine activities that could potentially damage the forms. Sweat can also harm pads and forms, so it is very important to clean them after each use.

## Additional resources

[love My Chest: A Chest Health Resource for Trans Folks](#)  
[Trans Health BC](#)  
[The Rainbow OT](#)  
[Unlockable](#)  
[TransCare+](#)



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## GENDER-AFFIRMING WEARABLES FOR TRANSFEMININE FOLKS

### References

#### Tucking

[phsa.ca/transcarebc/care-support/transitioning/bind-pack-tuck-pad](https://phsa.ca/transcarebc/care-support/transitioning/bind-pack-tuck-pad)

[phsa.ca/transcarebc/Documents/HealthProf/Tucking-Handout.pdf](https://phsa.ca/transcarebc/Documents/HealthProf/Tucking-Handout.pdf)

[urbasics.ca/pages/about-gaffs](https://urbasics.ca/pages/about-gaffs)

[therainbowot.com/2020/07/13/ot-and-transfeminine-equipment-breast-forms-gaffs-and-tucking-oh-my](https://therainbowot.com/2020/07/13/ot-and-transfeminine-equipment-breast-forms-gaffs-and-tucking-oh-my)

#### Padding

[phsa.ca/transcarebc/care-support/transitioning/bind-pack-tuck-pad](https://phsa.ca/transcarebc/care-support/transitioning/bind-pack-tuck-pad)

[phsa.ca/transcarebc/Documents/HealthProf/Tucking-Handout.pdf](https://phsa.ca/transcarebc/Documents/HealthProf/Tucking-Handout.pdf)

[urbasics.ca/pages/about-gaffs](https://urbasics.ca/pages/about-gaffs)

[therainbowot.com/2020/07/13/ot-and-transfeminine-equipment-breast-forms-gaffs-and-tucking-oh-my](https://therainbowot.com/2020/07/13/ot-and-transfeminine-equipment-breast-forms-gaffs-and-tucking-oh-my)



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