

Tucking Guidelines

What is Tucking?

Tucking is a gender-affirming practice used by some Trans women, Trans femme, and Gender Diverse and Non-Binary people. It involves gently repositioning the testes into the inguinal canal (or to the sides) and placing the penis between the legs, usually secured with underwear, tape, or specially designed compressive garments (like underwear or swimwear).

Why People Tuck

-  **Affirmation:** Helps some people feel more aligned with their gender.
-  **Appearance:** Creates a smoother or more “feminine” silhouette under clothing or swimwear.
 -  **Safety:** Passing can sometimes reduce stigma or harassment.
-  **Choice:** Not everyone tucks—some prefer compression wear without tucking. Both are valid.

Safety & Comfort Tips

-  **Ease in:** Start with short periods and slowly increase, up to around 8 hours.
 -  **Body first:** Stop if you feel pain, numbness, or discomfort.
-  **Breaks matter:** Untuck for several minutes (or hours) throughout the day.
-  **Safer gear:** Use compressive underwear/swimwear instead of makeshift methods.
 -  **Stay clean & dry:** Reduce irritation by washing and drying regularly.
 -  **No overnight tucking:** Let your body rest while sleeping.

Key Reminder

Every body is different. Tucking is optional and should only be done in ways that feel **safe, comfortable, and affirming** for you. 💜

Quick Safety Reminders

- Comfort is key, if it hurts, stop.
- Always size correctly, never force your body into something too tight.
 - Every body is different, do what feels safe and right for you.
 - Tucking is optional, you never have to tuck to be valid. 💜