TransBareAll is an organisation in the UK that works with trans people on issues of body image, self-esteem and sexual health/intimacy. We have found that many trans people struggle to feel comfortable with their bodies, even sometimes after medical treatment. For example, for trans men this is often due to a discrepancy between the 'ideal' body that one is expected to have as a male, and what is surgically possible. TBA works to support trans people in managing expectations and facilitating enjoyment of the bodies they have. We have run retreats for trans men to explore these issues, including subjects which are taboo even in the trans community, such as enjoying sex with natal bodies. We have also engaged in some very public activist work, such as the production of a calendar of naked trans men, which aimed to challenge stereotypes about male bodies and gender.

We would like to present our work, discuss some of our findings, and explore the real life social pressures faced by trans people around enjoyment of their bodies and placement as 'other'.

“Let’s Talk About Sex”

Many people struggle to negotiate sex and have the sex they want, which is essential to good sexual health. We feel that there is a lack of service provision around these issues. Following from our experiences of facilitating these discussions amongst trans people around intimacy and exploring sexual desires, we would like to bring this work to a wider audience. We aim to provide a safe environment in which participants can explore this together and learn from each other. We aim to:

- Enhance understanding of sexual desires
- Raise confidence in discussing sexual needs
- Provide an opportunity to explore ways of having these discussions in a safe environment

This will be an introduction to this area, and provide some skills that participants can take away to build upon.

Biographies

1. Lee Gale is a trans-activist who has run a support-group for transmen for 10 years. He has undertaken work for Press for Change and other organisations during this time and was instrumental in the production of the Transtastic Men calendar.

2. Jay McNeil is a trans-activist who has been working in the community for the past 5 years. He is also a Health Psychologist in Training, and is conducting health research on trans issues.

Jay and Lee are currently co-ordinating TransBareAll, an organisation that aims to focus on supporting trans people with issues around body image, negotiating intimacy, and self-esteem. Through this, they have spoken nationally and internationally on issues affecting trans people, trans bodies, and trans sexuality.