

YEP'S GUIDE TO SAFER TUCKING

Tucking is a common way that trans, gender diverse, and gender non-conforming people with a penis can create a flatter appearance at the front of their pants.

Unsafe tucking can have serious health consequences.

DON'T tuck using duct tape. This can cause serious skin irritation. If you are going to use tape, only ever tuck with body safe sports tape. Make sure to shave or wax the area if you want to avoid pain when removing the sports tape - you can roll the penis in toilet paper or tissue first to protect the skin.



DO consider purchasing compression underwear designed specifically for trans and gender diverse people. These special underwear are sometimes called a 'gaff'. They can also be made at home using tutorials available online. While no tucking method is completely safe, these options are considered the safest.

DON'T tuck for more than 6 hours at a time. Make sure you pee regularly. Even though it can be inconvenient to undo your tuck, avoiding going to the toilet can lead to urinary tract infections and other health issues.



Information in this resource has been sourced from various WA, Australian and international trans advocates, groups and community members.

This is a general guide and is not intended as medical advice.

Discuss individual concerns with a health professional.