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## Tucking

Not everyone feels the need or desire to tuck. Some trans girls and non-binary people find tucking uncomfortable, painful, or unnecessary. However, some people may find that tucking can help them feel more comfortable and confident in their bodies. If you feel like tucking may be right for you, check out this comprehensive guide\* from TYEF to help you tuck with **maximum comfort, safety, and effectiveness!**



\*TYEF serves as an advocate for trans, non-binary, and gender non-conforming youth. TYEF is not a medical professional and does not give out any medical advice or recommendations. Always consult with your qualified medical provider for any questions, concerns, or complications with tucking. If you have any serious pain or complications with tucking, speak with your medical professional as TYEF is not qualified to respond to medical inquiries.



## TAPE:

Some people prefer to use tape instead of gaffs or tucking underwear. Tape can be a bit more complicated because you have to take it off when you go to the bathroom. Taking it off can also pull and cause pain or discomfort.

If you want to try tape, keep these important tips in mind:

## GAFFS & TUCKING UNDERWEAR:

A popular way to tuck is using a gaff. Gaffs help tuck everything back, ensuring your tuck is completely secure. But make sure to be safe by keeping the following pointers in mind! Always remember: **if anything hurts, stop IMMEDIATELY and return after a break. DON'T FORCE any body parts to move in an unnatural or painful position.** See a doctor if you have concerns about complications with tucking.

Test out your tuck at home, and wear it around for a bit while you're in privacy. This way, if you have any problems, you can fix them now instead of having to deal with them in public. **Start out slow and be careful.** This will take some getting used to, so you may make some mistakes at first. It's always best to be slow and cautious.

- Put your legs through the gaff's holes just like with underwear. Start to pull the gaff to your upper thighs. Gaffs are worn underneath underwear.
- You'll want to **GENTLY** push the testicles up with two or three fingers into your body. They will pop into two sockets called the inguinal canal, which is where they sat originally before birth. You may experience some discomfort at first, but it shouldn't be painful and this will become quite natural (remember - if you experience pain, stop immediately and take a break. Consult a medical professional for severe or persistent pain or discomfort).
- Then, use your hand to **GENTLY** tuck everything else back. Ensure that everything is tucked back and nothing is hanging out the side of the gaff center piece, since this could be painful. **Never pull or tug on any body parts!!!**
- Keep everything secured with your hand while pulling up the gaff completely. You may have to readjust your tuck as you pull up the gaff.
- Make sure everything feels comfortable and secure. Pull the straps of the gaff backwards to make the front extra smooth. You may have some mild discomfort, but if you feel any real pain readjust until it feels better. **If pain persists, stop and take a break.**

You should take occasional **breaks** from tucking to prevent chafing. **Never sleep or play sports while tucked.**

Loose-fitting clothes like flowy skirts and dresses often conceal this region, so you may find that you don't need to tuck while wearing these types of clothes!



- Use a **medical-grade tape** from a pharmacy or medical professional.
- Absolutely no packing tape, duct tape, etc. Any tape that is really strong and not meant for the skin could cause injury.
- Test out your tuck at home, and wear it around for a bit while you're in privacy. This way, if you have any problems, you can fix them now instead of having to deal with them in public.
- **Start out slow and be careful.** This will take some getting used to, so you may make some mistakes at first. It's always best to be slow and cautious.



## LAYERING

Some people simply wear a couple pairs of underwear in order to keep everything tucked back. Try layering two pairs of tight underwear to keep your tuck in place.

But make sure the underwear isn't too tight, since this could cause pain or injury.



Most of our girls and transfeminine non-binary youth find homemade gaffs / gaff kits to be more comfortable and affordable than store-bought ones. LeoLines sells **tucking underwear**, an alternative to gaffs which some people find to be more comfortable and convenient.

LeoLines

(<https://web.archive.org/web/20240909180844/https://www.etsy.com/shop/LeoLines>)(tucking underwear - gaff alternative)

Otherwise, here is a **guide for making your own gaff!** See also the helpful video on this page.

- Safely cut out an elastic band from a pair of tights or underwear, but preferably underwear. For making gaffs, use underwear about 2 sizes larger than your usual size.
- Safely cut out the top part of a tube or crew sock, or a rectangular section of tights / leggings. Make sure that this piece isn't too short, because having more fabric can help secure everything! However, you also don't want it to be too long where it gets bulky.
- Put the elastic band through the hole in the fabric and position the fabric in the middle. That's it! Your legs will go in the 2 holes on either side of the middle fabric section.
- Wearing a **pantyliner** can help create a smoother appearance.



Check out this helpful and fun YouTube video below from Stacy Fatemi!

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