

A Guide To Tucking Safely

What is Tucking?

Tucking is the practice of making a bulge caused by genitals less visible, particularly by using the folds of the body to hide a penis and testicles. It is often done by trans women and some non-binary people as a means of alleviating aspects of gender dysphoria, as well as by drag queens.

Tucking uses spaces within the body (inguinal canals) to move your testicles out of your scrotum. This then makes space for your penis to be tucked between your buttocks. Finally this tuck is secured either with a gaff, tucking underwear, tape or layering underwear.

Ways To Tuck

A gaff is a homemade garment used to keep a tuck in place, whereas tucking underwear is a purpose made item of clothing used for the same purpose. Drag performers often choose to use tape when tucking, but this is less convenient in day-to-day life as it needs to be removed and redone whenever you need to go to the toilet. You can also layer underwear to keep a tuck in place, but be careful that it is not too tight as this can cause injury.

Always test your tuck at home so you can have privacy to adjust. Loose-fitting clothes such as skirts and dresses can conceal this area of your body, so can be an alternative option to also relieve dysphoria and take a break from tucking.

Safety Rules

- Be gentle - tucking will take practice and getting used to.
- If it hurts, stop immediately and give your body a break.
- Take regular breaks from tucking as often as possible.
- Avoid tucking whilst sleeping or playing sport.
- If using tape, only use medical grade tape that is designed to be used on skin - never duct tape or packing tape.



Further Resources

- [webmd.com/sex/tucking-what-is](https://www.webmd.com/sex/tucking-what-is)
- transyouthequality.org/tucking
- yorks.ac.uk/media/content-assets/ysj-active/documents/Tucking-During-Exercise.pdf

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