

How can I have healthier relationships with trans women?



This tip sheet is for men who date or hook-up with trans women or trans feminine people. It provides information on how to have healthier and more respectful relationships.*

Summary

- Many men are proudly enjoying romantic or sexual relationships with trans women.
- Unfortunately, some people may have negative views about trans women and their partners.
- Trans women want you to learn more about their lives and how to be respectful.
- Other men want you to know that having healthy and loving relationships with trans women can be really fulfilling.

* "Men" in this resource refers to cisgender men. "Trans women" refers to trans women, trans feminine people, women who have a trans and gender diverse history or experience, but do not identify as transgender - and other trans feminine culturally-specific identities such as Sistergirls, Fa'afafine and Kinner.

More and more men are proudly enjoying romantic or sexual relationships with trans women and trans feminine people. Despite this, reliable dating and relationship advice can be hard to come by.

Exploring genuine connections with trans women can lead to fun shared experiences and healthy relationships. Unfortunately, widespread negative beliefs about trans people can create challenges.

We spoke with trans women and they told us some of the things they would like in a relationship or when hooking-up:

- For their partners and dates to feel proud of being with them
- To be taken on dates and to be treated with the same respect as other women
- To be introduced to men's family and friends
- To be seen as a whole person, rather than just as a sexual object or as a fantasy
- To be treated respectfully before, during and after sex
- To feel free to express their gender in ways that are authentic to them, and not pressured to be extremely feminine
- To be supported to make choices around their bodies that are right for them, rather than what men desire
- For men to understand that all trans women are different, with their own stories
- For men to understand the experiences of trans women and stand up for them.

We also spoke with men who date or hook up with trans women and they told us some things that they wanted us to share with other men:

- Relationships with trans women can be fulfilling, fun, and loving
- You are not alone. Lots of men date trans women, including straight and bi men.
- The only person who can define your sexuality is you
- If you are in a healthy and loving relationships it doesn't matter what other people think
- Committing to long term relationships with trans women is worthwhile
- If you and your partner work together as a team you can overcome other people's negative opinions about your relationship
- Men who treated trans women with disrespect often regretted it later in life
- Connecting with other men who respect trans women will help you feel less lonely
- Get help from supportive people or access supportive information when things are hard
- All men should stand up and defend the rights of transgender women.



If you want to learn how to be a better lover or partner and enjoy more successful dates, check out our other tip sheets by clicking on the links below or visiting the [Transfemme.com.au](https://www.transfemme.com.au) website.

Topics include:

[What does dating trans women mean for my sexuality?](#)

[How does discrimination impact on mental health?](#)

[How do I get to know trans women better?](#)

[How do I talk to trans women on dating apps?](#)

[How do I overcome being worried about dating trans women in public?](#)

[How do I talk about sexual health with my dates?](#)

[How do I have respectful sex with trans women?](#)

[How can I stop porn impacting on my relationships with trans women?](#)

[How do I stop drugs and alcohol impacting my sex life?](#)

If you're looking for support in Australia:

Qlife

National anonymous and confidential LGBTIQ+ peer support service (including partners)

Website: qlife.org.au

Phone: 1800 184 527

Opening hours: 3PM to midnight, every day

Telephone and web chat support service

Say It Out Loud

ACON's sexual, domestic and family violence website *Say It Out Loud* provides information and guidance relating to sexual, family and intimate partner violence in the Australian LGBTQ+ community.

Website: sayitoutloud.org.au

Men's Referral Service

A free, confidential telephone service for men

Phone: 1300 766 491

Open any time.

For men outside Australia looking for counselling support, try searching online for "trans friendly counselling in my local area".