

# MODULE 1: BIRTH CONTROL

# GENDER AFFIRMING HORMONE THERAPY



# BC FOR PEOPLE ON GENDER AFFIRMING HORMONE THERAPY (GAHT)



## GAHT OR GENDER AFFIRMING HORMONE THERAPY

**GAHT or Gender Affirming Hormone Therapy is a type of hormonal or medical gender-affirming care some trans folks choose to include in their transition. There are multiple methods for GAHT, with some folks using estrogen and others choosing to take testosterone.**

Even while on GAHT, pregnancy is still an option. Folks on GAHT can still get pregnant or impregnate a partner.

Even when taking testosterone, it's still possible to get pregnant. While taking T may stop monthly bleeding, there is still a risk of pregnancy.

Also, folks taking estrogen can def still get someone pregnant. While taking estrogen can lower sperm count, that doesn't mean pregnancy is off the table. Folks taking estrogen or testosterone might want to consult their provider to find the best birth control option for them.

## IT'S PERFECTLY SAFE TO BE ON BIRTH CONTROL WHILE ON GAHT.

**Typical birth control side effects might occur, including:**

- Preventing ovulation so pregnancy is less likely
- Breast or chest tenderness, nausea, headaches
- Sexual side effects could include changes in libido
- Birth control containing estrogen could essentially "eat up" some testosterone, which will not stop the physical changes of being on testosterone (like facial hair), but could potentially slow down the physical changes.

## CAN A TRANS PERSON GET PREGNANT?

YES!

Most people with a uterus and ovaries can get pregnant even while taking testosterone. Although it may stop monthly bleeding, testosterone does not keep someone from getting pregnant.

Most folks who have a penis and testes can get someone pregnant even if taking estrogen. Estrogen may lower sperm count, but it does not keep someone from getting someone else pregnant.

## IF TAKING TESTOSTERONE AS PART OF GAHT, CAN PEOPLE USE BIRTH CONTROL WITH ESTROGEN IN IT?

YES!

Yes! It is completely safe to do so. However, some people do not feel comfortable using birth control with estrogen in it and that's okay!

**Remember:** Testosterone does not prevent pregnancy and birth control never has to get in the way of your gender affirming care journey.

## IF ON PUBERTY BLOCKERS, CAN FOLKS USE BIRTH CONTROL?

**Puberty blockers (hormone blockers) are different from GAHT.** Some people use puberty blockers before starting GAHT or at the same time as GAHT. If someone is taking puberty blockers and wants to use birth control, many providers recommend using non-hormonal methods (like the copper IUD or condoms).

## CAN FOLKS USE BIRTH CONTROL IF THEY'RE ON GENDER AFFIRMING HORMONE THERAPY?

YES!

To avoid pregnancy when on GAHT, someone and/or their partner can use **any form of birth control**. This includes the IUD, arm implant, the shot, the pill, the patch, the ring, and hormone free options. These are all completely safe options to use while taking testosterone.

## WHAT IF SOMEONE DOESN'T WANT TO USE BIRTH CONTROL WITH ESTROGEN?

NO WORRIES!

There are plenty of progestin-only methods and non-hormonal methods that do not interact with testosterone. Progestin does not interact with testosterone. Progestin-only methods include the hormonal IUD, the arm implant, and progestin-only pills (like Opill). Non-hormonal methods include the copper IUD, condoms, and contraceptive gels (like Phexxi).

CONDOMS





**the  
busybodies  
club**

a project of Advocates for Youth

**Sign up at the link in our bio  
to get clued in on the latest  
resources and trainings  
from the busybodies.**

**@advocatesforyouth**