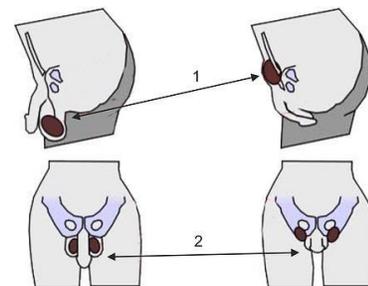


What is tucking?

Tucking refers to the practice in which a male-bodied may engage in to achieve a flat front. Tucking and a flat front is not something that every individual desires, but some adopt it into their lifestyles.



How do people tuck?

There are two primary methods individuals may utilize, which include some variation of using tight undergarments to flatten their front and/or shifting their genitalia. Male-bodied individuals have two sockets, the Inguinal Canal, where the testicles can fit into. Some shift their penis in between their crotch area and their testicles into these canals. They then secure that area with some tape. Although not recommended, if taping only ever use athletic tape. Never use duct tape or other adhesive tapes.

Tucking into Inguinal Canal Tucking

Pro:

- Could provide a sense comfort and security knowing your flat front is consistent with your desired body image
- Expands clothing options, such as allowing you to more comfortably wear tight pants
- Less anxiety around genitals showing within public settings

Cons:

- Could cause pain and discomfort throughout the day
- Daily use and sweat build up could lead to odor
- Possible injury to skin if utilizing tape
- A time consuming process
- Could make it difficult to find the time and space to use the restroom and re-tape
- Need to constantly shave in order to minimize pain when taking off tape



Tucking without tape

Many individuals only tuck by wearing tighter underwear or gaffs to create the appearance of a flatter front. Many do not tuck into the inguinal canal because it may be uncomfortable, and extremely painful, over a long period of time. Just wearing tighter underwear or a gaff could be a liberating experience that could give the same effect as tucking into the canals with more comfort.

Tips and effective tucking strategies:

- Experiment with underwear that may be one or two sizes too small to create a flat front
- Not everyone tucks into the inguinal canal, so do not feel like it is necessary in the daily lived experience
- If on hormones, you may experience less pain in tucking into the canals because of the general shrinking of the testicles that occurs when on hormones

Purchasing? There are a variety of different options on amazon.com. However, some opt to either create their own gaff from comfortable material or buy smaller sized underwear

Which methods should I use?

The method you use ultimately boils down to your specific level of comfort and what you may be looking for. Some may believe that tucking into the canals is completely necessary, while other would believe that the process is not worth the pain and would opt for tighter underwear.



Key Take Away: Tucking is not for everyone and not everyone enjoys tucking. Take time to understand what YOU want and to safely explore what may work for YOU.