BDSM & Kink

BDSM

Bondage-physical restraint of some kind
Domination-a dominant exerts power and control over a subordinate
Submission-a subordinate yeilds to the power the dominant exerts
Masochism-pleasure derived from pain or humiliation kink- umbrella term, sexual activities that are considered unconventional or unorthodox

SOME SAFE PRACTICES

- let the more vulnerable party set the boundaries
- establish a safe word or signal that means No or Stop
- have a partner you know and trust
- respect each other's boundaries
- aftercare: lets everyone know that they're okay, way of brining someone back to reality

COMMUNICATION IS KEY

- BDSM, kink, and other forms of seuxal contact may turn into assault if there isn't clear, coherent, ongoing, and willing consent from both parties
- Communicate with your partner before engaging in sexual activity to discuss what turns you on, what your limits are, etc.

