

What is It?

B bondage: restraints

D domination: taking control

S submission: giving up control

M masochism: deriving pleasure from pain

KINK

sexual activities that are considered unconventional

Examples:
gagging/choking
humiliation
impact play: spanking
etc.
role play
voyeurism

BDSM scenes & kinks are different for everyone. Talk to your partner(s) about what feels right to you, your boundaries, limits, and preferences.

Safety

Use a safe-word or signal if you want or need to stop

Examples: no, stop, red, carrot, triple tapping, etc.

COMMUNICATE WITH YOUR PARTNER(S)

Discuss details of the activities before beginning

Yes/No/Maybe List and Discussion

Set clear boundaries and let the more vulnerable party take the lead

You ALWAYS need consent

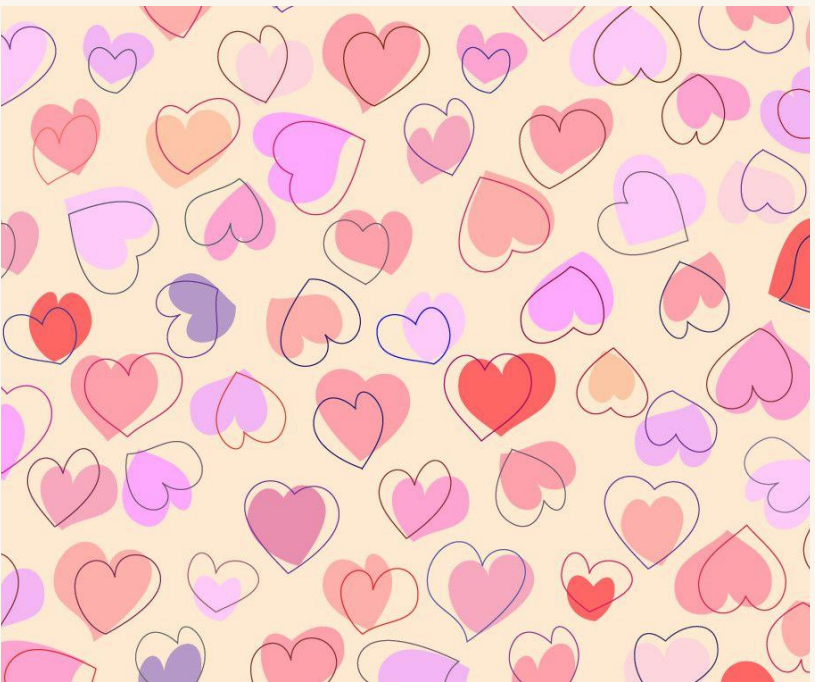


Practices

CHECK FOR INJURIES

These can be physical, mental, or emotional.

Check to see that everyone is ok and had fun.



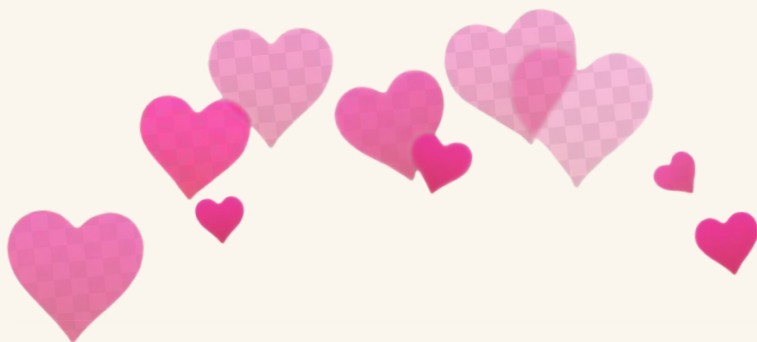
Reground yourself and your partner(s)

Aftercare is gentle and helps bring us back into reality

Ask your partner(s) what they need/want after a scene

Why?

Everyone deserves to feel safe and appreciated, especially after engaging in BDSM/kink



BDSM/kink can and should be fun!

Fear and pain can be part of these activities, but all parties deserve respect as well.

The intensity of BDSM and kinks can vary, but aftercare is always mandatory.