

BDSM Basics CLASS PREP LIST

- ▶ Make space in room
- ▶ Set up chairs
- ▶ Drinks in cooler
- ▶ Guest list printed
- ▶ Clean bathroom
- ▶ QR code sheet out
- ▶ Class sign on door
- ▶ Dress the part
- ▶ Background music
- ▶ Veggie platter
- ▶ Bad negotiation (question list, stun gun)
- ▶ Good negotiation (question list, flogger, water, chocolate, blanket)

AN INTRODUCTION TO
THE WORLD OF KINK
BY CAZAR

BDSM Basics

Welcome

- ▶ Special thanks to Jack-TPK [Fetlife](#) [Jack's Version \(audio\)](#)
- ▶ Welcome to the community
- ▶ You are not crazy: BDSM removed in DSM5
- ▶ Voyage of discovery
- ▶ May be short, may be for the rest of your life
- ▶ May be light, may consume you
- ▶ As you gain experience, your kinks, roles, sexual orientation, and even gender identification can evolve
- ▶ Beware of “frenzy” - take it slow

The Kink Community

- ▶ We are polite
- ▶ We require **consent**
- ▶ We do not *harm* anyone
- ▶ Lifestyle may be 24/7, in-scene only, or other
- ▶ We have munches, classes, parties, conventions, and markets.
- ▶ We are a collection of loose organizations. Some have stated rules. There are various levels of policing.
 - ▶ Thus safer than regular dating and parties.
- ▶ Bad people are watched

Terms

- ▶ Vanilla – People that aren't into kink
- ▶ Squick – A kink that you don't like and/or don't care to view
- ▶ “Your kink is not my kink – And that's OK.” Tolerance
- ▶ D-type – Dominant partner
- ▶ s-type – submissive partner
- ▶ Top – The person doing the things
- ▶ bottom – The person getting things done to them
- ▶ Service Top – A person that is typically Dominant but likes to do things for submissives
- ▶ Hurt vs. Harm – Harm causes *permanent* damage
- ▶ Good pain vs. Bad Pain – Stubbing your toe is never good pain

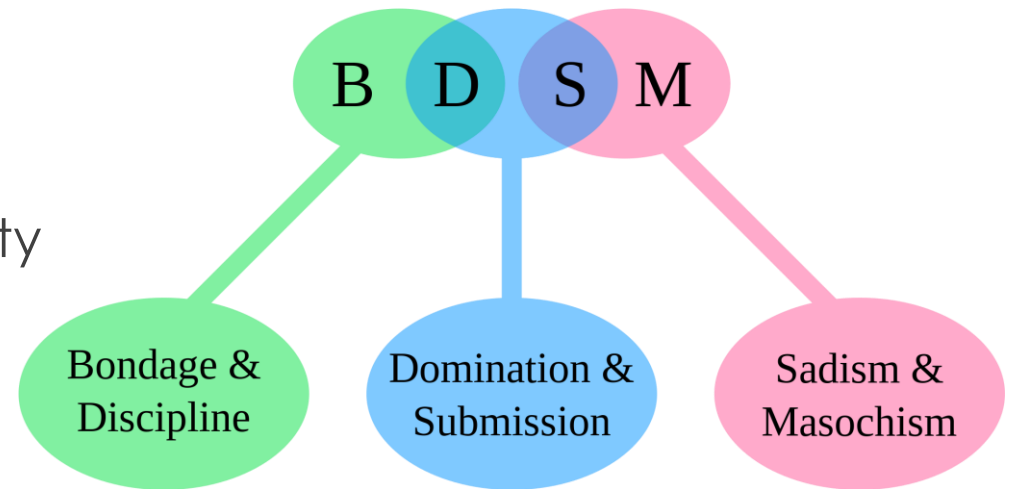
Housekeeping

- ▶ PDF of presentation available at SouthBayConcepts.com
- ▶ Introductions: Cazar [Fetlife](#), halfpenny [Fetlife](#)
- ▶ I'm not always right, but I'm usually safe
- ▶ Ask questions anytime
- ▶ We'll take a short break in the middle
- ▶ Facilities and water
- ▶ Back yard

BDSM IS

Note: People in the community like to name things, then argue about what those names mean.

- ▶ BDSM is playing for adults
- ▶ A collection of kinks, behaviors, roles, community and more
- ▶ About people finding out what they like to do together, and doing it
- ▶ Usually involves some form of power exchange



BDSM IS NOT

- ▶ Not necessarily about pain
- ▶ Not necessarily about control (can be just fun play)
- ▶ Not Inherently dangerous (or safe)
- ▶ Not necessarily about sex
- ▶ Not always about what the D-type wants
- ▶ Not a place for s-Types to be doormats and just suffer (unless that is their kink)
- ▶ Not Polyamory
- ▶ Not Swinging
- ▶ Not Nudism

Why Do People Do It?

- ▶ Fun!
- ▶ Hedonistic
- ▶ Relaxing / Stress relief
- ▶ Pretend to be things we're not
- ▶ Enhance sex
- ▶ Altered headspace (subspace)
- ▶ Social
- ▶ Something different – Play – Roles – "Naughty"

Why do people bottom?

- ▶ Relinquish control, let someone else worry
- ▶ Feel vulnerable, want to trust someone
- ▶ Want to be "protected" by someone (and tortured by same person?)

Why do people top?

- ▶ Feeling of control – Great responsibility
- ▶ Get to do what we want...within boundaries
- ▶ Can treat another person in a way not normally allowed by society

Names

- ▶ Scene name
- ▶ Fetlife Nickname
- ▶ Real name
- ▶ Privacy
 - ▶ Real name may be secret
 - ▶ No face pics
 - ▶ No pics of identifiable marks
- ▶ Fetlife allows “friends only” on photos

Gender (Fetlife: Select one)

Gender relates to an individual's biological sex, their sense of self as male, female, both or neither and how they *outwardly express* themselves.

- ▶ Male
- ▶ Female
- ▶ Genderqueer
- ▶ Genderfluid
- ▶ Transgender
- ▶ Trans – Male to Female
- ▶ Trans – Female to Male
- ▶ Crossdresser/Transvestite
- ▶ Nonbinary
- ▶ Intersex
- ▶ Femme
- ▶ Butch
- ▶ Not-Applicable

Sexual Orientation (Fetlife: Max 3)

Sexual orientation describes an individual's enduring physical, romantic, emotional and/or spiritual **attraction to others**.

- ▶ Straight
- ▶ Heteroflexible
- ▶ Bisexual
- ▶ Homoflexible
- ▶ Gay
- ▶ Lesbian
- ▶ Dyke
- ▶ Queer
- ▶ Pansexual
- ▶ Polysexual
- ▶ Demisexual
- ▶ Asexual
- ▶ Fluxuating/Evolving
- ▶ Unsure
- ▶ Questioning

Role (Fetlife: Max 5.)

Top/bottom

Dominant (Domme)/Master
(Mistress)/slave

Sadist/masochist

Sadomasochist

Disciplinarian

Rigger/rope bunny

Switch

Service Top

Big/little, middle

Owner/pet

Primal (Predator)/prey

Daddy Dom/little girl (DDlg)

Caregiver/baby girl (baby boy)

Daddy (Mommy)/princess, brat

Slut, doll, toy

Kajira {kajirus}

Fetishist

Exploring

Kinkster

Hedonist

Sensualist

Exhibitionist

Voyeur

Swinger

A Partial List of Kinks

Roll play, imagination

Protocol and rules

Wax play

Rope

Flogging

Whipping

Spanking

Caning

Rough body play

Bondage

Liquid latex

Plastic wrap / mumification

Cupping

Electrical play

Medical play

Needle play

Knife play

Humiliation play

DD/lg

Age play

Pet play

- Scenarios

- Abduction

- Rape

- Interrogation

- Doctor/patient

- Rescuer/rescued

How Do I Find Out What I'm Into?

- ▶ Try
- ▶ Start with simpler kinks, at lighter levels
- ▶ Play with someone that you trust
- ▶ BDSMTEST.COM is not that helpful for new people
- ▶ If you *really* don't like something, bail and move on
- ▶ If you're not sure, give it another try
- ▶ If you *really don't* want to do something, stand your ground. *Consent*, not coercion!
- ▶ Partner(s) should be completely supportive in this search

How to Meet Partners

- ▶ Patience!
- ▶ Go to munches, classes, parties, conventions
- ▶ Use Fetlife to contact people you've met
- ▶ Be honest in your profile
- ▶ Be a bit picky
- ▶ Don't pin hopes on one person too quickly
- ▶ Have no expectations, and no regrets
- ▶ Don't appear desperate, or indifferent
- ▶ Learn to small talk
- ▶ Try speed dating at conventions
- ▶ Be polite, kind, and attentive to people. If they don't return it, move on
- ▶ Don't be discouraged, assume you've dodged a bullet
- ▶ Partners can be just play partners, friends with benefits, etc.

Trust & Consent

- ▶ All about trust. Earning it. Holding it. Not abusing it or breaking it.
- ▶ Trust is built in drops and lost in buckets. Then rebuilt even slower.
- ▶ Trust repair for small mistakes: Admit, fix, avoid in future, move on.
- ▶ Humbled and grateful to get to play with other people
- ▶ Consent must be knowledgeable, intelligent, voluntary, and enthusiastic!
- ▶ What is a consent violation?
- ▶ Safe Sane Consensual - SSC
- ▶ Risk Aware Consensual Kink – RACK
- ▶ Personal Responsibility, Informed, Consensual Kink - PRICK
- ▶ Switch at least once in a while

What is a "Scene"?

- ▶ When people agree to play together
- ▶ Not everyone plays in/out of scene
- ▶ Can be private, semi-public, public
- ▶ Any length, ½ to 2 hours is common
- ▶ Elements
 - ▶ Negotiation
 - ▶ Play (Power exchange happens, rules in effect)
 - ▶ Aftercare
 - ▶ Followup

Break

A photograph of a breakfast table. In the foreground, a white coffee cup sits on a saucer to the left. Next to it is a stack of folded newspapers. To the right, a white plate holds several golden-brown, flaky pastries. The background is softly blurred, showing a white mug and a vase of flowers. The entire image has a dark, semi-transparent overlay.



Bad Negotiation

Negotiation

- ▶ Do you trust this person enough to have a scene with them?
- ▶ Negotiating is not optional
- ▶ Negotiate as equals...
- ▶ ...but either person can lead the negotiation.
- ▶ Ask questions
- ▶ Have answers for the most important questions, like "what are your limits?"
- ▶ Discuss what will happen
- ▶ Physical limitations or drugs (painkillers or blood thinners)
- ▶ Safewords
- ▶ What feeling do you want to experience?

Subspace

- ▶ Altered headspace
- ▶ Signs: Non-verbal, floaty, feel/act high
- ▶ Cause: adrenaline, dopamine, endorphins, oxytocin
- ▶ Danger is less self-awareness
- ▶ Checking in: eyes, talk, hand squeeze

Just In Case

- ▶ Unexpected reactions
 - ▶ Is it an OK reaction? (cry, scream, giggle)
 - ▶ If not, probably “triggered”
- ▶ Fainting
- ▶ Medical / environmental / equipment emergencies.

- ▶ Emergency
 - ▶ Stay calm – Panic is contagious
 - ▶ Remove any restrictions, esp. breathing
 - ▶ Evaluate, call 911 if needed
 - ▶ Recovery position if possible
 - ▶ Provide quiet, warmth, water, cuddles
 - ▶ Prompt, they may want to talk, may not
 - ▶ Jointly decide whether to continue play, probably doing something different

When Can You CALL a Scene?

- ▶ ANYTIME, FOR ANY REASON! It's your life and health
- ▶ If anyone in the scene is being harmed
- ▶ Safeword(s) ignored
- ▶ Limits ignored
- ▶ Negotiated terms surpassed
- ▶ The scene just isn't working for you
- ▶ Someone is trying to renegotiate UP *during* a scene

Aftercare/Debrief

Aftercare

- ▶ Immediately after a scene (clean equip. and go to aftercare/social area)
- ▶ To exit headspace
- ▶ To identify and tend to any problems
- ▶ Let adrenaline wear off
- ▶ For both/all participants
- ▶ Get comfortable, water, blankets, chocolate, cuddles, maybe light talk
- ▶ Time varies: 10 – 30 minutes common
- ▶ Negotiate aftercare

Debrief

- ▶ Probably best to wait a day or two
- ▶ To check in with partner – Any lasting problems from the scene?
- ▶ To find out what each liked/didn't like, and ideas of where to go next
- ▶ Active listening is important here. Read between the lines and listen for hints, clues



Sample Scene

Sub/Dom Drop

- ▶ Occurs 1 to 3 days after playing hard
- ▶ Caused by endorphin withdrawal (theory)
- ▶ Symptoms are light to moderate **unexplained** depression
- ▶ What helps:
 - ▶ Talk to the one you played with (or someone close if unavailable)
 - ▶ Chocolate
 - ▶ Remember that it's very temporary (12 to 24 hours)
 - ▶ General self-care

Real Life Meets

- ▶ See if you 'click': Meet first in a public place for coffee or lunch – No play! Munches are also a good first meet place.
- ▶ Know their phone number and real name (but keep private)
- ▶ Set up a “safe call” until trust is earned
- ▶ Don't end up at a location where you must rely on their transportation
- ▶ Do not allow inescapable bondage or gags until trust is developed
- ▶ Do not let them know your exact address right away
- ▶ Don't play impaired or play with someone that is impaired – ever!

Dungeon Etiquette

- ▶ You won't be required to do anything!
- ▶ Don't plan to play at first. Watch and learn
- ▶ Read and follow venue rules (esp cameras/phones)
- ▶ Dungeon monitor(s), Party host
- ▶ Drinking/drug/420 rules
- ▶ Be polite (Protocol, permission, etc.)
- ▶ Be relatively quiet
- ▶ Keep your hands to yourself (people/toys)
- ▶ Do not interrupt a scene or aftercare
- ▶ Watching from a respectful distance is fine
- ▶ Clean equipment after use
- ▶ Watch out for what's behind you
- ▶ Watch time on equipment
- ▶ Be discrete (use scene name) (no pictures)
- ▶ Pick up play
- ▶ Your kink is not my kink. Squicks.
- ▶ Collars!
- ▶ A common dungeon-wide safeword is "safeword!"
- ▶ Dress appropriate when outside
- ▶ Rules are different at poly/gay/swinger events

Notes for subs/bottoms

- ▶ You deserve to have your needs fulfilled too
- ▶ Communicate (Out of band, as equals)
- ▶ Build a network of other subs
- ▶ Submissives have the ultimate power
- ▶ The submissive is responsible for giving the Dominant enough info
- ▶ Dominants are not mind readers - Tell them what you want!
- ▶ Submissive Safe Space meetings!
- ▶ SBayEventHosts user.

Red Flags

- ▶ If it feels wrong, it probably is wrong
- ▶ Disrespect your feelings
- ▶ Hides their identity
- ▶ Always pushing your limits, talks you into things
- ▶ Tries to distance/separate you from friends and family
- ▶ Talks too much or too little - Bad communicator
- ▶ They don't want to use safewords
- ▶ Only play privately - don't go to munches or classes
- ▶ New to area
- ▶ They don't negotiate
- ▶ Threaten to abandon. Or to harm themselves.
- ▶ Love bomb
- ▶ Do not put up with abuse. Ask friends, family, fellow kinksters, help orgs for help.

Resources

- ▶ Books
 - ▶ The New Bottoming Book by Dossie Easton and Janet Hardy
 - ▶ The New Topping Book (same authors)
- ▶ Podcasts
 - ▶ Off the Cuffs; A Kink and BDSM Podcast
 - ▶ Watts Your Safeword
 - ▶ ProudToBeKinky
- ▶ Munches
- ▶ Classes
- ▶ MaST Meetings
- ▶ Dungeons
 - ▶ Renegades Thursdays (SJC)
 - ▶ Transitions (SFO)
 - ▶ Blackthorn (OAK)
- ▶ Follow FL group **SF Bay Area BDSM Events.**



Q & A

THANKS FOR COMING!