

Alternative Lifestyle 101

Tips to Survive Your First Kink Event

- Do Not assume titles or roles - especially based on gender. Always ask their pronoun.
- Do Not refer to anyone with a title. Typically, those are used when a relationship is established.
- Submissives & Slaves are NOT communal property.
- Nor are all Dominants every body's dominant. Do not walk up to a random person on the ground & start worshipping them.
- Address the dominant prior to engaging their submissive & verify allowances.

There could be a higher protocol party where the dominants are allowed to give orders to all the submissives - usually there are opt in procedures - typically more formal high protocol parties.

Titles, Roles and other stuff.

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Keep Your Hands to Yourself.

- NEVER NEVER NEVER -
 - Touch anyone without explicit permission
 - Touch someone's collar. It could be very intimate
 - Touch someone's toys
 - "Out" people - If you know their legal name but they use a different name at the event. Do not use their legal name when addressing them at the event.
 - Use alcohol or Drugs - You must be sharp - Drink after play & DON'T be a lush!
 - Use cameras or take pictures without asking a DM to take the picture for you.

If you make a mistake simply apologize & do what you need to do.

Why BDSM/Kink? Myths & Fallacies

- Psychologically anxious & maladjusted
- Acting out a past history of sexual abuse
- Attempting to compensate for sexual difficulties
- BDSMers/Kinksters are NOT “sick” or “mentally ill”
- They are NOT child molesters.
- They are NOT sex fiends.
- They are NOT dangerous
- They ARE, in general, happy with who they are and what they do & don't consider themselves “broken” or “damaged” because of BDSM.

Reality:

- Internal desire for a more intense relationship
- A personalities - allows relief both physically & psychologically
- Manage prior abuse on your terms ○ Mommy/Daddy issues
- Explore Taboo - many are drawn to the things society has placed outside the acceptable “norm” - ○ Doing so in a safe space is Freeing & therapeutic
- Something appealing about acting out your desires fully without shame. Intensifies the relationship and deepens trust.
- Pushing boundaries - deepens trust
- BDSM opens a whole other level of communication that does not happen in vanilla sex/relationships
- Ds - Support system - helping each other be a better person, keeping them goal focused & feeling cherished

Recent research shows...

- BDSM Practitioners:
- Lower level of depression, anxiety, PTSD, borderline pathology,
- More open minded
- More Sex Positive
- Doms:
 - Have a lower rejection sensitivity
 - Lower need for approval
 - Scored high in subjective well being
 - Low in neuroticism
 - Relatively self-confident, not easily embarrassed