

## Pet Play 101 Outline

### What is Pet Play?

- **Pet Play:** Is a form of animal role play in where at least one participant plays the part of a non-human domesticated animal.
- There are other forms of Animal Role play including:
  - **Primal Play:** A form of edge play where someone acts on their animalistic instincts and impulses.
  - **Furries:** Members of the fandom for anthropomorphic animals.
  - **Cosplayers:** Type of costumed roleplaying in venues apart from stage performance art where people dress to reflect specific characters.
  - **Nekomimis:** Are human characters with animal traits such as tails and ears.

### Deek's Rules of Pet Play

1. **Everyone does pet play differently. There is no right or wrong way to participate as long as all parties are consenting adults and having fun.**
2. **You do not need a trainer, handler, owner, alpha, etc to be a pet. You are enough just as you are and do not need another person to enjoy pet play.**
3. **Pet Play is for everyone no matter your Gender, sexuality, race, color, build, disability or age.**

### History of Pet Play

- Some form of Animal role play has been around since the beginning of recorded human history.
- Animal role play has been used as a part of religious ceremonies, theatre, storytelling long before it was introduced into the bedroom.
- Each branch of pet play has its own unique start.

### Types of Pets:

There are many types of pets and its important to remember that all are valid. For many pet play allows people to outwardly express their own identity so it makes since that people would be drawn to more than just puppies.

The three largest categories of pets are Puppies, Kittens, and Ponies. However I have seen Bunnies, skunks, pigs, cows, foxes, rhinos, lizards, birds and yes even dragons.

### Pony Play

There are three types of Ponies that people align with.

- **Cart/Work Ponies:** Ponies that pull a sulky (cart) with their owner.
- **Riding Ponies:** Ponies who are ridden either on all fours with a saddle or on the shoulders of the pony.
- **Show Ponies:** Ponies that show off their dressage skills, often wear elaborate plums, harnesses and so forth.

Non-Pony participants can be

- **Owners:** A person who takes ownership of a pony (arranges ridings/grooming/training)
- **Trainers:** A person who trains the ponies
- **Riders:** People who love to ride
- **Groomers:** People who bath, brush, groom and dress Ponies

Pony Play is said to be born with Alexander the Great's beloved getting revenge on Aristotle, for having scolded Alexander about the foolishness of loving and having persuaded the great leader to abstain from seeing his lady for a period of time.

- When Alexander finally cracks and re-visits his beloved, she promises to make Aristotle a hypocrite by having him fall in love with her, which she does by wandering hair loose and in an un-girdled gown in the garden beneath Aristotle's window.
- Once caught by his desire, Aristotle is only too happy to accede to the lady's wish to saddle him up and ride him around the garden, in which sorry state Alexander can see him and scold him in turn

Pony Play was reborn through the leather and kink communities bringing with it a strong sense of protocol.

## **Kitty Play**

There are several types of kitties.

**House Cats:** These kitties can be playful and cuddly with all that cat attitude

**Ally Cats:** Those cats that tend to be feisty, and independent

**Jungle Cats:** The big cats of the world who know they are in charge.

Kitten play has a unique beginning. Being born from popular culture and not out of the leather community.

- The cats through out history has been a shapeshifter, a god, a familiar, a household pet, a satanic accomplice even a euphemism for genitalia.
- Cat nature in the human phycity has always been sexualized look at examples of cats within anime, super anti heroes like cat woman.
  - Important note that although human history has assigned cat energy as feminine those that identify as male can still be kitties if they so wish.

One of the draws of kitten play is the interaction of independence and submission. A cat is not a brat. A brat needs to feel authority to come down on it. A cat needs authority to be convincing of its legitimacy

Kitten Play is about feeling valued, worshipped, and cherished as a thing that is owned.

## **Pup Play**

**There are many types of pups including:**

**Service Pup:** Pups that find fulfillment in being of service to others.

**Guard Dog:** Pups that are the guardians of the community and their members.

**Lap Dog:** The cuddle bugs

**Show Dog:** Pups who love to show off, lots of tricks and fancy outfits.

**Handler:** A handler is a human who looks after and protects the pups.

The Responsibilities of a handler:

- Help pups go into and out of Headspace
- Help train, play with and look after the pups while in headspace
- Hand out treats and water

Pups will offer obedience to handlers in exchange of protection and care.

Hierarchy

- The pup world in addition to a Handler/pup Ds relationship also follow pack Hierarchy
  - **Alpha:** Leader
  - **Beta:** Second in command
  - **Delta:** The scapegoats that submit to all leadership
  - **Omega:** The protectors of the pack

Pup Play as we know it was birthed from leather culture after WWII

- Originally pup play was a form of humiliation and submission where the pup was in service to their owner.
- Today although there can be a sexual element to pup play there is a whole section of the community where sex is not apart of their fursona.

## **Head Space**

All forms of pet play have one thing in common and that is Headspace.

**Headspace:** is a person's state of mind or mindset

Most participants of pet play stress the relaxation and therapeutic value of pet play.

- Pet play offers an escape from the stresses of the real world for a short period time.

- In headspace you focus on the now, forgetting about the past and not worrying about the future. Living in the moment just like the animal of your choosing running off of instinct.
- Gear is not a requirement to get into headspace or to be a pet. However certain gear is designed to help with the process.
  - Hoods are designed to limit sound and create focus
    - The muffling of sound provides a focus on your breathing
    - The visual representation of the face being changed into an animal helps some get into headspace
  - Mitts are used to eliminate the use of opposable digits
  - Tails (Show or plug) again help with visual representation and give you the feeling of another appendage
- Visualization/Breathing/ Hyper focus on the Now and your surroundings are all forms of mindfulness practices that have been scientifically proven to improve one's mood and overall health.
- Because Headspace is an escape, coming back to reality can be extremely hard and long process for some pet players.
  - Ripping someone out of head space can be very jarring and traumatic depending how deep someone is in headspace.
  - Remember to take your time and to practice lots after care.

### **Resources:**

The world of Pet play is vast and there is much to learn from all lenses. Here are some resources to help you on your journey

Pony Play:

<https://www.amazon.com/Human-Pony-handbook-trainers-admirers-ebook/dp/B005CIZ3SY/ref=nodl>

<http://cpony.com/>

Kitten Play:

<https://www.amazon.com/Cat-Call-Reclaiming-Feminine-Archetype/dp/1578636620/ref=nodl>

Pup Play:

<https://www.amazon.com/Bark-Justin-St-Clair/dp/1610983912/ref=nodl>

<https://link.springer.com/article/10.1007/s10508-019-01476-1>

<https://www.pupplay.info/pup-community-map/>

