

# BDSM Basics – Safe Play Workshop

## **Introduction:**

Forget 50 Shades of Grey. BDSM is something real and substantial, but it isn't just one thing. Urban Dictionary defines it as the wide-ranging and varied topic: "An overlapping abbreviation of Bondage and Discipline (BD), Dominance and Submission (DS), Sadism and Masochism (SM)." What does that really mean?

As with all things in this world a basic concept has gotten complicated as people continue to explore and find their own personal meaning for BDSM. At its core, BDSM is about a Top and a bottom. While internet porn, reference books, social media, and pop culture highlight certain elements far more are overlooked or forgotten than are ever included.

The most important aspect in all of this is the simple concept of fun. We do this for fun! It's not a menial task. It's not a laborious chore. It is supposed to be fun and, along with that, it must be safe. There are many aspects of safe play to keep in mind. We'll explore those in this workshop.

## **Safety:**

As a general rule, any physical activity comes with a certain amount of risk. The more effort, force, or energy put in the more the risk level rises. The same is true with almost all BDSM practices. BDSM and kinky play is an extreme sport as much as it's edge play. Everything players, Doms, Dommes, subs, tops, bottoms, and switches do has a certain amount of risk that needs to be understood. Safety at all times is paramount!

The kink community subscribes to one or both of these safety practices:

SSC – Safe, Sane, and Consensual: "everything is based on safe activities, that all participants be of sufficiently sound/sane mind to consent, and that all participants do consent. It is mutual consent that makes a clear legal and ethical distinction between BDSM and such crimes as sexual assault or domestic violence." – Source, Wikipedia.

RACK – Risk Aware Consensual Kink: "indicating a preference for a style in which the individual responsibility of the involved parties is emphasized more strongly, with each participant being responsible for his or her own well-being." – Source, Wikipedia

We must all be aware, and consensually agree, of the potential risks.

## **Are you Ok? Am I Ok?:**

The first thing we need to remember is that we are not all built the same and our bodies are not as pristine as they once were. We owe it to ourselves and to our play partner to let them know what to be careful for or what to watch for. Physical ailments or areas of concern are one thing many forget to discuss. This is true for both the top and bottom during play.

The second point is negotiating limits and mutually agreeing (and consenting) to what is about to happen. This is the easiest way to stay safe. The firm rules are set for the sandbox and all of the players agree to adhere to those rules while romping around within it. Safe words exist, and should be used, when things change during the play. It doesn't necessarily mean someone did something wrong. It can be rather like getting a leg cramp while swimming. Perhaps it's time for a short break or it could be time to end the play.

The final point is aftercare! Often overlooked this is where players are recovering from the vigorous activities of play and need time, care, attention, rest, and replenishment. Never forget the importance of water. Understand what aftercare means to each person (as part of the negotiation process) and respect the moment. This is as much part of the experience as the before and during. Embrace it and enjoy it.

#### **About the Presenters:**

We are a couple in a committed relationship that is based on BDSM – its practices and the mutual respect that is needed to grow as healthy, well-balanced, and all around kinky people.

[REDOG75](#) has been into BDSM and alternative lifestyle play for nearly 15 years. In that time there has been a great deal of practical experience as well as courses and seminars to learn about various aspects and granular details that make up this complex topic. An expert in some things and knowing-enough-to-be-dangerous in others, he has shared his passion and experiences openly through his time in the public scene in Montreal. Fetlife profile: <https://fetlife.com/users/298870>

[REDOG75s Slut](#) has spent a couple of years in the BDSM community. Meeting her Master at her very first event she has been soaking up the lifestyle, the plethora of experiences it offers, and making great friends along the way. She is as humorous as she is captivating and loves to share her experiences with others, learning from theirs along the way. Fetlife profile: <https://fetlife.com/users/4696671>