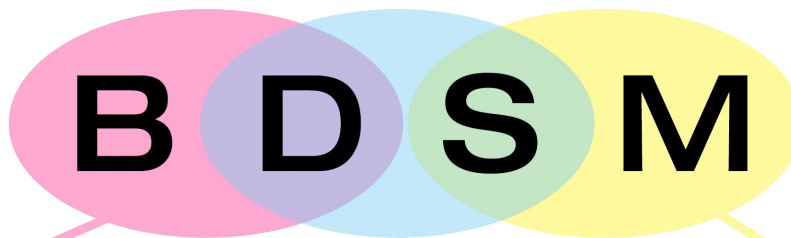


# BDSM 101

## What is BDSM?

BDSM encompasses a variety of interpersonal dynamics, distinct subcultures, and erotic avenues of play involving bondage, power dynamics, pain & pleasure and the exploration of trust and control. For some BDSM is an occasional practice, while for others, it's a lifestyle.

So what does the acronym stand for?



**Bondage & Discipline**



Practices of both physical and psychological restraint, such as tying up the limbs, or using rules and punishment to control behavior.

**Dominance & Submission**



An overt power dynamic between a Dominant and a submissive partner, with negotiated surrender of control by one partner to the other in an erotic or lifestyle context.

**Sadism & Masochism**



The erotic exploration of pain, where one partner derives pleasure from inflicting (sadism), and the other from experiencing (masochism).

## Why Do Couples Try BDSM?

- Spicing Things Up in the Bedroom
- Stress Relief
- Sexual & Personal Exploration
- Added Intensity to Sexual Experiences
- Emotional Catharsis & Release
- Increasing Intimacy Through Communication & Trust

# 36%

**of adults in the  
U.S. use masks,  
blindfolds & bondage  
tools during sex**

According to a 2005 Survey by Durex

## IS BDSM ABUSE ?

### BDSM

Intimate physical, sexual, or emotional acts performed within a scope of informed, mutual, and freely-given consent

### ABUSE

Intimate physical, sexual, or emotional acts inflicted on a person **without** their full and freely-given consent

## HEALTHY BDSM IS SAFE, SANE & CONSENSUAL



**SAFE** - Make sure your play is as safe as possible; identify and prevent risks to your and your partner's health.



**SANE** - Act responsibly and exercise good judgment; undertake activities in a stable frame of mind.



**CONSENSUAL** - Any activity you undertake should only happen with the informed consent of all parties involved.

# TIPS FOR HEALTHY BEGINNER BDSM

## 1) Communicate

Talk with your partner before trying anything; discuss what you're both comfortable with and interested in. Figure out your boundaries, and what you're willing to try versus where you draw the line. Make sure you're aware of each other's turn-offs (is dirty talk arousing or repulsive?). Clear and open communication and consent are key to healthy BDSM.



## 2) Safety First

Before beginning a scene, set up safety measures. Establish a safeword or physical signal that you and your partner are both clear on that will halt the scene. Keep extra handcuff keys on hand, or other means of removing restraints in case of an emergency. While the thrill of pain or peril in BDSM can be intensely erotic, the goal is to never be in true danger or cause serious harm.

## 3) Stay Sober

Some people may refer to alcohol as liquid courage, but if you need a few drinks to partake in BDSM, it might not be for you. Alcohol can inhibit your ability to make good choices, which is particularly hazardous in BDSM. If you are not okay to drive, then you are not okay to practice BDSM.





#### 4) Take it Slow

There's no need to dive into the deep end right away. BDSM can be very intense, so take your time in exploring individual aspects. Savor it, and give yourself and your partner both time to figure out what you enjoy. When starting, try incorporating one kinky element at a time into your play, so you can easily identify what does and doesn't work.

#### 5) Check In

The dominant partner needs to be conscious of the submissive or restrained partner's condition and needs. Worried about whether a particular activity is pushing their limits? An easy way of checking in without disrupting play is the traffic light system. When prompted for their 'color,' the submissive partner can respond with:



**“Red”** - Stop whatever you're doing! Put the scene on hold to make sure your partner is alright



**“Yellow”** - Pause in what you're doing, and give your partner a moment to breathe and adjust before checking in again.



**“Green”** - Full speed ahead! Everything is great, don't stop!

#### 6) Aftercare

BDSM can be incredibly intense, releasing endorphins and adrenaline with effects that endure even after a scene concludes. Be sure that you and your partner take care of one another after play ends. Share a snack, have some water, and take time to unwind and re-connect. Once you're both feeling more like yourselves, talk through what you did or didn't enjoy to make sure next time is even better.





# TOYS TO TRY



## RESTRAINTS

Handcuffs, ties, and other restraints restrict mobility, limiting physical control for greater thrills.

**Pictured:** Bedroom Kandi's *FIT TO BE TIED*, *BONDS OF DESIRE* wrist restraints, and metal cuffs.



## STIMULATING TOYS

Crops, floggers, paddles and ticklers are great for creating different kinds of sensation, from pain to oh-so-much pleasure.

**Pictured:** Bedroom Kandi's *COMMAND DESIRE* flogger and *HEART'S DESIRE* paddle



## BLINDFOLDS

Cutting off one of the senses can heighten all the rest, and not seeing what's coming makes every touch a surprise.

**Pictured:** Bedroom Kandi's *DARK DESIRE EYE MASK*

More than whips and chains, BDSM is about trust and communication. While it may not be for everyone, those who enjoy it report good BDSM leads to improved communication and intimacy in their relationships\*, as well as improved mental health.\*\*

\* <http://www.medicaldaily.com/kinky-sex-6-science-backed-benefits-bdsm-321500>

\*\*<http://onlinelibrary.wiley.com/doi/10.1111/jsm.12192/abstract>

