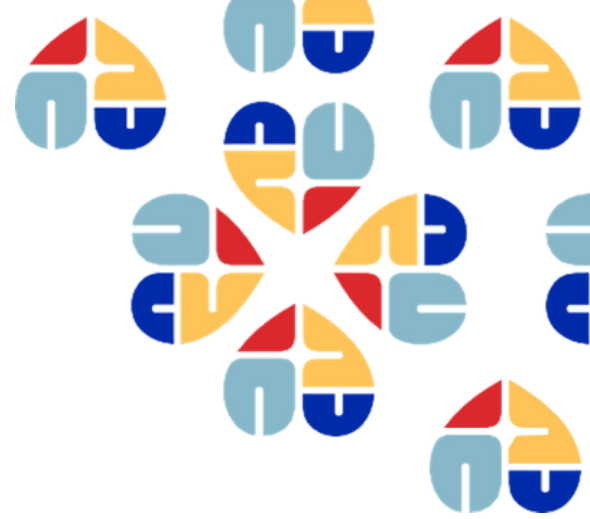




KINKY SEX

A GUIDE TO REDUCING
STBBI'S IN BDSM PLAY



About SafeLink Alberta

Since 1983, SafeLink Alberta has been committed to supporting those affected by HIV, hepatitis C, and other sexually transmitted and blood-borne infections by reducing the risks associated with sexual activity and substance use. With offices in Calgary and Medicine Hat, SafeLink Alberta serves and advocates for priority populations throughout southern Alberta by providing low barrier, non-judgemental, and informed programs and services.

Land Acknowledgement

SafeLink Alberta is located on the traditional territories of the Niitsitapi, which includes the Siksika, the Piikani, and the Kainai; the Tsuut'ina, and the Îyâxe Nakoda and on land which borders the traditional territories of the Cree, Sioux, and Saulteaux bands of the Ojibwa, and everyone who makes their home in the Treaty 7 and Treaty 4 regions of Southern Alberta. We also acknowledge that we are located on the unceded Battle River Territory of the Métis Nation of Alberta. SafeLink Alberta recognizes that discourse and morality around sex, sexuality, power, and autonomy in today's society is based on settler, European, and Christian influences. The morality around what is classified as "deviant" sex is a colonial social construct.

Authors, Contributors, and Editors

SafeLink Alberta, Eddy Robinson, Kevin Dey, Mark Randall, Megan Williamson, Karyn Jackson, Natasha Steacy, and Chris McBain. This resource is inspired by and dedicated to a discontinued resource created by ACT Toronto (actoronto.org), which is no longer in production. SafeLink Alberta would also like to acknowledge the invaluable contributions of our local advisory committee, comprised of people with lived and living experience of sex work, and of local kink groups such as Little Shop of Pleasures, and YaySex Edmonton.

Suggested Citation

SafeLink Alberta, Robinson, E, Day, K, et al. Kinky sex: A guide to reducing STBBI's in BDSM play. SafeLink Alberta. November 1, 2024. <https://safelinkalberta.ca/toolkits>

TABLE OF CONTENTS



Executive Summary	4
What is Kink?	6
BDSM Rights & Responsibilities	7
Consent	9
Consensual Non-Consent.....	10
Sexual Health	11
Sexually Transmitted and Blood Borne Infections.....	11
Safer Sex Supplies.....	13
Sex Toys.....	13
Lubricants.....	14
STBBI Testing & Treatment	16
Treatment as Prevention (TasP)	16
Undetectable = Untransmittable (U=U)	17
Pre-Exposure Prophylaxis (PrEP)	17
Post-Exposure Prophylaxis (PEP)	17
Setting the Scene	18
Communication & Negotiation	18
Types of Play	20
Rimming.....	20
Sensation Play.....	20
Voyeurism.....	22
Bondage and Restraint.....	22
Impact Play.....	23
Breath Control.....	23
Electric Play.....	23
Watersports.....	24
Sounding.....	24
Bloodsport, Piercing, Scarification, and Branding.....	25
Safer Substance Use	25
Harm Reduction Strategies.....	26
The Good Samaritan Act	29
Aftercare	29
Subspace	30
Drop.....	30
Emotional Aftercare	31
A Reminder – RAPS	31
First Aid and Wound Care.....	31
Conclusion	31
Additional Resources	33
References	34



Executive Summary



Based on an influential AIDS Committee of Toronto (ACT) brochure, this resource was developed through the combination of sexual health and sexually transmitted and blood borne infection (STBBI) research and best practices, kink literature, and extensive community consultation. Though bondage and discipline, dominance and submission, and sadomasochism (BDSM) has an extensive history and a large community, practices are rarely mentioned in sexual health resources or discussions.

At the time of this publication, rates of STBBIs, including HIV and Syphilis, in Alberta and Canada continue to rise. To address this, Health Canada utilizes a public health approach that names key populations who may be at a higher risk of contracting or transmitting an STBBI. While practitioners of kink are not named as a key population, they are often represented under populations such as Gay, Bi and other men who have sex with men (gbMSM), transgender people, and sex workers. While considering BDSM practitioners under these populations can be valuable for accessing care, it can also fuel misunderstandings and misinformation. In the creation of this resource, we aim to bridge a gap by detailing the risks and prevention measures of STBBIs as they relate to common BDSM activities. This guide contains practical information on the prevention of sexually transmitted and blood-borne infections (STBBIs) within BDSM play, and it offers an introduction to safer sex practices intended to increase awareness for supporting individuals of all genders and sexualities as they engage in BDSM.

In addition to the development of resources, SafeLink Alberta addresses rising rates of STBBIs through the distribution of safer sex supplies, STBBI testing and treatment services, prevention education, HIV peer support, system navigation for individuals at risk or affected by STBBIs, and service provider education. Program development, delivery, and evaluation is supported by advisory committee members who have lived or living experience. SafeLink Alberta offers customized trainings to meet the needs of teams and organization, as well as practice consultations to address questions or challenges around implementation of best practices, such as those detailed here. Training is offered virtually or in person, and includes co-facilitation or lived experience speaking by current or former sex workers and/or people living with HIV. Visit safelinkalberta.ca for more information.

About This Resource

This guide is intended for people who engage in BDSM play and the service providers who do or aim to support them. The information within is presented using a harm reduction approach, intended to widely benefit all community members. However, those who do not align with harm reduction will still find valuable information and resources within, and are encouraged to continue.

This tool is not an introduction to BDSM, and there may be practices under the BDSM umbrella that are not detailed here. Some BDSM activities listed here include elements where personal safety considerations are required; additional resources should be explored and utilized before engaging in these activities.

This toolkit was developed based on resources originally created by AIDS Committee of Toronto (actoronto.org); resources that were well loved by our team and community that are now out of date and out of print. Those resources were adapted by SafeLink Alberta in the development of this guide. Invaluable consultation was also provided by SafeLink Alberta advisory committee members and other community groups.



A Note on Language

This document describes anatomy in many different ways, at times using terms like vulva, vagina, clitoris, anus, and penis. These can also be named in various other ways (a front hole, girl dick, bottom growth, etc.), and some people may prefer some labels over the medical assignment, often because they are more gender-affirming.

It is important to respect chosen terms for anatomy. While we may present information with neutral or medical terminology, understand that if someone is using a specific term for a body part, it is important to honour self-identification and prioritize accessibility in reflecting that language back.





What is Kink?

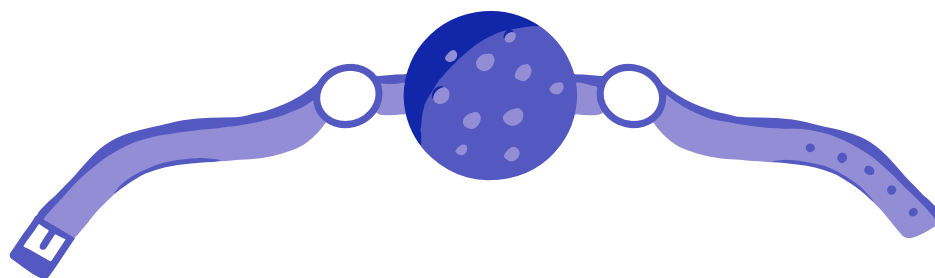


“Kink” is a large umbrella term used often to describe deviant or “outside of the norm” sexual practices¹. It is used to describe a variety of practices and preferences that are often sexual in nature. Kink is different than a fetish in that a fetish refers to a sexual fixation on a particular object, body part, or material. For example, some people may have a foot fetish, meaning that they are sexually aroused by feet. Others may have a leather fetish, meaning that they are sexually aroused by the sight, smell, or feel of leather.

BDSM is a type of kink and an acronym for bondage and discipline (B/D), dominance and submission (D/S), and sadism and masochism (S/M). They involve consensual power dynamics, physical restraint, and/or the exchange of pain or other intense sensations.

The specific activities that fall under the umbrella of BDSM can vary widely depending on individual preferences. Common practices may include bondage (tying or restraining a partner), impact play (spanking, using whips, paddles, or other implements to create pain), sensation play (temperature play, blindfolding, gags, texture play), role-playing (assuming different power dynamics or identities), and power exchange (giving control to or receiving control from another person). BDSM scenes may include sex like penetration, touching of genitals, oral sex, masturbation, orgasms and more, but they do not have to.

BDSM is heavily rooted in principles and practices of consent², which means acknowledging that there are different risks associated with different activities such as sexually transmitted and blood borne infections. As such, discussing STBBIs is a normal and natural part of kink, and discussions such as soft and hard limits should involve discussion of prevention methods. When everyone involved discusses clear boundaries, safe words, and other practices prior to any scenes or activities, it is to ensure that the experience is safe, consensual, and enjoyable for everyone.



Rights & Responsibilities

As with any relationship or dynamic, all participants of BDSM have rights and responsibilities. Below are some key rights and responsibilities that all participants that are engaged in BDSM relationships and dynamics need to be aware of, based in core values of communication, consent, and respect²:

Honesty



Before engaging in any BDSM activity, it's important that individuals communicate openly and honestly with partner(s) about desires, language, boundaries, and limits. This is based in the responsibility of informed consent, which means to have all information provided prior to engaging in any scenes or activities. Communication helps to ensure that everyone is on the same page and can enjoy the experience safely.

Consent



All parties involved must give explicit, informed consent before engaging in any activity, and should be aware that they can withdraw their consent at any time without fear of repercussion. There is a responsibility for all parties to discuss consent, not just dominants. Read more on consent below.

Respect



While in a scene, players might use (consensual) derogatory language, which may seem in opposition of BDSM as based in mutual respect for humanity and autonomy. However for many kinksters, names can be part of play. People are encouraged discuss social and societal power dynamics that are present (for example, during roleplay) and the aftercare that may be required as a result. Kinksters should also consider the impact of chosen pet names (for example, baby, plaything, and slut are all gender neutral!), encouragements, words for body parts, gender, roles (e.g. historical considerations for the "slave" role may impact play differently), and activities.

Safety



There is a right and responsibility to "safe, sane, and consensual" BDSM activities³. All parties must take measures to ensure that activities are performed within the limits of communicated safety and risk of physical and emotional harm. This includes using safe word tools, having a first aid kit that includes skin safe scissors nearby, and being aware of activities that could cause serious injury². Instances of play should include having a plan for aftercare such as food and space prepared prior to the session. The rest of this guide can be used to ensure that all parties are able to practice safety.

Privacy



Participants should be aware and respectful of each other's privacy needs. Due to social stigmas, privacy needs vary in community from public to private. Social media is a great place to share our experiences, as long as all of those pictured provide consent for being featured or tagged. Voyeurism is a commonly practiced kink, but informed consent must be gathered by all parties prior to any scenes or visiting any public spaces.



A Note on the Law

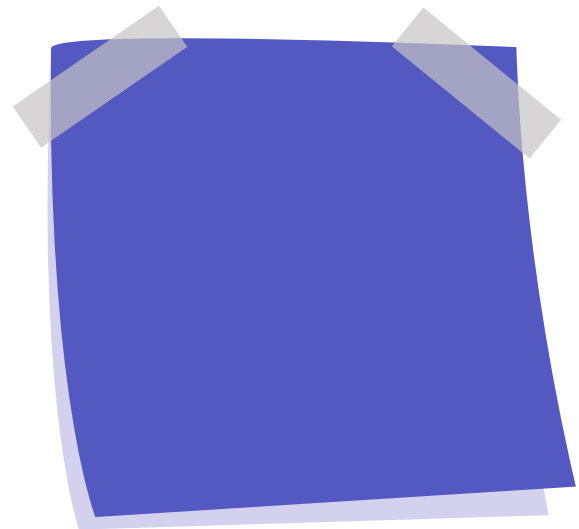
Informed consent includes being aware of current and local legislation so people can make informed decisions. However, please be aware that for some people, values, consent, and the law do not align. Certain laws (like HIV non-disclosure laws and laws around sex work) create barriers. It is well researched that BDSM is a nuanced form of consent that should be considered as valid⁴.



Under Canadian Law

A person cannot legally consent to another person causing them physical harm (even signing a release does not negate this)⁵. It is explicitly mentioned that intent for bodily harm is required⁶.

"Sexual services" are illegal to purchase under Bill C-36 and the definition includes "sadoomasochism"⁵. Be aware that this law is very vague; it is often used to further discriminate against marginalized communities.



Consent

Consent is a voluntary agreement to engage in an activity. In the context of BDSM, it is “mutually defined and agreed upon behaviours”⁷. It is an ongoing process of communication between partners that requires active, ongoing, and informed participation from everyone. While definitions of consent have often been left to the law, we recommend having a more nuanced approach for providers working with individuals engaging in BDSM activities. To remember the different requirements for consent, remember CRISP⁸:

Considered: Acknowledging power dynamics and systemic oppressions, consent should consider all the factors involved in freely giving consent. Time and space to consider the boundaries of a scene are required to provide informed consent. Ultimately, the goal is for consent to be given willingly, without coercion or pressure from any party, and in a clear state of mind.

Reversible: Consent is an ongoing process that can be withdrawn at any time. If any party changes their mind or becomes uncomfortable during the sexual activity, they have the right to withdraw their consent, and the activity must immediately stop.

Informed: Consent must be given with a clear understanding of what is going to happen during sexual activity. All parties must be fully informed and aware of what they agree to.

Specific: Everyone must explicitly communicate their consent each time to a scene and to the specific activities involved. Consent to one activity does not mean consent to another.

Participatory: Everyone needs to be involved in the decision making process around what happens with and to their body. Body language, especially during sexual activity or a scene, is a key component of checking in on your partner(s). Communicating your typical signs of enjoyment or distress might be something people discuss before a scene or activity.

Consensual Non-Consent

Consensual non-consent is the concept of consenting to the role play of a non-consensual scene. For some, the power dynamic of not being able to withdraw consent during an experience can provide a unique thrill⁹. For example, for folks who enjoy pain during a session, the desire to withdraw consent can impede their experience, or the fight can heighten endorphins and increase pleasure. For others, the idea of spontaneous sex, or experimenting, is appealing. These are activities that can be consented to prior to the start of the activity, however the exploration of safe words (discussed below) would be integral to maintain psychological safety.



Communication before and after is important in boundary discussions of what 'non-consent' means. This includes discussions of STBBI status and prevention practices prior to engaging in play experiences. Debriefs about the successes and challenges will help to foster health relationships and feelings of safety in future activity.



Sexual Health

When engaging in BDSM, taking care of your sexual health can make play more enjoyable. A more advanced understanding of sexual health practices such as hygiene, getting tested, and using safer sex supplies can help to increase trust and security and to decrease the risk of transmission of STBBIs. While we are responsible for our own sexual health, play partners may not have the same level of knowledge that we do; it's important not to assume and to communicate about how our sexual health can impact others².

When it comes to the prevention of STBBIs, we discuss many strategies that folks can use to protect themselves or practice safer sex. Prevention is not a one size fits all, and may vary depending on access, preferences, and practices. For some individuals, getting tested regularly for STBBIs and having a consistent monogamous play partner are their primary prevention methods. "Fluid Bonding" is a term often used for folks who don't want to use barriers or exclude fluids from their play. Similar to the ideas of a social "bubble" during COVID-19, those you are fluid bonded with are folks who have consented to the exchange of each others bodily fluids without the use of barriers¹⁰.

An important part of sexual health includes acknowledging that all bodies and the words we use for them are different, and all bodies are great. Individual sexual health and how folks care for and view their bodies are impacted by things like culture, sexuality, gender, and environment, making care at times difficult. There are many ways people can care for their body, both physically and mentally, and some recommended practices may work for some and not others. Similarly, some body parts may require specific care. Exploration to deepen understanding of individual sexual health and seeking additional information or support if people are struggling to take care of specific parts of their body is encouraged.

Sexually Transmitted and Blood Borne Infections (STBBI)

Sexually Transmitted and Blood Borne Infections (STBBIs) are infections that can be passed from one person to another through sexual contact or the exchange of bodily fluids, including blood. There are many different types of STBBIs, including chlamydia, gonorrhea, syphilis, herpes, Mpox, HPV, HIV, and more. STBBIs can affect people of all ages, genders, and sexual orientations. Key things to know about STBBIs include:



Symptoms Some STBBIs may not cause any symptoms, while others can cause genital sores, discharge, itching, pain during sex or urination, and other symptoms.

Testing STBBIs can be diagnosed with a physical exam, blood test, or urine sample. Not all healthcare providers include all STBBIs in their standard test panel, so you may need to request to be tested for HIV, hepatitis C, herpes, or syphilis.

Treatment Many STBBIs, like gonorrhea, chlamydia, and syphilis, can be treated with antibiotics or antiviral medication. Some STBBIs, such as HIV and herpes, have no cure but can be managed with medication.

Prevention The best way to prevent STBBIs is to practice safer sex by using condoms or other barriers and by getting regular STBBI testing. Vaccinations are also recommended for everyone to prevent certain types of infections like Hepatitis B and HPV.

It's important to talk to a healthcare provider if you have any concerns about STBBIs or if you think you may have been exposed to an STBBI. Early diagnosis and treatment can help prevent long-term health problems and the spread of the infection to others.

A Caution on Biting

Although most cases of biting do not result in the breaking of skin, those that do may become infected. While a bacterial infection is most common, there are also some STBBIs that can be transmitted through biting. These include:

Herpes Carried in saliva, herpes can be transmitted orally, through unprotected sex, or through biting.

Syphilis Rising cases of syphilis have shown that it can be transmitted through bites via saliva¹¹.

Hepatitis B & C Both the biter and bite recipient can be infected with Hep B & C, although cases have been negligible¹².

HIV Someone would need a very high viral load to transmit HIV through saliva, making it essentially impossible to transmit HIV through a bite.



Safer Sex Supplies

Safer sex supplies are tools that can help reduce the risk of sexually transmitted infections. Commonly used safer sex supplies include:



Condoms are a barrier method of contraception. They come in different types, such as latex and non-latex, and can be used for vaginal, anal, and oral sex. There are also internal and external condoms.



Dental dams are thin sheets of latex or polyurethane that are used as a barrier during oral sex.



Gloves can be used during sexual activities such as fingering or fisting to reduce the risk of transmitting or contracting STBBIs. While gloves are generally latex, vinyl and nitrile gloves are also options. When used with oil-based lube, latex gloves have a higher chance of breakage².

It's important to note that while safer sex supplies can help reduce the risk of STBBIs, they are not foolproof. The best way to prevent STBBIs is to use these supplies consistently and correctly and to get regular STBBI testing if you are sexually active.

Sex Toys

Like body parts, sex toys can be a pathway for transmitting STBBIs. Using condoms and cleaning sex toys before and after use, or between different partners or holes, helps reduce the risk of STBBIs.

The best way to avoid transmission from toys is to only use toys on one individual per toy. This is especially important for toys that are more porous or are unable to be fully sterilized, like textured toys². Having a system for communicating if your partner(s) has toys, who they are used on, or if they are kept separate from toys used with other players can be a good way to mitigate risk. Even if toys are used on only one individual, cleaning between activities or between holes is still important².

Before cleaning your sex toy, check the manufacturer's instructions for specific cleaning recommendations. Some sex toys may require special care or cleaning methods. Medical grade cleaners are often irritable to the skin and could damage toy materials, so consider cleaners specially made for sex toys². Rinse toys well and be sure to completely dry before use to limit irritation².

When it comes to condoms, size does matter. Be sure to find the right size condom for the toy being used. For larger toys, internal condoms may be more accommodating for some activities

It's important to note that play mates may use anything as a sex toy if high quality made-for-use sex toys are not accessible. Household items used as kink tools are common, and there are many types of toys or tools that are not mentioned here (check out our types of play section for more). If you are going to DIY sex toys, it is important to clean them before and after each use and before sharing them with others to reduce the risk of transmitting STBBIs. If you are unsure if something is body-safe, use a condom. Anything with sugars, like fruits or vegetables, could cause bacterial infections if inserted.

Lubricants

Lubricants can be used to reduce friction during sex, which can help prevent condom breakage and discomfort. Friction can also cause tearing of membranes, which increases the risk of STBBIs. Most importantly however, lubes make penetration more enjoyable and pleasurable. Different types of lube include:



Water-based lubricants are a popular choice for use with sex toys because they are easy to clean and do not stain. They are also safe to use with all types of sex toys and are compatible with latex condoms. However, they can dry out quickly and may need to be reapplied during use. Water based lube will also wash away during water play.



Silicone-based lubricants are long-lasting and provide a smooth and silky sensation. They are waterproof, which can make them a good choice for use during water-based activities. However, they may not be compatible with some types of sex toy materials, such as silicone toys, so it is recommended to test silicone lubes on toys before use to see if it changes texture. Silicone lube is incompatible with latex and non-latex condoms and can be more difficult to clean.



Oil-based lubricants, such as coconut oil or mineral oil, can be used with some types of sex toys and double as a massage oil. They are not recommended for use with condoms and can also be more difficult to clean. Some people may find oil-based lubes soothe genital tissue, but they have also been reported to cause Candida in some cases¹³.

It's important to choose a lubricant that is compatible with both the sex toy and any barrier methods, such as condoms, that may be used during sexual activity. Additionally, it's important to avoid using any lubricants that contains ingredients that may cause irritation or an allergic reaction, such as glycerin or parabens. People may have a strong preference of lube, as they can all feel different and effect bodies differently.

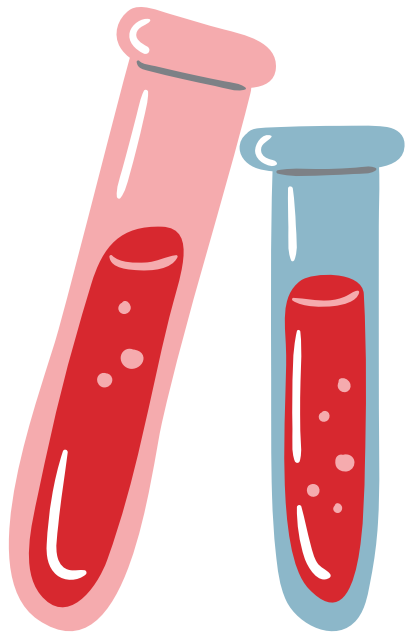
With all types of BDSM play, it is important to consider prevention methods for STBBIs, infections, injury, and more. Consider not only the type of barrier and lubrication, but the cleaning of body parts, instruments, and environment as well. Getting tested regularly and being open and honest about test results with play partners are an important part of consent and prevention.

When it comes to barriers, go beyond simply the use of or not, and discuss the use of a new condom if holes, activities, or people change. For those who engage in "barebacking", which refers to sex without the use of a condom, play partners should make the choice together and should consider the other methods to reduce the risk of STBBIs, such as a closed sexual network and regular testing.

Fisting is another type of penetration that involves inserting a whole hand and sometimes forearm into the vagina or anus. While the name leads one to believe that this means inserting a hand in the shape of a fist insertion should actually be done carefully with the hand in a cone-like shape with fingers together at a point . Fisting carries a higher risk of microtears, which can increase the likelihood of STBBI transmission. Many people can fit a condom over their hand, however, another option is the use of latex gloves which frees the fingers up to increase stimulation. Consider additional methods such as taking it slow and using lots of lube.

When considering cleanliness and hygiene, recognize that this may be more difficult for some than others. When able, some people prefer to wash their genitals before and after sex to help reduce the risk of infection. However, scrubbing too intensely can cause microtears, which will increase the chances of infection. When it comes to oral sex: fellatio (blow jobs, sucking dick) and cunnilingus (eating pussy) both carry the risk of the spread of STBBIs, most notably, Herpes. Encourage avoiding oral sex if there is a present sore or cuts in/around mouths or on/around genitals. Cleaning both the mouth and genitals can help reduce the risk of yeast infections, bacterial vaginosis and can be a method of monitoring for chancre sores. Like scrubbing too intensely, flossing before oral sex could add risk to microtears and the passing of STBBIs.

STBBI Testing and Treatment



Because many STBBIs do not show symptoms, it is important to get tested regularly. Some STBBIs have vaccines to prevent infection, such as Hepatitis A & B, but do not have a treatment. Hepatitis C, alternatively, does not have a vaccine but does have a treatment. It is especially important to test regularly (every 6 months, for example) if you are engaging in barebacking, sex with multiple people, or activities that increase the likelihood of bodily fluid exchange. Talk to your healthcare provider or visit a sexual health clinic to request getting tested for HIV, syphilis, chlamydia, gonorrhea, and other STBBIs.

STBBI testing will most often require a urine or blood test. Some tests have a secondary test if the first comes back positive to confirm current infection (confirmatory testing). Some STBBIs, such as HIV, have take home tests available at some pharmacies and community based organizations. If you test positive, for any STBBI, talk to your doctor or another health practitioner about treatment.

Gonorrhea, chlamydia, and syphilis can all be treated with antibiotics, but re-infection can always occur. People who experience repeated infection, may have their coverage for treatment revoked through mainstream health services. Consider low barrier testing and treatment providers where available.

Knowing the STBBI status of play partners is a vital aspect of informed consent.

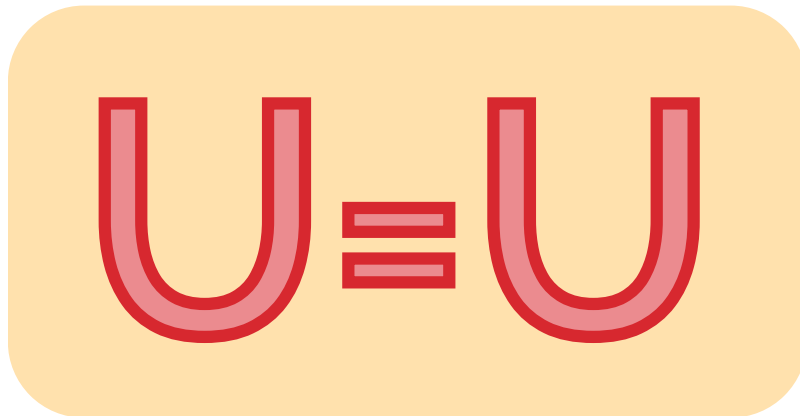


Treatment as Prevention (TasP)

Adhering to treatment for STBBIs is considered an integral part of prevention; a concept known as Treatment as Prevention or TasP. Adherence and completion of treatment leads to the prevention of transmission to partners. It is encouraged that until treatment is complete, other prevention methods be used. It is the responsibility of each individual to test regularly, seek treatment, and practice sex that will prevent the spread of STBBIs.

Undetectable = Untransmittable (U=U)

If someone is living with HIV, taking effective HIV treatment every day leads to having an undetectable viral load. It has been proven that people with an undetectable viral load cannot transmit HIV to their sexual partners. This means that someone who is undetectable is untransmittable. Maintaining an undetectable viral load requires adhering to medication and attending regular checkups. While stigma around HIV is still prevalent, it is vital that we remember that people who engage in prevention, testing, and treatment can live a healthy, happy, and sexy life.



PrEP

PrEP, or pre-exposure prophylaxis, is a medication that prevents HIV transmission. It is a very effective prevention option for individuals who are engaging in sex that carries a higher risk of HIV transmission. PrEP is a once-a-day pill that protects those who are exposed to HIV from acquiring HIV. It has a 99% success rate, but is still being studied on those who use other medications and substances. Once started, it is recommended to wait 7 days before engaging in higher risk sexual activities. PrEP has very minimal side effects and is covered and accessible in Alberta. Healthcare providers can become PrEP prescribers or refer to community services to access PrEP. Check out the Additional Resources section below for more information.

PEP

If someone does come in contact with bodily fluids of someone who is HIV+ there is a medication called PEP (Post-Exposure Prophylaxis) that can help to prevent infection. PEP is a single pill someone who is HIV negative takes 3 times per day for a month, starting within 72 hours of being exposed or potentially exposed to HIV. While PEP, like many intense anti-biotics, can be hard on the body, it may be an accessible option for those who did not expect to be exposed. It is also not as accessible as PrEP, can be much more expensive, and requires strict adherence to treatment. It is safer to prevent exposure to HIV rather than to treat it.

Setting the Scene

Setting the scene involves both literally setting up the environment and getting in the mindset for activities. Setting, mood, and mindset depend very much on the established relationship of the people involved in play. BDSM or kinky relationships can vary from romantic to purely physical to professional. If you are new to kink, consider hiring a professional to introduce you to the scene, as they will be very familiar with safer kink practices¹⁴. Professionals may also have as established settings, sterilization practices, and the safest instruments and safer sex supplies on hand.

Physical setting can make a big impact on play and the people involved. This can be as basic as making sure there are safety measures that everyone is aware of. For people who engage in public sex, being aware of the legalities is an important consideration ahead of time. Other privacy considerations can include the protection of personal information, especially for those who may be positive for STBBIs such as HIV. While sharing this information is vital before engaging in sex, it is also very personal information that can impact people's lives in very serious ways. There are still many stigmas about STBBIs, and while people who are positive for an STBBI can practice safe sex, it may still be a difficult topic of discussion for some.

Choosing the right setting is also about accessibility. Some settings are not accessible to people who have mobility aids. Other considerations that may be important for folks, such as lighting, visuals, textures, etc. Consider neurodiversities and how setting may impact stimulation and engagement. Disabled people also deserve access to kinky, sexy spaces.

Communication & Negotiation

Communication, as noted above, is a core value of BDSM. Communication comes down to preventing harm, including the prevention of STBBIs. Sharing STBBI test results and latest testing dates is integral for planning what precautions may be necessary for play. Consent, safewords, and negotiation activities are all parts of communication. Negotiation is a common term in the kink community to accommodate those exploring their kinks who may not be aware of what they like¹⁴. For many people, a certain activity may be of interest but there is an 'IF' attached. For example, "I'd be interested in impact play, IF it's with a soft instrument".

Safewords are Not Just Words

Safewords are tools used to quickly indicate during play how someone is feeling. As the term “safe-word” implies, it is often thought of as a single word used to indicate a desire to stop or pause play. Good examples of single-word safewords could be something you are allergic to or dislike, or something that would not normally come up in conversation during play time.

Words like “No” or “Stop” are generally not considered good safewords, as they are too common in conversation, can be misheard easily, or may even be an enjoyable part of a scene. Similarly, a single word is not enough, and some may prefer a system or tool. A simple and well-known tool is traffic colours: Green means “keep going” and red means “stop immediately”. The meaning of “yellow” is more personal and could mean a variety of things, such as “slow down”, “I’m nervous”, “I want validation”, etc.). Another colour such as blue or purple, while not a traffic light colour, can be added to convey different messages. For example, “this isn’t working for me”⁷.

For people who enjoy ball gags or other objects that may prevent someone from speaking, consider another option such as noisemakers, a type of body language, or sign language. This may also be a good option to explore for folks who struggle with words, especially when experiencing heightened emotions.

Safewords can also be a useful tool for maintaining boundaries around STBBIs, such as activity limitations, barriers, and materials used. A good play partner doesn’t just wait for their playmate to speak their colours/safewords, they are constantly checking in and asking regularly during play.

Remember that communication is an ongoing and nuanced part of kink. We cannot anticipate and prepare for everything, but we can aim to continually communicate. Using a harm reduction approach means recognizing when or if there has been a breakdown in communication and reconnecting or repairing after.



Types of Play

Rimming

Rimming is a sexual activity where one partner uses their mouth, lips, and tongue to stimulate the anus of their partner. This activity is also known as anilingus or "butt licking". Rimming can be a pleasurable experience for some people as the anus is an erogenous zone with many nerve endings that can create sensations of pleasure when stimulated.

When engaging in rimming it is important to practice good hygiene, such as washing the anal area before engaging in the activity. Some people may also douche the anus before and after sex, which can carry some risk of eliminating the body's protective mucus barrier and bacteria, and has been known to leave fecal matter behind which can scratch the inner lining, making STBBI transmission a higher risk². If engaging in douching or the internal cleaning of the vagina or anus, be sure to leave about an hour before penetration to let the mucus in your body reform². Transmission risk of HIV during rimming is negligible however if a sore is present on either partner, it is best to use a barrier known as a dental dam OR make a dental dam out of a condom by cutting it lengthwise.

Sensation Play

Sensation play encompasses a wide range of activities that utilize different forms of heightening or depriving certain senses like touch, sight, taste, smell, and hearing. Depriving one of the senses has been known to increase sensation in other senses, heightening pleasure. There are many kinds of sensation play, including:

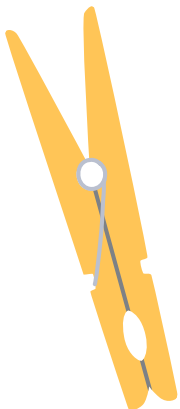
Blindfolding

Blindfolding is the act of depriving someone's sight. Blindfolds can be see-through for just the sensation or power dynamic, or they can be completely light-blocking. This can help folks concentrate or increase other senses like touch. Consent in these situations could look like sexy talking through activities while they are blindfolded, or talking through activities prior to the start of the scene. Be sure to have a quick way of releasing the blindfold should someone need it removed¹⁴. Even if a blindfold has an easy way of releasing, have medical scissors nearby in case of emergency.

Pinching and Biting

Pinching and biting are more common forms of playful pain. Sometimes, when sucking is included, bruises called hickeys can appear on the skin. Pinching or biting can also cause scarring, be aware of any boundaries around the potential for marks to be permanent or long lasting. Boundaries around where on the body and how hard a playmate can pinch or bite should both be discussed. If engaging in this type of play and no skin is broken, there is no risk of transmission of any type of STBBI. If breaking skin is intended, prior testing and communication of test results, as well as clean up and care are important aspects to STBBI prevention².

Check out Page 10 for more information on the STBBI risks associated with biting!

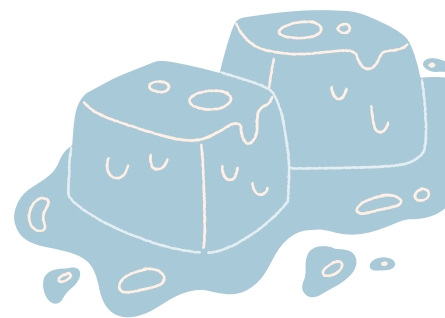


Clips and Clamps

A more tool-based form of pinching, like using clips or clamps on particularly sensitive areas like nipples, causes greater sensation than pinching alone. Sensation can also last longer than a pinch, which creates a different type of pain that can be combined with pleasure. For people with breasts who have a history of cysts or abnormal mammograms, keep to light pressure in this area². The release of clips and clamps can give a rush of sensation that people enjoy. This rush can also feel overwhelming for some, so prepare an aftercare plan. Some toy clamps come with chains or other accessories - be careful of potential skin tearing and make sure to use sterile tools.

Temperature Play

Playing with cold or hot materials such as wax, ice, and toys is a fun way to heighten the senses. There is only a potential for STBBI transmission if skin is cracked or broken, or if hot temperatures reach to the point of damaging skin. White paraffin candles burn at the lowest temperatures and are best for wax play, whereas coloured, beeswax or scented candles burn at higher temperatures². Some toys of glass and metal can be cooled or warmed to increase sensations. Be aware of potential burning or freezing of thinner tissue like genital tissue. When warming or cooling, it is best to do so through secondary methods like submerging in water to avoid extreme temperatures. Be sure to test the temperatures before engaging in play.



Voyeurism

Voyeurism is a fetish that involves a third party that is not involved in active play. This can include the potential risk of being interrupted, or direct and intentional “onlookers” being present during play. Some acts of voyeurism may take place in “public” spaces such as the outdoors. For these instances, consider using something like a blanket underneath people to protect from anything on the ground from getting into sensitive body parts, and be sure to clean up after.



Indecent Exposure

Be aware of the legalities of what is considered “public” sex. In Canada, it is illegal to engage in “an indecent act in a public place in the presence of one or more persons, or in any place with intent to insult or offend any person¹⁵.” When discussing consent in instances of voyeurism, ensure everyone is aware of the law.

Bondage and Restraint

Restraint is a kink or fetish that involves the restraint of a person or body part for sexual pleasure. Restraints are devices that limit movement during activity, such as cuffs. They are often anchored to beds, Saint Andrews Crosses, or suspensions¹⁶. This is a great option for starting out, since any risk can be mitigated more easily. Bondage, when done safely is the practice of manipulating blood flow and is more often used with rope and not anchored. The art of Shibari for example, is a pleasurable and often artistic Japanese style of rope tying someone's body.

For restraints, it is highly encouraged to use cuffs for beginners or anytime someone is anchored, as cuffs have a lower risk of tightening with movement and often have quick release options¹⁶. Cuffs are also more easily cleaned, where rope has higher absorbency and if there are fluids involved, may not be able to be fully cleaned. For this reason, rope should not be shared, especially if there is any bleeding².

This type of play should be done by or with informed players, as restraining someone too tightly can restrict blood flow or breathing and cause injury. There are practices that people can engage in that make restraint and bondage safer including keeping safety scissors nearby, monitoring blood flow and breathing, and never leaving a restrained person alone.

Impact Play

Impact or percussion play involves using different types of instruments, such as paddles, whips, floggers, or canes, to create sensations of pain or pleasure. This type of activity carries a risk of injury and should be approached with caution.

Almost anything can be used for impact play including body parts like hands or feet. Thick and smooth instruments are best to start out with as they are easiest to clean and less painful. Communication about the instruments and the potential marks (even scars) that could be left behind, is an important consideration. As well, consider cleaning practices for any instruments between uses. Some materials cannot be cleaned of blood due to the porousness of different materials. Toys that cannot be cleaned of blood should not be shared with other playmates to prevent the spread of STBBIs². For more information or to learn about areas of the body to hit more safely, we suggest doing additional research or taking a class or workshop.

Breath Control

Breath control, also known as erotic asphyxiation, is different than the simple placement of something on or around the neck. The spectrum of perceived to actual asphyxiation can be highly erotic but it is a high-risk BDSM activity that can be dangerous if not done carefully and with proper precautions. As such, it is not something that can be covered adequately in this resource. Intensive research, practice, and safety training are highly encouraged before engaging in breath play. While substance use and play is discussed later in this resource, this is a type of play is NOT recommended for combining with substances. Additional resources can be found in the resource section below.

Electric Play

Also known as electrostimulation or e-stim, this type of play involves using electrical devices such as cattle prods or TEMS (nerve stimulation) devices to stimulate the body in a sexual context. While some people find this type of play arousing and pleasurable, it also comes with potential risks and requires caution. Anyone interested in electricity play is encouraged to educate themselves about safe practices, potential risks, and how to properly use the equipment involved.



Prevention of STBBIs during electric play involves using sterile equipment and cleaning it between uses. As with other practices, playmates should also establish clear communication and boundaries with their partners and make sure that all parties involved are fully informed and consenting to the activity. While electrical play does not draw blood, sticky electrical adhesives such as the one's found on TEMS devices collect dirt and fluids and cannot be cleaned. These should be one time use only to prevent transmission of STBBIs.

Watersports

Urolagnia, or watersports, is a kink or fetish that involves urine. Unless coming into contact with broken skin, watersports carry little risk for STBBIs. Despite what many may think, peeing in someone's mouth carries little risk of HBV and HIV transmission².

Drainage or disposal is something to consider before engaging in watersports; many people will choose to engage in watersports in the shower to avoid or simplify cleanup. Consider transitioning to a dryer place after, or having towels nearby, as wet surfaces or environments can create a higher risk of infection.

If engaging in watersports and using substances, it is important to note that any medications or recreational drug can be introduced to someone's system through consuming urine, causing a second hand high². Informed consent is vital in this circumstance. Remember to drink plenty of fluids, as it can help to dilute urine and to avoid dehydration.

Sounding

Urethral sounding is a kink or fetish that involves inserting objects into the urethra for sexual stimulation. This type of activity carries a high risk of injury and infection, and should only be done with equipment designed for a purpose. It is very important that sounding equipment is sterilized with medical grade cleaner before and after use². Never force objects into the urethra or use household objects, as this can increase the risk of tearing². Stop at any sign of pain; let your body be your guide for when to increase in size, and be aware of symptoms of bladder infection after sounding in case of tearing. If left untreated, this could lead to kidney infection. This is another kink we recommend doing only after informing yourself, and we encourage people to seek out professional support.

Sex workers are an excellent resource for those who are new to BDSM play or wanting to try out activities with higher safety considerations!

Bloodsport, Piercing, Scarification, and Branding

Blood sports and piercing play are BDSM activities that involve piercing the skin or drawing blood for sexual pleasure, masochism, or as a form of power exchange. For some, the presence of knife without any cutting or piercing can be exciting. Branding and scarification are BDSM activities that involve intentionally creating permanent marks or scars on the skin for sexual pleasure or as a form of power exchange. Activities that involve blood are inherently risky, because of the high risk of the transmission of STBBIs, especially HIV and Hepatitis C, which are transmitted through contact with blood². Anyone interested in blood play is encouraged to educate themselves about safer practices, potential risks, and how to properly use the equipment involved.

Note that alcohol, substance use, medications, and medical conditions can cause blood thinning and affect blood flow in these types of play.

Tips For Practicing Safer Play Involving Blood

1. Clean does not mean sterile. Look for cleaners that kill blood-borne pathogens, such as bleach, alcohol, or medical grade cleansers¹⁴.
2. Needles, scalpels, or lancets should be new and not taken out of any packaging until immediately before use. Only use medical grade implements.
3. The use of gloves can help aid in the clean up of supplies and limit exposure to any bacteria or bodily fluids¹⁴.
4. Dispose of any equipment that came into contact with blood in a sharps or biohazard container. These can be found at local pharmacies or harm reduction organizations and returned there when full.

After the session, clean the area with an antiseptic and cover it with a sterile dressing. Until it's healed, monitor the area for signs of infection, such as redness, swelling, or fever. An individual may want to seek support from another to help monitor areas not easily observed independently.

Consider first aid training as well as further instruction from kink experts before engaging in blood or piercing play.

Safer Substance Use

If folks are using substances (including prescribed medication, illicit drugs, or alcohol) during or as part of BDSM play, it is important to understand how this may affect communication, pain perception, and risk recognition.

People use substances during sex (known as Chemsex or Party and Play [P'n'P]) for many reasons. For some, Pn'P can be a catalyst to exploration, ease anxiety, increase libido, and heighten sensation¹⁵. While there are benefits to Pn'P, there are also potential risks.

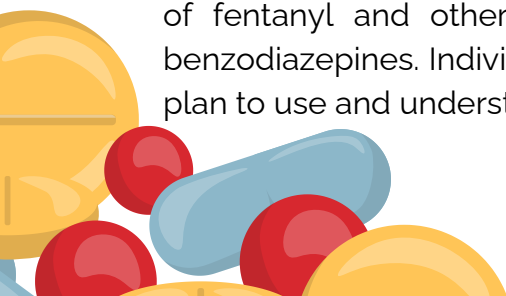
Harm reduction approaches to substance use focus on reducing the negative consequences of drug use, rather than simply promoting abstinence. The goal of harm reduction is to promote safer substance use practices, reduce the spread of STBBIs, and minimize the risk of drug poisoning and other health concerns¹⁶. Sex can be a vulnerable part of the human experience, and for some people, substances can play a big role in exploring one's sexuality. Using a harm reduction approach can help to reduce stigma and promote safer practices. If someone is going to practice BDSM while using substances, it is most important to plan and communicate with others involved. Planning a scene for substance use while sober and avoiding higher risk play such as bondage, blood, and breath play is recommended.

Informed consent for Pn'P means all parties are aware that substances are involved. Legally, when under the influence of substances, people cannot provide ongoing consent. This can cause potential risks, particularly for tops¹⁷. This is why some kinksters, especially professional practitioners, or BDSM venues & events, will not play if someone is under the influence. However, if individuals understand and accept this risk, it is ideal to plan ahead and provide consent prior to using substances to ensure all players are well prepared. During play, if under the influence of substances, people may not be able to consent to new activities. It is also important to ensure that all players know that consent can be withdrawn at any time. Checking in with playmates at more frequent intervals if they are using substances during BDSM play is highly encouraged.

Harm Reduction Strategies

Know the Risks

in the current drug toxicity crisis, many drugs contain higher and more potent quantities of fentanyl and other opioids. They may also contain other substances, such as benzodiazepines. Individuals should be encouraged to be aware of the substances they plan to use and understand the potential risks and side effects. This information may



help to inform the types of play that may be less safe while using certain substances. Some, such as alcohol, opioids, cannabis, and sedatives, can lead to impaired judgment, slowed reactions, and reduced awareness of pain, which can increase the risk of injury during BDSM activities. For example, for impact play combined with drugs or alcohol, it is important to know that intoxicants will affect people's limits. Stimulant drugs such as cocaine, poppers, and methamphetamine can increase heart rate, blood pressure, and body temperature, and can decrease awareness of pain. This may be dangerous when combined with physical activities such as bondage. Some prescription medications such as blood pressure medications are blood thinners that can cause increased bleeding.

Consider When to Use

Some people may like to take substances before play, as part of aftercare, or it may be part of their regular routine. Be aware that taking substances immediately before play can impact people's responses to stimulation; response cues may be slower or different. For those who choose to use as part of aftercare, be aware that emotional responses can be more likely, more intense, or longer lasting if experienced while using. Folks who use substances regularly can expect changes in withdrawal cycles depending on timing of play.

Don't Use Alone

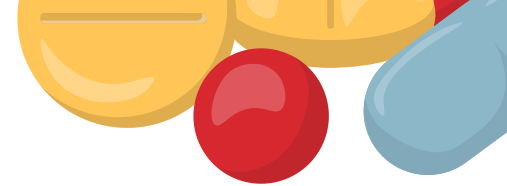
In play, it is safer for one person to be sober. It is also discouraged for tops to use substances, as monitoring bottoms is an important responsibility of being a safe top. If all players are going to be using, plan for someone outside the scene to be available for support and check in regularly to prevent a poisoning or other health concerns. Carry Naloxone always, and know how to use it.

Start Low, Go Slow

Starting with a small dose can help individuals better understand how their body will react to the substance and can reduce the risk of an accidental poisoning. When in combination with BDSM activities, it is important to recognize that effects may be heightened, so starting with a lower dose for regular substance users is advisable.

Use New, Sterile Equipment Every Time

Using new and sterile equipment helps to reduce the risk of STBBIs. For injection drug use, use new needles each time and avoid sharing needles or other injection equipment as the best way to prevent transmission. Check out the Additional Resources section below for more information on where to access free safer substance use supplies.



Hydrate!

Staying hydrated can help reduce the risk of dehydration and other health concerns. Alcohol or other substances can increase the rate of dehydration, and drinking water can facilitate a faster sobering from substances.

Plan For Emergencies

Knowing first aid basics can save lives while waiting for emergency services to arrive. Being transparent about activities and substances with healthcare practitioners helps healthcare professionals offer accurate and appropriate care (see below for more information on the Good Samaritan Act). Before play begins, know where the nearest medical facility is located, what the transportation options are, and any personal information that may be needed.

Seek Help If Needed

Mental health patterns and any unusual lingering effects of having sex on substances should be followed up with additional levels of care, including professional supports if needed.

The safest way to avoid any consequences of substance use is to avoid using drugs while engaging in BDSM play. If using substances during play, harm reduction strategies can help to reduce the risks and promote safer substance use practices.

Naloxone

Naloxone, also known by the brand name Narcan, is a medication that can reverse the effects of an opioid drug poisoning. It works by blocking the effects of opioids in the brain and can help restore normal breathing in someone who is experiencing an opioid poisoning. In instances where opioids or substances that could be laced with them are present, it is important to have Naloxone on hand. Opioid poisonings can happen to anyone who uses substances, regardless of their experience or frequency of use, particularly in the midst of the current drug toxicity crisis. Carrying Naloxone is a fast and potentially lifesaving response in the event that someone becomes unconscious while waiting for emergency services to arrive.

Naloxone reverses the effects of substances for approximately 20 minutes so life saving health care can be provided; it is not a permanent solution to a poisoning. There is little to no risks to using Naloxone in emergency situations. Individuals can pick up Naloxone kits at most pharmacies and health care facilities, and at some community based organizations.



The Good Samaritan Act

The Good Samaritan Drug Overdose Act is a Canadian federal law that came into effect on May 4, 2017¹⁸. The purpose of the Act is to encourage people to seek help for an overdose (poisoning) without fear of being charged or arrested for drug possession. The Act aims to reduce overdose deaths by providing legal protection for people who call for emergency help in the event of a poisoning¹⁸.

Under the Good Samaritan Drug Overdose Act, anyone who seeks emergency help for an overdose, including the person experiencing the overdose, will not be charged for drug possession or a violation of pre-trial release, probation, or parole conditions related to drug possession¹⁸. The Act applies to all controlled substances listed in the Controlled Drugs and Substances Act, including opioids, cocaine, and methamphetamine¹⁸.

There are some exceptions to the Good Samaritan Drug Overdose Act. The Act does not protect drug trafficking, driving under the influence, or other crimes committed at the time of the overdose¹⁸. The Act does protect against drug possession and related charges¹⁸.

The Good Samaritan Drug Overdose Act is an important step in promoting safer substance use practices and reducing the stigma surrounding drug use. If you or someone you know is experiencing an overdose, it is important to call for emergency medical help immediately. Remember that seeking help for an overdose is the necessary thing to do, and you will be protected from drug possession or related charges.

This information is important in allowing individuals to make informed decisions for themselves and others. It is also a reality that the law does not feel protective of everyone and that other services may be better alternatives for some. People who use drugs are encouraged to familiarize themselves with local support services that may match with individual needs.

Aftercare

Aftercare is the act of providing care, support, and aid after an intense BDSM play activity. Aftercare is different for everyone and has been described by many as a spiritual or connecting experience; it is an integral part of the kink experience. During a session, endorphins fire wildly, and this can lead to a lot of pleasant feelings for everyone involved which is why it is important to discuss what aftercare will look like before starting a scene. Things that make people feel good, safe, and cared for are priorities for aftercare. Debriefing STBBI practices can be an important part of some aftercare routines. Many factors can impact the different types and levels of aftercare required for after a scene, including:

Subspace

During kinky play, endorphins and hormones such as cortisol and adrenaline fire stronger, which can cause a wide variety of responses in the body¹⁹. For some, this can lead to an out-of-body, floaty, light, happy, or foggy space. For others, it may look fidgety, squirmy, non-verbal, or even feral headspace. This experience is often triggered during the scene and lasts long after play has stopped, and can be similar to the feeling of being high or drunk. This experience is referred to most commonly as subspace because it is most often experienced by people who occupy submissive roles²⁰. However, that does not mean that an intense response to a sexual experience cannot occur in dominants. Using substances may change or intensify this experience, so communication prior to being in this space about needs and supports is important. Subspace is not a space where someone can consent to new activities, as people often experience impaired judgement and can become non-verbal; subspace is a time for care and support.

Drop

Once play scenario is done, the body is often working out high levels of neurochemicals, such as adrenaline, and players may become susceptible to an emotional drop¹⁹. This drop can present itself in a variety of ways: physical/mental exhaustion, brain fog, a heightened sense of loneliness or insecurity, etc. Because the effects are different for everyone, planning and communication is key for supporting someone experiencing a drop, especially because drops do not always occur immediately after. Drops have been known to occur days after a scene. For people who use substances and engage in kink, these effects from play can be significantly heightened and can impact drug use cycles people may be experiencing, including withdrawal. This means there is both a risk of enhancing cravings and a potential to assist with them. With good aftercare, a drop can be lessened or prevented entirely.

Emotional Aftercare

Physical and emotional aftercare are equally as important. While proper first aid is a vital aspect of some aftercare routines, others may be more emotional. Reflecting after any experience can be valuable for future planning, especially regarding insecurities, concerns, or feedback around safety and STBBI prevention. Validation, commitment to future planning, and repairing any negative emotions through cuddling, using praise, alone time, movement, or change of location, are a few ways to participate in emotional aftercare.

A Reminder - RAPS

Basic physical aftercare is similar to the requirements after giving blood¹⁶. A commonly used acronym to remember the important elements is RAPS (Rest, Aqua, Protein, Sugar):

Rest: quiet time, reflection, conversation with partner, cuddling, etc.

Aqua: water, hydration, electrolytes

Protein: meat, nuts, cheese, etc.

Sugar: fruit, juice, chocolate etc.

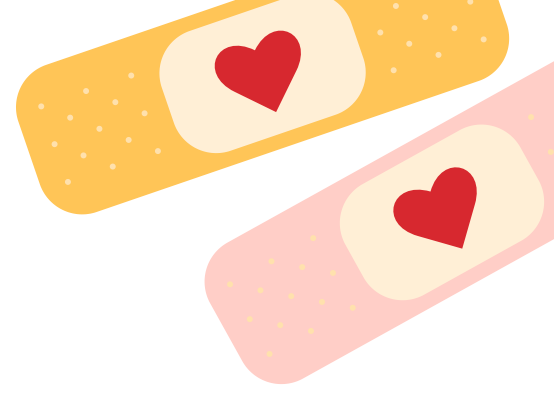


First Aid and Wound Care

For those who are engaging in more physical play, aftercare may also consist of first aid and/or wound care. First aid, especially in circumstances where someone has bled, is important for preventing the spread of STBBIs. Players are encouraged to take a first aid course prior to engaging in activities that may require any aftercare of this nature. Other physical injuries such as bruising, redness, and muscle soreness may require care and monitoring. Care could consist of massage, soothing ointment or oil application, and continued monitoring.

In the case of broken skin, gloves help prevent the spread of STBBIs and ease in the clean up process. Abrasions should be cleaned with an alcohol wipe or clean cloth and pressure to limit bleeding. This helps to remove foreign substances, prevent infection and begin healing. Individuals may choose to apply an ointment to soothe and aid in healing; this is often a calming aftercare practice. Covering broken skin with a bandage, is an important ongoing precaution that helps to prevent infection and limit further bleeding. It also helps aid in the monitoring of blood loss.

Be aware of the signs for additional medical assistance if needed, assuring individuals receive timely care. Discussing this in advance may help to ease any anxiety. Discussing the signs and symptoms of infection is also part of good communication and aftercare.



As part of the first aid process, cleaning the environment of fluids immediately is good practice. Fluids are more easily cleaned when fresh rather than when dry. While first aid is often done immediately after play, some might choose to prioritize emotional aftercare, or rest. Continued monitoring and check ins over a few days and weeks is encouraged and appreciated to support any emotional or physical needs that may have arisen.

Conclusion

This guide covers many suggestions for safer sex practices within BDSM play. At the core of these are the BDSM values: Safe, Sane, and Consensual. Applying these values, we can see how practices such as the use of sterile supplies, knowing your limits, and communicating with your play partner(s) are vital to the practice of safer kinky sex. Safer sex practices can also help kinksters to stay focused on the fun and pleasure of sex and kink! The information detailed throughout is rooted in the concept of harm reduction, an acknowledgement of inherent risk and suggestions to improve safety and health outcomes for those who enjoy BDSM play. Kinksters are encouraged to access safer sex supplies, STBTI testing services, Naloxone and safer substance use supplies, and relevant education, and to seek support where needed from providers who work to provide it without barrier or judgement.

SafeLink Alberta acknowledges the longstanding and incredible work of the kink community, as well as the many available resources and programs providing education, resources, and support. The world of Kink and BDSM includes a long history of discussing safer practices and consent, with kinksters being some of the first safer sex educators. Readers are encouraged to continue their learning by discovering local community groups and resources, some of which are detailed below.

We hope this resource was helpful in bringing awareness and increasing safety within your practice of BDSM, or informative to your provision of service to those who play.



Additional Resources

There are many BDSM resources available for people to use, ranging from online forums and educational websites to in-person workshops and classes. For those interested in furthering their understanding of the different types of play, here are a few starting points available online:

Kinkly's Dictionary of Sex Words: <https://www.kinkly.com/dictionary>

Venus Envy Sex Ed Workshops: <https://venusenvy.ca/pages/sex-ed-workshops>

Comeasyouare Book store: <https://www.comeasyouare.com/collections/books>

Calgary's Miss Aayden: <https://www.calgarydomme.com/>

The Kink Academy: <https://www.kinkacademy.com/>

BDSM Training School: <https://bdsm-training-school.fetish.com/>

In-depth BDSM Checklist: <https://badgirlsibible.com/bdsm-checklist>

Calgary Rope: <https://www.calgaryrope.org/>

Breath Play: SM101: A realistic introduction by Jay Wiseman

Electric play: <https://www.violetwands.com/violet-wand-safety/>

As kink communities are often very close knit, community is sometimes hard to find. A few local (Calgary, AB) options include:

FetLife: <https://fetlife.com/>

Find a Munch event: <https://findamunch.com/category/locations/canada/alberta/>

Kinksters Experienced and New (K-E-A-N): <https://k-e-a-n.com/events/>

Calgary's Kink Club: <https://knetic.club/sessions/new>

Alberta Society for Kink: <https://www.facebook.com/groups/askcalgary/>

Random Acts of Kink: <https://www.facebook.com/p/Random-Acts-of-Kink-100069345147066/>

Calgary Adult Playground: <https://capcclub.ca/>

Calgary Annual Taboo Show: <https://tabooshow.com/Calgary>

Crème Kink Party: <https://www.eventbrite.ca/e/creme-kink-party>

In southern Alberta, SafeLink Alberta offers no cost safer sex and safer substance use supplies, Naloxone kits, low-barrier STBBI testing and treatment, HIV self-test kits, information and support, system navigation for other health and social services, service provider education, and more. Visit safelinkalberta.ca for more information.

There are several Canadian resources available on HIV and HCV (hepatitis C), including prevention, testing, treatment, and support services. Here are a few examples of some of the best Canadian resources on HIV:

Advocating for Sex Positive Education & Consent Culture: Aspecc.ca

The National Coalition for Sexual Freedom (NCSF) <https://ncsfreedom.org/>

CATIE (Canadian AIDS Treatment Information Exchange):

<https://www.catie.ca/catieca>

CANFAR (Canadian Foundation for AIDS Research): <https://canfar.com/>

There are several resources available in Alberta, Canada for people who are interested in accessing pre-exposure prophylaxis (PrEP) or becoming a PrEP provider:

PrEP AB: <https://www.prepalberta.ca/becoming-a-designated-prep-prescriber>

Alberta PrEP Program: <https://www.albertahealthservices.ca/info/Page16048.aspx>

The Centre for Sexuality: <https://www.centreforsexuality.ca/>

The Queer and Trans Health Collective: <https://ourhealthyeg.ca/>

Clinic 554: <http://www.clinic554.ca/>

GoFreddie.com

References

1. Kassel, G. What's the difference between a kink and a fetish? 2021. Healthline. Retrieved May 10, 2023. <https://www.healthline.com/health/healthy-sex/kink-vs-fetish#takeaway>
2. AIDS Committee of Toronto. BDSM: safer kinky sex. 2010. BDSM Education Project. Retrieved May 11, 2023. <https://www.atoronto.org/bdsm>
3. Langdridge, D., Richards, C., Barker, M. (Ed. 1). (2007). Safe, sane and consensual: contemporary perspectives on sadomasochism.
4. Nielsen, M. (2010). Safe Sane and Consensual- Consent and the Ethics of BDSM. The International Journal of Applied Philosophy. 24(2) p. 265-288. doi:10.5840/ijap201024223

5. Ummni Khan. 2016. Hot for Kink, Bothered by the Law: BDSM and the Right to Autonomy. The Canadian Bar Association Alberta Branch.
6. Advocating for Sex Positive Education & Consent Culture. BDSM And the Law. Retrieved October 28, 2023 from <https://aspecc.ca/bdsm-and-the-law/>
7. Dunkley CR, Brotto LA. (2019). The Role of Consent in the Context of BDSM. *Sex Abuse*. (6) p. 657-678. doi: 10.1177/1079063219842847.
8. Intimacy Directors and Coordinators. 2022. Defining Consent: From FRIES to CRISP! Retrieved October 28, 2023 from <https://www.idcprofessionals.com/blog/defining-consent-from-fries-to-crisp>
9. Szpilka, J. (2023). Do to Me What I Could Never Ask of You: Consensual non-consent in BDSM and the limits of affirmative consent. In Franklin, S., Piercy, H., Thampuran, A., White, R. (Eds.) *Consent: Legacies, Representation, and Frameworks for the Future*. (1st ed., pp. 14). Taylor & Francis Group.
10. Engle, G. (2021). What is Fluid Bonding and How Can You Make it a Part of Your Sex Life? *The Body: Sex, Dating, and Relationships*. Retrieved October 5, 2024 from <https://www.thebody.com/article/what-is-fluid-bonding-and-how-can-you-make-it-a-part-of-your-sex-life>
11. Stoltey, J. E., Cohen, S. E. (2015). Syphilis transmission: a review of current evidence. *Sexual Health*. 12(2), p. 103-109. doi: 10.1071/SH14174
12. Pintille, H., Brooke, G. (2018). A review of risk of hepatitis B and C transmission through biting or spitting. *Journal of Viral Hepatitis*. 25(12) p. 1423-1428. doi: 10.1111/jvh.12976
13. AH!YES (2022). Can using lube cause a yeast infection? Retrieved November 15, 2023 from <https://www.ahyes.org/blogs/blog-posts/can-using-lube-cause-a-yeast-infection>
14. Tristan Taormino. (2012) *The Ultimate Guide to Kink: BDSM, Role Play and the Erotic Edge*. Cleis Press Inc. Berkeley, California.
15. McCall H, Adams N, Mason D, Willis J. What is chemsex and why does it matter? *BMJ* 2015; 351 :h5790 doi:10.1136/bmj.h5790
16. National Harm Reduction Coalition. *Principals of Harm Reduction*. Retrieved December 2022 from <https://harmreduction.org/about-us/principles-of-harm-reduction>
17. Government of Canada. Criminal Code section 153(2.1) Retrieved November, 2023 from <https://laws.justice.gc.ca/eng/acts/C-46/FullText.html>
18. Government of Canada. (2021). About the Good Samaritan Drug Overdose Act. Retrieved April 2023 from <https://www.canada.ca/en/health-canada/services/opioids/about-good-samaritan-drug-overdose-act.html>
19. Adriana. (October 30, 2020). The Complete BDSM Aftercare Guide: Learn how to do it right. *Bad Girls Bible*. Retrieved August 11, 2023 from <https://badgirls bible.com/bdsm-aftercare>
20. Mallory, F.R.R. (Mistress Steel), (2013). *Defining Sub Space, Extreme Space: The Domination and Submission Handbook*. Unbound Books, ed. 3. Retrieved from: <https://submissivguide.com/fundamentals/articles/defining-sub-space>