

# BDSM

Understanding kink, power exchange,  
fetishes and fantasy play

Presented with thanks to Joe Kort  
By The Dark Side of Kink and Michigan Ropes

# BDSM - Definition and common terms

## BD DS SM

Bondage	Discipline	Dominance	Submission	Sadism	Masochism
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SSC - Safe, Sane, Consensual

RACK - Risk Aware Consensual Kink

PRICK - Personally, Responsible, Informed, Consensual Kink

Scene - The negotiated time and place in which BDSM takes place

Protocol - Rules governing a relationship, event or dynamic

Top/Dom/Master - The person in control of the scene or relationship under discussed terms

Bottom/Sub/Slave - The person who elects to give over control or power in the scene or relationship under discussed terms

Switch - A person who enjoys being on both sides of the power exchange and dynamic under discussed terms

Aftercare - intentional care and tending to after a scene

# BDSM vs. Abuse - Consent and Intent

How to distinguish BDSM from Abuse

BDSM	Abuse
Consensual	Non-consensual
Meant to create catharsis and release	Meant to harm, injure or isolate
Done under controlled terms (scene)	Uncontrolled and unhealthy
Edifies, gratifies and validates	Belittle, demeans and shames
Aftercare	After denial (gas lighting)

# Common misconceptions

BDSM is not what most people think

Misconception	Reality
Caused by unresolved issues	A chosen form of enjoyment
Submissives are weak or lacking	Submission is chosen and voluntarily given by empowered people
Dominants have control or anger issues	Dominance is chosen and practiced by empowered people under negotiated terms
It is all about sex	Sometimes sex is involved, often it is not and not related to gender identity or sexual orientation as such

# Fetishes, fantasy and role play

Fetishes are focused preferences for items, body parts or activities

- Rope, leather, latex, boots, chains, lingerie
- Feet, breasts, nipples, hair, buttocks
- Boot blacking, acts of service

Fantasy and role play are focused preferences for a persona or role

- Master, Slave
- Cosplay, Furrries
- Littles, Daddy, Mommy

## Additional resources

The Loving Dominant by John Warren

Screw the Roses, Send Me the Thorns by Phillip Miller and Molly Devon

The Ethical Slut by Janet W Harding and Dossie Easton

The Joy of Sex by Alex Comfort

National Coalition for Sexual Freedom - [www.ncsfreedom.org](http://www.ncsfreedom.org)

The Rope Bottom Guide by Kinky Clover - [theropebottomguide.com](http://theropebottomguide.com)

The Board of Education - Michigan - [theboemi.com](http://theboemi.com)

Michigan Ropes - [www.miropes.com](http://www.miropes.com)