

Nail the Basics transcript

Hello, I'm Alesandra! In this video we're going to discuss some of the foundations of a BDSM lifestyle. I wanted to cover this first before we get into some of the deeper aspects because once you know and are doing these things you'll be in a much better place to get into some serious playing. Which is what we all want to get to right? So we're going to cover 4 things. We're going to cover S.S.C., Safewords, Limits, and Aftercare.

So the first basic part of BDSM is S.S.C.. Now if you don't know what that stands for that's OK. It stands for Safe Sane Consensual. And what that means is, all effort should be made to make a scene as safe as possible, especially for the Dominant setting it up. Examples include:

- Having scissors nearby to quickly cut ropes that are too tight, or cable ties, etc.
- Agreeing beforehand a safe gesture instead of a word if choking is acceptable. And if the gesture involves the arms/hands, having these free at all times during choking.
- Taking steps to avoid severe burns and fires during wax play. Of course there are MANY more safety issues but the point is they need to be communicated, identified, and prevented. Nobody wants an embarrassing visit to the emergency room or to have to call the fire department.
For "sane": Both the Dom and the sub should be adults in a sound state of mind. Even though BDSM is a form of therapy for some, if there are severe mental health issues present make sure to address them with a professional. You can find Kink friendly therapists in the Resource Guide at the end of this training. Also under the principle of "Sane": Don't do anything stupid! For example, if you want to play rape, don't kidnap your partner in public and attack them. You will most likely end up in jail.

Now "Consensual" part is probably the core of BDSM and what

many vanillas cannot wrap their heads around. All parties involved need to WANT this. Even with consensual non-consent there should be a prior discussion. Hopefully this involves a contract, and I have one for you to download in this section. No one should ever reluctantly practice BDSM just to make someone else happy. From simple kink to Total Power

Exchange, and from playful spankings to hardcore punishments, EVERYTHING has to be consensual.

Always keep and respect the three principles of S.S.C. They are what separates BDSM from criminal abuse or neurotic self-destructive behavior. Have fun but make sure to always play responsibly.

This leads us right into number two: Safewords. Safewords are one of those fundamental aspects of BDSM that are usually discussed only in the beginning. After they are established they are rarely given a second thought, but it's good to sometimes re-evaluate them. The meaning of "safeword" is that it is a code to communicate when a submissive is either at their limit, or close to it. They are extremely important when engaging in consensual non-consent activities like rape fantasy. The most popular safeword is "Red" for when the sub cannot tolerate any further demands. When this word is said the Dominant's actions cease completely with immediate effect. The safeword "Yellow" is used to bring to the attention of the Dom that the sub is close to their limit of endurance. These are my favorite and the ones I use with my Dom, but you can choose your own. Make sure you write them in your workbook. Now in some Master/slave relationships there is the concept of Total Power Exchange (or TPE). This means that the slave has relinquished all rights, even the right to a safeword. If the sub consents to this (and she has to consent) there needs to be complete trust in the Dom's control, and his knowledge of the sub. This is best for long term, 24/7 relationships. If you're not ready for this step, an alternative could be agreeing to forgo safewords during discipline. This has the advantage that a sub is more likely to learn from their punishment or not misbehave, if they know they cannot safeword out of it. The Dom would then have total control over the discipline and not the sub. Another possibility would be to not let the sub use "Red" while being punished, only "Yellow". But, no one should ever say, "a real sub doesn't have safewords." If a sub is new to BDSM or coming into a new

relationship, it is a huge red flag if they say they don't have safewords. Safewords build trust and bring meaning into the relationship. Be comfortable using them and you will experience greater pleasure.

Now we're going to move onto number three: Limits. Knowing each other's boundaries is essential for a healthy BDSM relationship. Limits should be discussed and respected. Even if you don't have a partner yet, it's good to have your limits already clear in mind so you will be prepared

when you're ready to start playing. So why have limits? Limits allow the submissive to explore their sensuality safely. They never have to be afraid that their Dom is going to do something they don't want. They can give up all control, and be free from making decisions. Doms benefit from set rules because it takes the guess work out of what their sub will and won't do. Both individuals will be able to let go.

There are two kinds of limits, soft and hard:

- SOFT are things that are acceptable to the sub and they consent to.

You cannot assume that just because someone has agreed to be a sub that they are OK with everything. But once something has been decided upon (hopefully in a contract) it can be freely asked or even demanded.

Some examples of Soft Limits are: oral sex, swallowing semen, nipple clamps, spanking, etc.

Another soft limit is the sub's tolerance of pain. Light bruises might be OK, but permanent scars may not be.

- Now for HARD limits– Both parties need to specify what they won't do. Doms can have boundaries too. Examples of hard limits could be things like wax play or anal sex.

Limits can change over time, and some can be more fluid than others. For example, a sub may only be comfortable with something like rimming on some occasions, but their Dom has to ask first. And sometimes boundaries can soften in the presence of alcohol, but even so the Dom should always make sure the sub really wants to and is giving their full consent. So as you can see, limits benefit everyone involved. Ultimately they bring more pleasure to the relationship. So right now, I want you to write in your workbook your hard and soft limits.

Now the last thing we're going to cover in this video, is number four: Aftercare. Aftercare is extremely important, because during a BDSM scene or play session participants can experience a huge endorphin rush. Intense pleasure or pain can cause a strong "high", and it can be a shock when it is all over. When emotions and endorphins come crashing down subdrop can occur. Aftercare is what prevents this from happening. It's a way for those in a D/s relationship to calm down and slowly get back in touch with reality. Some aftercare ideas are covering up the sub with a blanket, giving them verbal reassurance, cuddling, giving them water to drink, cleaning them, administering any first aid, comforting them with a stuffie, discussing what happened and checking in, and even, giving them an orgasm, so you see, it's not that hard, kind of enjoyable actually. But, the point is a successful D/s relationship depends not just on hardcore scenes, but also on well planned aftercare. As you can see, there are so many different ways to ensure that this happens. Communicate what you need and want afterwards, and the play sessions are sure to keep getting better and better.

So that's it! You nailed the basics. You're now an expert in S.S.C., Safewords, Limits, and Aftercare. So you're ready for some hardcore playing now. The next series of videos in this section will help you learn more about the roles involved in BDSM, and also bondage, discipline, and punishments, so I will see you there.