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This is a continuing project, some of the sheets are not completed.

## Fact Sheet- Bondage

Bondage is a fairly typical and known fetish. It has been portrayed in many movies and has a mystique about it. Good. That keeps those parties away from it that could really hurt themselves.

Bondage includes from light bondage with silk scarves as you are making love, up to full body suits that restrict any movement at all. There are many variations and combinations between the two extremes. You can use a combination of the hard and soft bondage together to make it more interesting.

Many of the items used in Bondage include: Rope; Leather straps; Manacles; Hand and Leg Cuffs; Duct Tape; and Rubber. These are used either by themselves or in combination to restrict arm, leg or head motion. Full body bondage is hardcore and for those who have been practicing for quite some time.

It is possible to cut off circulation for long enough for nerve and muscle damage when involved with bondage. We suggest learning slowly for safety and flexibility reasons.

One of the well known bondage personalities was Betty Page. We suggest you look for books with examples of her.

Now that you know a minimum, and probably more, please answer these next questions.

How heavy are you into bondage?

Light \_\_\_ Medium \_\_\_ Heavy \_\_\_ Unsure \_\_\_

Would you like to be bound or to practice bondage on others? Self \_\_\_ Others \_\_\_

What would you like to use?

Rope \_\_\_ Shackles \_\_\_ Manacles \_\_\_ Leather \_\_\_ Chain \_\_\_  
to be bound by Clothing \_\_\_ Hand and/or Leg Cuffs \_\_\_ Duct Tape \_\_\_  
Rubber \_\_\_ PVC \_\_\_ Cling Wrap \_\_\_  
Other Binding Materials \_\_\_

Would you like to use something to help the binding, or to be bound to something like...?

a Table \_\_\_ a Chair \_\_\_ a Column \_\_\_ a Desk \_\_\_ another person \_\_\_  
would you use Doweling \_\_\_ be in a tight Corset \_\_\_ be on a Rack \_\_\_  
put in Stocks \_\_\_ tied to Conduit \_\_\_  
or use Other object(s) \_\_\_

Where would you like to be bound?

The bedroom \_\_\_ The livingroom \_\_\_ The Car \_\_\_ A park \_\_\_ Your Work \_\_\_  
perhaps Somewhere else? \_\_\_

What adventures, real or fantasy, do you want to share involving bondage? It can involve other aspects of fetishes also.

## Fact Sheet- Discipline

Discipline is usually used in combination with many other aspects of fetish, including Bondage and Humiliation. It can be used by it's self very effectively. Discipline ranges from the 'naughty girl' being punished by 'daddy' to full naval Whippings. Usually the application of pain is involved, but sometimes it is the presence of other forms of Discipline that is the turn-on.

As the name implies, discipline involves some sort of punishment. Typical discipline forms include: Spanking; Whipping; Caning; and some forms of Genital Torture. Almost all areas of the body are involved and almost any object can be used. The most commonly used are paddles, floggers/whips and canes.

There are also ways of discipline that are not as physical between the Dom(me) and sub. Having to stand in the corner or being made to do another 10 push-ups are both ways that Discipline can also be used. By using a combination of the phisical Dicipline and mental Discipline can be most effective.

Because of the nature of physical Discipline, the skin and muscles are subjected to potentially scaring and otherwise dangerous activities. We suggest that only the hand should be used if you are inexperienced. Canes, whips and other devices can cause serious welts and sometimes cuts that can lead to scaring. Certain areas of the body, including the anus and neck, should be avoided.

The most prominent disciplinary in history, so he would have us believe, was the Marquis de Sade. If you can, please look for some of his novels and movies inspired by him.

With this minimal information, please read and answer the following questions.

How heavy are you into discipline?

Light \_\_\_ Medium \_\_\_ Heavy \_\_\_ Unsure \_\_\_

Would it be mostly Physical or Mental Discipline?

All Physical \_\_\_ Mostly Physical \_\_\_ Not much Physical \_\_\_ No Physical \_\_\_

Would you like to be disciplined or to practice discipline on others?

Self \_\_\_ Others \_\_\_ Unsure \_\_\_

What items would you use in a discipline session?

Paddle \_\_\_ Strap \_\_\_ Switch \_\_\_ Cane \_\_\_ Crop \_\_\_ Whip \_\_\_  
Cat 'o Nine Tails or 'flog' \_\_\_ Hand \_\_\_ Belt \_\_\_ Other implements \_\_\_

What areas of the body would be involved?

Back \_\_\_ Ass \_\_\_ Legs \_\_\_ Belly \_\_\_ Chest \_\_\_ Groin \_\_\_ Other?

What adventures, real or fantasy, do you want to share involving Discipline? It can involve other aspects of fetishes also.

## Fact Sheet- Humiliation

Humiliation comes in many forms and can be a tricky part of any fetish oriented relationship. The forms we are interested in for this fact sheet involve more physical humiliation, not the emotional/mental that gets very close to abuse than fetish play.

Humiliation is intertwined with other activities, such as discipline and cross-dressing. Name-calling can be involved, but the physical humiliation of wearing a butt-plug or licking someone's shoe is a little more fun for most people. Role playing comes into effect for most humiliation oriented scenes. What can be more Humiliating than having to pee in front of someone being your 'Mom'?

For those of us who need the verbal abuse to make the Humiliation complete, there are ways of doing this without going too far over the edge. Talk with your partner and find what labels (such as slut or bitch) are appropriate as well as the needed swear words that will enhance without becoming emotionally straining.

Because of the potentially abusive nature of humiliation techniques, please talk with who you are playing with before starting a scene. This will make sure that everyone is somewhat ready emotionally, even if they think they are ready mentally.

Now, answer the following questions, worm.

How heavy are you into humiliation?

Light \_\_\_ Medium \_\_\_ Heavy \_\_\_ Unsure \_\_\_

Would you like to be humiliated or to practice humiliation on others?

Self \_\_\_ Others \_\_\_ Not at all \_\_\_

What would a humiliation session include?

Public Display \_\_\_ Private Display \_\_\_ Chastity Belt \_\_\_ Butt Plug \_\_\_  
Gag \_\_\_ Marks/Welts \_\_\_ Cross Dressing \_\_\_ Nudity \_\_\_  
Name Calling \_\_\_ Forced Body Worship \_\_\_ Forced Clothing/Shoe Worship \_\_\_  
Specific role playing \_\_\_ Water Sports \_\_\_ Other Humiliating Things \_\_\_

What would you consider too severe?

Would you like to push the extremes, or stay in a safe area?

What adventures, real or fantasy, do you want to share involving Humiliation? It can involve other aspects of fetishes also.

## Fact Sheet- Cross Dressing

This is one of the most known and yet misunderstood fetishes. There are many levels of cross dressing from wearing your steady's underwear to full gender change with clothes. Just because you wear the other genders clothes does not mean you are homosexual. Yes, many drag queens are. Do not be afraid to explore or admit to any aspect of yourself.

One note to be mentioned here is that cross dressing is not the same as transvestitism, though they share many of the same aspects. To be a transvestite is to change your outward gender continually by wearing the other genders clothes. To cross dress is to get some sort of sexual or erotic satisfaction from wearing the other genders clothes. Generally, men dress as women more than women dress as men, but both are known. If you are not sure why you are interested in cross dressing, perhaps it is something a little deeper than you want to admit. Please feel free to talk about it to a counselor.

Cross dressing can be very erotic, as Marlene Ditrich proved in her top hat and tails. It can also be part of a larger scene including cross-gender role playing, 'petticoat training', and humiliation. The expectations can be different than reality, so we suggest you try on the 6 inch spiked heels for a while before you do a few hours' play party in them.

Now that we have your attention, please read and answer these questions.

How heavy are you into Cross Dressing?

Light \_\_\_ Medium \_\_\_ Heavy \_\_\_ Unsure \_\_\_

Would you like to be dressed up or to practice cross dressing on others?

Self \_\_\_ Others \_\_\_

What aspects intrigues you about cross dressing?

Lingerie \_\_\_ Shoes \_\_\_ Outer clothing \_\_\_ Petticoat training \_\_\_  
Role Playing \_\_\_ Gender Switching \_\_\_ Humiliation \_\_\_ Wearing Corsets \_\_\_  
Make-up \_\_\_ Some other aspect of Cross dressing? \_\_\_

What situations would the cross dressing happen?

Private \_\_\_ Private Party \_\_\_ Public Party \_\_\_ General Public \_\_\_

What adventures, real or fantasy, do you want to share involving Cross Dressing? It can involve other aspects of fetishes also.

## Fact Sheet- Bottom or Top? Dom or sub?

There are many people who do not know what position they are when it comes to the fetish world. The terms Top, Bottom, Dom(inant), and sub(missive) are used to help describe what we do.

Top and Dom(me) are almost interchangeable. The Top or Dom is in charge of the scene or situation. They are the ones who are the creative ones who keep the action going. Sometimes they are 'professional', which means they are paid to do things within the fetish realm.

Bottom or sub are not as interchangeable as their counterparts. To be a Bottom is to loose most of the control to the Top to help your stresses and frustrations let go. To be a sub generally means to let the Dom use you any way they want. The Bottom has control over what goes on, and can usually stop things at any time without any questions. A sub might be able to stop what is going on, but will have to answer for it later.

A switch is someone who can be in either position, or is generally Dom or sub in one situation and is the other all other times. An example of this is a person who is sub to their steady, but is Dom to everybody else.

Please answer the questions below.

Generally, which do you consider yourself?

Top \_\_\_\_ Dom \_\_\_\_ Bottom \_\_\_\_ sub \_\_\_\_ Strong Switch \_\_\_\_

Are there situations that you would change your position? What are they?

Certain People \_\_\_\_ Mate \_\_\_\_ Parties \_\_\_\_ Gender of partner \_\_\_\_

Public \_\_\_\_ Private \_\_\_\_ Interesting Scene \_\_\_\_ Other situations \_\_\_\_

Are there people you know that you would like to Top?

Are there people you would never Top?

Are there people you would Bottom for?

Are there people you would sub for?

Are there people you would not Bottom or sub for?

## Fact Sheet- Voyeurism

There are many levels of this fetish, ranging from looking at videos to being bed side for a sexual tryst. There are many people who have this fetish but do not either realize it, or want to. With the advent of America's funniest home videos, it has become common to want to 'watch' people and not get involved.

Throughout history there have been voyeurs that have been 'caught' in the act. For many, that is part of the thrill. For some, it is a type of undercover exhibitionism. Part of the Marquis de Sade's stories revolve around coming across people in the act, sometimes on purpose. The sexual gratification can be the most intense when the person viewing the scene before them can be caught at any moment.

There are many psychologists that think that voyeurism is a bad symptom of some sort of psychosis. The ones who pay attention know that it only is at all dangerous if it is repressed. To indulge once in a while is a wonderful addition to any fetish life. It helps those of us who like to show off.

What answers do you have on this?

How much are you into voyeurism?

Light \_\_\_\_ Medium \_\_\_\_ Heavy \_\_\_\_ Unsure \_\_\_\_

What kind of situation would you like to view?

Someone Masturbating \_\_\_\_ A couple having sex \_\_\_\_ A group having sex \_\_\_\_  
A hardcore Bondage scene \_\_\_\_ Water Sports \_\_\_\_ Dancing \_\_\_\_  
Other Viewing experiences \_\_\_\_

What type of scenes would you not want to see?

Someone Masturbating \_\_\_\_ A couple having sex \_\_\_\_ A group having sex \_\_\_\_  
A hardcore Bondage scene \_\_\_\_ Water Sports \_\_\_\_ Dancing \_\_\_\_  
Other Viewing experiences \_\_\_\_

Do you have any voyeuristic adventures, real or fantasy, you would like to share?

## Fact Sheet- Exhibitionism

This is a fetish that goes along with Voyeurism hand in hand. The exhibitionist wants people to come across them, to see what they are doing.

Several levels of exhibitionism include: Going to fetish night at a local bar wearing your best fetish gear; Wearing a collar in public; Doing a bondage scene in some bushes alongside a public way; or being carried down a shopping mall by several scantily clad people while wearing your best fetish gear. These all are designed to 'expose' you to others in more than one way.

Because of the nature of this fetish, the most danger you can get into is to be arrested for indecent exposure. Or get frostbite. Both are bad.

Are you into Exhibitionism?

Light \_\_\_\_ Medium \_\_\_\_ Heavy \_\_\_\_ Unsure \_\_\_\_

What situations would you like to be 'caught' in?

What situations would you not want to be 'caught' in?

Would you rather be alone or with a group of people when doing Exhibitionistic activities?

Do you have any Stories of Exhibitionism, real or fantasy, you would like to share?



## Fact Sheet- Golden Showers

The name belies the fact that this is basically playing in and with urine. The hot liquid streaming down over a hand or other body parts can be as intense as any other sex play, and sometimes happens unintentionally with orgasming women.

If there was a fetish that intrigues and yet causes many taboos to come to the surface, this is it. From watching, or being watched, on the pot while urinating or being covered with urine, and possibly drinking it, Golden Shower fetishes vary from person to person, and from situation to situation.

Several problems that occur from this fetish play come from urinary tract and kidney infections. They can easily be transmitted without protection and/or precautions, along with other STD's. We suggest a thorough cleansing of your urinary tract before trying any of the Golden Showers play described here. A good way to start a multiple day cleansing of your urinary tract is to drink about 1 gallon of water in a 2 hour period of time. The first 32 oz or so will be easy, as most people are slightly dehydrated without realizing it. If you do not go to the bathroom within 3 hours of starting the water, do not drink more water. Your system is probably slow about things, and you want to cleanse, not bloat. Cut down on sugary soda and other drinks, but start drinking cranberry juice, or take cranberry pills with water. Make sure you get at least 1 and 1/2 gallons of liquid into you a day while you are cleansing. Wash your groin area thoroughly, always from front to back to keep feces away, several times a day. Do not use a harsh soap- water alone should work. Try eating live culture yogurt, unsugared, to help get rid of bad cultures. If you experience a fiery urine or the color of your urine changes drastically, go see a doctor to find out if you have a urinary tract infection. If you do, please refrain from Golden Showers until several days after you have finished your antibiotics. The remains of penicillin and other antibiotics in urine can cause others to react if they are sensitive.

To simulate urine, I suggest putting warm water in a latex glove and poking a hole in the tip of one finger. For women, this is a great way of seeing how it is peeing while standing.

If you want to start in on Golden showers or other water sports, we suggest getting a supply of latex or vinyl gloves to help keep things clean. A tub or drop cloth will help keep things cleaner, too. Then, the Showers!

With precautions in place, please answer these questions-

How much are you into Golden Showers?

Light \_\_\_ Medium \_\_\_ Heavy \_\_\_ Unsure \_\_\_

Would you want to be the giver or receiver?

Give \_\_\_ Receive \_\_\_ Both \_\_\_ Just Watch \_\_\_

Are you looking for... ? Sensation \_\_\_ Smell \_\_\_ Sound \_\_\_ Taste \_\_\_

## Fact Sheet- Enemas

The feeling of cleanness can be part of the fetishists want of an enema. Many times, it is used as part of a humiliation ritual. However it is used in a fetish scene, it can get messy.

Enemas include props such as enema bags, funnels and butt plugs. A popular way to use the enema in a scene is to see how long someone can hold it in. The Doctor/Nurse and Patient role playing is popular with those who indulge in enemas. Anal play including enemas can make anal intercourse generally cleaner and safer, too.

If you are interested in getting into enemas, we suggest getting a disposable enema from a drug store to know how it can feel physically. Doing a 'test' will tell you if you really like it, or if it is just for fantasy.

Please be aware that enemas, when overused or used improperly can cause tears in the colon or obstruct the intestines. Never force more liquid in than one standard enema bag can hold, approx. one liter. Do not use home-made mixtures in an enema. If it isn't sterile, do not use it. And, if it is cold and you want to warm it up, avoid using the microwave to heat up the solution.

For safety reasons, it is best to keep everything that may come in contact with the voided fluid as clean as possible, or covered. Contamination with all sorts of nasty little bugs can occur easily both ways. Use gloves, latex or vinyl, plastic wrap and always boil-wash clothing or linens that may come in contact with fecal material. Some protozoan parasites can live through the usual detergents in laundry.

And whatever you do, never do enemas when camping or near bodies of water. Think about it.

Please answer the following questions.

Would you like to give or receive an enema?

Give \_\_\_\_ Receive \_\_\_\_ Both \_\_\_\_ Just watch \_\_\_\_

Would role playing be a big part of using an enema?

What situations would be good for an enema?

What adventures, real or fantasy, would you like to tell us about enemas?

## Fact Sheet- Sensory Deprivation

From birth, most people have been overloaded with sights and sounds, heat and cold, and other sensory inputs that can overwhelm and cause imbalances in thought, feelings and actions. The elimination of senses, even one, can be a relief and quite a turn-on.

Bondage uses sensory deprivation to some extent. Blindfolds, ballgags, and earmuffs are all things that are used. If you are lucky enough to know someone with a real S.D. tank, beg and plead to use it once. It is an experience that you will never forget. Some people cannot take much, but it can be a real heightening experience.

When things like blindfolds are used, caution should be taken to make sure extra pressure is not being applied to the eyeballs. This can damage the retina and fluid in the eye. We are here to play, not cause serious harm to one another. Make sure that you know what it feels like before you play so that, even though surprises are fun, the feelings you get do not overwhelm you and stop the play time abruptly.

Playing with sensation when the person you are with cannot tell what is coming with can be fun. Imagine not knowing if the touch on your belly is a feather or a knife. The imagination is the best sexual organ you have, use it.

With that, what answers do you have?

Would you rather...?

Give S.D. \_\_\_\_ Receive S.D. \_\_\_\_ Watch S.D. \_\_\_\_

What part of Sensory Deprivation do you like?

Sound \_\_\_\_ Sight \_\_\_\_ Touch \_\_\_\_ Being watched \_\_\_\_ All of it \_\_\_\_

What would you like to avoid with S.D.?

Sound \_\_\_\_ Sight \_\_\_\_ Touch \_\_\_\_ Being watched \_\_\_\_ All of it \_\_\_\_

Do you have any fantasies or stories about Sensory Deprivation?

## Fact Sheet- Role Playing

Many people say that the most they get out of their fetish, especially when playing with other people, is when they can 'be someone else' for a while. This is a type of role playing that is healthy and can help with working out mundane issues in a productive way.

There are typical roles that are used, such as "French Maid", "Baby", "Prisoner" and such that have a following and are easily used as jumping off points for fetish play. Everyone has a way of going at the role playing, from one hour every couple of weeks to what is called 24/7 or lifestyle. Props are used, but not necessary, for most play sessions. Whatever you need, make sure that you know how to use it, and the limits of your partner.

To role play to an excessive extent is bad for anyone. Role Playing is there to enhance the play, not to be lost in. To play the role of the put-upon housewife when a glorious business woman is beneath the facade is a type of role playing that we all encounter at one time or another. The people who get too much into movie universes or role playing games could also be termed obsessive but are legitimate uses of the role playing abilities we all have. Our own fetish oriented role playing needs to be done in moderation as with anything else. If necessary, Miss R has a referral available for those who wish to talk to an impartial observer about their dealings with the fetish community or role playing therein.

Do you know of any role playing you do outside of the fetish community?

What role playing do you do within the fetish community?

What parts of role playing do you enjoy?

What roles do you enjoy for yourself and your partner?

What roles have you found do not work for you and your partner?

## Fact Sheet- Body Worship

Body worship is strongly connected to sexual gratification. A body slave who gives any amount of body worship to their Dom(me) is receiving as well as giving that gratification.

Parts of the body, such as feet, hands or genitalia, can be the specific fetishists area of bodyworship. The Dom(me) should also enjoy this attention or else it is worthless.

To let all parties enjoy the bodyworship in many of it's forms to the best levels, please make sure that you are clean. This sounds pretentious, but unless you want it otherwise, to kiss and lick a Dom(me)s' foot can be awful if it has not been washed recently. Those who really like the natural essence of their Top in their face are not as numerous as you might think. Talk before the play session before you force your armpits on your sub. Perhaps including a sponge-bath or shower from the sub in the session could help, on both sides.

If the one being worshiped is tender in areas, or ticklish, please say something before going into the session. Being tickled can have it's place, but when a Dom is giggling madly, it can detract from the scene. Laughing is a different fetish.

Lotions, feathers, massage equipment are all welcome additions to Body Worship. Cosmetics and nail polish can 'top' things off nicely for a play session.

Please answer the following questions.

How much are you into Body Worship?

Light \_\_\_ Medium \_\_\_ Heavy \_\_\_ Unsure \_\_\_

How do you Worship a Body?

Foot massage \_\_\_ Body massage \_\_\_ Washing \_\_\_ Licking \_\_\_ Painting nails \_\_\_  
Cuddling \_\_\_ Other? \_\_\_

Do you already have someone you worship?

Yes \_\_\_ No \_\_\_ Looking... \_\_\_

What of the following are comfortable for you to Worship someone's Body?

Private \_\_\_ Public \_\_\_ With friends \_\_\_ At a Club \_\_\_

Are there any stories or fantasies you have about Body Worship?

## Fact Sheet- Shaving

Throughout the centuries, shaving has been a way to show breeding, culture and taste as well as dominance over those lower, depending on how it is used. The modern fetishist use is primarily for self gratification.

The feeling of cleanliness is a good start when beginning a session. To shave pubic hair keeps apparel and devices from pulling the hair out. Some people go as far as to shave or use depilatory creme on all of their body. The smoothness reminds us of what we are going to do, or have done.

Rashes, ingrown hairs and other problems can occur if shaving is done incorrectly and without maintenance. A softening agent is recommended for the hair before you shave to help relax the hair and skin. If your skin seems a little bumpy, use a exfoliant creme or loofa on the skin before shaving. Especially in tender areas, shave with strokes with the hair, not against. If you are not comfortable with shaving around areas like the anus, experiment, with a friend, with depilatory cremes and hot wax preparations. Because of the nature of hot wax and shaving, do it at least a day before you are going to be playing, to let the skin get back to normal. An aloe based cream can be used to help any burning feeling in the skin. Throw away any blades, cloth, and other items that could have been contaminated with small bits of blood or other bodily excretions and do not share shavers with your partners.

Now that you have a little information, please answer these questions.

How much are you into shaving?

Light \_\_\_ Medium \_\_\_ Heavy \_\_\_ Unsure \_\_\_

Would you like to shave someone, or be shaved?

Myself \_\_\_ Someone Else \_\_\_ Both \_\_\_

What body parts would be shaved?

Groin \_\_\_ Legs \_\_\_ Anal Area \_\_\_ Back \_\_\_ Chest \_\_\_  
Neck \_\_\_ Part of head \_\_\_ All of head \_\_\_ Other area? \_\_\_

In what situation would the shaving occur?

As part of Golden Shower scene \_\_\_ As Preparation for Play Party \_\_\_

As part of a Play Party \_\_\_ As part of a Domination scene (forced) \_\_\_

Infantilism or Age Play? \_\_\_

Other situation? \_\_\_

Do you have any adventures you would like to tell, real or fantasy about shaving?

## Fact Sheet - Smoshing

Smoshing has been around for quite some time, though only recently has it come into the Media. Smoshing involves the use of Food for Fetish Play and Sexual Gratification.

Smoshing can include the Sugars, like cakes and syrups, full meals and various combinations of ingredients. Each has it's own texture and gives different sensations. Experiment with anything in your pantry to see what goes with what. Try going for consistency, not taste, to begin with. A strange, but good, combination is warmed oil (about body temp) with sugar stirred into it. Rub that over the feet, the body and hands of someone, and they will be yours forever, or until the next Smosh.

One precaution is to find out if your play partner(s) have any allergies. It would be horrendous if, in the middle of having fun, you had to go to the hospital covered with Chocolate sauce because of a reaction.

It is suggested that a drop cloth or tub be used, if you do not want to have to call a professional cleaning company the next day.

With this little information, please answer the following questions.

How experienced with Smoshing are you?

Very \_\_\_ Some \_\_\_ Not very \_\_\_ Not at all \_\_\_

What combinations of food substances seem intriguing?

Oil and Sugar \_\_\_ Chocolate sauce and Whipped cream \_\_\_ Mashed Potatoes and Gravy \_\_\_ Ice cream \_\_\_ Mixed Vegetables \_\_\_ Other? \_\_\_

Would you Smosh...?

Privately \_\_\_ In a group \_\_\_ With partner \_\_\_ In public \_\_\_ At a restaurant \_\_\_

What fantasies or images does Smoshing bring up in you?

## Fact Sheet - Whips and Flogs

For most people, the differentiation between a whip and a flog is nonexistent. You can whip someone with a flog, and you can get a flogging with a whip. But there are differences.

A whip is generally a single 'tail' of braided leather attached to a handle. They can be quite long, but the average is about 4 foot for actual use. You can have double tail or split tail whips that are wonderfully nasty.

A flog, or flogger, is generally a multi-tailed item that most people associate with cat o'nine tails. Flogs can be made of leather, rubber, denim or anything that you can fashion into a wieldable flog. Most of the flogs that are in use are between one foot and two feet long from tip to 'tail', but some are longer.

To use a whip, an area double the length of the whip plus some should be secured. The whip can do damage to onlookers and potted plants if you do not allow yourself enough space. Whips are 'single shot' implements that can leave welts and sometimes cause cuts and bleeding. A hit on very tender areas can leave scars.

A flog can be more forgiving, if you want it to be. Because of the shorter nature of flogs, more shots can be taken in a shorter period of time so there are 'patterns' that are used when wielding a flog, like the figure 8. A rhythm can easily be started and maintained with light or heavy application of the flog to the floggee. There are certain areas to avoid, like the base of the neck, the face and any mucus membranes.

Not to whip you into a frenzy, but what do you have for answers?

How much are you into Flogging or Whipping?

Light \_\_\_\_ Medium \_\_\_\_ Heavy \_\_\_\_ Unsure \_\_\_\_

Are you the Flogger or the Floggee? Do you Whip or are you Whipped?

Self \_\_\_\_ Others \_\_\_\_ Not sure \_\_\_\_

If a Whip or Flog was used in your play it would be...

For punishment \_\_\_\_ To help warm things up \_\_\_\_ Part of Roll Playing \_\_\_\_  
For sensory overload \_\_\_\_ To accompany Spankings \_\_\_\_ Orgasmic \_\_\_\_

Do you have any desires or fantasies having to do with Whips or Flogs?



## Fact Sheet - Safe Word

Safe words are signals to those involved with a scene that something isn't right. Safety may not seem to be a prime concern to those observing a scene, but without safe words, it can be downright dangerous. It is no fun losing a partner.

If you are just starting out with fetish play, a simple 'OW' may suffice. If saying ow is part of the fun, perhaps something else should be chosen. There are several ways to choose a safe word. Try a word that would not come up in common conversation, like eclipse or birthday. If you have a pet or favorite person, try their name. If you have an 'in scene' name, use your real name as your safe word.

Perhaps you cannot think of a safe word, or your partner cannot. Try using the stoplight method.

Red means STOP right now.

Yellow means slow down or back off, but don't stop.

Green means, it's o.k., I actually liked it.

If you are into gags, a safe signal should be employed. A small bell, a hand gesture or the ability to undo the bonds are all good ways of having a measure of safety.

If you are the Top/Dom of the scene, please keep in mind that sometimes the people you are with cannot think for themselves while under the influence of endorphins. The damage that you see may not register to your sub/bottom until it is too late. You can call Safeword as much as the person you are with. If they cannot answer you coherently, it is time to call Safeword.

I call Safeword and want you to answer a few questions.

Do you have a Safeword?

Yes \_\_\_ No \_\_\_

What is your Safe word?

Do you have different Safe words for different situations?

Yes \_\_\_ No \_\_\_

In what situation would you not want a Safe word?

## Fact Sheet - Safer Sex

Shouldn't that be 'Safe Sex'? No. At this point there is nothing truly safe about sex and sexual contact, but we can make it safer, with knowledge.

Sex can be defined as any contact with someone's genital, anal or breast area. Media wants us to think that sex is just putting a penis into something, but it all depends on the circumstance, and how experienced you are. Oral sex, Anal sex, Penetration and more can all be considered sex, and all of them have their own potential problems.

STD's and Pregnancy are usually what people are trying to avoid, but bruising, tearing or other injury to genitals have to also be taken into account. Condoms need lubrication, or else it gets high on the friction scale. Make sure that you use water-based condom friendly lubes and creams or the oils will eat the condom, making it ineffectual for it's purpose. Also keep this in mind for dental dams, plastic wrap and the 'female condom'. And not all condoms are effective in stopping the spread of diseases, as the lambskin ones prove.

"But I just go down on people..." And you can still get the majority of STD's, and give them. Mucus membranes are very receptive to all infections, including viral, bacterial and even yeast infections. Teeth can abrade the area being pleased, and even though there may not be visible blood, the opening to infection is still there. Some sort of barrier should be used at all times, not just before you penetrate. Either you are safe all the time, or you are putting yourself and partner(s) at risk.

And mutual masturbation? Frigging your lady or jacking off your guy can still be a problem if there is any little cut on your hand. Use a glove or finger cotts and lubrication. And never use that hand or finger on yourself after masturbating someone else. The same goes with 'toys'. Clean them after every use and do not share them. If you are concerned, use a condom or cott on the item every time and throw the protection away after the fun.

"But I know I am clean..." Really? If so, do you know how 'clean' your last partner was? What about their last partner? And their last partner? The best defense against any infection is to talk about it with your partner. If they won't, you shouldn't do anything with them. Communication is paramount in Sex, specially when it comes to STD's.

Now, you safer sex maniac, tell us how you will do it.

I am planning on using -

Dental Dams \_\_\_ Condoms \_\_\_ Plastic Wrap \_\_\_ Medical Gloves \_\_\_  
Water based Lube \_\_\_ Spermicide \_\_\_ Vaseline \_\_\_ Finger Cotts \_\_\_  
Toys \_\_\_ Role Playing \_\_\_ Vibrator \_\_\_ Masturbation \_\_\_  
Oral Sex \_\_\_ Anal Sex \_\_\_ Vaginal Sex \_\_\_ Flavored Lube \_\_\_

## Fact Sheet - Pictures/Photography

Many people find that viewing pictures can be stimulating. Some people find the same with having pictures taken of them. Both are good and valid, and combining them can be great.

Erotic photography can include viewing pictures of different things, from simple lingerie catalogs through basic pornography to hardcore fetish scenes.

Do you like to look at erotic/pornographic pictures?

Would you rather look at professional pictures or amateur pictures?

Would you like to look at pictures by yourself or with someone else?

Do you like having pictures taken of yourself?

Who would you like to show pictures of yourself to?

## Fact sheet - Movies/Videography

Many of us pass by Adult entertainment stores and wonder what is in them. Give it a chance and go into one. They usually have a selection of movies that can be good for the timid and the adventuresome.

Have you ever wondered how the men in videos keep their erections? It isn't always the action- it can be half an hour between filming scenes. There is always a person on staff who is called a Fluffer to keep the acting members erect.

Have you ever thought about having your sexual escapades put on video? Many people find that the combination of voyeurism and exhibitionism is quite dramatic, and thrilling.

Do you like watching videos of an erotic or pornographic nature?

Would you rather watch a video with professional actors or one featuring amateurs?

Would you rather watch a video alone or with someone?

Do you like being the subject of videos?

Are there people you would like to be filmed with?

Are there people you would not like to be filmed with?