

# **Adventurous Safe Sex**

## ***A Guide for BDSM Players***

***Prepared for BDSM.GEN.NZ***

### ***A MESSAGE TO READERS....***

This brochure is designed to make sex safer from disease transmission and to minimise harm to people experimenting with and practising more unusual and creative sex.

The advice given here applies to all sexually active people regardless of their sexual orientation and is not, where possible, gender specific.

Sexual pleasure is a matter of personal preferences. We do not recommend that you experiment with any of these activities unless you feel happy doing so. Good, creative and fulfilling sex is based on mutual respect and consent, not on sexual abuse.

Some forms of sex involve the assumption of dominant or submissive roles by sexual partners; this can produce emotional changes to the basis of a relationship. This should be born in mind when experimenting with some of the sexual activities described here.

Similarly, emotional safety is an important issue in experimenting with more unusual forms of sex; if it doesn't feel right then don't do it. Do not engage in this type of sexual activity with people you do not know well and trust.

Be honest with yourself and your tolerance of pain, don't be tempted into enduring pain that you do not feel good about just to please your partner. Conversely do not administer pain to others unless they want it and they ask you to carry out a specific activity.

Don't forget you can always back-out, if you are not enjoying something then say so and stop the action.

The description of any sexual activity in this publication should not be taken as a recommendation of that activity or lifestyle.

Have fun, safely....

## Viruses Spread Through Unsafe Sex

There are many diseases that can be passed from one person to another, if cum, vaginal fluids or blood from an infected person are allowed to enter into another person's bloodstream.

The more serious diseases spread through unprotected sex are not present in spit or saliva, piss/urine or sweat, so infection from these sources is a relatively low risk.

The major viral infections which are predominantly spread by unsafe sex are:

- HIV, the virus associated with AIDS
- HBV, the virus that causes Hepatitis B
- HCV, the virus that causes Hepatitis C
- HPV, the virus that causes Genital Warts
- HSV I & II, the viruses that causes Herpes.

Most of these infections can be avoided by practising Safe Sex with good personal hygiene.

### ***SO WHAT IS SAFE SEX?***

Safe sex is any form of sex that minimises the possibility of transmitting disease from one partner to another. This means that the exchange of certain bodily fluids must be avoided.

Using condoms, latex gloves, dental dams and water based lubes during sex can significantly reduce the chances of these viruses passing from one person to another.

You can make sex safer still by being aware of the signs of infections. During foreplay you can check out your partner for these signs and reduce your chances of becoming infected. Similarly, if you are already infected you can minimise your risk to others by being aware of the way these diseases are spread and not exposing your partner to becoming infected.

For example both Genital Warts and Herpes are at their most infectious when warts or sores are present on the skin around the genitals, arse or mouth. Contact with these sores may spread these viral infections, so check 'em out!

Sometimes visual symptoms are not present so it's best to practice safe sex all the time. Many diseases are asymptomatic (no visible signs) so you can never tell by looking!

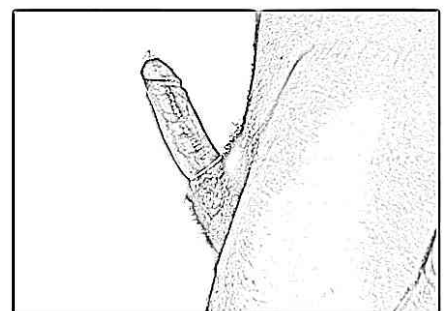
Generally most of these viruses are passed through tiny cuts or abrasions in the skin; these may be on the genitals, hands or inside of the mouth, arse or vagina. So if you have damaged skin or sores in any of these areas it's best to wait until they heal or be certain to use effective barriers to minimise the chances of becoming infected.

Bear in mind your general state of health. If you have ulcers in your mouth, then avoid oral sex. If you have a sore on your genitals, then avoid contact between them and your partner and contact your doctor or go to a sexual health clinic.

### **ALCOHOL AND DRUGS**

If you are experimenting with any of these activities then drinking alcohol is to be avoided. “Dutch courage” can change your perceptions and may be dangerous, especially if you do not know your partner well.

We also recommend avoiding other drugs. They alter your reactions and change your perceptions. If you are using drugs then stagger your doses, you won't know how strong most drugs are until you take them, so take a small amount, then after the drugs have become effective you can top-up if you feel the need to. Smoking or snorting drugs is the safest method of administration. Sharing needles and syringes is a major route of disease transmission. Small amounts of blood remain in the needles and syringes and can be injected directly into the bloodstream of another person, transmitting diseases from one person to another. Don't share needles and syringes. For more information about injecting drug use contact the address at the back of this brochure.



### **THE ARSE AND THE VAGINA**

Both the arse and the vagina are more delicate than many other parts of our bodies. Sticking things up your arse or into your vagina – whether it's a finger, dildo, cock or anything else – can cause microscopic tears in the skin and give viruses an opportunity to get into your bloodstream.

### **CONDOM USE**

It's obvious that fucking, without precautions, is a high risk activity, since a cock carries cum. Use a condom, and use it properly. Always use latex or polyurethane condoms, look for either the British or American Safety Standard mark on the packet and check that they aren't past their “use by” date. Make sure the cock is erect.

If it is uncircumcised, pull back the foreskin before putting on the condom. Squeeze the air out of the tip of the condom to catch the cum. If the condom doesn't have a teat on the end then squeeze the air out and leave a half-inch free. Make sure you roll the condom all the way down the shaft to the base of the cock.

Lube it up really well on the outside with water based lube [like K-Y]. Never use oil based lubricants [like Vaseline] which can cause latex condoms to split and break. Pull out soon after coming, grabbing the base of the cock to make sure the condom doesn't slip off. If you want to be extra careful, pull out before cuming.

## **TOYS**

Toys that are inserted into the arse or vagina can be great fun, some simple rules will minimise any risks:-

- Don't share your toys with anyone else; anything that is inserted can transmit viruses if it's shared. Any toy that draws blood is especially likely to transmit disease and should ideally be single use or fully sterilizable.
- Get your own toys, and if you are having sex with a partner make sure that the toys are used by you and you alone.
- Mark your toys if you think there is a danger that they may become confused with some else's

When you're buying toys, always buy top quality products, there is no such thing as a bargain vibrator or dildo, you get what you pay for. Silicone is exceptionally resilient, body-friendly and can be boiled or soaked to clean. Many cheaper toys are made using chemicals called "phthalates" which are proven hazardous to one's health. Do your research!

Avoid toys that are hollow, many cheap vibrators are made of thin plastic that may shatter inside you causing lasting damage. As a general rule if you can crush something in your hands then it's not a wise idea to insert it into your arse or vagina.

In the same vein avoid inserting foreign objects like cucumbers, carrots, glass objects or anything else which is either hollow or cannot be well cleaned into your arse or vagina. These objects may cause severe bacterial infections, which you may not be able to forget in a hurry! If you are determined to use unusual objects then cover them with a condom, or if the surface is not smooth several condoms to create a barrier to infection. Don't insert anything that can get "lost", especially in the rectum.

## **CLEANING YOUR SEX TOYS**

Clean toys will minimise any secondary infections in your arse or vagina. A good way of making this considerably easier is to always put a condom on your toys before you use them. This makes them a lot easier to clean!!

To adequately clean your sex toys use:

- Soap and hot water (does not kill many diseases)
- A solution of one part household bleach to nine parts cold fresh water
- Cleaning preparations specifically made to clean sex toys
- Baby bottle cleaning solutions (for glass and plastic toys)
- Immersion solutions from medical supply stores that are appropriate for the toy material

If you accidentally draw blood when using a toy, wash it in soap and hot water, and then let it soak in a bleach solution for several hours. Then rinse it again in hot water.

Do not use abrasive cleaners on toys. By breaking the surface of the toy you create scratches and crevices when bacteria can breed. Always soak toys then gently wash them to preserve a solid clean washable surface. Inspect toys after each use for breaks or scratches that can harbour germs, and discard if you find any.

Toys that will not stand-up to being cleaned in with a bleach solution should not be used in the first place.

Women should be careful never to insert toys into the vagina that have been up their arse, unless you use a condom. Use your toys in either one or the other but not both, the potential for serious bacterial infection is very high.

Sharing toys is not recommended. However, if you must share, then cover them with a condom and replace the condom between partners. This will minimise the risks.

It's not that complicated. Just make sure you carefully clean anything with cum, vaginal fluids blood or shit on it, or anything that has been in someone's vagina or arse. Don't forget to thoroughly rinse any bleach or white spirit off your toys before you use them again.

### ***FINGERING AND FISTING***

Inserting fingers into the arse or vagina can be quite safe provided you follow a few simple rules:-

- If your fingernails are long you should cut them and smooth them down with an emery board or nail file, because they can easily tear the delicate membranes inside the arse or vagina. If you have any cuts or abrasions on your hand, then to minimise the risk, don't use that hand! Band-aids or sticking plasters covering cuts on your fingers or hands are no protection against diseases, indeed they are more likely to fall off and get lost, which is potentially dangerous.
- Always use either a condom on your finger(s) or preferably latex or nitrile gloves. Make sure that the glove or condom is well lubed with water based lube (see the section on lube). When pulling out, make sure you grab the glove or condom at the end so that it doesn't slip off. Many latex gloves are pre-powered to make them easier to put on, this reduces the chances of rips and tears. However powdered gloves can enhance allergic reactions.
- Gloves come in varying sizes – you should use the correct sized glove for your hand size, to lower the risk of tearing.
- Start slowly with just one finger, don't try to insert several fingers or whole fist straight off work slowly dilating the muscles until you reach the desired level.
- As with toys never insert fingers either into the arse and then the vagina. Stick with either one or the other, or put on a new pair of gloves or condoms onto your fingers when moving from one opening to the other.
- Be careful not to touch other surfaces or put you or fingers into your mouth when you are fingering someone's arse or vagina. Although most dangerous viruses aren't present in saliva, other bugs particularly bacteria are. Similarly

it's best not to use saliva or spit as a lubricant for this reason (see section on lube).

- Fisting is a more serious matter and both participants should have a deep level of trust, it is not something that is recommended as a form of casual sex.
- Fisting of either the arse or vagina can cause quite serious tears, and if you get fisted, you're going to have to treat your vagina and/or arse like a shrine. This means that you have to be extra careful and never let anything that might be carrying viral infection enter either the arse or vagina. (eg a dirty dildo, a finger with cum, vaginal fluid, shit or blood on it.)
- Make sure that whoever is going to fist is wearing a pair of new sterile latex gloves, preferably surgeons' gloves which roll down past the wrist over the forearm. Avoid using condoms as a substitute for gloves, by stretching them over an object the size of a fist there is a high probability that they will break.
- Make sure that you use a lot of water based lube for fisting, this will minimise the potential for damage. Oil based lubes (popular amongst the gay community) such as Crisco should be avoided, even at the risk of offending your partner. For most people avoiding diseases such as HIV is more important in reality than being "cool". Oil based lubricants can rot or perish a pair of latex gloves in less than ten seconds.
- Note: Nitrile gloves are sturdier than latex, and can be used with oil based lubes.

## **LUBES**

Lubricant is an important part of safe sex. Many people complain that condoms break frequently, and use this as an excuse not to use them. The reality is that in tests very few condoms ever break unless you use don't use lube with them or worse still use oil based lubes that rot or perish the latex. Water based lubes do dry faster than oil based ones, it's true, but the new generation of water based lubes have an anti-drying agents in them, so you don't need to keep stopping and re-applying the lube.

It's best not to use saliva as a lubricant if you can avoid it, bacterial infections are often spread by this method and it doesn't stay slippery as long as lube.

Here's a guide to common Kiwi types of lube, what's safe and what's not:-

## **SAFE LUBES**

- K-Y
- Syllk
- Clinigel
- Wet Stuff
- Astroglide
- Slip
- Foreplay

## **UNSAFE LUBES**

- baby oil
- Vaseline or petroleum jelly
- Hand crèmes e.g. nivea
- Vegetable oils e.g. Crisco, butter, margarine
- Massage oils

Try different water based lube until you find one you like, everyone tolerates different chemicals differently. K-Y is the only sterile lube available, although it does dry quickly. Clinigel is very similar to k-Y but half the price! Wet stuff, Astroglide, Slip and Foreplay all have anti-drying agents but may leave an irritation. So try them out and decide which you prefer.

### **Oil based lubes:-**

- Rot or perish condoms, latex gloves, dental dams, in fact anything made of latex
- Trap germs of all sorts
- Are harder to wash off
- Have lingering unpleasant smells

Use water based lubes to protect against injury to the lining of the arse and/or vagina. The more slippery things are, the less likely something is going to catch or tear.

When using water based lube, you shouldn't take lube from a large container all the time. If you need more lube you may find that you end up getting the top of the container covered in used lube which may contaminate the rest of the bottle. The best way to use lube is either to buy it in single use sachets, or pour some lube into a clean disposable container like a paper cup. Some brands are available in pump dispensers which protect the contents from dirty hands.

## ***DOUCHING AND ENEMAS***

Having a clean arse and/or vagina is an important part of fingering and fisting etiquette. But douching and enemas before sex could leave a person more open to infection. They can make tears in the lining of the rectum, or they can wash away surface mucous that's there to protect you. That's why it's important to use gloves for fisting and condoms for fucking.

If you use a douche bag, never share it with anyone else. Clean it every time you use it. Also don't share the nozzles of metal shower douches. Get one and keep it for yourself, again cleaning it every time you use it, in the say way you would clean sex toys (see previous section).

Douching and enemas after sex don't necessarily wash things away. They could actually push blood, cum or even shit further up into the rectum or lower intestine,



or even push infectious materials further into breaks in the lining of the vagina or arse. Neither douching nor enemas will protect you from infectious diseases.

There is no reason to perform vaginal douching unless instructed by one's gynaecologist.

### ***WATER SPORTS***

Watersports are fine on the outside of the body, provided you avoid any cuts or grazes on the skin. If you have damaged skin it's best to save it for another time, just to be safer.

Swallowing or ingesting piss/urine through the mouth is a low risk activity for most of these diseases. However make sure that the recipient has no sores or ulcers in the mouth or throat infections.

Pissing/urinating into or inside the arse or vagina can be dangerous and is best avoided.

### ***SCAT***

To ensure safe sex shit is strictly a spectator sport. You should avoid handling shit since it can contain blood which may transmit diseases into small cuts, broken skin or sores. Eating shit can be extremely dangerous since it may contain various parasites, bacteria and viruses such as hepatitis.

### ***RIMMING***

Many serious illnesses can be passed on in oral/anal sex, especially hepatitis. Dental dams can be purchased to minimise this risk and are best used with water based lube.

A dental dam is simply a sheet of latex which can be lubed up on one side, then place over the opening of the arse or vagina then chomp away.... In lieu of a dental dam, cling wrap (non-microwaveable) is also effective and inexpensive. Another option is to cut up a latex glove, remove the index through ring fingers, leaving the little finger and thumb on the glove. This allows you to use the remaining digits as hand holds.

Direct contact between the arse and the mouth, or the vagina and the mouth should be avoided, as it is particularly dangerous in the case of Herpes and Genital warts. If you decide to do it anyway the avoid inserting your tongue into the arse or vagina to minimise the risks.

### ***SHAVING***

Shaving of the arse or genital area should be done with much care. Use a safety razor or disposable razor rather than a cut-throat razor, this will limit any potential injury to surface cuts only. Fixed blades are more useful in this respect than moving or flexible blades which are not very useful for this purpose.

Use domestic soap rather than shaving foam, skin in the genital area can be very sensitive and this will avoid allergic reaction to chemicals in commercial shaving foams. If you are removing dense hair, cut the bulk off carefully with a pair of round ended scissors first before attempting to shave the area with a razor. This should minimise any grazing that may occur.

If you are shaving a guys balls, then carefully stretch the skin out so it is relatively flat before attempting to shave the hair.

If you do nick the surface of the skin and it bleeds then carefully wipe the blood away with a piece of sterile cotton wool soaked in white spirit. This may sting but it will minimise any infection.

Don't use aftershave or lotions on the shaved area immediately after shaving, the results can be quite startling and skin reactions such as rashes can take time to clear up. The best thing to put onto the area is a little bit of unscented talc such as "Baby powder". This should produce a novel sensation, sufficient to please all but the most demanding connoisseur.

Note: Talc-based talcum powders can cause internal irritation. Corn starch based baby powders are a healthier alternative.

## **BODY PIERCING**

Permanent body piercing can be extremely erotic; however it's better to have body piercing performed by a professional rather than during a sex scene. This is because of the necessity for sterile conditions, which will minimise the possibility of post piercing infections.

Some doctors will perform piercing, if you are a little worried about asking your GP why not contact a jeweller specialising in body piercing who can refer you to a doctor who is familiar with the process.

If you can't find a doctor willing to make the piercing for you and are determined to do-it-yourself then soak the bars or rings in alcohol for a couple of hours before you insert them to minimize any chances of infection. Similarly make sure the piercing site is as clean as possible, use alcohol wipes or prep pads available from your local needle exchange. Similarly if you are doing temporary piercing as part of a sex scene make sure you use sterile, disposable needles which are available from chemists and Needle Exchanges under the Needle Exchange Programme. Use them once, and only once, and only on one person, then dispose of them carefully in needle disposal bins which are available at all Needle Exchange venues.

Always use new, unused rings or bars, second-hand body jewellery could potentially be a source of disease and/or infection. This is because most metals used for minor piercings like pierced ears are soft metals, like gold, or metals like silver that oxidise easily. These metals scratch easily and tiny almost invisible scratches can irritate the

piercing site and harbour bacteria, causing prolonged infection which may ultimately only be resolved by surgery.

Using earrings for piercing such as nipples is at best unwise. The best metals to use are hard metals, such as surgical stainless steel. In the main this is only available through body jewellery specialists.

Body piercing sites are naturally only as limited as your imagination, however piercing in some areas are significantly more dangerous than others. It's best to stick to the more popular sites which are tried and tested, if in doubt consult your doctor or body jewellery specialist.

Piercing the nose for example is more dangerous since the blood supply for this area is the same as the blood supply to the brain. Infections from nasal piercing may allow diseases such as meningitis to develop.

Piercing of the genitals, both the lips of the vagina and the cock head, are popular, as are nipple piercing and some facial piercing such as eyebrows. However because of the complex nature of the body it is advisable to have body piercing done professionally, for example paralysis may occur if you try to pierce your body and trap or damage a nerve.

There are people in New Zealand with only one nipple as a result of body piercing infections – so be warned. Have piercing done professionally, either by a reputable professional piercer or perhaps consulting your doctor. If things go wrong you should contact your piercer or access health services to deal with it.

### ***ELECTRIC TORTURE***

Electric torture is becoming more popular in New Zealand. Before exploring, it is recommended that you do some research or consult someone who has existing skills with these techniques.

Again you have to keep your equipment clean. Sparkling clean equipment probably won't break the skin, so there's not much risk. If a higher charge is used, and there's a break in the skin, wipe up any blood with disposable sterile cotton soaked in rubbing alcohol or alcohol prep pads. Make sure the terminals are kept as clean as possible; Soak them in rubbing alcohol for several hours.

TENS units often have gel pads. These are a potential breeding ground for infections, and so these should not be used on more than one person, particularly if they have been in contact with bodily fluids. They are usually available separately, as well as supplied with TENS unit kits.

Use electric charges away from the heart area – you don't want the charge to affect the heart's own electrical impulse system. The upper body area should not be used without particular training and correct equipment.

## **WHIPPING**

If there's no break in the skin during whipping, then it's no problem at all. That's why cat-o-nine tails are generally low risk, although sometimes they could break the skin. Bull whips, crops and canes are higher risk. If any whip causes a cut, wipe the blood away in the same way as you would for piercing and clean the whip. Rubber whips should be avoided since the risk of skin breaks is high. Leather and unsealed wooden items which have been contaminated by blood and other bodily fluids can carry infections for a very long time, are very hard to clean effectively and are best not used on multiple partners.

Avoid whipping in certain areas:

- The front of the torso
- The face or around the head
- Around the soft areas of the back, around the kidneys etc
- On the chest or around the breasts

Beating in these areas can be dangerous, it's better to concentrate on the arse, upper back or thighs, unless you are more experienced and know the anatomical problems that can arise.

To clean a whip or paddle you should first wipe it down with a clean cloth, soaked in hot soapy water, then wipe it down completely with another cloth soaked in white spirit, then wipe it with a third clean cloth soaked in hot water. Finally, it's best if you can put the whip aside for 24 hours and not use it. Most viruses live within a narrow temperature band and will die given enough time at room temperature. Hep C has a much longer life on these items than 24 hours, so there is no harm in being extra cautious.

Bleach should be avoided as a cleaning method for leather items since the chemical breaks down the surface finish of leather and will make it more porous, allowing it to harbour dirt and bacteria. After cleaning with rubbing alcohol, which will dry the leather out use a leather conditioner to preserve the finish.

Bruising can if severe and repeated lead to changes in the structure of most body tissue, creating scar type tissue below the skin. If you have bruises, then treat them carefully bathe them in warm water and if severe use Hirodoid or Lasonil crème, (available over the counter from pharmacies), to reduce the inflammation and avoid thrombosis.

## **NIPPLE CLIPS, COCK RINGS AND APPLIANCES**

Nipple clips come in a variety of forms from the common-or-garden clothes peg through crocodile clips to the more sophisticated razor backed clips and clamps. Avoid clips which may break the surface of the skin, or clips that may bond to the skin when removed.

Prolonged or repeated use of nipple clips or clamps may result in the nipples “growing” or becoming more pronounced, this is usually the development of scar tissue beneath the surface of the skin and can be minimised by using the creams listed above.

By reducing the frequency that you engage in heavy nipple play this build up should be minimised. Both men and women are susceptible to cysts and growths in the pectoral area, it's wise to check out any unusual lumps with your doctor.

Cock rings and similar devices can be fun and a little common sense here goes a long way. Generally cock rings are made of leather, rubber or chromed steel, or you may even be using boot laces! Obviously laces, rubber or leather are easier to remove if they are too tight, but if it comes to it you can just cut them off (very carefully!) but steel rings are a little more problematical. Unless you fancy an embarrassing trip to the Accident and Emergency department avoid using small steel rings if at all possible.

Leather cock rings generally have snap fasteners so be careful you don't trap small folds of skin from your ball-sac in them, it can be a bit painful.

Cock rings work by constricting the blood supply from the cock back to the body, which is not advisable for any length of time, since if the blood is trapped, it is not oxygenating the tissue properly and complications may arise from this. Therefore it's best not wear them for an extended period and to remove them once you've had sex so the blood can flow normally.

Cock enlargers generally work on the basis of creating a vacuum around the cock, the pressure of the blood when you get an erection then stretches the tissue a lot further than it went before! Thus your cock gets bigger.

The down side of using this type of appliance is that the tissue over expands and you may not be able to get a very stiff erection after using them unless you rig up a very tight cock ring. Similarly in expanding the tissue you may reduce the overall sensitivity of your cock which can lead to problems with ejaculation.

### ***KNIVES AND BLADES***

Making small cuts and incisions into the skin can be part of some sexual scenes. This is usually done with knives or razor blades. This is not recommended for safe sex since the potential for disease transmission is high.

However, if you are going to do this, try to sterilise the knives and/or blades as carefully as possible. Leave them to soak in isopropyl alcohol (white spirit) for at least an hour, preferably longer. Then wipe them again with alcohol prep pads before you use them.

## ***SUFFOCATION AND STRANGULATION***

Some people may enjoy having their flow of air interrupted since it causes a feeling of excitement, disorientation and giddiness. This is extremely dangerous and should not be experimented with; it is at best very unsafe sex.

## ***TATTOOING***

Tattooing is again very popular, but it can be a major source of infection with blood borne viruses, most commonly Hepatitis B [HBV] and Hepatitis C [HCV]. Tattooing in New Zealand enjoys a good degree of mystique which has for years been used by “backyard” tattooists to cover up for their lack of adequate hygiene.

When visiting a tattooist, don't be afraid to talk about hygiene. After all it's your life and it's up to you to protect it. There are some basic guidelines that will help you avoid viral infections:-

- Insist on either new sterile needles or autoclaved needles if you are getting tattooed. It's worth paying extra for sterile needles for peace of mind.
- Autoclaves are the only safe way of sterilising tattoo needles, so ask to see the autoclave, before you agree to a tattooist to start work on you.
- Select your design carefully or better still take your own design, avoid names on a tattoo, they can change...and remember a tattoo is going to be with you a long, long time, so take the time to select or draft your design carefully. Think about where you're going to have it on your body...
- Ask the tattooist what sort of ink he plans to use, do not allow yourself to be tattooed with vegetable based dyes or inks. The only safe tattoo ink is specifically produced non-carcinogenic tattoo ink which, since most ink is imported from the US, should have an approval number from the USA FDA (food and drug administration) on the bottle. If in doubt ask to see the bottle.
- Tattooists should always use latex gloves since blood will be released as you are tattooed. The Artist should use a new, sterile pair of gloves for each customer, if this is not done offer to pay a couple of bucks more for a clean pair of gloves to be used.
- Avoid backyard tattooists, like the plague, the standards of hygiene are generally very poor. In Auckland you should ask to see the tattooists license from the city council.

## ***BRANDING***

Generally heat branding is not popular in New Zealand, although it is in the United States. Branding is relatively safe for disease transmission since the heat involved kills viruses. However branding can be a very traumatic process and is best avoided.

## ***LOW RISK ACTIVITIES***

Go ahead and have some fun here are a few suggestions:-

- Role playing

- Bondage
- Discipline
- Bootlicking
- Tits from tease to torture
- Spanking
- Jerk-off sessions

### **GENERAL HINTS**

Many people trying out or experimenting with more creative forms of sex feel that they may lose control of what is happening, therefore it's important to negotiate what will happen or as a minimum what you are prepared to do and unwilling to do beforehand.

Safe sex is a matter of mutual and self respect and you should agree on "safety words" before hand so that your safety will not be jeopardized and you have peace of mind. These safety words may be simple like "enough" when you want to stop what is happening or even "no" if you are unhappy with where things are going. These should be agreed on before you start.

Many adventurous sex scenes involve the assumption of "roles" by sexual partners, the submissive sexual role is often known as a "bottom" whereas the dominant sexual role is known as a "top". Some people have a preference for one role as opposed to another where as others are able to assume either role. It is a myth that somehow the "bottom" is not in control of the sexual activity, sexual safety is a joint responsibility and even in a submissive role you should be very aware of what is happening to you and able to instruct the "top" as to your needs.

Do not make the assumption that a persons dress or personal style indicate a prowess for unusual sex, any fool can dress up in a body harness but they may not know the first thing about safe sex or indeed any of the activities described here.

Drugs and alcohol are a major part of many sexual scenes and maybe act as disinhibitors for the participants. In this situation it is even more important to: -

- Agree what you are going to do before you get drunk or take drugs and stick to it.
- Do not become so drunk or out of it that you cannot follow what is happening to you and/or are unable to stop the action if you want to or you perceive that you are at risk.

### **FINALLY**

Take a bow, by being interested in your health and practising safe sex you are doing a lot to help stop AIDS and other sexually transmitted diseases.

Go ahead share your knowledge to protect those you care for, pass this leaflet on!

Remembering that use of many drugs is illegal; nothing in this publication should be taken as recommending drug use. The activities described here are not condoned or promoted by their inclusion in this publication.

Much of the information in this booklet originated from a booklet produced by The Spike Publishing Collective, and has been updated to be more applicable to the BDSM community. We would like to particularly acknowledge the input of Sarah Sloane, who added a fresh perspective based on her extensive experience and knowledge of the current North American BDSM scene.

That booklet was compiled from the latest materials, believed to be correct at the time of publication. Circumstances vary between individuals and you should also seek your own medical advice.