

Local Info

www.oaln.com - ontario

www.bashfulandbold.com - ontario

www.geocities.com/clubhalifax - nova scotia

Books

Brame, Gloria, William Brame and Jon Jacobs. Different Loving: the World of Sexual Dominance and Submission. Villard, New York, 1993.

Califia, Pat. Public Sex: the Culture of Radical Sex. 2nd Ed. Cleis Press, San Francisco, 2000.

Califia, Patrick. Sensuous Magic: A Guide to S/M for Adventurous Couples. 2nd Ed. Cleis Press, San Francisco, 2001.

Easton, Dossie and Janet W. Hardy. The New Bottoming Book. Greenery Press, Emeryville, CA, 2001.

Easton, Dossie and Janet W. Hardy. The New Topping Book. Greenery Press, Emeryville, CA, 2003.

Henkin, William A. and Sybil Holiday. Consensual Sadoomasochism: How to Talk About It and How To Do It Safely. Daedalus Press, Los Angeles, 1996.

Wiseman, Jay. SM 101: A Realistic Introduction. Greenery Press, San Francisco, 1996.

Miller, Devon and Philip, Miller. Screw the Roses, Send Me the Thorns. Mystic Rose Books, Fairfield, CT, 2004.

Venus Envy is an education oriented sex shop and bookstore. Our goal is to provide everyone with a respectful (and fun!) place where they can find toys and tools to explore their gender and sexuality.

We believe that one of the best tools you can have to enjoy a healthy and erotic sex life is knowledge. To that end, we've developed this series of pamphlets. They are based on our workshops and on the information sheets displayed in our stores.

We want to make positive sex information available to everybody! Our pamphlet series covers many aspects of sex, sexuality, health and relationships. They are always evolving, with new topics being added all the time. We welcome any comments and suggestions that you may have.

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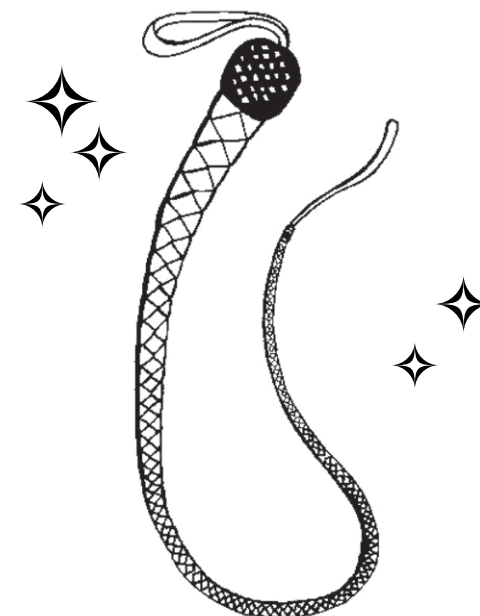
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bdsM 101



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books, sex, health...

Why?

There are probably as many answers to this question as there are people who ask it. For some people, it's the ability to take on a role they normally wouldn't experience- naughty little child, stern teacher, controlling top, vulnerable bottom. For others, it's the build up of sensation, sometimes to levels at, near or just beyond their pain threshold. The best answer is probably a simple because it feels good.



What?

Here are some basic words that get tossed around in discussions of BDSM:

BDSM: Bondage and Discipline, Dominance and Submission, Sadism and Masochism.

Power play: Consensual exchange of power for the purposes of pleasure. This is a synonym for BDSM, as is SM, kink, leather, and sensation play, to name a few.

Top: The do-er of the scene. the person in charge of the situation. Responsible for the dynamic of the scene within set parameters. Also responsible for the overall health and safety of the bottom.

Bottom: The receiver in the scene. The person who gets things done to them.

Scene: Prescribed situation- it may be a time limit, a set of activities, a space, or a ritual to



create headspace. The narrative that the bottom and top play out with each other.

Play: Term used for BDSM activity that emphasizes the out-of-daily-life aspect, and the fun and the sense of theatrics that is often involved with a scene.

Safeword: a non-sexual word or phrase used to slow down or stop a scene, ie. red for stop and yellow for slow down, green for go ahead.

Kink: We consider this to be self-defined. If it feels kinky, it is kinky.

How?

Before playing with BDSM it is important to explore your desires and know what turns you on. Knowing what you want will help you set healthy boundaries and will make it easier to communicate your limits and interests to partners. There are many books and web sites available on every aspect of BDSM, including safety concerns, communication skills, recovery issues and ideas for play. Doing research will increase your knowledge and confidence and, hopefully, your pleasure.

Power play can take on many forms. We've listed a few of them below.

Sensation Play:

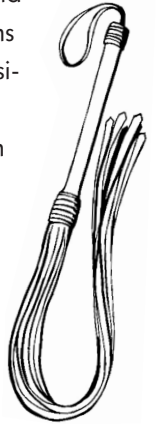
Sensation play is the first thing that comes to mind for many people when they hear the term BDSM. Sensation play is often thought of as giving and receiving pain, but in reality it can be



any activity that emphasizes what the body feels and how we process those feelings, and can include activities that range from tickling with feathers to heavy floggings.

Bondage:

Physically restricting a person's movements by using cuffs, rope, tethers, cock rings, or other devices. Psychological bondage could include a top restricting the bottom's movements without the use of physical restraint. Bondage could also include the confining of senses with ear plugs, blindfolds or gags. Care must be taken not to restrict blood flow to the point of numbness, check the reference section for books on safety



Role Play:

In role play, the people involved take on specific roles, which they then act out. Common fantasies include schoolroom scenes, royal courts (and courtesans!), nursemaid and baby time. Sometimes sensation play is an integral part of this, but not always.

Service:

Service is a particular type of role play that does not always include much physical contact. Service can be a butler/maid and master/mistress pairing or an acolyte worshipping at the feet of his goddess, or a roadie catering to every whim of his rock star employer.

