

Kentuckiana slaves and submissives



"Within the chains of submission i am free"

Stepping into The World of BDSM

This booklet is designed to assist those new to BDSM lifestyles. We hope this information will help you as continue your journey to finding true happiness and fulfillment.

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What is BDSM?

BDSM is an acronym that pulls together a wide variety of kinky activities, some sexual, some not.

BD or B&D is bondage and domination.

DS or D/s is domination and submission.

SM or S&M is sadism and masochism.

For the purpose of this booklet, slaves, submissives, bottoms and switches in bottom mode will be referred to as **“subs.”**

Male and Female Dominants, Owners, Masters, and Mistresses will be referred to as **“Doms.”**

So, You’ve Realized You Have a Few Kinks!

Don’t feel alone! There are millions of people that are into various aspects of BDSM. It’s a wonderful feeling when we realize that our kinks are perfectly acceptable in our somewhat hidden society. Sadly, many practicing lifestyleers do stay somewhat in the shadows due to various reasons. However, now there is a safe place where you can come and be with like-minded individuals, share, learn and grow. KISS (Kentuckiana slaves/submissives/switches) is a place where you are free to express yourself, learn from others, and discover more about who you are.

We each decide how shallow or deep we want to be into this lifestyle; it is as unique as each individual. Ours is, by and large, a nonjudgmental society and we welcome you.

This booklet is by no means meant to be all encompassing, but hopefully will give you some things to think about, some suggested places to get more detailed answers, and hopefully give you some safety pointers. While this book is geared primarily toward subs, hopefully some new Doms will glean a thing or two from here.

On-line vs. Real-time Relationships

As the internet becomes more accessible to all societies, the world seems to be getting smaller and smaller. We are now able to make friends with people all over the world very easily, where only a few years ago this was unthinkable. One thing the internet has accomplished is to provide a place where like-minded individuals like us can easily communicate, share ideas, learn, and (in some cases) develop relationships. There are pros and cons to this type of relationship and care must be taken. While there are many good and honest

individuals on the internet, there are also heartbreakers, less than honorable individuals who will scheme and lie, individuals who will physically hurt you if they can, as well as those who are just scam artists. Some good general rules of thumb to remember when speaking with Doms on the internet:

- 1 If they immediately begin to attempt to dominate you, they may see your submission as an expectation, rather than a gift.
- 2 If they do not honor the fact that you have a Dom (or are speaking with a Dom), they might not respect you as a person.
- 3 Always verify their identity as best you can. Ask to see their cam. Ask to hear them on the phone. Do you have mutual on-line friends? If so, check them out; references are always a good idea.
- 4 NEVER meet someone from on-line without having all their personal information, real name, address, phone numbers, and place of employment. (See Safe First Meetings below.)
- 5 ALWAYS have a safe call with someone you know and trust if you meet someone from on-line. (See Safe Calls below.)
- 6 NEVER give out your complete real name, address, phone number, and other personal information until you have established a trust level over a lengthy period of time with an on-line contact. Don't take this suggestion lightly! There have been many cases of stalkers on the internet who have terrorized subs.
- 7 Don't believe everything you hear and only half of what you see!

Realizing this may all sound negative, there have been cases of successful romantic relationships that began on the internet and then migrated to real life. Just be careful.

Meeting people real-time is a much safer avenue, but sometimes very difficult to accomplish. There are various organizations, like ours, that provide an avenue to bring people together in real life in an attempt to socialize with like-minded individuals, providing a social outlet with meetings and play parties.

Red flags

There are many "red flags" that can arise in a conversation, either on-line or in person. Please recognize these red flags indicate that something may not be quite right, and in some cases, should bring the discussions to an end due to safety reasons. Some of these are:

Immediate domination – If a Dom immediately tries to dominate you, they most likely do not view submission as a gift, but more of an expectation.

Not willing to give out personal information – If in time the relationship develops to the point of a meeting, both parties should give out names, addresses, phone numbers and a person's name and address to call in case of emergency. If they aren't willing to do this, you can pretty much bet they are hiding something and there is a good possibility they aren't too interested in safe play.

Only available during certain times – If the person has told you they are single but they disappear quickly with no notice, are not available in the evenings or weekends, or if they don't offer their phone number, it's a safe bet they are either married or in a relationship. **Remember, total honesty is a must in our lifestyle.** If they will lie to you about their current status, what else might they lie to you about?

Does not want to use a safe call – If the person does not see the need for a safe call, then this is a definite red flag and you should consider calling the relationship to a halt. A good dominant will foster a safe environment and recognize that meeting people on-line can be a very dangerous thing (for both parties). No matter how well you think you know the person, always use a safe call for at first meeting.

Does not want to honor safewords – This is another red flag that should bring the relationship to a complete halt. If a Dom does not insist on using a safeword, they are not interested in safe play. It's that simple!

Says they have no limits – I've often heard people (Doms and subs) say they have no limits. We all have limits! Our limits expand over time, but there will always be limits. Beware of people who don't know themselves or the lifestyle enough to know their own limits.

Only displays interest in what your sexual preferences are and not in WHO you are – If you are interested in developing a meaningful relationship, both parties will display an interest in who you are, what makes you tick, your passions and beliefs. If they don't, then they are interested in only one thing – sex. This may be what you seek, just be aware so you aren't disappointed in the end result.

“Slow Down! I'm not ready for that yet!”

Doms (as well as subs) have their own ideas on how fast a relationship should move. Both parties should be comfortable with the natural progression of things but when they aren't, it can be uncomfortable to relate this concern to the other party. The best way to slow down a relationship that seems to be progressing a little too fast for your comfort level is to have an honest and open discussion with the other person. “I'm really interested in pursuing this relationship to wherever it leads us, but I would feel more comfortable if we moved at a slower pace.”

I am submissive, but not necessarily to you!

Our natural tendency is to behave in a submissive manner with those we meet. It is as natural as breathing. However, this behavior will sometimes be taken for granted by some Doms as they “smell” the submission and try to exert their power over you. Remember, the sub makes the choice of whether or not to be submissive to a particular Dom. Your submission is a gift and should not be given lightly. There’s a difference between displaying common manners and allowing someone to run over you.

Once there was a sub in a chat room on-line when a Dom entered the chat. He immediately told this sub to kneel before him and follow his orders. The sub politely said, “Respectfully, Sir, I do not know you. My submission is a gift I choose to give to certain individuals that I know and respect. I only kneel to those individuals, Sir. Have a good day.” This response was firm, polite and respectful...and got her point across with no room for discussion.

There was another sub at a local club who was approached by a Dom who immediately began to attempt to dominate the sub by barking orders. The sub responded, “Sir, I am not your sub; while I appreciate your interest in dominating me, I cannot grant your request at this time.” Again, that response was polite, firm and definitely got the point across.

It is natural for Doms to display their dominant tendencies, just as it is our tendency to be submissive. It is up to us how far we will bend to their domination. It is one thing to get someone a cup of coffee, quite another to bend to their every whim. That is your choice to make.

Protocol

The term “protocol” as used in lifestyle situations basically describes good manners in the BDSM world.

The first step toward proper protocol is.....RELAX! Understand that the basic respectful manners taught to you by the person(s) who raised you will cover 80% of the situations you encounter. This article is an attempt to cover the other 20%. (It’s important to note that there is no community-wide agreement on “correct” protocols.)

1. Be polite and respectful, whether you're talking to Doms or subs.
2. Don't touch without permission. This includes people and belongings.
 - a. Most Doms find it offensive when a sub touches them without being asked. This includes handshaking.
 - b. YOUR DOMINANT AND YOU HAVE THE RIGHT TO DEFINE WHO WILL TOUCH YOU AND WHO WILL NOT.
3. Don't assume you know how someone wants to be addressed. Ask him/her.
4. Please and Thank you go a long way!
5. Apologize when necessary. When you're corrected, apologize with sincerity and without excuses. This will earn you respect. Leave the tears of embarrassment at home...use correction as a learning opportunity.
6. Don't apologize when it's not necessary. If you apologize every other time you open your mouth, you won't be seen as sincere.
7. Doms generally ask permission of a sub's Dom before approaching / speaking with a sub.
8. When entering a group, the Dom leads. This puts the onus on the Dom to introduce him/herself and the sub.
9. Stay close to your Dom or the person whose protection you are under.
 - a. A good Dom keeps firm control of his/her sub. The sub is constantly aware of the control held by the Dom, yet is not burdened by it.
 - b. Be attentive to your Dom's needs first, then to your own needs, and finally, to the needs of others.
10. Introduce yourself, not your role. Speak to the person, not his/her role.

BDSM Checklist / Limits

A BDSM checklist can be an extremely fun thing to fill out and should give you a good insight into your inner desires, as well as indicating to others what your limits are. You can either keep this list private, or share it with potential play partners.

The answers on your checklist will change as you learn and grow in the lifestyle. A checklist is a handy tool to use in communicating with a potential Dom because it will relate to him/her your limits, your interests, and your curiosities. Have fun!

BDSM CHECKLIST

Circle the things you want to do, cross-out the things you refuse to do, and put a star (*) next to the things that really intrigue you.

Abrasion	Electricity
Age play	Enemas (for cleansing)
Anal sex / plugs (small / large)	Enemas (retention/punishment)
Anal plug (public under clothes)	Erotic dance (for audience)
Animal roles	Examinations (physical)
Arm & leg sleeves (armbinders)	Exercise (forced/required)
Aromas	Exhibitionism (friends / strangers)
Asphyxiation	Eye contact restrictions
Auctioned for charity	Face slapping
Ball stretching	Fantasy abandonment
Bathroom use control	Fantasy rape / gang-rape
Beastiality	Fear Play
Beating (soft / hard)	Fire play
Blindfolds	Fisting (anal / vaginal)
Being serviced (sexually)	Food chosen for you
Being bitten	Food play (cucumbers, sorbet...)
Boot worship	Foot worship
Bondage (light / heavy / multi-day)	Forced bedwetting
Bondage (public, under clothing)	Forced dressing
Bondage (leather / rope / chains)	Forced eating
Branding	Forced homosexuality
Breast/chest bondage	Forced heterosexuality
Breast whipping	Forced masturbation
Breath control	Forced nudity (private / public)
Brown showers (scat)	Forced servitude
Bruises	Forced smoking
Cages / Cells / Closets (locked inside of)	Gags (cloth / rubber / tape)
Caning	Gags (inflatable / phallic)
Castration fantasy	Gas masks
Catheterization	Gates of Hell
Cattle prod (electrical toy)	Genital sex
Chains	Given to another Dom (temp / perm)
Chamber-pot use	Golden showers
Chastity (short term / multi-day)	Gun play
Chauffeur (driving)	Hairbrush spankings
Choking	Hair pulling
Chores (domestic service)	Hand jobs (giving / receiving)
Clothespins	Harems (serving w/other subs)
Clothing chosen for you	Harnessing (leather / rope)
Cock rings/straps	Head/fellatio/cunnilingus (give / receive)
Cock worship	High heels (wearing / worship)
Collars (worn in private / public)	Homage with tongue (non-sexual)
Competitions (with other subs)	Hoods (partial / full)
Corsets (wearing casually)	Hot oils
Corsets (trained waist reduction)	Hot waxing
Cross-dressing	Housework (domestic service)
Cuffs (leather / metal)	Humiliation (private / public)
Cutting	Hypnotism
Diapers (wearing / wetting / soiling)	Ice cubes
Dilation	Infantilism (age play)
Dildos	Initiation rites
Double penetration	Injections

BDSM CHECKLIST

Circle the things you want to do, cross-out the things you refuse to do, and put a star (*) next to the things that really intrigue you.

Interrogations
Kidnapping
Kneeling
Knife play
Leather clothing
Lectures for misbehavior
Licking (non-sexual)
Lingerie (wearing / worship)
Manacles & Irons
Manicures (giving / receiving)
Massage (giving / receiving)
Medical scenes
Modeling for erotic photos
Mouth bits
Mummification / immobilization
Name change (for scene / permanent)
Nipple play/"torture"
Nipple rings (piercings)
Nipple weights / clamps
Oral/anal play (rimming)
Over-the-knee spanking
Orgasm denial / control
Outdoor scenes / sex
Pain (mild / medium / severe)
Personal training (in scene)
Personality modification (real-time)
Phone sex (serving Dom)
Phone sex (serving Dom's friends)
Phone sex (commercial provider)
Piercing (temporary / permanent)
Plastic surgery
Prison scenes
Prostitution (public pretense / actual)
Pony Play
Public exposure
Punishment Scene
Puppy Play
Pussy/cock whipping
Pussy worship
Riding crops
Riding the "horse" (crotch torture)
Rituals
Religious scenes
Restrictive rules on behavior
Rubber/latex clothing
Saran wrapping
Scarification
Scratching (giving / receiving)
Sensory deprivation
Serving as art
Serving as furniture / ashtray
Serving as a maid
Serving as toilet (urine / feces)
Serving as waitress/waiter
Serving orally (sexual)
Serving other Doms (supervised)
Serving other Doms (unsupervised)
Sexual deprivation (short- / long-term)
Shaving (body hair / genital / head)
Skinny-dipping
Sleep deprivation
Sleepsacks
Slutty clothing (private / public)
Spandex clothing
Spanking (light / hard)
Speech restrictions
Speculums (anal / vaginal)
Spitting (giving / receiving)
Spreader bars
Standing in corner
Stocks
Straight jackets
Strap-on-dildos (sucking on / penetration)
Strap-on-dildos (wearing)
Strapping (full body beating)
Suspension (upright / inverted / horizontal)
Supplying new partners for Dom
Swallowing (feces / urine / semene)
Swapping (with another couple)
Swinging (multiple couples)
Tampon Training
Tattooing
Teasing
TENS Unit (electrical toy)
Thumbcuffs
Tickling
Triple penetration
Urethral Sounds
Uniforms
Verbal humiliation
Vibrator on genitals
Violet Wand (electrical toy)
Voyeurism (watching others)
Voyeurism (your Dom w/others)
Video (watching others)
Video (recordings of you)
Water torture
Waxing (hair removal)
Wearing symbolic jewelry
Weight gain (forced)
Weight loss (forced)
Whipping
Wooden paddles
Wrestling

Safewords

As we experience real-time play, it is imperative that a safeword be agreed upon by all parties involved in a scene to ensure that the sub can stop or halt the play if need be. All good Doms will honor the use of a safeword, probably even insisting on their usage. If you encounter a Dom who says a safeword is not necessary, we highly suggest that you not play with this individual!

It is the Dom's role in a scene to push your limits, and we can assure you – they will do just that. A safeword is a communication tool that lets the Dom know that you have reached your physical, emotional and/or mental limit during a scene. While a safeword can be any word that everyone agrees to, general conventions suggest the use of Red, Yellow and Green.

Green is used to either encourage the Dom to go harder, or to resume play after a halt.

Yellow is used to pause or temporarily halt the play. Using Yellow will alert the Dom that something is wrong and needs to be addressed.

Red is used if you are involved in a scene and you are distressed to the point you need to end the play.

Safe Calls

A Safe Call is the arrangement to have a friend call you at various times throughout a meeting with a potential play partner. The idea is that you will use code words to tell your friend how you're doing, and whether or not you need help. If you don't answer the phone when your friend calls, then s/he will immediately call for help.

It's important to let the person you're meeting know that you have set up a Safe Call. A potential partner who objects to this safety measure is probably not a safe person to be around. Here's how it works:

1. HAVE A FRIEND CALL YOU at 15 minutes into your meeting and 45 minutes into your meeting. After that, your friend will call you every 2 hours until the meeting is over. **The last call happens 30 minutes after the meeting is over.** If there is ever a time when you don't answer the phone, then your friend will immediately call the police.

2. SET UP A CODE WORD with your friend that you must use during every call. If you do not say this code word, your friend will immediately call the police.

- a. The code word should be something that is easy to work into a casual conversation. (For example: car, elevator, dog.)
- b. If your friend doesn't hear the code word, s/he can prompt you for it. (For example, if your code word is "dog," your friend can say, "Who is taking care of your DOG tonight?" If you're okay, respond with "My sister is taking care of my dog tonight." If you're not okay, respond with, "My sister." By not using the code word, you are telling your friend to call the police immediately.

3. SET UP A SECOND CODE WORD that you will use if you're feeling uncomfortable and want to leave. This will tell your friend that you want a call back in 30 minutes to make sure that you were able to leave successfully.

4. WRITE YOUR CODE WORDS DOWN and give them to your friend who is going to be making the Safe Call. Next to each word, write down what it means so that you are both clear. You don't want any doubt in anyone's mind what the code words mean or whether or not you need help

5. INFORMATION TO GIVE YOUR FRIEND.

- a. **About You:** Full name, home address, phone number, car information (make, model, color, license plate number), and travel itinerary (flight numbers, departure times, arrival times, rental car information, etc.)
- b. **About The Other Person:** Full name, screen name(s) and logon ID(s), home address, phone number(s), age, description, driver's license number, and anything else you know about him/her. If the person you're meeting doesn't want to give you this information, then be very cautious.
- c. **Everything Else:** Location of the meeting, time and date, phone number of the meeting place, local police phone number, list of names/phone numbers of people to contact in case of emergency.

Safe First Meetings

First time meetings always require a little extra security and safety. Here are some simple rules for those awkward first encounters.

1. **SET UP THE MEETING IN ADVANCE**, so that you have time to arrange a sufficient safety net.
2. **MEET DURING THE DAY IN A PUBLIC PLACE**, such as a mall or restaurant. It's best to meet someplace where there are security cameras.
3. **TAKE A CAB OR PARK AWAY** from the meeting place. Don't let the other person see your license plate. After the meeting, make sure you're not being followed. (If you think you are being followed, drive to a police station.)
4. **TAKE A CELL PHONE**. Have emergency numbers and friend's numbers set so that you can use one-touch dialing, if possible.
5. **TAKE A FRIEND** along to give you another viewpoint. A serious potential partner won't feel threatened by this, and may applaud you for your safety sense.
6. **SET UP A SAFE CALL**. Tell the person you're meeting that you've set up a safe call. If s/he objects, leave immediately.
7. **DON'T LEAVE YOUR ITEMS UNATTENDED**. This includes keys, wallet, drink and food.
8. **STAY SOBER**. In case things go badly, you need to have a clear head and quick reflexes.
9. **DON'T PLAY!!!** No matter how tempted you are, don't scene or play during the first meeting. You will have plenty to discuss without sex or D/s play entering into the equation.
10. **FOLLOW YOUR INTUITION**. If the meeting isn't going well or you feel uncomfortable or unsafe, leave. Even if nothing overtly scary happens, listen to your gut if it's telling you to get out of there!
11. **BE HONEST**. Arrange to speak with this potential play partner the next day. Go home, sleep on it, then decide whether or not this person is someone you want to be involved with. When you talk to him/her the next day, be honest and up-front about how you feel and what you want.
12. **HAVE A GOOD TIME**. Be yourself. But most importantly, be **SAFE** and be **HONEST** - with your date, and with yourself.

Meeting in Another City

The first 12 rules apply, and.....

13. Set up safe calls with someone in the area that you are visiting, if possible.
14. Stay at a motel — not your potential partner's home.
15. Don't tell your potential playmate where you are staying.
16. Determine where you can get help — police station, friend's house, women's shelter, etc., — and where that help is physically located, before you need it. Have those addresses and telephone numbers handy.

Collaring

A collar is a symbol of a deep and committed relationship between two people and should not be taken lightly. Once a Dom has placed a collar on a sub, s/he has taken on a great responsibility. By the same token, the sub has offered him/herself totally to the Dom.

So many times we see the “velcro collar” scenario, especially on-line, in which the sub is collared to a dominant and then a couple of weeks later, is uncollared. This is not what the true lifestyle is about. It is about trust, commitment, loving dominance and submission, and honesty. If you are not willing to give 100% to the relationship, don't accept or offer the collar.

For some, a long distance relationship works well. Others need a 24/7 real-time, live-in relationship. Each relationship is as unique as the individuals involved. But the commitment to each other should always be first and foremost. There will be problems along the way, but both parties must be willing to work together to resolve those issues in a constructive manner.

Contracts

Some Dom/sub relationships will have a contract in place. Again, relationships in our lifestyle are as diverse as the individuals involved in them. Some will be collared and have a contract, some only a collar and some only a contract. It just depends upon the desires of the individuals involved.

A contract is a written record of agreed upon expectations, limits, and promises signed by both parties. One thing to note, most contracts change as the relationship evolves and can be revised at any time. Many contracts have a termination clause. Again, it is up to the individuals. There are many samples of Dom/sub contracts on the internet. Simply do a search on D/s contracts.

Subspace

Many subs will go into subspace during a scene. This can be described as another level of consciousness in which you go into another realm of being. It has been described as flying, floating, traveling to another place. It can be a wonderful and exquisite experience as the dominant moves you from conscious scening into this other place. All good Doms will recognize that you have moved into subspace and will adjust the scene accordingly to make for a wonderful experience.

Aftercare

Aftercare is a term we use for the care a Dom gives the sub immediately following a scene. Some subs go very deeply into subspace and as they return to a normal state, it can be very traumatic or it can be as easy as waking up from a nice nap. The amount of aftercare needed by each sub varies. Some subs need a lot of holding and caressing, others not so much, and others need no aftercare at all.

Sub drop

Sub drop refers to an emotional “down” that may occur after an intense session. (Dom drop is comparable.) The endorphins in your body will rage during an intense scene and as they return to a normal level, your emotions can be on a roller coaster.

This drop will only last a short period of time. You may feel depressed, sad, have bouts of crying for no reason. One sub described it as feeling worthless, and her Dom just could not do anything to help her with it. During this drop, some individuals feel they want to give up on the relationship due to their feelings of worthlessness. It is important to recognize this phenomenon and keep it in perspective! It is the endorphins returning to a normal state, not something wrong with the relationship! Just give it time, try to stay busy, and talk about this to your partner and loved ones. It most likely will disappear within a day or so.

Recommended Reading / Reference Sites

<http://www.indykiss.org> (KISS website)

<http://www.domsb.info>

<http://castlerealm.com>

<http://castlerealm.com/subspace/subspace.htm>

<http://sexuality.org/1/bdsm>

<http://public.diversity.org.uk/deviant/frames.htm>

<http://subwomenspeak.net>

<http://latches.websubs.com>

<http://fetishexchange.org/groups1.shtml#statelist>

Summary

The lifestyle is a wonderful and exciting avenue we choose to take. We can have a fulfilling lifestyle as long as we recognize our limits, are willing to explore the possibility of expanding these limits as appropriate, and do this in a reasonable and safe manner. If you have chosen this lifestyle, become actively involved. Remain tolerant and accepting of others, but most importantly, give back to the community as much as you wish to receive in return.

To join our listserv, write to
K-I-S-S—subscribe@yahoogroups.com

To request information on meeting dates/times, write to:
K-I-S-S—owner@yahoogroups.com

KISS Mission Statement

K-I-S-S- is a group for submissives, slaves, bottoms, and switches (in bottom mode) located primarily in Indiana but extending our hand in friendship to our brothers and sisters in neighboring states. We welcome male and female subs/slaves/bottoms, both experienced and those who are brand new to the lifestyle. K-I-S-S- strives to be a place of openness, acceptance and loving camaraderie for all who follow a path that focuses on submission. We will always provide a safe and accepting environment where submission is the common thread no matter what our particular lifestyle choices or sexual orientation may be. The main foci of K-I-S-S- are education and service, as well as outreach to those who wish to learn more about the alternative lifestyle community.

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