

**Keeping in mind the complexity and variety of power exchange relationships and scenes, at a minimum consider the following when evaluating your own:**

## **Kink**

- You have clearly discussed how to stop what is happening.
- You negotiate as equals prior to the beginning of the exchange.
- You have enough information to know what you're agreeing to do.
- You set your own limits, and your partner(s) set theirs.
- Your limits are respected.
- You can express your feelings.
- You can speak to whomever you choose.
- You understand and agree to the risks involved.

## **Abuse**

- You can't stop what's happening even if you want to.
- You have no understanding of what will happen and no chance to agree or refuse.
- Your questions aren't answered truthfully.
- You are tricked, coerced or pressured into doing things.
- You are forced to drink or take drugs, or necessary medication is withheld.
- You are afraid to be honest about what you think and feel.
- You are isolated and cut off from outside support, information or counsel.
- You are threatened or can't leave.

# how you can help

The NCSF relies on contributions from individuals and local BDSM, swing and polyamory groups for financial support. Contact us at [ncsfreedom@ncsfreedom.org](mailto:ncsfreedom@ncsfreedom.org) to find out how easy it can be to organize a fundraiser for NCSF!

You can also participate in NCSF activities, ranging from writing letters to the media and government officials, to joining in community outreach. Get information about NCSF actions as well as coverage of mainstream news concerning sexual freedom issues by subscribing to our free newsletter at [www.ncsfreedom.org](http://www.ncsfreedom.org).

## **NCSF Mission Statement**

The NCSF is committed to creating a political, legal and social environment in the U.S. that advances equal rights for consenting adults who engage in alternative sexual and relationship expressions.

The NCSF aims to advance the rights of, and advocate for, consenting adults in the BDSM, leather, fetish, swing, and polyamory communities. We pursue our vision through direct services, education, advocacy, and outreach, in conjunction with our partners, to directly benefit these communities.

## **Diversity, Equity and Inclusion Vision**

NCSF's goal is to fulfill our mission through a better understanding of a diverse range of voices and experiences in our communities. We recognize the similarities and differences between people that make us all unique. We aim to be inclusive by creating opportunities for more people of various backgrounds to be represented and heard by NCSF.



822 Guilford Avenue #127 • Baltimore, MD 21202-3707  
General Information Line: 410-539-4824  
[ncsfreedom@ncsfreedom.org](mailto:ncsfreedom@ncsfreedom.org) • [www.ncsfreedom.org](http://www.ncsfreedom.org)



# consent

is the mutual creation of agreement. Aim for "YES!" not just the absence of "No."

**WHY ARE WE DOING THIS?**

**WHAT WILL WE BE DOING?**

**WHO WILL BE INVOLVED  
OR OBSERVING?**

**WHERE IS IT OKAY  
TO TOUCH?**

**IS THERE A RISK OF INJURY  
OR A HEALTH ISSUE?**

**How can we stop what is  
happening?**

Consent violations can happen to people of any gender, sexual orientation and power exchange role.

Ask NCSF for help in getting counseling or in reporting a crime that has happened to you:  
[ncsfreedom@ncsfreedom.org](mailto:ncsfreedom@ncsfreedom.org)

## Best Practices for Consent to Kink

- All activities must receive Explicit Prior Permission by verbal or written agreement rather than through gestures, body language or past behavior.
- Informed consent requires a discussion of the risks involved in the activity and the steps that are needed to reduce those risks including: study, training, technique and practice.
- Everyone should fully understand both the desires and the boundaries of the other participants.
- Everyone should freely consent to who will be involved prior to beginning.
- Everyone is free to withdraw prior consent at any time during the activity.
- Everyone should have an agreed upon word or signal (called a "safe word") to clearly express their desire to stop, even if it's simply "stop" or "no."
- Consent must be freely given, and not coerced, forced or manipulated from someone.
- Each person should understand everyone's limitations or barriers to their ability to consent to the planned activities, such as age, diminished mental capacity, or use of drugs or alcohol.
- Don't re-negotiate in the middle of your scene unless it is to reject activities that were previously agreed to. A person who is in an altered state of mind may not be able to give informed consent.
- Anything that results in serious bodily injury or that goes beyond the expectations of one of the participants may be deemed criminal, even where consent was given. Serious bodily injury, as defined by the Model Penal Code on Sexual Assault, means injury which creates a substantial risk of death or which causes serious, permanent disfigurement, or protracted loss or impairment of the function of any bodily member or organ.
- You're aware of cultural differences and make sure the meaning of your words are clear.

*Even if you adhere to all of our Best Practices, you may be violating criminal law.  
NCSF materials are provided for informational purposes only and do not constitute legal advice.*