



## Sound Bites on Kink

The following sound bites are meant to help you create your own talking points in the way you naturally speak. Work out how you want to say certain things beforehand so you're prepared when you speak to a reporter.

Sometimes there is no graceful way to segue into a sound bite. The point is that you are setting the tone of the conversation, not the reporter. Don't answer any question you don't have a prepared sound bite for because likely that is the remark that they will use in their article. Out of a 30-minute interview, you will only see one or two quotes in print, or if you're being recorded, you'll be on the air for about 10-20 seconds. So don't ad lib because the off-the-cuff remark is the one the reporter will use.

This is not a BDSM 101 class, so don't give any lessons on technique or skills. Most of the people in your audience are NOT kinky and never will be, so it just confuses them to explain things the way you would to a newbie who is interested in kink. Some of our most effective sound bites explain consent and issues of discrimination and injustice against our communities. "**Stimulation**" and "**sensation**" are great words to use—they are non-threatening unlike kink-specific language like "flogging" or "dungeon" etc.

### Defining BDSM

Along with kink, BDSM is a popular term that is used – Bondage & Discipline, Dominance & submission, and Sadomasochism.

BDSM is consensual power exchange and roleplay. It includes physical, mental and/or emotional stimulation that is often perceived in an erotic way. Kink also can include fetishes, cross-dressing and nonmonogamy.

### Kink in Mainstream Society

Many kinky people don't refer to what they do as kink or BDSM unless they attend educational workshops or social events. It's simply their sex life.

People do this because they enjoy it. It provides a deeper intimacy and trust between partners.

### Consent

Over 20 states have no definition of consent in their sexual assault law, and there is no uniform legal definition of consent according to RAINN.

Everyone should fully understand both the desires and the boundaries of the other participants when doing kink together.

Consent must be freely given, and not coerced, forced or manipulated from someone.

Consent has always been the foundation of kink activities, starting with Safe, Sane & Consensual (SSC) in the 1980s and Risk Aware Consensual Kink (RACK) in the late 1990s. Explicit Prior Permission is the next generation of consent creeds created by the BDSM communities.

### **Explicit Prior Permission**

Explicit Prior Permission was created by the American Law Institute as the legal framework for consent to kink within Section 213.10 of the Model Penal Code on Sexual Assault that was approved in 2021.

Explicit Prior Permission replaces the outdated case law, which has found “consent is not a defense to assault” in criminal cases involving BDSM acts. To date, there is not a single appellate court decision anywhere in the U.S. that has accepted consent as a defense in an assault or abuse prosecution arising from BDSM conduct. Now, with consent to kink defined in the Sexual Assault law, that means consent can be considered in criminal cases involving BDSM.

Explicit Prior Permission prevents the criminal prosecution of activities that are truly consensual and do not result in serious injury. EPP can also be used as a guidepost by prosecutors in order to determine whether prior consent was given for specific BDSM acts.

Consent must be given before beginning and it must be verbalized or in written form (text, emails or contracts) rather than assumed from someone’s interest in kink or their behavior.

Permission is “explicit” when you discuss:

1. Which acts are you going to do together, including whether there will be touching of the breasts and genitals?
2. Did you discuss the risks and how intense it will be? (Regardless, you can’t seriously injure someone even if they consent.)
3. Do you have a way to stop at any time like a safeword or safe signal – even if you’re doing consensual nonconsent (CNC)?
4. Is everyone an adult and able to consent, for example they’re not under the influence or in subspace or otherwise incapacitated?
5. What verbal resistance did you agree it was okay to ignore, as in roleplay or power exchange?

### **Safe Words**

Safewords are one way of communicating to ensure that everything stays consensual. The participants can stop what's happening at any time with a pre-arranged word, or by saying “red” or “safeword.”

### **Communication and Negotiation**

We negotiate what we want to do before engaging in kink or fetish practices to make sure that what we do is consensual and mutually satisfying.

People may complain that talking about sex makes it less fun or spontaneous. But when you’re using force or restraint on another person, you must get permission first or you can coerce or force people to do things they don’t really want to do.

We have a saying in the kink communities: If you can't talk about it together, then you're not ready to do it together.

### **Kink Events**

Educational and social kink groups make an important contribution to society. Volunteers teach other adults how to be responsible about their relationships, and they explain how to negotiate and set limits. It takes hands-on instruction, peer feedback and community discussion for people to master certain skills.

Our group is only one of over 500 educational and social organizations that exist in America.

We are members of the local community, we live and work here just like you. These attacks are not about sex, this is about a threat to our most basic constitutional rights – our freedom of assembly and the right to privacy.

If one group of people can shut down a private, legal event because they disagree with it, then everyone should be concerned about who is targeted next. Will it be a political convention? A religious gathering? As we've seen throughout history, when you start violating one group's constitutional rights, it can become a very slippery slope.

### **Stigma**

Like gays and lesbians in the 1960-70's, kinksters can feel very alone and isolated. Our community groups and events give them support from their peers, so they realize they don't have to be ashamed of who they are.

Research shows that stigma has negative mental health effects which are countered by positive social feedback.

### **Discrimination and Violence**

Discrimination and violence happens to people like you and me just because they engage in diverse sexual practices such as kink or fetishes. Discrimination can mean you get fired from your job, or your child custody is challenged, or your family refuses to speak to you.

The NCSF Violence & Discrimination Survey (2008) found that 1/3 of over 3,000 people surveyed suffered some form of discrimination or persecution. They lost their job or even their children because of the myths and stereotypes. Others suffered violence and were physically attacked because of the stereotypes.

According to the most recent NCSF surveys, 70-80% of the respondents are closeted about their kinky sex life to the rest of the world out of fear of the repercussions.

### **Kink is Healthy Sex**

In 2013, the American Psychiatric Association officially stated in the paraphilias criteria for the Diagnostic and Statistic Manual (DSM-5) that kinky sex is a healthy form of sexual expression.

Recent research reaffirms BDSM as a minority sexual interest for consenting adults, as opposed to a pathological symptom of psychiatric concern (Richters et al., 2008; Williams et al., 2016).

### **Statistics of Practitioners**

According to a recent prevalence survey, millions of adults engage in consensual BDSM and participate in kink events: (Herbenick et al., 2017)

Spanking (≥30%)  
Role-playing (≥22%)  
Tying/being tied up (≥20%)  
Having engaged in threesomes (10% women, 18% men)  
Playful whipping (≥13%)  
Lifetime group sex (≥9%)  
Sex parties (≥6%)  
Taking a sexuality workshop (≥4%)  
Going to BDSM parties (≥4%)

### **Combat Stereotypes**

Contrary to stereotypes, there are many women who enjoy being sexually dominant, and many more people who enjoy switching roles. People can role play and experience things they normally wouldn't get to do in their real life.

Anyone can have their consent violated: 13% of the male participants had their pre-negotiated limits violated, with 1 in 5 of the violators reported to be women.

### **Sex & Spirituality**

People can have deeply spiritual experiences that involve the sexual, physical life force.

Science backs the transformative power of intense physical stimulation, like those who participate in Indigenous rites such as the Lakota Sun Dance. Disparaging these spiritual practices narrows our view of religion and worship.

Historically, the religions of humanity combined sexual and spiritual practices – Greek, Roman, Druids, etc. It just so happens that the dominant religions in this day and age are sex-negative.

If you truly believe in religious freedom, then you must support a person's right to choose their own beliefs. Imposing your religion on someone else is the worst form of intolerance – the oppression of one church over another, the kind of bigotry that America was founded to oppose.

If you need more information, feel free to call Susan Wright with the National Coalition for Sexual Freedom at 917-848-6544.