

What makes kink "conscious"?

Some prompts for personal reflection



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RISK CONSCIOUS

What measures might you take to reduce unwanted harm, injury, or damage?

INTENTIONAL

Who is this for? Why are we doing this?

This is where we would establish the purpose of any play - is it purely for the sake of playing, to learn or practice, to build connection, to help us feel something in particular, or with the aim of it leading to sex/erotic play? Can we be honest about the meaning we are giving something?

PRESENT

What will help me to be present? Recognising that your presence can be the greatest gift to another.

CONSENSUAL

How can we go beyond the "tick box thinking" of seeking or granting permission?

- Working collaboratively to form agreements based on mutual willingness that take into account who is doing and who is benefiting.
- Be prepared to accept a "no" as a valid response to a request
- Making space for the "I'm not sure yet - I'd like to try it but may change my mind" and any need that may occur for adjustments partway through, including pausing, adding more boundaries and limits, or stopping altogether.
- Recognising the impact that altered states (including arousal and subspace) have on our ability to be in consent

LOVING

Yes, the "L" word!

How can we act in a way that is loving to ourselves, to the other person or people, and to the people who may be impacted by our exploration? What are the ethics and values that apply to how I play?

AWARE

Acknowledgement of privilege/oppression and implicit power dynamics

How might implicit power dynamics affect your or someone else's capacity for presence and communication of needs, desires, and boundaries? How can the person with the most power or capacity take more responsibility to address this?

WILLING

A willingness to be wrong

We all make mistakes and sometimes with all the best will in the world, harm can be done. This is about being open to communicating (or hearing) when things weren't OK. To engage in the process of resolving and repairing when harm has been done.